

PROFESSIONAL EXFOLIATORS + SOLUTIONS REFERENCE GUIDE



Resources + Guides

This guide was created to help navigate GlyMed Plus Professional Only chemical exfoliators and solutions. The effects of these products are enhanced by proper skin preparation, the correct choice of solution, applicator, pressure, acid percentage, pH, exposure to skin, and time/layers of application. Always perform a thorough consultation and obtain a patient consent form prior to treatment. Home care—both pre- and post-treatment—is a major factor in achieving the best results.

CONTRAINDICATIONS

FOR A FULL LIST, REFER TO THE PURELY PROFESSIONAL MANUAL

01 Accutane, chemotherapy, discontinue any retinol products 72 hours prior to treatment. Avoid sun and heat.

02 Accutane, chemotherapy, discontinue any retinol products 72 hours prior to treatment. Avoid sun and heat. Do not use if client has an aspirin allergy. Do not use on a pregnant client.

03 Accutane, chemotherapy, discontinue any retinol products 72 hours prior to treatment. Avoid sun and heat. Do not use if client has an aspirin allergy or organ problems. Do not apply below the neckline. Do not use on a pregnant client.

04 Accutane, chemotherapy, discontinue any retinol products 72 hours prior to treatment. Avoid heat and sun. Do not use on a pregnant client.

PRE-TREATMENTS

PREPPING AGENTS | MILD-ADVANCED PREP

PRODUCT NAME	ACTIVE INGREDIENT	SKIN CONDITION	FITZ	PREP
Lactic Astringent Prepping Agent	Lactic Acid, Salicylic Acid	Aging, Dry, Pigmentation, Fine Lines, Acne, Rosacea	All	Mild
AHA Astringent Prepping Agent	Glycolic Acid, Lactic Acid	Aging, Pigmentation, Fine Lines + Wrinkles, Acne	All	Moderate
Professional Oxygen Regenerative Solution	Bio Oxygen, 5% Lactic Acid	Aging, Pigmentation, Fine Lines + Wrinkles, Acne	All	Mild-Moderate
Astringents No. 2, No. 5, No. 10	2% 5% 10% Salicylic Acid	Acne, Oily, Texture	Caution 4-6	Mild-Advanced

PROFESSIONAL EXFOLIANT DEPTH

GENERAL GUIDELINES		
LEVEL	TIME	DOWNTIME
0- Very Superficial	1-5 minutes	No downtime, great first-time treatment, very mild flaking.
1- Superficial	5-10 minutes	1-3 days social downtime, mild-moderate flaking.
2- Medium	15+ minutes	7-14 days social downtime, moderate-advanced flaking.

PROFESSIONAL EXFOLIANTS | TIMED



THE FOLLOWING SOLUTIONS NEED TO BE REMOVED TO NEUTRALIZE

PRODUCT NAME	ACTIVE INGREDIENT	SKIN CONDITION	FITZ	CONTRAINDICATION
Age Defying Masque	30% Protease Enzyme	Texture, Acne, Rosacea, Aging	All	None
Professional Pumpkin Exfoliator	5% Lactic Acid, Pumpkin, Papain, Pomegranate	Dry, Pigmentation, Fine Lines, Rosacea	All	1
Professional Peptide Perfection Exfoliator	5% Mandelic Acid, 5% Lactic Acid, 5% Malic Acid, Micro Silver, Peptides	Aging, Pigmentation, Fine Lines + Wrinkles, Acne	All	1
Professional Exfoliator with 30% Alpha Hydroxy Acids	15% Lactic Acid, 15% Glycolic Acid	Aging, Texture, Rosacea, Skin of color	All	1
Professional Exfoliator with 30% Lactic Acid	30% Lactic Acid	Dry, Pigmentation, Fine Lines, Rosacea,	All	1
Professional Exfoliator with 50% Lactic Acid	50% Lactic Acid	Dry, Pigmentation, Fine Lines, Skin of color	All	2

PROFESSIONAL SOLUTION DEPTH

GENERAL GUIDELINES		
LEVEL	LAYERS	DOWNTIME
0- Very Superficial	1 layer	No downtime, great first-time treatment, very mild flaking.
1- Superficial	1-2 layers	1-3 days social downtime, mild-moderate flaking.
2- Medium	3-4 layers	7-14 days social downtime, moderate-advanced flaking.

PROFESSIONAL SOLUTIONS | LAYERED



THE FOLLOWING SOLUTIONS SELF-NEUTRALIZE AND DO NOT NEED TO BE REMOVED

PRODUCT NAME	ACTIVE INGREDIENT	SKIN CONDITION	FITZ	CONTRAINICATION
Professional Oxygen Regenerative Solution	Bio Oxygen, 5% Lactic Acid	Texture, Acne, Rosacea, Aging	All	None
Professional Solution with 20% Salicylic Acid	20% Salicylic Acid	Oily, Acne, Pigmentation, Congestion	Caution 4-6	2
Professional Solution with 30% Salicylic Acid	30% Salicylic Acid	Oily, Congestion, Fine Lines + Wrinkles, Acne	Caution 4-6	2
Professional Jessner Solution	14% Lactic Acid, 14% Salicylic Acid, 14% Resorcinol	Aging, Texture, Congestion, Acne	Caution 4-6	3
Professional 5 Berry Solution with 7% TCA	7% TCA, Bearberry, Blackberry, Blueberry, Raspberry, Cranberry	Dry, Pigmentation, Fine Lines, Texture	All	4
Professional Vitamin A Solution with 10% TCA	10% TCA, 10% Glycolic Acid, 5% Retinol	Acne, Aging, Congestion, Pigmentation	All	4
Professional Pigment Lift Solution with 15% TCA	15% TCA, Bearberry, Licorice Root	Aging, Pigmentation, Fine Lines + Wrinkles	All	4