

# Head 2 Toe (h2t)™ Pumpkin Peel



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## Types of Pumpkin Peel Products Offered

- Professional 20% AHA 10oz
- Professional 20% AHA 22oz
- Professional 30% AHA 25oz
- Retail Multi-Fruit Complex/AHA 2oz
- Retail Hand/Foot Therapy (Pumpkin Peel 20% with natural fiber)

## H2T 20% Pumpkin Peel Base Ingredients

Raw Pumpkin	Allspice – essential oils
Glycolic Acid	Vaccinium Myrtillus Extract - Bilberry
Salicylic Acid	Saccharum Officinarum Extract
Beta-carotene (Vit. A)	Acer Saccharinum
Sodium Lactate	Citrus Aurantium
Xantham Gum	Multi-fruit Complex Blend
Cinnamon Cassia Bark	Bisoblol
IPropylene Glycol	
Zingiber Officinale	

H2t 20% AHA formula adds Lactic Acid & Bisoblol (chamomile or yarrow derived extraction)

H2t 30% AHA formula adds Lactic Acid, White Willow Bark & Bisoblol (chamomile or yarrow derived extraction) to formula Pumpkin Peel

- ❖ Binds Moisture to the skin
- ❖ Exfoliates surface cells
- ❖ Softens the appearance of fine lines and wrinkles
- ❖ Improves texture and pliability of the corneum layer
- ❖ Helps drive highly refined extracted ingredients that have been added to h2t Pumpkin Peel (anti-oxidants, vitamins & Nutrients) into the skin
- ❖ Provides for the perfect extraction opportunity
- ❖ Successful in destroying surface bacteria
- ❖ Pre-conditions (prepares) skin for more aggressive treatments
- ❖ Combines for the perfect micro-exfoliation service
- ❖ Replaces mechanical scrubs
- ❖ Can take the place of Glycolic & Lactic Acid treatments
- ❖ Help lighten hyper-pigmentation

### PH Levels:

20% Pumpkin Peel – 3.5 (could range from 3.1-3.6)

30% Pumpkin Peel – 3.2 (could range from 3.1-3.6)

## Pumpkin / Multi-Fruit Complex Peel

Pumpkin products offer antioxidants and enzymes that act like alpha-hydroxy acids. But rather than just stripping the skin of unwanted materials, the pumpkin products have a bonus of replenishing the skin with nutrients. Pumpkin reportedly contains more than 100 beneficial nutrients, which may be used to help reverse the signs of aging.

Pumpkin is loaded with an important antioxidant, beta- carotene and Vitamin C. Beta-carotene is one of the plant carotenoids converted to Vitamin A in the body (Retinol), Beta-carotene performs many important functions in overall health including some degenerative aspects of aging. "Information is based on studies from the University of Illinois".

### COMPONENTS OF RAW PUMPKIN (1 cup):

Total carbohydrate (g) 3.8 And Fiber (g) 0.29	Natural thickening establish the base for proper distribution of essential ingredients to the skin.
Potassium (gm) 197.2	Bio-element, important role in the genesis and correction of imbalances of Acid/base metabolism resulting from chemical peels.
Protein (g) 0.58	Unique sequences of amino acids characteristic of pumpkin family. Mesh well with skin proteins.
Vitamin A (AIU/svg) 928	Promotes the growth and health of cells and tissue.
Vitamin C (mg/svg) 12.2	Keeps epidermal cell proliferation and differentiation on a health path through activation of epidermal calcium-binding protein.
<b>Metals</b> Iron (mg/svg) 0.46 Sodium (mg) 0.58 Zinc	Natural metal complexes improve the integrity of the epidermis.
Salicylic Acid	Pumpkin has one of the highest natural concentration of salicylic acid of any plant source.  <ul style="list-style-type: none"><li>• This is only a partial list of over a hundred nutrients found in pumpkin that helps skin to replenish itself. <b>Use pumpkin peel to rejuvenate the skin's surface on the face or Body.</b></li></ul>

## MULTI-FRUIT:

Is a concentrated blend of five botanical extracts: **bilberry**, **sugar cane**, sugar maple, orange and lemon. These extracts contain several naturally occurring alpha hydroxy acids have been shown to promote smoother, younger looking skin by increasing the rate of cell renewal.

Multi-Fruit are produced by taking several species of plants and running them through an exhaustive extraction process, which reduces color, odor and concentrates the active principles. The extracts are blended ant the following:

<b>Bilberry</b>	<b>57.00%</b>
<b>Sugar Cane</b>	<b>24.00%</b>
Sugar Maple	3.00%
Orange	8.00%
Lemon	8.00%

Once blended, the extracts are concentrated by vacuum distillation until a specified concentration of actives is achieved. The product is then filtered to eliminate any particulate matter. Since Multi-Fruit is a natural product it will contain a wide variety of residual natural substances, such as cellulose, carbohydrates, proteins, water-soluble vitamins and minerals.

When the process is complete, the material contains the following concentration of alpha hydroxy acids:

Lactic Acid	28-32%
Glycolic Acid	12-17%
Citric Acid	2-6%
Malic Acid	1% max
Tartaric Acid	1% max

**The primary action of AHAs lies in their keratolytic ability-they weakens bonds that hold dead skin cells together. When these bonds are weakened, the dead cells can be shed from the surface of the skin, resulting in the skin that appears fresher, smoother and younger.**

## PROPERTIES:

A fruit acid/enzyme, an exfoliation accelerator, a powerful anti-oxidant, and a mild retinoic acid substitute. As a natural repair therapy, it has beta-carotene and ascorbic acid as topical to combat oxidative, free-radical damage.

## DIRECTIONS FOR USE:

### Facials in Conjunction with h2t PUMPKIN PEEL

Strength depending on skin type:

#### **Sensitive and Rosacea Skin Types:**

- (1) Cleans with **Sulfate Free** Foaming Cream Cleanser:
- (2) Apply 1 teaspoon h2t Pumpkin Peel 30 – Begin with a 1 minute application, fan skin through process:
- (3) Neutralize with pre-iced watered down towels let dry:
- (4) Apply h2t Hyaluronic Acid followed by h2t-dermAstage Hydrating Night Cream or choice of anti-inflammatory cream.

Note - With each application increase time Pumpkin Peel 30 is left on the skin by 1-2 minutes. Maximum 6 minute time limit h2t Pumpkin Peel may be left on face that is considered **Sensitive or Rosacea** Skin Types (1 application per week maximum use).

#### **Acne and Atrophic Skin Types:**

- (1) Cleans with dermAstage **Sulfate Free** Beta Hydroxy or Foaming Cream Cleanser.
- (2) Apply h2t dermAstage Exfoliating Pad throughout face.
- (3) Apply to skin 20% or 30% h2t Pumpkin Peel formula, leave on 3-5 minutes first application then increase time with each application (one week apart) up to 10 minute maximum.
- (4) Neutralize with watered down towels let dry
- (5) Apply h2t DermAstage Hyaluronic Acid
- (6) Steam in you feel this is necessary
- (7) Do Extractions
- (8) Apply secondary pad (toning facial Pad)
- (9) Apply light weight moisture (DermAstage Enzyme Cream suggested)
- (10) Apply Sunscreen

Note - With each application increase time Pumpkin Peel 30 is left on the skin by 1-2 minutes per application. Maximum 10 minute time limit h2t Pumpkin Peel may be left on face that is considered to be **Acne and Atrophic Skin Types** (2 applications per week maximum use).

**Regular Skin Types:** Cleans with Sulfate Free Foaming Cream Cleanser: Apply h2t Pumpkin Peel 20 or 30% formulas – Begin with a 2-5 minute application, fan skin through process, neutralize with watered down towels let dry and apply h2t Hyaluronic Acid followed by h2t-dermAstage Enzyme or Hydrating Night Cream.

With each application increase time Pumpkin Pee is left on the skin by 2-3 minutes with each treatment (1 application per week maximum use) maximum 10 minute treatment limit.

### Basic Pedicures

- Soak feet in h2t's Foaming Bath Salts (your choice of blend)
- Dry off feet until completely dry (feet can not have any moisture remaining)
- Apply h2t 20% or 30% Pumpkin Peel with an h2t fan brush to the bottom of foot or on callous areas leave on for 10 minutes.
- Rinse feet completely
- Dry feet
- File Bottom of feet
- Apply h2t Exfoliate (your choice of blend) exfoliate excess skin with finishing massage.
- 1 tablespoon per treatment

## RETALING WITH KNOWLEDGE:

Use h2t Multi-fruit Complex 2oz for client home care. This will help desensitize skin allowing for more progressive client treatments.

### Key Ingredient Properties

#### **Glycolic Acid**

- Increases epithelial turnover
- Antibacterial
- Reduces stratum corneum thickening
- Improves hydration

#### **Salicylic Acid**

- Reduces stratum corneum layer thickening
- Diminishes the appearance of sun damage
- Helps slough away superficial cells

#### **Zantham Gum**

- Product thickener

#### **Bisabolol**

- Anti-inflammatory agent
- Derived from chamomile and or yarrow

#### **Propylene Glycol**

- Humectant (pulls moisture from the air to bind with the skin)
- Solvent for antioxidants and preservatives

#### **Methylparaben, Propylparaben and Diazolidinyl Urea**

- Preservatives

#### **Cinnamomum Cassia Bark, Zingiber Officinale, Myristica Power and Allspice**

- Aromatic and appearance properties

#### **Vaccinium Mytillus Extract, Saccharum Officinarum Extract, Acer Saccharinum Extract, Cotris Airamtoi, Dulcis Extract and Medica Limonum Extract.**

- Fruit Acids (see glycolic acid for Benefit)

### **Pumpkin Peel Benefits**

- Helps to slough off unwanted or dead surface cells
- Helps to prevent hyperkeratinization
- Helps stimulate collagen and elastic production
- Improves moisture
- Fights free radicals
- Improves the appearance of sun damaged skin
- Improves overall texture and health of the skin
- Sets up more aggressive treatments by desensitizing skin with each application.

### **Contraindication Qualifiers**

- Based off of the common practices of aestheticians when working with professional Fruit acid based products
- h2t Multi-fruit & AHA Pumpkin Peel home care product will allow for flexibility of usage.

### **Contraindications**

- Extreme skin sensitivities such as Rosacea at a more than a moderate level
- Current usage of prescription topical creams or Accutane
- Any known allergies or sensitivities to alpha-hydroxy acids
- Pregnancy
- Pigmentation issues with trauma to the skin
- Open lesions that are sensitized
- Recent plastic surgery or recent medical procedures
- Use of antibiotics that are known to cause sun sensitivities
- Lack of sunscreen usage

### **Service Procedure Notes**

- The Pumpkin Peel procedure is standardized as a reference for the aesthetics staff. The aesthetics Staff may modify the procedure to meet the clients' needs.
- Do not do extractions if the integrity of the skin will potentially be sacrificed.

### **Rocco Altobelli Corporation Manufactures and Owns h2t Products**

- H2T Pumpkin Peel is manufactured in a 40,000 sq. foot facility owned by Mr. Altobelli
- Rocco Altobelli Salons & Days Spas are a \$25,000,000 + a year business
- The Rocco Altobelli Corporation owns 8 salons & day spas in the Minneapolis area
- February 2006 first H2T- dermAstage Home Spa Store opened

## **Our Pumpkin Peel Service**

- The service duration is 45 minutes to 1 hour long
- Clients must qualify as valid candidates before they are eligible for any pumpkin peel.
  - Clients do not have to be using home care prior to 20% - 30% Pumpkin Peel treatments
  - For best results client should be on home care for at least 3 weeks before using a custom blending treatment (h2t dermAstage multi-fruit complex).

## **Our service Procedure**

1. Cleanse the face with a non-sulfate facial cleanser (h2t dermAstage Cream Cleanser)
  2. Apply a protectant layer to mucus membrane areas and around the eyes.
  3. Apply Pumpkin Peel starting with the thicker areas of the skin first. Proceed in the following order: Forehead, chin, facial perimeter, cheeks, nose, temples and around the eyes.
  4. Leave on until noticeable erythema occurs or up to 10 minutes based on the skins tolerance level (use time progression method).
  5. Proceed with extraction's only if needed
  6. Mist with h2t dermAstage Toner
  7. Apply h2t dermAstage Hyaluronic Acid.
- Moisturize w/h2t dermAstage Enzyme Cream or SPF 15 Moisturizer.

## **For Optimal Results**

Client Should....

- Receive a series of consecutive treatments for 6-12 times in 1-week or 2-week intervals.
- Do this series 2-3 times per year
- Stay out of the sun during series of treatments
- Wear sunscreen at all times

## **Home Care Procedure**

- Cleanse with a nonabrasive cleanser
- Tone
- Apply the pumpkin Peel for up to 10 minutes using strengths of 7.5% to 30% h2t Pumpkin Peel. Transient stinging is expected to occur. "Have client remove when this sensations becomes intolerable".
- Apply a moisturizer with a sunscreen (if in the day) or nutrient rich moisturizer at night.
- Repeat 1-2 times per week or based on the recommendation of their esthetician.

## **Alternative Treatment**

- Receive a pumpkin Peel treatment monthly
- Alternate a Pumpkin Peel treatment with a nourishing facial treatment

### Microdermabrasion use instructions

Must follow advanced training instructions: Classes are held at Spa & Aesthetics Advanced Institute of Aesthetics • 211 Main Street • Vista, CA 92084. Other Locations where classes are held Monthly • Las Angeles, CA • Las Vegas, NV • Denver, CO • Ft. Lauderdale FL

### Lightening hyper pigmentation

Use Spa & Aesthetics HQ Lightening Gel (nightly use) 1 week before each Pumpkin Peel treatment. Wait a minimum of 2 days after Pumpkin Peel treatment before restarting HQ Lightening Gel use. Continue use until desired results occurs (no more than 2 Months at a time).

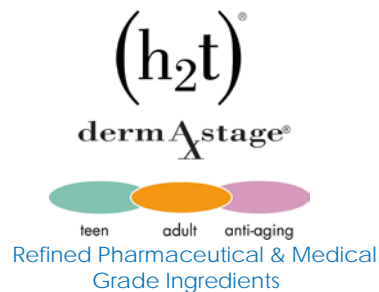
Total amount of Pumpkin Peel used for complete Pumpkin Peel facial treatment - 1 tea spoon - This will be increased up to a tablespoon based on length of time h2t Pumpkin Peel is left on face. While you increase the amount of product application you will decrease the chance of product drying.



Bilberry Fruit



H2t Pumpkin Peel



DERModality™  
Advanced Peel Training

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