

EXFOLIATION SYSTEM



THE PROFESSIONAL TREATMENT METHOD FOR VISIBLE SKIN RENEWAL



PRODUCT	REFERENCE NUMBER PROFESSIONAL	CONTENT PROFESSIONAL
Cleanser	5700P	250 ml
pH Neutralizer	5710P	250 ml
Exfoliator 20	5720P	50 ml
Exfoliator 30	5730P	50 ml
Exfoliator 40	5740P	50 ml
Exfoliator 60	5760P	50 ml

Ideal skin has fine pores and is soft and smooth. It is supple, well moisturized and has intact circulation.

Together with the hydrolipidic film, a regular horny cell structure forms a protective barrier against the environment.

Unfortunately, the environment pays scant regard to this fine cocoon, instead placing it under great strain and having unwelcome effects on the skin. Dark pigment spots and small wrinkles caused by dryness are often the visible signs of summer stress. Not infrequently, blackheads and blemishes reflect a diet of fast-food and stressful times.

A number of reasons therefore recommend use of the EXFOLIATION SYSTEM from JANSSEN COSMETICS.

Added to this is the fact that cosmeceuticals in the form of concentrates, creams and masks only function optimally when the skin is prepared as well as possible for them.

EXFOLIATION SYSTEM fulfills this purpose in a special way and simply improves the penetration of subsequent active substances.

The ideal skin profile is transformed into the fulfillment of a wish and a visible sign of the intensive peeling treatment course.

EXFOLIATION SYSTEM is a special method based on fruit acids for treating the skin.

This deep-acting treatment method is able to remove irregularities from the surface of the skin. Pigmentation disorders, blemishes, small wrinkles and a tired, pale complexion are eliminated. Success quickly becomes visible. The skin is left looking fresher, younger and more even.

As an intensive peeling treatment course, EXFOLIATION SYSTEM is only applied by a skilled and trained beautician. Following a thorough analysis, she decides on the concentration and exposure time of the individual special products. She additionally ensures appropriate post-care. This also includes the binding application of sun protection onto skin freshly treated with the EXFOLIATION SYSTEM.

THE SKIN'S NATURAL PEELING PROCESS

Human skin renews itself constantly through cell division. The bottom layer of the epidermis (basal layer) consists of cubic, rapidly multiplying cells which are gradually pushed upwards by new cells. On their way, they form small protrusions with which they firmly interlink. They become flatter and are filled with a water-impermeable protein, keratin. After around 4 weeks, they have reached the surface and are completely hornified (hornification process). Arranged in a roof tile formation, these now form the outer horny layer and are finally shed as horny cells (dead skin cells). The skin produces approx. 0.5 kg of surplus horny cells per year. They are replaced by the cells from the basal layer in a continuous cycle of renewal.

Unfortunately, the skin's natural peeling process does not always proceed so smoothly. There are a number of skin profiles in which the horny cells accumulate. The skin becomes thick and loses its sheen. The pores are sealed and skin blemishes are the result.

However, surplus skin cell layers can be dissolved and removed with the aid of fruit acids. In this way, the layer of dead skin cells becomes thinner and continuous improvement of the skin's condition occurs.

WHAT ARE FRUIT ACIDS?

Alpha-hydroxy acids (e.g. glycolic, malic, citric, tartaric acid) and beta-hydroxy acids (e.g. salicylic acid) belong to a group of substances frequently referred to as fruit acids, as they occur naturally in various fruits and other plant-based foodstuffs. They are nontoxic and biologically degradable.

Alpha-hydroxy acids (AHA) and beta-hydroxy acids (BHA) are successfully used in cosmetics in the sense of a chemical skin peeling. In contrast to the acids used for medicinal purposes (e.g. vitamin A acid), AHAs and BHAs can be used in a more controlled and less hazardous manner.

WHICH FRUIT ACIDS MAKE UP THE EXFOLIATION SYSTEM?

The EXFOLIATION SYSTEM from JANSSEN COSMETICS consists of five products containing acid and one neutralizer. All references are carefully coordinated with each other. They contain the synthetically obtained fruit acids glycolic, malic, citric, tartaric and salicylic acid. They have the same molecular structure as the fruit acids which occur naturally. They are therefore justifiably called nature identical.

The balanced combination of all of these acids is what makes the EXFOLIATION SYSTEM as unique as it is effective. Its outstanding skin tolerability is due to acid buffering. The well apportioned pH value prevents undesired side-effects caused by chemical burns, whilst the effect of the fruit acids is retained.

This good skin tolerability when used as instructed has been dermatologically tested and confirmed.

THE EXFOLIATION SYSTEM AT A GLANCE

Cleanser	(pH value 4.2)
Acid content: 1.6%,	mixture of glycolic, malic, citric, tartaric and salicylic acid
Exfoliator 20	(pH value 4.2)
Acid content: 20%,	mixture of glycolic, malic, citric and tartaric acid
Exfoliator 30	(pH value 3.6)
Acid content: 30%,	mixture of glycolic, malic, citric and tartaric acid
Exfoliator 40	(pH value 3.6)
Acid content: 40%,	mixture of glycolic, malic, citric and tartaric acid
Exfoliator 60	(pH value 3.6)
Acid content: 60%,	mixture of glycolic, malic, citric, tartaric and salicylic acid
pH Neutralizer	(pH value 8.0)
	Special gel for neutralizing the acids

HOW DOES THE EXFOLIATION SYSTEM WORK?

The EXFOLIATION SYSTEM has a broad spectrum of effect:

- **Exfoliating:** The bond between the horny cells (corneocytes) is dissolved and the lipid links loosened. The uppermost horny cells are removed, the skin sheds its gray veil and becomes noticeably softer and fresher. It is optimally prepared for subsequent care products.
- **Regulating:** The acid milieu of the fruit acids prevents the sebum gland excretion ducts from clogging (blackheads). The size of the skin pores is reduced and the skin's native hydrolipidic barrier is supported due to the improved quality of the horny layer. The skin becomes clear and pure again.
- **Regenerating:** The exfoliator gel penetrates the deeper layers of the epidermis. There, it develops its stimulating effect and acts to boost collagen and elastin synthesis. In this way, the skin regenerates from the inside out. The skin takes on a firmer texture and is left looking youthfully smooth and supple.
- **Moisturizing:** The improved quality of the upper layer of skin (epidermis) and the stimulation of cell activity in the lower layer of skin (dermis) guarantee an improvement in the skin's moisture binding capacity. This leads to an increased moisture content and a reduction in the depth of wrinkles. The skin appears more vital and smoother.
- **Brightening:** Pigmentation disorders (e.g. age spots) are removed from the surface. The skin profile is left looking more even and brighter.

WHEN IS THE EXFOLIATION SYSTEM APPLIED?

The EXFOLIATION SYSTEM proves to be multitalented in improving

- Dry skin
- Oily skin
- Skin requiring regeneration
- Hyperpigmented skin

Tip: EXFOLIATION SYSTEM is also used successfully with:

- Surface scars (e.g. following acne)
- Rough skin (Keratosis follicularis)
- Ingrown hairs
- Subcutaneous injections (only as additional pre- and/or post-treatment in this case)

HOW IS THE EXFOLIATION SYSTEM INTEGRATED INTO THE BEAUTY SALON?

Optimally, you offer your customers your usual all-round service during the recommended course of treatment spanning four weeks.

The skin is first analyzed in a preliminary discussion. This enables you to check which exfoliator (concentration and exposure time) it is best to apply. You additionally discuss which cosmeceutical product series is the appropriate solution for the relevant skin profile subsequent to the EXFOLIATION SYSTEM.

Of course, you apply the EXFOLIATION SYSTEM with the greatest of care in the beauty salon and are constantly there for your customer during the treatment. You also ensure optimal customer care during post-treatment so that the skin is outstandingly protected and the resulting smooth, youthful and lifted skin lasts for a long time.

SIDE-EFFECTS

The highly concentrated special products with fruit acids are only intended for professional use in the beauty salon. They have proved outstanding there. Please note our instructions and application recommendations.

When applied professionally, no undesired side-effects are to be anticipated, and your customer will already be looking forward to her next course of treatment with the EXFOLIATION SYSTEM for visible skin renewal.

EXFOLIATION SYSTEM

- **Step 1 in the EXFOLIATION SYSTEM**
- **Gentle skin cleansing**
- **Creamy consistency**
- **Retains the skin's native moisture to protect the natural hydrolipidic barrier**
- **For clear and pure skin**
- **Refines the complexion**

PROF.
250 ml
Ref.
5700P



Cleanser

CLEANSING LOTION WITH 1.6% FRUIT ACIDS

Cleanser is the skin-specific cleansing lotion for preparing all skin types which are subsequently treated with gels containing fruit acids.

Superficial dirt, make-up and native skin residues are thoroughly removed.

Even during cleansing, the fruit acid and salicylic acid content has a keratolytic effect, i.e. it dissolves hornification. Blemishes are effectively combated. The skin is left clean and clear. This is also aided by the slightly acidic pH value.

Cleanser optimally prepares the skin for treatment with Exfoliator in any concentration and is always the first EXFOLIATION SYSTEM treatment step.



Application

For thorough skin cleansing, distribute the Cleanser generously over the face, neck and neckline and massage in gently. Remove completely with moist, pleasantly warm compresses.

Note:

pH value 4.2

Do not leave on the skin for more than 3-5 minutes.

Avoid contact with eyes or mucous membranes.



ACTIVE SUBSTANCES

Mixture of nature identical fruit acids:

- **AHA: Glycolic, malic, citric and tartaric acid**, gentle and reliable removal of surplus skin hornification (keratolytic effect), stimulation of cell proliferation
- **BHA: Salicylic acid**, antimicrobial and keratolytic effect



EXFOLIATION SYSTEM

- **Step 3 in the EXFOLIATION SYSTEM**
- **A must each time after applying the Exfoliator**
- **For safe application with fruit acids**
- **Neutralizes quickly and reliably**
- **Noticeably active**
- **Restores the hydrolipidic barrier's equilibrium**

PROF.
250 ml
Ref.
5710P



pH Neutralizer

NEUTRALIZING GEL

pH Neutralizer neutralizes skin treated with Exfoliator.

Its sodium bicarbonate content is responsible for this. The weak carbonic acid sodium salt reacts with the stronger fruit acids to form carbon dioxide. On the skin, this process is noticeable due to foaming and a temporary but intensive tingling sensation.

Neutralizing the skin after applying the acidic Exfoliators (in all concentrations) is an absolute must and is always carried out immediately after washing off the Exfoliator. Please ensure that this is carried out carefully on the wings of the nose and at the corners of the mouth. The acid remaining on the skin is only neutralized when no further foam forms. To make certain, the process can be repeated.

Incidentally, sodium bicarbonate is already familiar from food technology, and is used e.g. in baking powder.



Application

pH Neutralizer stops the Exfoliators' acid activity.

First, thoroughly remove the Exfoliator with moist compresses after the precise application time. Then apply pH Neutralizer onto the skin with the brush. Pay particular attention to the wings of the nose and corners of the mouth. **Allow to work in until no further tingling is noticeable (approx. 1 minute) and then wash off thoroughly.** Neutralize a second time if necessary.

Note:

pH value 8.0

Avoid contact with eyes or mucous membranes.

ACTIVE SUBSTANCES

- **Sodium bicarbonate:** Stops the activity of acids; it is generally approved for use in foodstuffs without quantity restrictions and can also be added to organic foodstuffs according to the EU regulations on organic products
- **Glycerin:** Moisture retention agent



EXFOLIATION SYSTEM

PROF.
50 ml
Ref.
5720P



- **Step 2A in the EXFOLIATION SYSTEM**
- **Mildest peeling treatment course**
- **With pH value of 4.2**
- **Retains the skin's native moisture to protect the natural hydrolipidic barrier**
- **For a clean and clear skin profile**
- **Refines the complexion**

Exfoliator 20

PEELING GEL WITH 20% FRUIT ACIDS

Exfoliator 20 is the mildest fruit acid peeling in the EXFOLIATION SYSTEM. The pH-optimized acid mixture offers a particularly gentle introduction to the extraordinary peeling method for skin renewal.

The appropriately dosed fruit acids are integrated into a cooling gel and guarantee optimum skin tolerability. The maximum exposure time of 20 minutes is dependent on the skin profile to be treated. If the skin appears rather thin and sensitive, a shorter exposure time is sufficient. A longer exposure time is sensible in the case of thick and non-sensitive skin.

Neutralization with pH Neutralizer is carried out after removing Exfoliator 20.



Application

Pour Exfoliator 20 into a glass bowl and distribute generously over the face, neck and neckline using a brush. **Time required to work in: 3 to max. 20 minutes.** Remove completely with moist, pleasantly warm compresses.

Attention: Subsequent treatment with pH Neutralizer is vital to stop the acid activity remaining in the skin.

Note:

pH value 4.2

Do not leave on the skin for more than 3-20 minutes.

Avoid contact with eyes or mucous membranes.

After treatment, it is vital to protect the skin with Face Guard Advanced.

ACTIVE SUBSTANCES

Mixture of nature identical fruit acids:

- **AHA: Glycolic, malic, citric and tartaric acid**, gentle and reliable removal of surplus skin hornification (keratolytic effect), stimulation of cell proliferation



EXFOLIATION SYSTEM

PROF.
50 ml
Ref.
5730P



- **Step 2B in the EXFOLIATION SYSTEM**
- **Mild peeling treatment course**
- **With pH value of 3.6**
- **Retains the skin's native moisture to protect the natural hydrolipidic barrier**
- **For a clean and clear skin profile**
- **Refines the complexion**

Exfoliator 30

PEELING GEL WITH 30% FRUIT ACIDS

Exfoliator 30 is a mild fruit acid peeling in the EXFOLIATION SYSTEM. The pH-optimized acid mixture is the next step in the extraordinary peeling method for skin renewal.

The appropriately dosed fruit acids are integrated into a cooling gel and guarantee optimum skin tolerability. The maximum exposure time of 15 minutes is dependent on the skin profile to be treated. If the skin appears rather thin and sensitive, a shorter exposure time is sufficient. A longer exposure time is sensible in the case of thick and non-sensitive skin.

Neutralization with pH Neutralizer is carried out after removing Exfoliator 30.



Application

Pour Exfoliator 30 into a glass bowl and distribute generously over the face, neck and neckline using a brush. **Time required to work in: 3 to max. 15 minutes.** Remove completely with moist, pleasantly warm compresses.

Attention: Subsequent treatment with pH Neutralizer is vital to stop the acid activity remaining in the skin.

Note:

pH value 3.6

Do not leave on the skin for more than 3-15 minutes.

Avoid contact with eyes or mucous membranes.

After treatment, it is vital to protect the skin with Face Guard Advanced.

ACTIVE SUBSTANCES

Mixture of nature identical fruit acids:

- **AHA: Glycolic, malic, citric and tartaric acid**, gentle and reliable removal of surplus skin hornification (keratolytic effect), stimulation of cell proliferation



EXFOLIATION SYSTEM

PROF.
50 ml
Ref.
5740P



- **Step 2C in the EXFOLIATION SYSTEM**
- **Intensive peeling treatment course**
- **With pH value of 3.6**
- **Retains the skin's native moisture to protect the natural hydrolipidic barrier**
- **For a clean and clear skin profile**
- **Refines the complexion**

Exfoliator 40

PEELING GEL WITH 40% FRUIT ACIDS

Exfoliator 40 is an intensive fruit acid peeling in the EXFOLIATION SYSTEM. The pH-optimized acid mixture is the next step in the extraordinary peeling method for skin renewal.

The appropriately dosed fruit acids are integrated into a cooling gel and guarantee optimum skin tolerability. The maximum exposure time of 8 minutes is dependent on the skin profile to be treated. If the skin appears rather thin and sensitive, a shorter exposure time is sufficient. A longer exposure time is sensible in the case of thick and non-sensitive skin.

Neutralization with pH Neutralizer is carried out after removing Exfoliator 40.



Application

Pour Exfoliator 40 into a glass bowl and distribute generously over the face, neck and neckline using a brush. **Time required to work in: 3 to max. 8 minutes.** Remove completely with moist, pleasantly warm compresses.

Attention: Subsequent treatment with pH Neutralizer is vital to stop the acid activity remaining in the skin.

Note:

pH value 3.6

Do not leave on the skin for more than 3-8 minutes.

Avoid contact with eyes or mucous membranes.

After treatment, it is vital to protect the skin with Face Guard Advanced.

ACTIVE SUBSTANCES

Mixture of nature identical fruit acids:

- **AHA: Glycolic, malic, citric and tartaric acid**, gentle and reliable removal of surplus skin hornification (keratolytic effect), stimulation of cell proliferation



EXFOLIATION SYSTEM

PROF.
50 ml
Ref.
5760P



- **Step 2D in the EXFOLIATION SYSTEM**
- **Most intensive peeling treatment course**
- **With pH value of 3.6**
- **Retains the skin's native moisture to protect the natural hydrolipidic barrier**
- **For a clean and clear skin profile**
- **Refines the complexion**

Exfoliator 60

PEELING GEL WITH 60% FRUIT ACIDS

Exfoliator 60 is the most intensive fruit acid peeling in the EXFOLIATION SYSTEM. The pH-optimized acid mixture forms the conclusion to the extraordinary peeling method for skin renewal.

The appropriately dosed fruit acids are integrated into a cooling gel and guarantee optimum skin tolerability. The maximum exposure time of 5 minutes is dependent on the skin profile to be treated. If the skin appears rather thin and sensitive, a shorter exposure time is sufficient. A longer exposure time is sensible in the case of thick and non-sensitive skin.

Neutralization with pH Neutralizer is carried out after removing Exfoliator 60.



Application

Pour Exfoliator 60 into a glass bowl and distribute generously over the face, neck and neckline using a brush. **Time required to work in: 3 to max. 5 minutes.** Remove completely with moist, pleasantly warm compresses.

Attention: Subsequent treatment with pH Neutralizer is vital to stop the acid activity remaining in the skin.

Note:

pH value 3.6

Do not leave on the skin for more than 3-5 minutes.

Avoid contact with eyes or mucous membranes.

After treatment, it is vital to protect the skin with Face Guard Advanced.

ACTIVE SUBSTANCES

Mixture of nature identical fruit acids:

- **AHA: Glycolic, malic, citric and tartaric acid**, gentle and reliable removal of surplus skin hornification (keratolytic effect), stimulation of cell proliferation
- **BHA: Salicylic acid:** antimicrobial and keratolytic effect



INSTRUCTIONS AND APPLICATION RECOMMENDATIONS

PRIOR TO TREATMENT WITH EXFOLIATION SYSTEM

Apply only on intact skin.

- EXFOLIATION SYSTEM should not be applied on administration of drugs or use of external products which increase the skin's sensitivity to light (e.g. tetracyclines for oily skin or benzoyl peroxide, azelaic acid, vitamin A, etc.).

Please cease using the following products one week prior to treatment with EXFOLIATION SYSTEM

- Depilation creams or wax
- Facial masks containing enzymes
- Peeling processes of any type
- Hair dyes

On the day of treatment, please do not

- Shave and/or apply aftershave
- Apply make-up

DURING TREATMENT WITH EXFOLIATION SYSTEM

- Do not perform any additional peeling methods
- Do not use Vapozone equipment
- Do not undertake depilation (e.g. eyebrow correction or upper lip depilation)

THE DAY AFTER THE TREATMENT WITH EXFOLIATION SYSTEM

- Avoid sweat-inducing activities such as e.g. sport and visits to a sauna
- Do not shave/do not use aftershave

AFTER TREATMENT WITH EXFOLIATION SYSTEM

- Apply high sun protection (Face Guard Advanced)
- Avoid intensive sunbathing
- Do not perform any additional peeling methods
- Do not undertake any depilation
- Use only mild skin care products (e.g. do not use any products containing alcohol)

MAXIMUM EXPOSURE TIME OF THE FRUIT ACID-BASED EXFOLIATORS

Exfoliator 20%	3 to a maximum of 20 minutes
Exfoliator 30%	3 to a maximum of 15 minutes
Exfoliator 40%	3 to a maximum of 8 minutes
Exfoliator 60%	3 to a maximum of 5 minutes

SKIN APPLETS



PROFESSIONAL SKIN CARE FOR VISIBLE SKIN RENEWAL

Methodical treatment with EXFOLIATION SYSTEM is only intended for professional use in the beauty salon. Optimum results are achieved if application is carried out as a course of treatment over a period of 4 weeks:

1st week: Exfoliator 20

2nd week: Exfoliator 30

3rd week: Exfoliator 40

4th week: Exfoliator 60

1-2 treatments can be performed during each treatment week.

The Exfoliator concentration increases from week to week in order to slowly accustom the skin to the fruit acids and avoid irritation caused by the higher concentration Exfoliator.

Depending on treatment objective, the repetition of 1-2 cycles is possible.

The individual treatment sequence always remains identical and is as described in the following table.

TREATMENT SEQUENCE	PRODUCTS
Preparation	Prepare the exfoliation system in the product application sequence: <ul style="list-style-type: none">• Prepare the Exfoliator in bowl, place the brush next to it ready for use• Prepare pH Neutralizer for post-treatment application in a second bowl and place the brush next to it ready for use• Timer to check the precise exposure time
Cleansing	<ul style="list-style-type: none">• Cleanser
Protection	Cover sensitive areas of skin (e.g. lips, moles) with blocking cream. To protect the eyes, simply dab on blocking cream locally at the corners of the eyes and cover the closed eyes with cotton wool pads. Pigmented eyebrows can also be included right away.
Deep cleansing/peeling	<ul style="list-style-type: none">• Exfoliator 20 <i>or</i>• Exfoliator 30 <i>or</i>• Exfoliator 40 <i>or</i>• Exfoliator 60
Neutralization	<ul style="list-style-type: none">• pH Neutralizer
Massage	<ul style="list-style-type: none">• Sensitive Skin Complex
Conclusion - eye area	<ul style="list-style-type: none">• Eye Zone Gel
Day protection with SPF	<ul style="list-style-type: none">• Face Guard Advanced

Attention: It is vital to observe the relevant Exfoliator's individual exposure time. The exposure time is precisely stated in the product description and is dependent on the concentration of the Exfoliator and the skin condition to be treated. Please remain with your customer in the beauty salon during the exposure time so that you can immediately wash the product off from the skin and then neutralize the skin in the event of undesired side-effects.