

ZO® Back Bar

ZO 3-STEP
PEEL®

ZO 3-STEP PEEL®

ZO 3-Step Peel® is a potent peel that maximizes texture improvement and produces longer-lasting results.

This exclusive blend of potent exfoliants: salicylic acid, trichloroacetic acid and lactic acid remove the outermost layers of the skin. Retinol Crème Complex works in addition to the initial exfoliation to boost skin renewal for longer-lasting skin benefits. Peeling is mild, with minimal to no downtime. Designed to improve the appearance of fine lines and wrinkles, hyperpigmentation, sun damage, acne scarring, rough texture, large pores and dullness. This peel promotes softer, smoother, firmer looking skin.

- Suitable for any skin type or color
- Can be repeated every 3-4 weeks if desired

The ZO 3-Step Peel® Is Designed To:

- Remove outermost layers of skin with the Peel Solution to improve the appearance of color tone, texture and smoothness.
- Stimulate skin with Retinol Crème Complex for more profound and expanded benefits.
- Calm skin irritation from the peel, sun, hormones, pollution and post-procedure with Hydrating Crème.

Recommendations For Use:

- The ZO 3-Step Peel® can be repeated every 3-4 weeks to improve the appearance of skin's elasticity, texture and tone.
- Suitable for acne, post-inflammatory and chronic hyperpigmentation, sun damage, fine lines and wrinkles, texture roughness, large pores and dullness.

For Professional Use Only

ZO 3-Step Peel® is an in-office peel procedure to improve the appearance of color tone, texture and smoothness.

Kit Contents

Peel Solution (8 mL / 0.27 Fl. Oz.) - qty. 6

Retinol Crème Complex Packets (Net Wt. 2.5 g / 0.09 Oz.) - qty. 12

Hydrating Crème (Net Wt. 58 g / 2.0 Oz.) - qty. 6

Applicators (non-woven pads) - qty. 18

ZO 3-Step Peel® Technical Booklet - qty. 1

Patient Guidelines - qty. 6

**Warnings**

The procedure for and use of ZO 3-Step Peel® can only be performed by a licensed physician or, if permitted by law, a properly trained specialist working under a physician's supervision. The treating physician is responsible for informing a patient about potential medical risks and complications.

The acid in the Peel Solution can cause severe burns. The Retinol Crème Complex can cause irritation. Keep the Peel Solution and Retinol Crème Complex away from children. Do not use on open wounds or eyes.

Sunburn Alert: This product contains an alpha hydroxy acid (AHA) that may increase your skin's sensitivity to the sun and particularly the possibility of sunburn. Use a sunscreen, wear protective clothing, and limit sun exposure while using this product and throughout the recovery period.

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STEP 1 Peel Solution – Peeling Step

Removes outermost layers of skin to improve the appearance of color tone, texture and smoothness.

Key Ingredients

- Formulated with: 17% Salicylic acid, 10% TCA, 5% Lactic acid

Size

8 mL / 0.27 Fl. Oz.

pH

Approximately 1.7

STEP 2 Retinol Crème Complex – Stimulation Step

Stimulates skin for more profound and expanded benefits.

Key Ingredients

- 6% Retinol: Stimulates collagen and skin's ability to repair and renew
- Ubiquinone (coenzyme-Q10): Potent antioxidant for stimulating cellular renewal
- ZO-RRS²: ZO® Exclusive complex of leontopodium alpinum (edelweiss) and marrubium vulgare (white horehound) meristem cell cultures which provide powerful antioxidant protection and minimizes inflammation to prevent future skin damage.
- Beta-glucan: Soothes and provides rapid relief, reducing the appearance of skin redness while providing DNA integrity support and protection benefits

Size

Net Wt. 2.5 g / 0.09 Oz. - each packet

pH

Approximately 5.5

STEP 3 Hydrating Crème - Hydration + Calming Step

Calm skin irritation from the peel, sun, hormones, pollution and post-procedure with Hydrating Crème.

Key Ingredients

- Ophiopogon japonicus root extract: Normalizes barrier function, restores hydration, modulates inflammatory cascade and inhibits bacteria intrusion
- Myristoyl pentapeptide-11: Regulates cell proliferation and extracellular matrix remodeling to enhance tissue repair and wound healing
- ZO¹²: Exclusive 12-hour time release antioxidant complex protects from free radicals to prevent premature aging
- Tetrapeptide-21: Upregulates hyaluronic acid production and fibroblast activity for improved hydration and barrier function
- Colloidal oatmeal (1%): Protects and helps relieve dry, flaky, itching and inflamed skin
- Beta-glucan: Rapidly soothes irritated skin
- Glycerin: Hydration restoration, replenishment and retention

Size

58 g / 2.0 Oz.

pH

Approximately 5.0



APPLICATION
STEPS**PROFESSIONAL PROTOCOL BY PROFESSIONAL
ZO 3-STEP PEEL® PROTOCOL****STEP 1:** Peeling**Product** Peel Solution - 1 bottle**Direction** Shake well before use. Apply the peel solution evenly using the provided non-woven pads. You may see some frosting in certain areas. Apply gradually with a gentle painting action; avoid dripping and avoid the eye area. The peeling step is complete when the entire solution (8 mL) is applied.**Step 2:** Stimulation Part 1**Product** Retinol Crème Complex - 1 packet (2.5 g)**Direction** Apply one packet of the Retinol Crème Complex to the treated area.**NOTE** Give the patient the 2nd Retinol Crème Complex packet to take home and apply no sooner than five hours post-peel procedure.**Step 3:** Hydration + Calming Part 1**Product** Hydrating Crème**Description** Apply a thin layer of the Hydrating Crème after the 1st application of the Retinol Crème Complex. The patient should avoid washing their face for at least 5 hours; preferably until the next morning post-peel procedure.**NOTE** If the patient will be exposed to sun immediately following the peel, gently apply an even application of Broad-Spectrum Sunscreen SPF 50. Be sure to provide detailed patient pre-peel and post-peel at-home care instructions.**AT-HOME PROTOCOL by patient****Step: 4:** Stimulation Part 2**Product** Retinol Crème Complex - 1 packet (2.5 g)**Direction** Cleanse the face before applying. Apply Retinol Crème Complex evenly to skin. Apply at least 5 hours after procedure, preferably the next morning. Massage until totally absorbed.**Step 5:** Hydration + Calming Part 2**Product** Hydrating Crème**Direction** Apply a thin layer of the Hydrating Crème after applying the Retinol Crème Complex. Apply up to 3 times daily.**Before Peel**

To enhance results, start pre-conditioning using a ZO® program consisting of a tretinoin or a 0.5% or higher retinol product 4-6 weeks prior to having the peel. Pigment Control Crème and Pigment Control + Blending Crème plus tretinoin may be used in patients with a high risk for pigmentation problems.

Discontinue the use of topical retinoids and tretinoin 3-4 days prior to the peel.

Discontinue the use of products that cause dryness and irritation to the skin (i.e. alpha hydroxy acids, beta hydroxy acids, benzoyl peroxide) 3-4 days prior to the peel.

Avoid laser hair removal, electrolysis, waxing and the use of depilatory creams for 5-7 days prior to the peel.

Avoid having the peel until the skin has completely healed from any procedures.

If you have a history of herpes infection you will need to start an anti-viral medication 1 day prior to this peel and continue according to the full indicated treatment cycle.

After Peel

Avoid washing face or treated area for at least 5 hours after the peel. Preferably, wait to wash until the morning after the peel.

The day after the peel:

1. Wash the face or treated area with the cleanser from your daily ZO® Skin Health program. Wash face gently for 30-40 seconds. Rinse and pat dry.
2. Apply the 2nd packet of Retinol Crème Complex.
3. Apply a thin layer of Hydrating Crème.

- Hydrating Crème may be applied 3 times daily or more often, if needed.
- Redness, stinging, itching, mild swelling, flaking and peeling are expected and may vary in intensity for each individual.
- Exfoliation generally begins 2-3 days after treatment and ends by day 5.
- Avoid rubbing, scratching or peeling/picking the skin with your fingers while healing.
- Avoid direct sun exposure until skin has completely healed.

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- Besides the Retinol Crème Complex, do not use alpha hydroxy acids, beta hydroxy acids, benzoyl peroxide, retinoids and other potentially irritating - products until the skin is healed.
- Avoid running water directly on your face while showering.
- Avoid strenuous exercise and sweating until skin is completely healed.
- Avoid procedures on the face or treated area until skin is fully healed.
- After skin is healed, return to your daily ZO® Skin Health program.

Contraindications

- Active herpes simplex or warts in the area to be treated
- Wounded or sunburned in the area to be treated
- Pregnant or breastfeeding
- History of radiation therapy in the area to be treated
- Allergies to salicylates

Anticipated Reactions and Other Considerations

- Redness, stinging, itching, mild swelling, flaking and peeling are expected and may vary in intensity for each individual
- Exfoliation generally begins 2-3 days after treatment and ends by day 5