

OCTOBER HEALTH AND BEAUTY TIPS

New Skin in 5 Days with GREEN PEEL HERBAL PEELING

What is it?

It is a mixture of dried, crushed herbs. The pure plant ingredients are massaged onto the skin by the trained skin care professional, which then begins the process of the herbal peel.

What is the History behind the GREEN PEEL?

The GREEN PEEL was invented by Christine Schrammek. Christine Schrammek had been studying the effects of herbs in her skin care clinic since the late 1940's. At the time, only chemical skin peelings were available. The results she achieved with her herbal peeling treatment aroused great interest.

Christine Schrammek's daughter, also named Christine, studied medicine to become a dermatologist and allergist. She concentrated on her studies on the methods and effects of the herbal treatment developed by her mother. While working as a resident at the Institute for Experimental Dermatology (part of University Witten-Herdecke near Dusseldorf in Germany) she refined and perfected what is known today as "GREEN PEEL" – the original method by Dr med Christine Schrammek-Drusio'.

Why does it work?

It consists of a blend of natural herbs dried and crushed. It does not contain any synthetic chemicals or abrasives.

Who does it benefit?

Most skins are suitable for this treatment. Improved appearance of the skin has been observed with the following:

Oily skin, open pores

Coarse skin with rough appearance

Skin impurities, acne, pimples

Fine lines and wrinkles

Scaring

Follicle hyper-keratinization

Prematurely aging, sun damage

Skin discolouration, pigmentation

Freckles and sun spots

Stretch marks

What are the ingredients

The herbal peel contains no synthetic chemicals, acids or abrasives. It is a combination of selected herbs in their purest form, Both calendula and aloe vera for healing and soothing, horsetail for detoxing. Along with this are algae, lungwort and spirulina.

Is it safe?

Yes. The treatment is based on pure herbs; it doesn't contain any synthetic chemicals or abrasives.

What are the Contra-indications?

All skin diseases, bacterial infections

Allergic and ultra-sensitive skins

Thin skin with teleangiectases and some forms of rosacea, dermatitis similar to rosacea

Any new skin growths (no matter what kind)

All nevi

Pregnancy, heart pace maker, skin grafts and similar unusual conditions

What are the side effects?

No side effects have been reported in over 45 years of usage.

What happens during the process?

- The GREEN PEEL herbs are massaged into the area to be peeled for 10 mins.

- In case of impure skin, extractions will be performed prior to the GREEN PEEL treatment.
- At the end of the treatment you will receive three home-care products and an
- Instruction sheet that will explain your home-care procedures. You must follow the instructions carefully.
- During the Post Treatment the old skin will peel off with a mask.

Most clients experience some discomfort during the initial massage with GREEN PEEL herbs. You can ask your therapist to ease off on the massage but keep in mind that a stronger massage will result in a stronger peel. At the end of the massage your therapist will apply moistened gauze to the treated area. This immediately cools and comforts the skin.

After this treatment your skin will be flushed, and you will have a similar feeling to slight sunburn. Over the next two or three days the top layer on your skin will gradually become dryer, and will eventually start to peel. On the days of the peeling you may decide to stay home so that you can follow home-care instructions as best as possible. You will also need to call your beauty therapist to make an appointment for your Post-Treatment for the fifth day.

What products do I use?

Your therapist will give you three products to take home. You use these in place of your current products for the 5 days duration of the treatment. Herbal Care Lotion is a lotion to use in place of your cleanser/toner. Blemish balm is a slightly coloured cream to conceal the skin-use instead of make-up, this also helps to soothe and diffuse redness. Special Regulating Cream helps keep your skin nourished and encourages the skin regeneration. Information on how to use these products is in "Instructions for Home-Care".

Will I need to take time off?

No. In most cases your skin will be pinker than usual (like slight sunburn) but the GREEN PEEL will not unduly interfere with your social or business obligations. Although some people prefer to take the last two days off due to the peeling.

What results can I expect?

The results are always evident after even just one treatment, with refreshed and glowing skin. Pores appear much finer, and fine lines may no longer be apparent. The Green Peel also has a tightening and firming effect, which is a bonus for ageing skins.

Before and After Home-Care Instructions

It is best to wash your hair prior to your visit for the Green Peel as you cannot get the skin wet throughout the five days after your treatment.

Home-Care Instructions

1. Use a cotton wool pad moistened only with HERBAL CARE LOTION, pat on to cleanse and tone skin. Do this morning and night.
2. After cleansing, apply a small amount of SPECIAL REGULATING CREAM or SPECIAL CARE CREAM mixed with BLEMISH BALM to the skin. Spread a thin layer carefully morning and night.
3. No other products should be used on the skin.
4. Avoid putting water on the skin. If water soaks into the skin it will lead to discomfort and premature peeling of the skin and may result in skin damage. Do not engage in strenuous physical activity that will lead to excessive perspiration!
5. If you need to dry the treated area dab it carefully with a soft towel. Do not rub!
6. Within 3-5 days your skin will visibly crack. Ring your therapist on 3257 3567 on this day; apply SPECIAL REGULATING or SPECIAL CARE CREAM like a mask on the cracking area.
7. Repeat this application every 3 to 4 hours. The newly formed skin is very receptive at this stage. SPECIAL REGULATING CREAM and SPECIAL CARE CREAM contain valuable active ingredients to nourish it.
8. No longer use the HERBAL CARE LOTION or the BLEMISH BALM on the cracked areas
9. Cleanse uncracked areas and apply less SPECIAL REGULATING CREAM or

SPECIAL CARE CREAM and more BLEMISH BALM on these areas only.

Do not pull off any flaking skin. It will peel of its own accord. Most dead skin will be removed with the massage during the Post Peel Facial. Any dead skin still remaining after the Post Peel Facial will come off the following day. No scratching or picking and you must ring your therapist when the cracking starts.

The process of regeneration of the skin ends between day 14 and 28 after the initial Herbal Peeling Treatment. At this point the appearance of the skin is at its best. The success of the peeling can be intensified and consolidation with a course of Skin Management Facial done monthly. It is imperative that you use Dr Spiller Biocosmetics for daily homecare as this product is designed to work with the skin and not against such as many glycolic and other water based products on the market. You will see optimal results when using Dr Spiller home care and your therapist will recommend a simple programme for you to use for maintenance.

GREEN PEEL - \$679

Includes initial treatment, post peel facial and 3 homecare products

REPEAT GREEN PEEL - \$379

Includes initial treatment and post peel facial

MINI GREEN PEEL - \$179