



## SERAPHIM SKIN CARE

### **PEEL AND BLEACH CREAM FOR THE FACE AND BODY**

RETIN-A/TRETINOIN: *Tretinoin (Retin-A) skin preparations are a family of drugs all similar to vitamin A. Tretinoin (Retin-A) is used to treat aged, sun-damaged skin and acne through exfoliation. Tretinoin works best when used in combination with alpha-hydroxy acid preparations*

#### WHAT THESE PRODUCTS WILL ACCOMPLISH:

Builds collagen! Through the FDA approved properties of Retin-A, this product will firm and tone skin

Retin-A unplugs acne follicles and brings pimples (comedones) to the surface. *This is why Retin-A can make acne and hormonal/stress break-out look worse in the first few weeks of treatment*

Will lighten age spots and sun discoloration

Will lead to the disappearance of fine lines and wrinkles.

Exfoliates dead skin cells with Beta and Alpha Hydroxyl acids

Provides protection from UVA/UVB rays.

This product contains vitamin K to help improve spider veins and bruising while nourishing skin with multi-vitamins, anti-oxidants, and botanicals

Improves the appearance of early stretch marks that are enlarging

## **PEEL AND BLEACH CREAM FOR THE FACE AND BODY CON'T.**

### **SIDE EFFECTS:**

Tretinoin (Retin-A) makes the skin more sensitive to sunlight due to the exfoliation of dead skin cells – USE A SUN BLOCK WITH ZINC OXIDE OR TITANIUM DIOXIDE

May cause dryness, redness, tenderness, itching, burning sensation, burning sensation, chafing, scabbing, and for some a slight swelling may occur in the early stages of use

May cause flaking and peeling which is a normal part of Retin-A therapy

### **ACTIVE INGREDIENTS:**

PEEL & BLEACH CREAM FOR THE BODY: .05% Tretinoin, 4% Hydroquinone, Octly Methoxycinnamate, Benzo-phenone-3, Octyl Salicylate

PEEL & BLEACH CREAM FOR THE FACE: .1% Tretinoin, 5% Hydroquinone, 1% Hydrocortisone

SENSITIVE SKIN PEEL & BLEACH CREAM FOR THE FACE: .025% Retin-A, 2% Hydroquinone

*USE ONLY AS DIRECTED*

*YOU SHOULD CONSULT YOUR DOCTOR IF YOU ARE PREGNANT OR PLAN TO BECOME PREGNANT*

***BEFORE USING THIS PRODUCT***

*THIS PRODUCT IS NOT TO BE USED BY ANYONE WITH AN UPPER RESPIRATORY CONDITION  
COLOR OF PRODUCT MAY CHANGE DUE TO THE OXIDATION OF HYDROQUINONE. THIS IS  
NORMAL AND PRODUCT IS SAFE TO USE AS DIRECTED*

I have read and fully understand that Retin-A (Tretinoin) is a prescription medication in the United States. For this reason under federal law it cannot be returned. I fully understand the side effects of this product and the above has been explained to me.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Fax to – 770.234.4233



**SERAPHIM**  
**SKIN CARE**

**SERAPHIM'S PEEL & BLEACH PROGRAM AGREEMENT**

**I UNDERSTAND THE FOLLOWING:**

1. The Seraphim Skin Care Peel & Bleach products must be used in the prescribed fashion according to the written/verbal instructions and descriptions given to me by Dr John G. Keating or by the Seraphim Skin Care technicians.
2. I may experience varying degrees of dryness, redness, burning, peeling, itching, and skin sensitivity in the first few days and weeks of Peel & Bleach use. This is normal. I know that unprotected exposure to the sun or tanning lights, extreme wind or cold may irritate my skin in the initial stages of use. These symptoms will lessen and eventually subside as my skin builds tolerance to the products, which contain Retin-A and Hydroquinone.
3. I agree to follow-up as directed and to notify Seraphim Skin Care if for some reason it is necessary to discontinue the use of the Peel and Bleach products.
4. I understand that excessive application of Peel and Bleach Creams can cause discomfort and even blistering especially in the early weeks of treatment. Careless inattention to such reaction could result in superficial infection or injury to the skin that could result in long-term discoloration or even superficial scarring.
5. I understand that it is necessary to maintain the use of the Peel and Bleach Cream products over the long term in order to retain the benefits obtained in the early weeks of the program. A degree of pinkness and exfoliation (flaking and peeling) is the indication that the cream is continuing to work.
6. I understand The Seraphim Technique in applying the Seraphim Peel and Bleach products.
7. I have been advised not to begin or continue this program if I am pregnant, or if I am trying to become pregnant. It is my responsibility to notify my skin care specialist if I do become pregnant.
8. I understand that no warranties or guarantees can be offered regarding the treatment and results of outcomes of the Seraphim Skin Care Peel and Bleach products.
9. I understand that these products are sold by prescription only and therefore cannot be returned.
10. I understand that I am paying for a treatment, not a one-time use with immediate results.

I have read and fully understand the above and all of my questions have been answered to my complete satisfaction.

Signature \_\_\_\_\_ Date \_\_\_\_\_

**Fax to-770.234.4233**



**THE SERAPHIM TECHNIQUE IS:  
2 steps in the evening  
2 steps in the morning  
THAT'S IT!**

***EVENING:***

1. Cleanse with Seraphim Gentle Exfoliating Cleanser, leave on for 1 minute, rinse, and pat dry.
2. The ***Seraphim Technique*** for use of the Peel & Bleach Cream is as follows: Apply the equivalent of a half dollar size amount of your Peel & Bleach Cream (Face or Body) and apply generously to the perimeter of your face. Borrow from the outer, denser areas, and slowly introduce the product to the inner face (under eyes, mouth, cheeks). **DON'T RUB IN.** Allow the Peel & Bleach Cream to penetrate on its own. Go to bed!  
(When using P&B for the Body, the suggested use is 3 pumps per appendage omitting the inner arm at joint and back of knees)

***MORNING***

1. Using the Vic Cloth *gently* exfoliate your face with *water only*. Again, from the perimeter working inward, softly around mouth and under eyes.
2. Massage your favorite moisturizer, our Seraphim Hydrating Cream or Irma Shorell Moisture 35 for at least 1 to 2 minutes and go! (The moisturizer massage helps combat any flaking that may occur in the initial stages of exfoliating)

*We will contact you after the first 2 weeks of use and continue to guide you on your protocol.*

**NOTE: WHEN HYDROQUINONE MAKES CONTACT WITH AIR THE COLOR OF PRODUCT MAY CHANGE – IT DOES NOT AFFECT THE QUALITY AND IS PERFECTLY SAFE TO USE.**



## SERAPHIM SKIN CARE

### **FREQUENTLY ASKED QUESTIONS AND THINGS TO KEEP IN MIND**

1. Use your common sense. If you become extremely red and irritated around the mouth, chin or chest leave the Peel and Bleach off those tender areas for 48 hours. But, absolutely continue the Peel and Beach on the perimeter of your face, forehead, outer cheeks, and neck.
2. Adding moisturizer to the Peel & Bleach simply slows down the exfoliation process. However, if you are not in a rush to change your skin, feel free to do so.
3. Clean skin doesn't necessarily mean healthy skin, but exfoliated skin does!
4. Apply a broad-spectrum sun block every hour that you are in the sun.
5. DON'T PICK AT YOUR SKIN; picking can cause scarring and additional break-out.
6. Monthly facials can boost home-exfoliation and deeply cleanse pores.
7. *What is the importance of the Vic Cloth?* – The Vic Cloth is the perfect manual surface exfoliant because of the quality and weave of this cotton washcloth. Surface skin cells are sloughed off and skin is left with a beautiful, healthy glow. This specialized cotton is grown and woven in England. It was used as a bandage during WWII to bind the wounds of soldiers.
8. *How often should I wash my Vic Cloth?* – Once a week in the washer and dryer is fine. It is best to ensure that your Vic completely dries between uses. Bleach can break down the fibers, so bleach sparingly.
9. *Can I go in the sun while using Retin-A (Peel & Bleach)?* – Because dead skin cells are constantly being exfoliated in the most healthy way with Retin-A, skin is closer to the sun. Therefore, you will get sun faster in the initial stages of use. Always take proper precautions when in the sun by using a block after 10 minutes of exposure whether using Retin-A or not. We recommend Blue Lizard or Dermatone's z-cote.
10. *How long will I flake and peel from Peel and Bleach?* – Because the exfoliation cycle is different with everyone there is no definitive answer. However, after three months of use most of the flaking, peeling and redness will completely disappear. By using the Seraphim Technique the peeling process is greatly diminished and is usually under control after only three weeks.
11. *My skin is sensitive. I've tried Retin-A, but just can't use it.* – With continual Retin-A use, skin becomes healthier through the increases production of collagen. Therefore, the best thing for sensitive skin is Retin-A. Remember, sensitive skin translates to unhealthy skin.
12. *Why should I use a cleanser with Alphy Hydroxyl acid?* – Cleansers containing these acids begin breaking down the surface dead skin cells when left on the face for one full minute. Cleansers without Alpha Hydroxyl acids are benign. They aren't hurting the

skin; they just aren't helping it either. They cannot change skin; it's the acid that begins the exfoliation process.

13. *Do I continue to use Seraphim's Peel and Bleach Cream for life?* – Once you have achieved the skin tone you desire and/or the dark spots (hyper pigmentation and sun damage) are no longer visible, you may change from the Peel and Bleach to straight Retin-A using the same Seraphim Technique.
14. *Will the Peel and Bleach help with Rosacea?* – Absolutely. By rebuilding collagen in the skin the dilated blood vessels become less visible. We rely on FDA studies, which tell us that Retin-A is the gold standard for all types of skin.
15. *What does it mean when my Peel and Bleach changes color?* – It simply means that air has been introduced to the Hydroquinone. The strength is the same; do not discontinue use.

**REMEMBER, WE ARE HERE FOR YOU. CALL US IF YOU HAVE ANY QUESTIONS OR CONCERNS, AND ESPECIALLY CALL US WHEN YOU BEGIN TO GET COMPLIMENTS ON YOUR SKIN...BECAUSE YOU WILL!**