

GLYCOLIC ACID 90% INSTRUCTIONS

STORING YOUR GLYCOLIC ACID SERUM

You can store it anywhere, it doesn't need to be refrigerated. But always replace the jar top when not using your Glycolic Acid Serum or the water will evaporate, and crystals will start to form. If crystals start to form, let them stay at the bottom of the jar. You can reuse those crystals when formulating your next batch of Glycolic Acid Serum.

USING YOUR GLYCOLIC ACID 90%

WARNING: If you have a history of being extremely sensitive to chemical peels, don't use Glycolic Acid. If you are using Tretinoin Gel 0.1% on the same area of your face, don't use it on the same day that you apply a Glycolic Acid peel. If you do, it will cause your skin to be extremely itchy and irritated and red.

MATERIALS NEEDED

- Glycolic Acid Serum
- Small Makeup Brush <http://x420.tv/largemakeupbrush>
- Baking Soda <http://x420.tv/3lbsbakingsoda>
- 8 fl.oz. Hot Distilled Water
- Cotton Pads <http://x420.tv/cottonpads>
- Vaseline <http://x420.tv/cocovaseline>

DIRECTIONS:

Mix 1 tablespoon of baking soda into your 8 fl.oz. cup of hot water. This will be used as a neutralizer. Use your makeup brushes to apply your Glycolic Acid Serum. Use the small makeup brush to apply Glycolic Acid Serum to your knuckles/corns/calluses/toes. Use the largest makeup brush to apply the Glycolic Acid Serum to the bottoms of your feet and to the palms of your hands. If you have any open cuts/nicks/scratches/mosquito bites/etc. the Glycolic Acid Serum will start burning in that area. If this happens : Take a cotton pad dip it in the baking-soda/water; Dab/wipe the burning area with the wet cotton pad; You will see/hear a fizzing, this is the Glycolic Acid Serum being neutralized so it will stop burning; You can also just rinse the area under running water; After the Glycolic Acid Serum is wiped/rinsed

from the area, apply Vaseline to the area to protect it from anymore Glycolic Acid Serum getting on it : Let the Glycolic Acid Serum sit on your skin for at least 5 minutes {if you feel any burning before 5 minutes has past, proceed to rinsing away the Glycolic Acid Serum} While you're waiting you can paint on more layers of Glycolic Acid Serum to the treatment area. Before 5 minutes has past, you will notice a 'frosting' to the treated area. This is normal, it's due to the water evaporating and leaving unabsorbed glycolic acid powder. After 5 minutes rinse your hands/feet in warm water, rinse/rub your skin until you feel the Glycolic Acid Serum has rinsed away {if your skin is stinging at all, this will stop as you rinse your skin with water}. Then sprinkle baking powder on your hands/feet and gently scrub the treated areas. Rinse away the baking powder, then wash your hands/feet with your regular soap. Dry your hands/feet, then apply Vaseline as a moisturizer.

Apply this solution directly to your skin - arms, legs, buttocks, back, hands, neck, and chest. Avoid your nipples, and the "very" crack of your buttocks. The skin in those areas is thin and may burn if there are any cracks/breaks in the skin. Let the GA sit on your skin for at least 5 mins. Then get in the shower & rise off with plain water first. If your skin is stinging at all, this will stop as you rinse off. Sometimes you can feel a slight waxy residue after rinsing off the GA. I find that "pre-washing" with harsher/drying soap (like Dawn dish detergent) removes all of this residue. Just lather your hands up and give your entire body a "once over", then rinse. Then proceed wish scrubbing with your regular soap/body-wash.

This is just a guide, as you progress, you will develop your own regimen. Initially, you can do the above regimen "everyday" for the first 4-5 days to get your skin in check. After that you can do it only a few times a week. It's up to you and what your skin needs and can handle. DO NOT USE THIS PRODUCT ON THE SAME DAYS AS YOU USE RETIN-A (tretinoin) GEL.

FREQUENCY:

For extremely thick dead skin feet/hands/knuckles or for corns and calluses. Initially you should apply this treatment for 5 consecutive days, then wait 3 days. On the fourth day, start the application process over again. Do this

until all of the thick dead skin is gone. After that you can apply this treatment 3-4 times per week for maintenance.

TIPS: Sometimes you can feel a slight waxy residue after rinsing away the Glycolic Acid Serum. I find that “pre-washing” with a harsher/drying soap {like a common Dawn dish detergent} removes all of this residue. Lather your hands with soap, rub the lather into your hands/feet, then rinse. After that, use your high-quality cleanser/soap to wash your feet/hands. Chemical peels make skin look beautiful but will leave your skin especially dry. Allowing your skin to remain dry after a chemical peel stimulates the production of more dead skin {the skin is trying to protect itself} which is counterproductive. Always keep an ample stock of Vaseline, it is best for moisturizing skin. As you progress, you’ll adjust your usage of Glycolic Acid Serum to what works best for your skin. It’s up to you and what your skin needs and can handle.

Vaseline: If you know there’s an area you don’t want treated for whatever reason {cut, scrape, scratch, sensitive area, or previously treated area} always put Vaseline on it before you began applying the Glycolic Acid Serum to prevent running, spillage, or accidental application.

Stinging: If it starts to sting in certain places, this indicates an area where you may have accidentally abraded your skin before you started this procedure. By either scratching with your nails, friction when removing your clothes, or a previous scrape scratch or bruise. To prevent this, try not to scratch, bump or scrape your skin before doing this procedure. Think of it like getting a hair relaxer/perm, you know not to scratch your scalp before getting one. Afterwards you can scrape or scratch all you want.

Burning: If it burns somewhere bad (*before you get to finish all the areas you want to treat*) go ahead and rinse with warm water then follow up with a soapy brush or sponge. After that, you can resume application to the other areas you didn’t finish. Just avoid those sensitive areas this time and put Vaseline on them to protect from the Glycolic Acid Serum from running over them. Trick: Mix Baking Soda & Water in an empty water bottle (or bowl) as neutralizer. If you get little a “stinging” in certain places, while you still have a ways to go. Just dip a cotton ball in this BSW solution, dab/wipe the area

until it stops stinging, put Vaseline on it. Then resume applying the GA to your other areas.

Nails: After a few treatments, GA can tint/stain your nails a little bit darker. This is no big deal. If you have on clear polish it won't stain them. If not, the stain can easily be buffed off with a square nail buffer. If you are not treating your hands with the GA, just wear gloves to prevent darkening period.

GA90% solution can be used for weekly chemical peels. You can use GA90% solution on your body without diluting. For facial peels, GA90% is too strong. You must dilute the serum down to a much lower percentage that your face skin can handle. To do this use distilled water or aloe vera juice. You can also add small amounts of your GA88 to your regular body/face lotion for light daily exfoliation.

INGREDIENTS

Glycolic Acid Powder 90%, 10% Vegetable Based Solvent