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3 Ways to Achieve NEXT-LEVEL RESULTS

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Every esthetic professional aspires to affect change in their client's skin, whether it's restoring it to a more youthful state, clearing up acne, brightening a dull complexion or bringing a compromised barrier to optimal health. While we have more options than ever before in terms of modalities, technologies and ingredients that aim to help us achieve just that, the challenge is no two skins are the same.

Affecting change in the skin truly requires a customized approach. Thankfully, advancements in skin care ingredients afford us the ability to build effective, preventative and corrective regimens to meet the needs of any skin type or challenge. Let's explore how.

1. Advanced Enzymes

Enzymes are not new to the world of esthetics, but a deeper understanding of how they work and how they

can be combined with other ingredients to increase efficacy has brought about a number of new advanced formulations. Through science, we now have ways to extract the enzymatic portion of botanicals to create far more potency and cellular support.

For example, tomato, through a specific extraction method, allows us to get the enzymatic properties as well as the antioxidant and strengthening support. The result is an active enzyme that still supports acne skin, but brings healing to the skin. Other advanced enzyme formulas include the following.

Papaya + pineapple+ hyaluronic acid + ascorbic acid. This combination, particularly when in a gel base, will liquify and bond with cells of the stratum to form a natural granular exfoliation to soften and remove dead cells, making the skin more absorbent to receive other rejuvenating topicals. Hyaluronic adds essential hydration, and papaya provides natural healing elements, making it ideal for a post-peel or rejuvenating treatment.



Lactic (L) acid + salicylic acid + papain. This unique acid and papain combination actually falls into the range of a mid-depth peel; however, it can be tolerated by most skin types. Being in a liquid form, this will work quickly to lift and stimulate cell turnover and is particularly beneficial after microdermabrasion.

Pomegranate/lactic (L) acid + retinol. A light exfoliation, the combination of lactic (L) acid and retinol produces rejuvenating results without the irritation that can occur with other acids. The addition of a potent antioxidant like pomegranate will support tissue repair and collagen synthesis, which makes this combination ideal for the eye area.

In the treatment room, enzymes may be used following a cleanser to accelerate the digestion process prior to a peel or rejuvenating treatment. Enzymes can also be blended with powdered vitamins and antioxidants like niacinamide, pomegranate, camu camu and flower extracts, to name a few. These formulations

are relatively new to hit the market and can be used as boosters to enhance specific results such as cellular strengthening, reducing inflammation, brightening skin tone, increasing rejuvenation or smoothing fine lines.

2. Progressive Peels

Peels, when properly administered, provide one of the most powerful, non-invasive, skin improvements available. They remove cellular buildup, stimulate skin regeneration, reduce wrinkles and fine lines, decrease large pores and oiliness and soften texture. They're effective antidotes to acne, hyperpigmentation, aging and even rosacea skin.

While we have a number of tried-and-true classics that produce amazing results such as AHAs, azelaic acid, salicylic acid, Jessner, TCA and retinol, there is a crop of next-generation acid formulations being used to create couture treatments and outcomes, as detailed below.

3 WAYS TO ACHIEVE NEXT-LEVEL RESULTS

Flower acids. Obtained from hibiscus chalice and lotus root, these acids give back to the skin cells and are much friendlier to the skin than most other choices. The properties range from high antioxidant support to increasing hydration in the skin while creating lifting and exfoliation. These are ideal for more sensitive skins that still want to achieve rejuvenation.

Mandelic acid + arginine + pyruvic acid + phytic acid. Mandelic acid is highly beneficial in treating photo-aging, acne and irregular pigmentation, while phytic acid increases cellular energy and phytic, with its high antioxidant content, helps prevent the formation of free radicals. The addition of arginine, however, is what pushes this formula to the next level. One of the 20 main amino acids, it accelerates wound healing, promotes collagen synthesis and intensifies antioxidant properties, while also allowing for a uniform and slower penetration to the skin. This combination can produce great results for aging, acne-prone and pigmented skin, and it is a good companion to microdermabrasion treatments.

Carnitine (L) + retinol + peptides. This blend stimulates the natural desquamation process and with the addition of peptides and the chiral form of carnitine, it will intensify the toning and firming of the skin while also supporting energy production within the mitochondria. When the goal is to create pro-youth results, a more even tone or a luminous appearance, this is an ideal formulation.



Peels remove cellular buildup, reduce wrinkles and stimulate skin regeneration.

Hydrogen peroxide + AHAs + salicylic. This blend is highly beneficial for photo-damaged skin. It stimulates blood flow and oxygenation, brightens skin tone and reduces pigmentation. Hydrogen peroxide delivers brightening benefits, antibacterial support and it synergizes with other acids to assist with absorption. AHAs such as glycolic, lactic acid (L), and salicylic rejuvenate, hydrate and strengthen collagen.

These acid combinations all fall into the superficial range. Therefore, downtime will be minimal, but the rejuvenating results will be noticeable. The real benefit, however, is the ability to dial in treatments to achieve specific results.

3. Corrective Serums

Corrective serums are powerful accompaniments to any rejuvenating treatment plan. By targeting the mechanisms that affect skin degradation, these highly concentrated and active formulas can elevate skin care regimens, enhancing professional results and help maintain those results between treatments.

The beauty of corrective serums is that they can be used beyond the treatment room as pre-treatments to prepare the skin surface prior to a rejuvenating treatment, between treatments to maintain and build upon results, or to enhance healing and the strengthening of the skin. Through advanced science, there are now corrective serums that combine next-level actives with natural ingredients to profoundly impact the skin at the matrix and address very specific concerns such as decreased collagen production, pigmentation, acne, rosacea and compromised skin. Below is a number of ingredients that are effective in these serums.

Super antioxidants. Consisting of vitamins, minerals and enzymes, antioxidants help prevent and repair damage to the skin by slowing or preventing free radical damage, an oxidation process that leads to cell and tissue dysfunction. These can be found in pomegranate, goji berries, green tea, zinc and mangosteen.

Next-generation peptides. Biomimetic peptides are now being created to perform specific functions and biological activities such as collagen stimulation, hyaluronic acid synthesis, freezing expression lines,

brightening and so on. Some of these next-generation peptides include structural/cellular/messenger peptides, which stimulate the production of structural proteins or supporting structural proteins, improving the appearance of wrinkles; neuropeptides, which inhibit the ability for neurons to transmit or receive information, reducing muscle contraction and improving the appearance of wrinkles; and rejuvenating peptides, which perform both the duties of a structural and neuropeptide or any other peptide that falls into an "other" category, (i.e. antioxidant, anti-inflammatory, exfoliating or healing). Look for peptides such as chronopeptides, which encourage 24-hour, pro-youth activity by triggering the circadian genes, or a combination of arginine and hexapeptide to prevent the formation of dynamic wrinkles, or palmitoyl tripeptide-38, which stimulates the six constituents of the skin to smooth wrinkles from the inside out.

Retinaldehyde. Similar to retinol, it is a pro-drug that converts to retinoic acid. Retinaldehyde is a stable precursor to retinoic acid and, when encapsulated, its pro-youth and clear-skin benefits are boosted. If formulated correctly, it produces the least amount of skin irritation of all vitamin A derivatives, making it a good choice for all skin types. Encapsulated retinaldehyde provides powerful wrinkle-reduction and prevention. It also has been shown to bring UVA-damaged skin back to health, and works to stimulate cellular cohesion and eliminate bacteria.

Stem cells. Organic stem cells are powerful in skin rejuvenation and health. Extracted from the plant's meristematic (stem) cells, these are essential to plant growth and the rebuilding of damaged tissues. In contrast to human stem cells, plant stem cells are totipotent, which means every cell has the ability to regenerate, whether it's a leaf, flower, stem or the entire plant. The protective and healing ability of stem cells from apples and botanicals are now being used to replicate this action in human cells, which is particularly beneficial to rebuilding damaged tissue and inhibiting the production of collagenases, the enzymes responsible for breaking down peptide bonds in collagen.

Anti-glycation ingredients. These ingredients inhibit matrix metalloproteinases (MMPs), reactive oxygen species (ROS) and glycation (AGE), which we now



Plantago lanceolata leaf extract is an anti-glycation ingredient.

know can significantly compromise the skin's barrier and create damage at the DNA level. These ingredients include: *Albizzia julibrissin* (Mimosa or Persian silk tree) bark extract, *Plantago lanceolata* leaf extract, *Pueraria mirifica* extract, carnosine, turmeric, epidermal growth factors (EGF), *Centella asiatica* and resveratrol.

When used in corrective serums, these ingredients will optimize the delivery and penetration to create more noticeable change in the skin. When used in combination with a treatment room plan, they can help dial in very specific results.

Customization for Clients

No two skins are the same, and achieving next-level results in the treatment room really comes down to building customized systems for each client. You can have advanced formulas at your fingertips to achieve this noninvasively. ✂



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