



# Peeling Curriculum



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## Stayve Seanergy Peel & Medisco Peelive Peeling Curriculum

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# Peeling



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# 1.

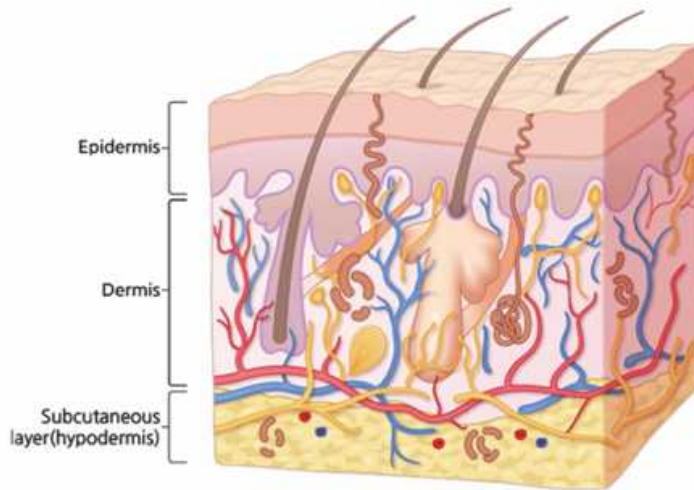
# UNDERSTANDING HUMAN SKIN



Prior to peeling,  
the types of peeling treatment,  
intensity, and depth must be checked.  
Expertise and understanding of skin layers  
are essential prior to application on the skin.

# 1. UNDERSTANDING HUMAN SKIN

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Facial skin consists of three layers called the epidermis, dermis, and hypodermic fat with a total thickness of 0.6mm to 1.0mm. Skin is the biggest organ of the human body and it protects us from the external environment.

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# 1. UNDERSTANDING HUMAN SKIN

## (1) Understanding Skin – Functions and Roles

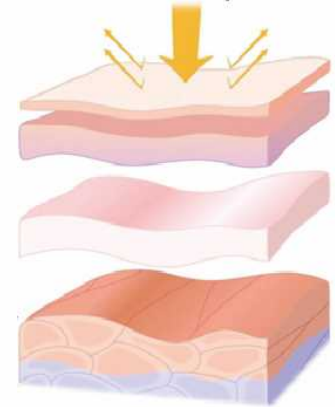
Skin covers the outermost part of our body as epithelial tissue and it functions as a protector of internal organs from the external environment.

The thinnest human skin is 0.2mm, on the lips, and the thickest is approximately 6mm, on the thighs.

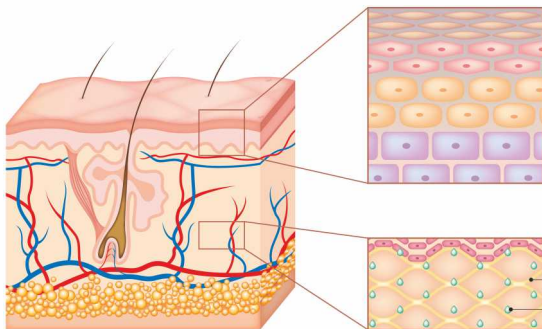
Human skin is one of the most powerful defensive organs, protecting us from external impact. It also stops the bulk of germs from entering the body.

Thermoregulation, immunoreaction, secretion, evacuation, and protection from the external environment, irritation, and microbe.

Area : 1.6 – 1.8mm / Weight : 7% of body weight / Thickness : 1.2mm on average (min 0.5mm to max 6.0mm)



## (2) Understanding Skin – Roles of Epidermal Dead Skin Cells



The epidermis is comprised of the stratum corneum, granule layer, and basal layer. The dead skin cell layer and dermis layer are the skin layers that we must focus on when we apply peeling therapy.

A common misconception is that dead skin cells are unnecessary and should be removed but it is actually a fundamental outermost protective layer among all kinds of skin layers.

Therefore, dead skin cells are skin shield that protects us from external chemical irritation. (Don't get dead skin cells wrong!)



Inner cells turn into dead skin cells as they come out (old dead skin cells are shed) and the dead skin cells are repeatedly created and shed in a constant cycle, keeping protective layers consistent as it alternates itself newly.

In other words, our skin is constantly erasing dead skin cells on the outer layer daily.

### (3) Understanding Skin – Types of skin

It is important to recognize which type of skin is yours for true skin care.

It is not able to conclude a fixed, single skin type because your skin type can change by the environmental and seasonal conditions.

However, figuring out which skin type is yours before you proceed with skin treatment and checking possible factors to affect your skin type is essential.

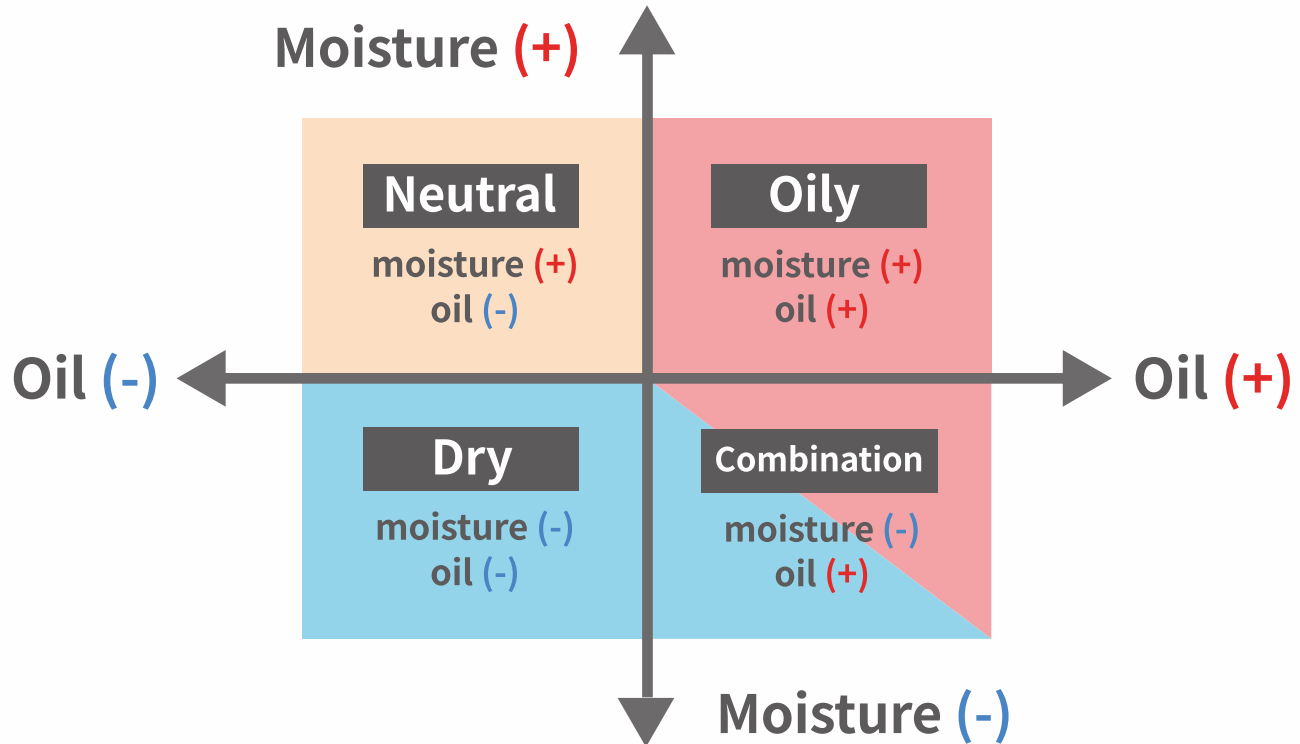
Sizes of pores, the thickness of epidermal and dermis, elasticity and tension, sensitivity, and complexion determine skin types.

But skin types are generally distinguished based on the moisture content of the skin.

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Four Skin types – Determined by the content of sebum and moisture.  
(affected by race, age, gender, season, and food)



## 1) Normal Skin

The ideal skin type, skin does not feel tight after cleansing. Not easily irritated due to strong skin resistance. The stratum corneum is in appropriate condition and is not sensitive.

Suitable sebum secretion and moisture supply, able to go with good makeup and persistency. Delicate elasticity and texture, the skin surface is smooth and soft.

## 2) Dry Skin

Fine lines tend to be emerged in dry skin and especially eye areas become dark. Pores are small and hard to see but occasionally feel tight, cracked, or rough. Additionally, eczema and dermatitis are more emerged on the dry skin type than the other skin type.

The culprit of dryness is the moisture shortage of the stratum corneum and insufficient sebum. In case of moisture content shortage of skin, facial skin feels tense due to its lost elasticity.

Looks good on the outside amid small pore sizes and silken skin texture. However, the skin surface is dry, lusterless, lacks elasticity, and cracked and chapped parts can easily be spotted. Moisture deficiency, normal sebaceous glands, and sweat glands, lack of moisture supply, absence of oil, malfunction of sebaceous glands.

Deficiency of oil and moisture: skin lacks lustre and sensitive symptoms appear.

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## 3) Oily Skin

Pores tend to be large, and skin is glossy and oily. Non-inflammatory acne like blackheads and whiteheads can be easily spotted as well as inflammatory acne-like pustules. Easily becomes troubled skin due to excessive function of sebaceous glands and sweat glands.

Our body creates natural oil called sebum to maintain soft and flexible skin. However, if sebum forms too much, skin looks dull because sebum blocks pores and sticks on the skin surface. Sebum overproduction enlarges follicles so pores are likely to become larger.

## 4) Combination Skin

The trickiest skin type, showing characteristic features of both dry and oily skin. Oily T zone of nose and forehead, dry U zone of cheeks and chin are the character of this skin type. More than two types of skin character appear due to irregular sebum excretion.

**E.g.) Neutral combination skin type and dry combination skin type.**

Combination skin type is highly common and consists of two antithetical types of skin (oily and dry). T zone (forehead and nose) skin contains lots of oil so that pores grow bigger but cheeks and other areas of skin are dry and tight., making dead skin cells prone to peeling due to the small size of pores.





## 5) Sensitive Skin

Skin sensitivity level: around the eye > around the mouth > neck > cheeks > forehead  
Sensitive skin means that symptoms of itchiness, tightness, soreness, redness and easily can be triggered by external stimuli. It means that when the skin barrier is damaged or weakened, external pollutants and other toxic substances can permeate more easily into the skin in comparison to resistant skin.

This also means that many skin care products may cause redness or other irritations.

Sensitive skin can be categorized into five different types: acne type, injection type, contact dermatitis type, stimulus type, and seborrheic dermatitis type.

## 6) Aging Skin

As the top layer of skin becomes thinner, aged skin occasionally becomes dry, pale semi-transparent. Especially, the skin around the eyes and neck looks saggy due to loss of moisture and tension.

Aging skin is also prone to hypo-pigmented macule due to potential bad health habits and sun damage. Malfunction of sebaceous glands and sweat glands cause dusty and tight skin and laugh line formation.

In the case of nutrition supply slowness to cells, dermal connective tissue weakens, and flexibility declines amid the reduction of quantity and quality of collagen. If the subcutaneous fat layer decrease, skin loses its tension by the dent of the skin layer. Excessive exposure to ultraviolet (Dermatoheliosis) or pollutant or peroxide lipid formed by active oxygen drives skin aging.

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2.

# PEELING



### 1) What is Peeling?

Peeling means skin exfoliation. It allows the skin to recover by removing dead skin cells with a special medium when exfoliation does not occur naturally amid poor metabolism.

The skin has the best regeneration capacity in human bodies among organs. Despite damages, after some time passes, the epidermis regenerates and nutrition is supplied to the dermis with new blood veins development.

Freckles, along with scars and wrinkles, can be cured by this skin regeneration procedure as dermis tissue is rearranged and heals wounds. Peeling is a method to see new healthy skin by artificially destructing the skin layer.



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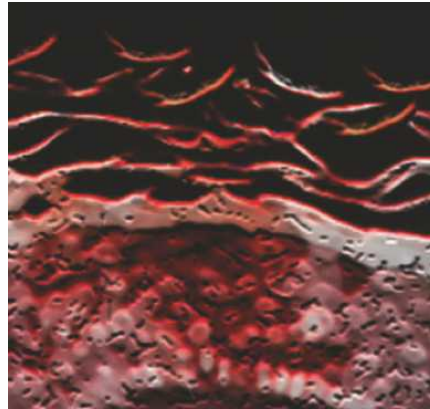


### 2) Purpose of Peeling

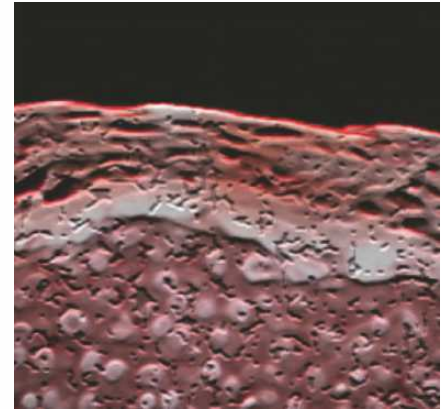
The purpose of peeling is to derive the normal reproduction cycle of the skin.

Dead Skin Cells naturally peeled off even though we don't exfoliate them artificially.

But when the dead skin cells keep accumulating without peeling off due to pollution and many causes of modern society, skin problems occur.



▲ Dead skin cell



▲ Take off the dead skin cell

Therefore, if the skin is not able to go with a stable and regular cycle of skin production and exfoliation for various reasons, peeling is needed to erase dead skin cell with physical force because it's necessary to be removed.

In the case of normal skin circulation has interfered.

**Stress evocation-> Inflammatory response-> Inflammatory skin problems like folliculitis and acne can be caused.**

\*The role of peeling is to erase epidermis entirely or partly and stimulate dermis to regenerate skin.

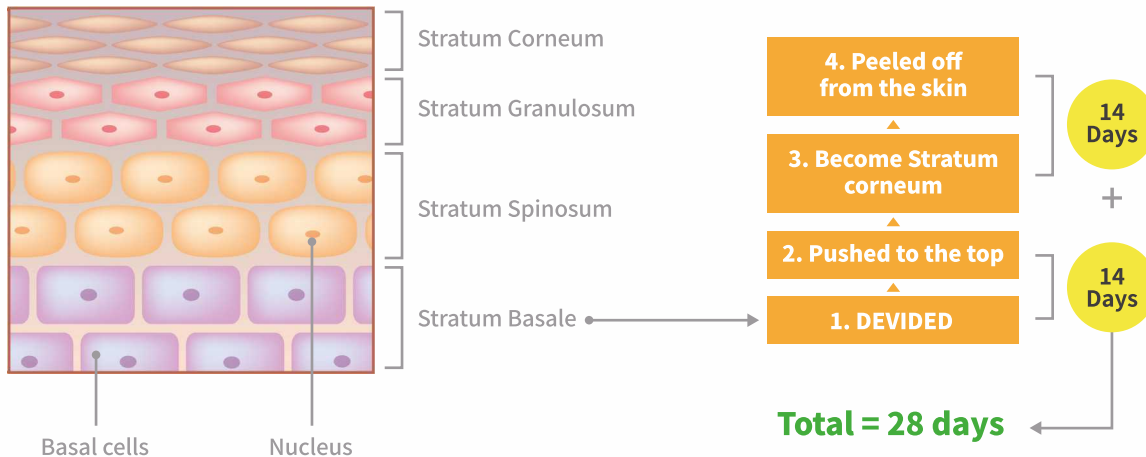




### 3) The Reproduction Cycle of Skin (Skin Turn-Over)

Approximately, from 0.5g to 1.0g of dead skin cells are newly created and naturally erased daily. This is called the Cell Cycle and it takes 28 days in total. This kind of skin regeneration cycle is called 'Skin Turn-Over'.

**\* This is the process of how healthy skin constantly become clean.**

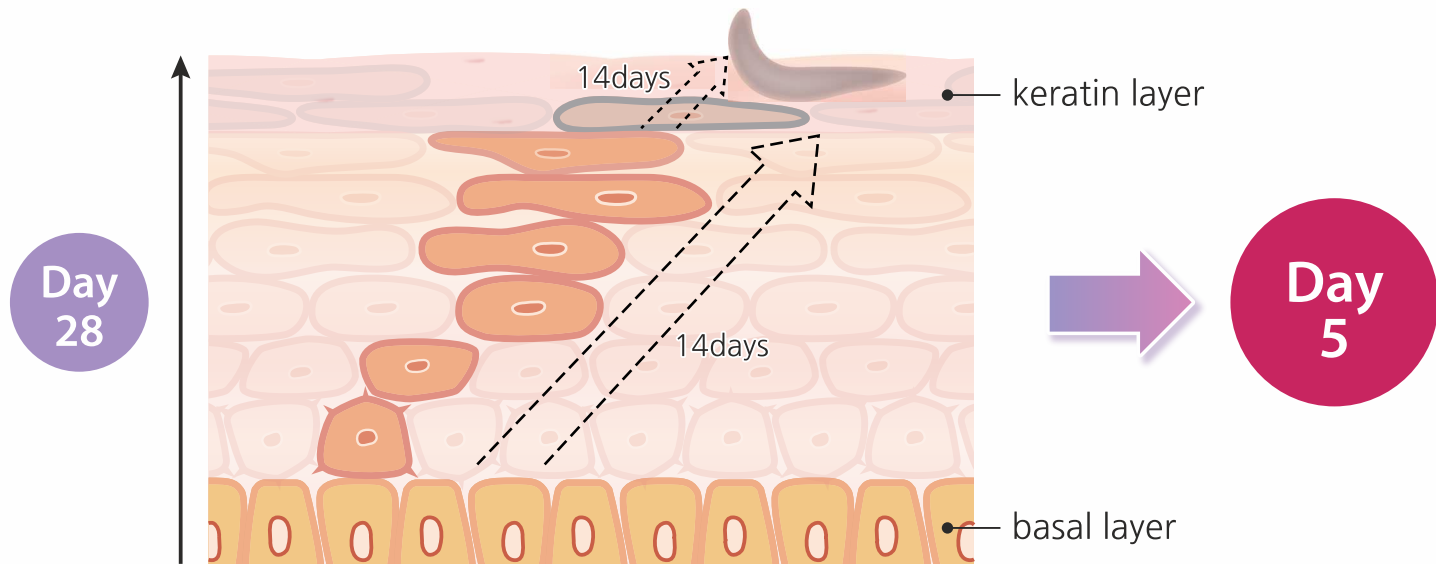


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### 4) Dead skin cellocyte creation cycle transition after peeling



\*Keratinocyte: Account for 90% to 95% of the epidermis, basal layer, and epidermal cells. They are organized cells of the epidermis and starts to divide as it moves from the basal layer to the stratum corneum.





## 5) Types of peeling

	Seanergy Peel / Peelieve Peel (Seaweed Peeling)	Chemical Peeling	Mechanical Peeling (Medical Peeling)
<b>Fundamentals</b>	Biological skin regeneration method	liquefaction by acid	Peeling by physical force (rays, machines) or stimulus
<b>Types</b>	Hyper-pure natural micro-needle	AHA, BHA, TCA	laser, IPL, Fraxel, MTS
<b>Initial response</b>	Microneedle absorption into epidermis, micro inflammatory response, dead skin cell decomposition, cell differentiation	Epidermis(protein) collapse, keratin removal	Dead skin cells removal, pigment destruction and stimulus by light energy(burn)
<b>Second response</b>	Dead skin cells removal / Recovery induction	Recovery induction	Recovery induction (induction of epidermis collagen)
<b>Results and Notes</b>	Improvement through biological skin recovery *PH 5.5 to 6.5(neutral)	*Regeneration after dead skin cells exfoliation *in case of lack regeneration, skin sensitivity elevates	*Dead skin cells(pigment) removal before regeneration *concerns of pigmentation side effect

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Stayve Seanergy Peel and Medisco Peelieve Peel (Seaweed Peeling) are biological skin regeneration systems that show us no epidermis damage. They continuously improve irritation and cellular signaling system. Your skin becomes healthier by lifting, pores shrinking, and find wrinkles improvement.



# 3.

## Stayve Seanergy Peel / Medisco Peelieve Peeling



◀ Stayve Seanergy Peel

Medisco Peelieve Peel ▶



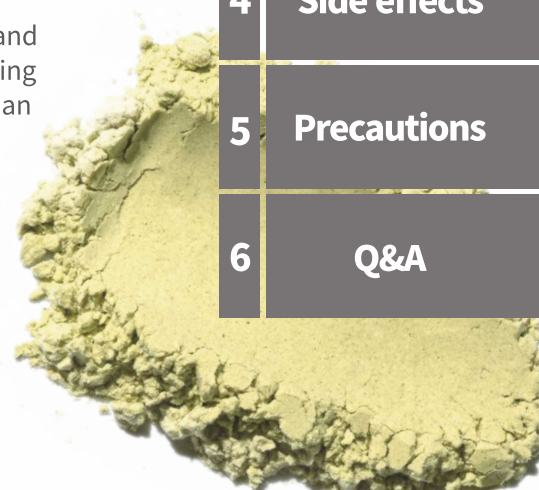
## 1) Fundamentals of Stayve Seanergy Peel and Medisco Peelieve Peeling

It is also called “Fractional Prickle Coral Calcium Regentron Peel”, a therapy using coral calcium component needles, which are plentiful in minerals. Coral calcium component needle is called spicule, tiny needles(spicule) extracted out of natural seaweed penetrates dermis and causes micro wounds and stimulus during 36 or 48 hours, awaking the dermis cells to attack spicule and protect the skin. - As dermis cells are activated by spicule, regeneration substances, white blood cells, and red blood cells, hemoglobin, oxygen increase, and cell activation accelerate the synthesis of collagen and elastin to give skin the ability to self-recover.

Rather than exfoliating dead skin cells by force, it exfoliates unnecessary dead skin cells after induction of 3 days of skin activity, helping skin to recover its' natural health.

Stayve Seanergy Peel/ Medisco Peelieve Peeling is a peeling method of massaging and spreading active ingredients extracted from the deep ocean onto the skin. The peeling depth is determined by massaging intensity and time. This method peels deeper than general skin scaling.

The main ingredients of Stayve Seanergy Peel/ Medisco Peelieve Peeling are from 60 kinds of seaweed, minerals, polysaccharides, and natural enzymes that exist in the deep sea. When these ingredients are laid on human skin, they regulate sebum excretion by acting on sebaceous glands, supply minerals, and are also effective on nutrition supplements and wound care.



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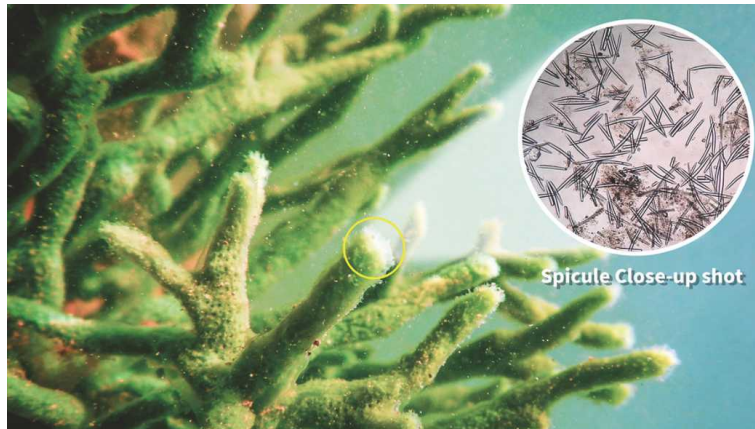
### 3. Stayve Seanergy Peel / Medisco Peelieve Peeling

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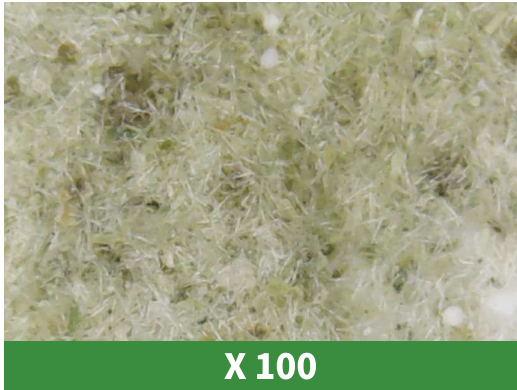
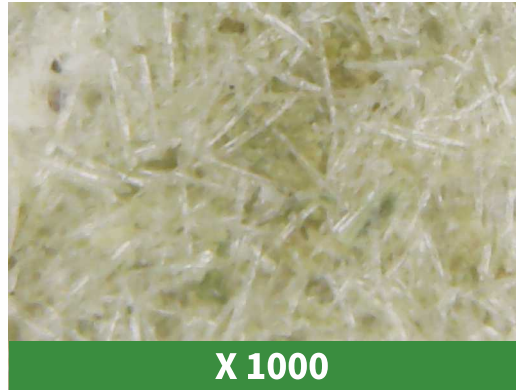
Therefore, Stayve Seanergy Peel/ Medisco Peelieve Peeling is effective for anti-aging and outstanding on the elevation of elasticity, transparency, and moisture content on top of improving acne, acne scars, blemish, freckle, and stretched pores.

Seaweed peeling minimizes damages to skin by inducing dead skin cells exfoliation using natural seaweed and boosts wound care, making it suitable for acne treatment, mitigation of acne spots or light scars, fine wrinkle, wide pores, pigmentation, blemish, and freckles.

#### What is Spicule? - Needles of coral calcium ingredient



Spicules are purely refined resources with patented technology of natural seaweed's spicule from the clear sea that stimulates the skin for 72 hours to wake it up and discharge waste matters and supply nutrition.

**X 100****X 1000**

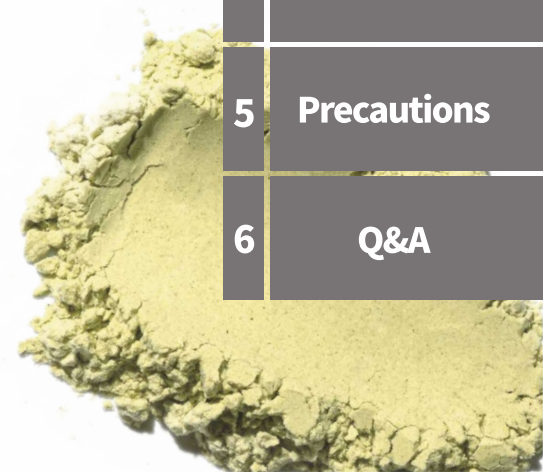
### ▲ Noticeable Spicule when zoomed in

It is a cluster of micro sponge seaweed thorns that are able to penetrate into the skin.

Method of penetrating pores with microneedles processed into porous shape, deriving from natural substances that comes from medicinal herbs, seaweed, and corals. (Micro thorns of sponge seaweed are natural substances, not chemicals.)

Skin recovers when spicule is planted on basal layer. (Collagen elastin activates in recovery process.) -> Self-treatment effect.

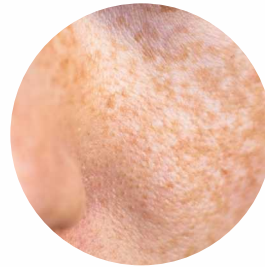
Despite how well cosmetics are made, the absorption into inner skin is limited unless orally taken. Despite how well cosmetics are made, the absorption into inner skin is limited unless orally taken; nowadays, you can find cosmetics that contain small amounts of spicule for inner absorption.



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# 3. Stayve Seanergy Peel / Medisco Peelieve Peeling

## 2) Applicable skin types



### ACNE SKIN

- Acne necrotic milliars
- 
- Inflammatory acne
- 
- Pustular acne
- 
- Acne scars

### AGING SKIN

- In a case where no treatment works well
- 
- Skin elasticity
- 
- Pores shrinking

### Goose skin (Pores keratosis)

- Face
- 
- Arms
- 
- Etc.

- Freckle
- 
- blemish
- 
- pigmentation, and dark tone of the skin

- Wide pores and lots of fine wrinkles

**HOW  
TO  
USE?**





## 1 Cleansing skin

Completely clean your face using Stayve Mild Cleansing Milk.

## 2

### Composing skin with toner

Sweep out residues and compose skin with Stayve Hydrating Rose Toner.



## 3 Spread anesthetic cream

Wait for approximately 30 minutes after spreading anesthetic cream on facial skin.

(Anesthetic cream needs to be spread with suitable thickness to be penetrated into skin. And it should stay for over 30 minutes while it's spread on your skin. Spread anesthetic cream on facial edges and underneath of chin line entirely.)



## 4 Products combination

Set peeling intensity and mix suitable amount of Powder and Solution.

### Medium peeling

Powder 0.6g  
(half of Strong Peeling)  
+ Solution 4ml

### Strong peeling

Powder 1.3g  
+Solution 8ml

\*Peeling intensity : Based on the source of peeling, intensity is categorized by the penetration depth into skin layers such as epidermis and dermis. Peeling intensity is adjusted by the amount of powder and solution.

“Medium Peeling” intensity can be considered to target epidermis and “Strong Peeling” intensity can be considered to target dermis when you arrange by peeling intensity.

Skin regeneration power is in proportion to sebaceous glands distribution and oil content, dry skin should go with relatively lighter peeling or mitigate peeling intensity compared to oily skin. Especially, in thin and troubled skin.

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\* In case you see shortage of Solution, you can alternate Solution with mixture of Solution and purified water.





## Medium Peeling

- **For initial or second use**
- Applicable for every skin type
- Peeling causes light exfoliation of dead skin cells. (Dull and sensitive skin)
- This is the hypo-allergenic treatment that accelerates turn-over interval, gives skin whitening and gloss.
- **Allowable for 8 to 12 weeks interval**
- **0.6g (Half of Strong Peeling) of powder + 4ml of solution**



## Strong Peeling

- **For advanced users**
- Can be used on troubled skin, Improves scarred skin
- Brings turn over interval forward from 28 days to 5 days
- **Depending on skin condition, allowable for 12 to 24 weeks interval, (Not recommended in hot summer)**
- **1.3g of powder + 8ml of solution**



## 5 Remove anesthetic cream

Remove applied anesthetic cream clearly.

\*If peeling is carried out on anesthetic cream remained condition, there might be a chance of side effect occurrence.

Clean out anesthetic cream using sponge and wet cloths.  
Clearly remove residue on skin with Stayve Hydrating Rose Toner.



## 6 Rub skin after production spread

Depending on peeling intensity, rub skin after Powder and Solution mixture is spread on a face.

After well-mixed Solution is spread on skin, you press and rub softly. And we call this movement “Rubbing”.

Proceed in the sequence of both sides of  
1. cheeks -> 2. forehead -> 3. nose.

It takes about 2 minutes per area. Be thorough with the application and add solutions as needed.

It takes a total of 6 minutes probably. Lightly and repeatedly, press the entire treated area. Repeat this action to put Spicule into the inner skin.

**\* Do not strongly rub skin around eyes and lip because it is sensitive. Instead, gently press.**



#### 7 Residue removal

Remove residue out of skin with wet sponges or gauze.

In case of mask pack left on your skin too long, you'd see drier skin so you should remove mask pack after about 15 minutes left.

You need to pay attention not to rub with force due to cases of low effect of microscopic particles.

\* It's a normal phenomenon that you feel uncomfortable like thorny and stung facial skin.

#### 8 Soothing pack

Put mask pack on irritated skin for soothing and moisture. It's better to use mask pack after you store it chilly. (15 minutes)





## 9 Conclusion

Finish this procedure after you spread Stayve Repair Cream (in hot countries) or Medisco Peelieve Cica Cream (not in hot countries)

## 10

### Dedicated care products after the treatment

Frequently spread appropriate Stayve Booster Ampoule and Stayve Repair Cream or Medisco Peelieve Cica Cream to manage skin with adequate moisture supply.

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# 3. Stayve Seanergy Peel / Medisco Peeliave Peeling

## 3) Treatment Instruction- Stayve Seanergy Peel/ Medisco Peeliave Peeling

1. It's better to use hypoallergenic cleaning products (Stayve Mild Cleansing Milk is appropriate) prior to the treatment.
2. In the case of using Stayve Seanergy Peel and Medisco Peeliave Peeling if you use Stayve and Medisco exclusive products, you can have Synergy Effect. Please use exclusive products to minimize side effects and to see the great effects.

### <Treatment sequence>



3. Once a spicule is planted under your skin, blood will be driven to treated spots. You can achieve a better outcome if you massage your face or décolleté it in advance.
4. If the skin is thick and it has too much dead skin cell, spicule could be hard to be planted, easy to be snapped so that it is less effective. We suggest starting with Medium peeling, removing built up keratin first, rather than proceeding with strong peeling right away. (Medium peeling -> Strong peeling after 8-12 weeks. Like this way.)
5. Thick skin (Or the thickest skin such as thighs, or sensitive part which can be easily pigmented <crotch, groin, etc.>) would be possibly better to go with multiple times of treatments with medium peeling instead of strong peeling once.
6. In case of redness, massive sebum, or acne necrotic millers, it means you have dry or sensitive skin, so it is better not to use peeling frequently.
7. Or in case of dry skin (redness, massive sebum, and acne necrotic millers), it's recommended to put a moisture pack to supply moisture before treatment. (Aloe mask pack, soothing, moisture pack, etc.) Put a not cold pack (stored at ambient temperature) on the skin for about 15 minutes, supply enough moisture to the skin, and wipe out residue with using (Stayve Hydrating Rose Toner) prior to the treatment.



8. Pressing and planting are more effective than rubbing.

\* Planting microneedles into the skin is the main purpose of using Stayve Seanergy Peel and Medisco Peelieve Peeling → In the direction of pores.

\* It could show us various human trial results depending on the angle of incubating (implanting).

9. Seaweed peeling treatment is better effective for facial outline and elasticity after fascia layer management (or decollate management). If applied to saggy parts closely attached to the chin line or fascia, blood circulates well before the treatment, so that you can get a better lifting result.

10. When you spread peeling on your skin, implanting widely on your skin step by step is more effective and less painful than rubbing and massaging your skin after putting product entirely at once – slowly implanting (softly pressing method – method of planting spicule by slightly lifting the muscle.)

11. If you scrub and press your skin strongly to remove dead skin cell, a heavy dead skin cell layer appears, causing lots of scratched parts, irritates, and possibly damages dermis, side effects such as burns, oozes and pigmentations can be seen, so mitigation of intensity is important.

12. After seaweed peeling, soothing with using a cooler on the mask sheet is more helpful rather than using a modeling pack.

\* When modeling is used, spicule might be taken off in a process of hardening and detaching.

If you use a modeling pack to see the quick soothing effect, I suggest putting a mask sheet first and putting gauze and using a modeling pack.

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## 4) Treatment Interval

Stayve Seanergy Peel and Medisco Peelieve Peeling shown on skin condition improvement when dead skin cell exfoliates over 3 or 5 days post-treatment. After the initial treatment, proceed with the next treatment procedure of medium peeling with 8 to 12 weeks of interval and strong peeling (after checking your skin condition) with 12 to 24 weeks of interval depending on peeling intensity.

- Improvement can be seen with only one treatment.
- You can see the improvement of pustular acne with more than 3 times treatment in 12 to 24 weeks intervals depends on skin type. (In case, when doing with strong peeling)

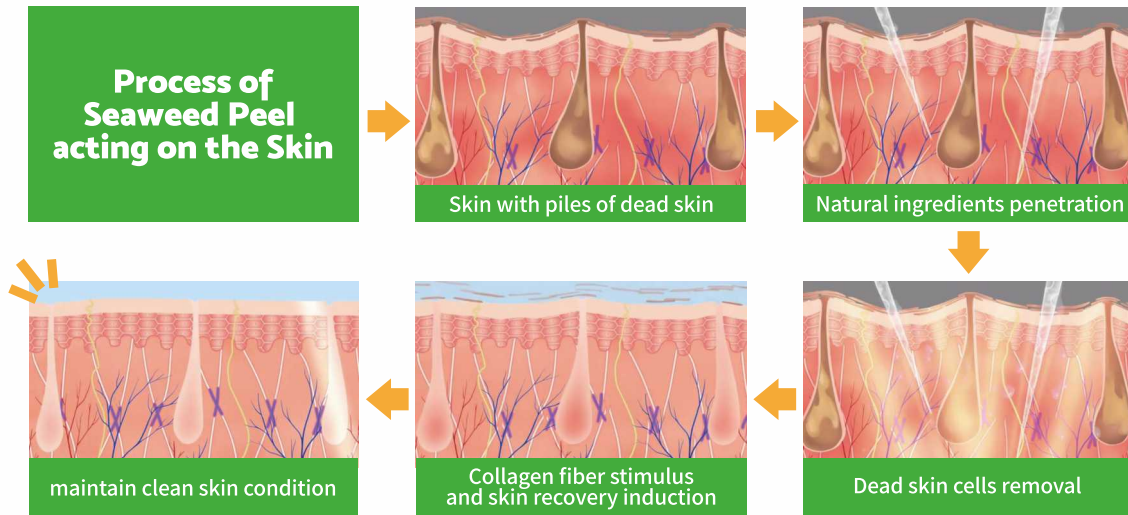
## 5) Effects and Results

Stayve Seanergy Peel and Medisco Peelieve Peeling are applicable for all types of skin.

Because the peeling product is made from natural ingredients, skin trouble rarely occurs, and it's good for sensitivity, acne, dryness, age, redness, and fine lines because it contains seaweed and medicinal herb.

Effects of peeling are improvement of acne, whitening of pigmented skin by exfoliation of dead skin cell, and the improvement of elasticity, wrinkles, and acne cure by accelerating elaboration.





- Skin regeneration effect : Once microneedles are embedded in pores, blood concentrates on treated spots, cells division drives with more oxygen consuming by vein -> Aged dead skin cell taken off and new skin comes out quickly.

- Acne : Air inducted into the holes as needles planted into pores -> Acne germs annihilated by the air -> Effects of killing acne.

- When you consider time, cost, etc. it's an effective treatment though it causes pain.

Reference lists) 1. <Effects of seaweed scaling and glycolic acid peeling on the acne skin> - p.47

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### 3. Stayve Seanergy Peel / Medisco Peeliave Peeling

#### 6) Symptoms after treatment

No. of days	Symptoms
Immediately after the treatment	Skin becomes red and tingly. You can feel senses of tingle, redness and irritation the most during 24 hours or 36 hours after the treatment. And those senses gradually disappear.
2 to 3 days later	A sense of prickling disappears and you can feel dry skin. Your skin becomes dark and dead skin cells starts to come off slowly.
4 to 5 days later	Skin feels drier than before and dead skin cells came off entirely. Pimple and acne necrotica milliaris might emerge as residue from the inside of skin comes out.
A week later	<b>After entire dead skin cells erased and skin regeneration completed, you'll see clear, glossy, smooth and newly created skin.</b>



# 7) Post-Treatment Management (Regeneration management)

## Basic Post care

1. Spread sunblock on your skin thoroughly after treatment. If your skin is exposed to ultraviolet rays without sunblock, freckles may appear.
2. After using Stayve Seenergy Peel and Medisco Peelieve Peeling, lightly wash your skin only using a wet sponge or lukewarm water for 1 to 2 days.  
(The reason why we don't recommend washing your face is that you might see low effect. Spicule needs to be penetrated everywhere of skin but if you wash your face or shower, then peeling process might be disrupted. Usually, skin starts to peel off 24 hours after treatment, so you should refrain from washing your face for 24 hours.)
3. After using Stayve Seenergy Peel and Medisco Peelieve Peeling, use hypoallergenic cleanser for 3 to 5 days. You should NOT use wet tissue, soap, dead skin remover or grainy products.
4. Before the dead skin entirely falls off, frequently apply sufficient moisturizing ampoule or cream every 7 or 8 hours.
5. Do not touch your face with unsanitary hands.
6. Do not take the dead skin off with your hands and moisturize sufficiently until it naturally falls off. If you take it off by force, skin troubles, pigmentation and wounds possibly occur.

\* Recovery management post seaweed peeling is not only for preventing side effects. Most people can get satisfactory results after seaweed peeling treatment. Your skin becomes clear, pellucid and silky. It's also effective for pores shrinkage. But this satisfaction doesn't stay for long. Naturally, your skin returns to its original condition after old cells die and new cells emerge because peeling exfoliates dead skin cell layer.

**However, can we ignore recovery management if we're able to maintain treatment effect simply through recovery management?**

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Reference lists) 2. <Efficacy Analysis of Peeling Types, the Application of Peeling in accordance with Skin Types or Conditions and Review of Follow-up Management> - p.47



### Recovery management of acne scars

1. It's better to have recovery management in every 5 days or a week after soothing care.
2. Since skin becomes red and tightened severely right after peeling, so you should focus on recovery management of maintaining on reducing redness and maintaining a good complexion.
3. It's important to maintain moisture. (Oily skin also becomes tightened after peeling. Adequate moisture supply is important.)
4. You're able to maintain clean skin condition only with acne management after peeling to prevent comedonal acne forming.
5. Select products that are light with good moisture content when choosing for recovery.

\* Acne regeneration management : At least twice a week (4 to 5 days interval)

- 1) Supplying moisture after dead skin cell removal.
- 2) Recovery management with methods of sebum extrusion and inflammation removal.

### Regeneration management of dry, aged and fine wrinkled skin

1. Proceed with regeneration management after soothing management.
2. Dry and aged skin tightened a lot even on normal days, so tightening symptom can be severe than normal after peeling. Maintaining moisture after peeling is important so you should use ampoule or recovery cream for cells regeneration.
3. Many people intensively manage skin for 1 to 2 weeks after peeling but they pay less attention to skin management after that period. In fact, the most important period of skin management is the recovery period during 1 to 3 months after peeling.
4. You can have enough recover management with skin care at home. Properly supply oil and moisture to your skin to maintain hydrated skin. Elevate moisture level with recovery cream or ampoule. Frequent application of sunblock is a must whenever you go outside.

\* Recovery management of aged skin : At least twice a week (4 to 5 days interval)

- 1) Supplying moisture after dead skin cell removal.
- 2) Functional recovery management using products with peptide.



## 7) Post-Treatment Management (Regeneration management)

### Home Care Tips Post Treatment

**- In case of massive activation of sebum secretion in 2 to 3 days post treatment**

It may occur if your skin type is one that secretes massive amounts of sebum.  
A case of sebum eruption, resulting from a separation process of sebum and dead skin cell underneath the skin.  
(May feel greasier, drier and itchier than normal) -> It's all a part of the recovery process.

Adequate moisture supply, applying moisture cream frequently, (Moisture is required to regenerate the skin.)

**- It is recommended to use felt type mask packs when soothing your skin.**

**- In post management, nutrition and moisture in a proportional ratio of 1:6 or 1:5 are good.**

**- It is good to spread moisture cream every 3 or 4 hours for a week.  
(Absorb by pressing, not by rubbing)**

**Prohibited products: Do not use gel type moisture cream.  
It does not get absorbed easily due to evaporation,  
causing lots of discomforts when combined with makeup  
or oil based creams.**

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# SIDE EFFECTS

In case of therapy that causes damage, side effect might appear



As micro calcium ions composed in seaweed powder penetrate into the skin and biodegrade, the pain reduces gradually over 2 to 3 days.

Wrinkle improvement ingredient, whitening ingredient, ingredients that calm possible irritations from the calcium ion and moisturizing ingredient may be combined so it is possible that irritations may occur on initial use but it's good for observing skin turn-over interval.

Nonetheless, in the case of sensitive skin, damage to the skin barrier may occur, and physical damage may harm the skin.

In a treatment procedure, the results might be differed depending on the operator's capacity or strength, so you should go to an expert to be treated as peeling intensity gets stronger. (Strong Peeling -> Exclusive for skilled hands)

In the case of sensitive skin, the intensity of rubbing needs to be mitigated, and physical peeling is not a good idea for sensitive skin. (Amid medicinal herb and seaweed powder penetrate into the skin, you would probably see physical irritation.)

## Post treatment side effects

Hygienic condition during operation and management after treatment are important (recommend not to use oily cream), there might be possibilities of side effect in case of individual skin condition and sensitive skin.

**1) Acne skin** : In case of acne is already in progress, peeling is not suggested. (Since acne skin is already damaged, soothing and moisture management is required prior to peeling.)

**2) Acne necrotic milliards after peeling** : If the skin is damaged by physical force, acne necrotic milliards may emerge. Lack of skin moisture content is the main cause for acne necrotic milliards. -> Soothing + Moisture management required.

**3) Inflammatory acne after peeling** : A case where inflammatory acne becomes severe and skin texture becomes worse after peeling.

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**Checking if there have been any irritating treatments to skin prior to peeling is necessary.  
If acne skin is in progress, checking the skin condition in advance is needed.**

### **\* To reduce side effects after peeling**

Skin needs lots of moisture content. (Skin rejuvenation -> Consumes moisture)

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Adequate amount of skin moisture content is needed because seaweed peel and medicinal herb peel create lots of heat.

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Not only skin showing acne necrotic milliards, but also thin skin, redness, dry skin which shows dead skin cells and skin which shows tightening symptom after washing. — Skin that lacks moisture

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If insufficiently moisturized skin receives damaging treatments, heavier damage and side effects may occur in comparison to sufficiently moisturized skin.

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Hydration over a week prior to treatment is the best way to reduce side effects.



## <Inflammatory acne>

A case where sebum formed by heat generation from the inner skin turns into inflammatory skin.

Where skin becomes rough after therapy: A case where liquid form of pre-existing sebum gets stuck to the skin in solid form, making the skin rough. – Moisture evaporation (Damage by heat)

Stinging skin after therapy – Scratches (Wounds of skin)

If you have severe inflammatory skin, you should seek treatment by an expert rather than self-treatment.

In case of using impure needles instead of hyper-pure needles, scratches may appear.

-> Inflammation worsens -> Heat generation -> Hydration of skin (Moisture care and soothing)

-> Heat reduction -> Inflammation mitigation

### \* **Restrain activities that take moisture content away.**

- Activities that remove skin protective oil and moisture layers by excessive facial washing by washing twice, using foaming cleanser, and using cleansing oil.

### \* **Lightly wipe skin with toner on cotton pads or use cleansing tissues.**

- Abstain from doing this during the 1 to 2 weeks prior to treatment.

### \* **1 mask pack a day for 1 to 2 weeks, hydration with moisture ampoule is recommended.**

- Putting it on your face for 15 minutes each time can avoid skin irritation.

### \* **Hyaluronic acid intake, drinking water, alternation of environment with humidifier, etc.**

### \* **Keeping hydration is important – In case of oily skin, apply recovery cream after hydration.**

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## ◀Before Treatment Checklist for Minimizing Side Effects▶

Previous consultation and comprehension of skin types is important considering pain, irritation and cool-down time from the treatment.

**1. (Herbs, seaweed, etc.) Do you have allergies?**



Patch test can be done prior to treatment. If there's no reaction, proceed with the treatment.

**2. Have you received any dermatological treatment recently?**



**3. Have you removed dead skin cells recently?**



**4. Are you currently menstruating? (Or menstruation cycle)**



Skin might be swelled when you're in a menstruation period. You should avoid spots where blood concentrates on. Skin might not regenerate well due to hormones declining period.)

**5. Have you taken steroid ointment or other medicines for the long term?**



There might be a case that skin oozes after treatment.

**6. Do you have any skin diseases like atopic dermatitis?**



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# PRECAUTIONS

Precautions and management post seaweed peeling



1. After 2 or 3 days, dead skin cells come out and exfoliation starts. Sometimes, in exceptional cases, it may not happen. The amount of dead skin exfoliation does not depend on peeling intensity, but rather on each skin type.

2. Do not rub or forcibly remove dead skin cells and let them be erased naturally. (If you remove it with force, you may see scars and/or pigmentation.) You should remove dead skin gently after it's sufficiently soaked, by letting it soak in a half bath once it starts to come off and elevating body temperature.

3. Stop smoking or drinking alcohol for 3 to 5 days. (Prevention of inflammation cause.)

4. Take more than 2 liters of tepid water daily for a month, apply moisture cream thicker than normal, then you'll see better effects than you expected. (Face swelling and itching can only be minimized with sufficient water intake (more than 2 liters of tepid water a day) intake.)

5. Avoid using 60 to 80 Celsius Degree's high temperature sauna for about 4 weeks. You must apply sunblock to your skin. If your skin is exposed to direct sunlight without sunblock, you may see pigmentation.

6. If you have foods plentiful in collagen, vegetables, and fruits for over 4 weeks, your skin will generate lots of collagen, elastin, and hyaluronic acid so you may see dramatic effects.

7. You should be asleep from 10 pm to 2 am at night to see more elasticity fibrous tissue created and better effects because growth hormone is secreted during period.



8. Due to exfoliation of dead skin cell layer from treatment, apply sunblock at 2 or 3 hours' interval until the new layer is formed. If your facial skin feels tight, you should apply moisture cream on your skin frequently.

9. Skin can be easily affected by inflammation from immune cells' disappearance on the dead skin cell layer so that inflammatory response and oozing may occur. (Consult with dermatologist in case of inflammatory response and oozing.)

10. Public bath, swimming, sweaty exercises, and skin scrubbing are allowable only after dead skin cell fell off.

- Skin regeneration requires lots of nutrition and moisture. A huge amount of moisture-consuming activities like sauna, excessive exercise, smoking, and drinking are not helpful for skin cell rejuvenation. You should enjoy sweaty sports and sauna only after all of the dead skin cells are peeled off to prevent pigmentation and recover skin cells.

11. Do not wash your skin with water for 24 hours. (It's suggested to avoid makeup for 2 days after treatment.) - If you wash your face immediately after treatment, spicules that were embedded in your skin apparently could be taken off so that peeling may be less effective.

12. Even though you're not allergic in your normal daily life if you're in a bad condition or weakened immune system, treatment itself can be considered as stress to your skin so allergic reaction may occur. You should take allergy medicine prior to being treated if you have any allergies. If you feel itchiness on your treated spots, you should take allergy medicine for 3 to 5 days after the treatment as well.

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Q&A



## 1. Is it effective even with only once use?

After first use, skin becomes clear and the improved skin condition can be seen after 5 to 7 days of skin circulation through micro-particles. But it can differ by the intensity and each individual skin condition.

## 2. How frequently is it available?

In case of rubbing with proper pressure and time, depending on peeling intensity, medium peeling is available in 8 to 12 weeks intervals, and strong peeling is available (after confirmation of skin condition) in 12 to 24 weeks.

## 3. Is it applicable for other skin parts besides face?

It's applicable to the face and back of your body. You must not use it on thin skin (E.g.: neck or chest) or wounded, heavily inflammatory body parts.

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### 4. Skin redness stays for too long. How do I manage it?

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Skin redness is a natural phenomenon after peeling. Within 5 days after peeling, you should avoid sweaty exercise or drinking alcohol. And drink a lot of water. However, if redness exists for over 48 hours or worsens, immediately consult with a dermatologist.

### 5. Is there a chance that dead skin cells may not peel off? How much dead skin cells will be exfoliated?

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Depending on the thickness of skin layers and skin age, dead skin cells might be peeled off or not. It is more likely to occur on oily and thick skin, and it's less likely to occur on dry and thin skin. Medium peeling is recommended for thin skin.

### 6. My skin is sensitive. Can I still use it?

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You may use this product even on sensitive skin except for the case where your skin is allergic to spicule. This product improves your skin and doesn't make your skin sensitive so it allows your skin to be healthier.

## 7. Does my skin become thinner after peeling?

Your skin becomes thinner because this therapy exfoliates your skin but dead skin cell layers emerge newly. The reason why your skin feels more sensitive and thinner is that your skin sensitivity is elevated, not because your skin layers actually became thinner than before. And if you apply good products to your skin barrier, skin recovery time can be reduced by your skin itself.

## 8. My skin feels too dry after peeling.

It's a natural phenomenon. Skin consumes a large amount of moisture during the procedure of recovery. Therefore, you have to consider direct skin hydration and moisture management the most.

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## <Reference list>

### Reference list 1.

We targeted 20 people of male and female of 19 to 27 years old, separated them into a group of people who used seaweed peeling product from D company in the US and a group that used peeling of glycolic acid (pH 3, 40%) –AHA, and measured their skin after implementing peeling using Robo skin Analyzer CS50 (In forward. onc., Japan). As a result, significant pores reduction figure of  $456.700 \pm 228.399$  ( $p < .001$ ) in the seaweed peeling group and  $152.100 \pm 185.504$  ( $p < .05$ ) in the glycolic acid peeling group, and significant numerous figures of blackheads reduction of  $262.600 \pm 200.223$  ( $p < .001$ ) in seaweed peeling group and  $134.900 \pm 184.000$  ( $p < .05$ ) in the glycolic acid group appeared. However, in great pigmentation numbers,  $5.300 \pm 9.250$  of reduction in the seaweed peeling group, and  $4.100 \pm 7.172$  of growth in the glycolic acid group appeared. In great pigmentation areas,  $30.400 \pm 58.949$  reduction in seaweed peeling group,  $15.000 \pm 44.510$  growth in the glycolic acid peeling group appeared and there was no significant change. Therefore, we verified that seaweed and glycolic acid peelings perform exceptionally well in the management of pores and blackheads. We also proved that seaweed peeling is more effective than glycolic acid peeling.

- Referred monograph <Effects of seaweed scaling and glycolic acid peeling on the acne skin>

### Reference list 2.

In a previous research, we derived conclusion about various peeling methods, but moisture management is the dilemma. In every peeling, moisture loss by the damages of skin barrier and cells after treatment is a natural consequence but if moisture loss becomes larger, then redness, inflammation and pigmentation rise, increasing chances of side effects. In addition, external influences to skin moisture are functions of protection and maintenance of skin moisture content rather than sullyng moisture itself, so instead of expecting that peeling itself will supply moisture, it seems necessary to supply moisture internally by drinking water and thus controlling moisture content of the skin. Additionally, we should actively educate candidates on proper diet, enough rest, sleep, no smoking, and sunblock application.

- Referred monograph, 2014 <Efficacy Analysis of Peeling Types, the Application of Peeling in accordance with Skin Types or Conditions and Review of Follow-up Management>

