

MEQ TCA PEEL

Mequinol 20% / TCA 25% / Glycolic Acid 10%/Tret 0.1%

!!! IMPORTANT WARNING !!!

If you're experienced with using TCA peels, you probably won't need to read these instructions. Apply this MEQ TCA peel as you have any other TCA peel in the past. If you're new to TCA peels I suggest you watch a few [YouTube "DIY TCA Peel"](#) videos in addition to reading my 'Chemical Peel Guide' <https://www.isis.gold/chemical-peel-guide/> **FIRST!** before applying your first TCA peel. And also thoroughly read these product instructions **BEFORE** using this MEQ TCA chemical peel. **Don't overuse or abuse** this product, it will result in chemical burns, swelling, and result in hyperpigmentation! Make sure there are no scrapes/scratches, recent bruises, or raw skin present before applying this chemical peel [it will burn!] If you have recently abraded/exfoliated, done microneedling, or a similar treatments, please wait at least a week before applying this peel. If you've recently used Tretinoin Gel 0.1% wait until you skin has finished peeling from that. **For Best Results:** Using Tretinoin Gel 0.1% 1-2 weeks before this any type of TCA peel will actually help the TCA peel penetrate deeper and give you the best results.

TREATMENT & DOWN TIME

This treatment lasts for about 10 days. This means, from the time you finish applying this peel to when all the dead flaking skin/scabbing has completely peeled away, and a non-pink normal skintone has developed (*about 10 days*). So when I say "during treatment" this time frame or window is what I am referring to. If you've applied a chemical peel, and your skin is still flaking and peeling from that, then you're "currently going thru a chemical peel". When I say "during application" this refers to the very moment that you're applying the chemical peel solution to your skin. The area you apply this peel to is going to be swollen for a few hours after application. After 24 hours the swelling will be gone. You can take arnica tablets before & after to prevent a lot of the swelling. Depending on how many layers you do (*more layers, the deeper the peel goes*), will determine how sore the area will be (*and for how long*) days after you apply this peel. I suggest not doing more than **THREE** layers per treatment, even for experienced users. After application, your face/neck/etc will be very red, then dark

red, then dark brown. Then that skin will basically turn into a scab (*like the photos on the website*) , after about 5 days it will crack and start peeling & flaking. Make sure to keep your skin moisturized with Neosporin (triple antibiotic) immediately after rinsing your face & then for the first 2-3 days. Then switch over to Tamanu Oil, this oil helps heal all types of burns very quickly. If you don't want to use tamanu oil just use regular Vaseline. Even if you use Tamau Oil still apply Vaseline later to keep that crusty scab layer heavily moisturized. About 5-6 days after applying this peel (when skin is no longer sore) you can start applying HQ30% Cream to your skin, once daily

SUNBURN ALERT

During/After exfoliating your skin with ANY type of peel, your skin will be more sensitive to the sun. **ALWAYS** wear sun protection (*and keep skin covered when possible*) when going outdoors even on cloudy days. Best Sunscreen is Neutrogena 100+ SPF

NOTE: Below are basic application instructions for applying the MEQ TCA peel to sensitive areas like your face/neck/chest area. If you apply this to an area with very thick skin (corns/calluses) you may not get the "frosting" of the skin. I suggest using the '*Strong Foot & Knuckle Peel*' for tough areas like the feet.

MATERIALS NEEDED

Disposable Gloves

Small Electric Fan

Timer

Cotton Pads & Cotton Swabs

Acetone

Neutralizer (*baking soda & water mix*)

Cetaphil (*or other gentle cleanser*)

Neosporin & Vaseline

Tamanu Oil, Velatox, Curenex, Shea butter, cocoa butter, or Black Jamaican Castor oil (*optional*)

PREP

FYI: TCA peel is a self-neutralizing acid, but if/when you can't take the burning/stinging, having neutralizer on hand is best if you choose to immediately stop the stinging before fully rinsing/washing the area. Assemble your tools, it's best to do this in the bathroom so you can wash your skin/face/body/etc. right afterwards. If you have grease or lotion on your skin use acetone & a cotton pad to clean your skin first. Use the cotton swab to apply Vaseline along your eyelash line and to your lips. This is VERY important, this will keep the MEQ/TCA peel from getting into your eyes, lips, or in your mouth. Pour your MEQ TCA Peel solution into your glass jar. Pour your neutralizer in a disposable cup or a bowl, for easier access. Setup your fan so that it is facing the treatment area. Put on your gloves. **TIP: Apply Vaseline to any beauty marks/mole or tattoos you want to keep. TCA peels tend to whiten (and sometimes remove light colored ones) flat beauty marks/moles/freckles. Both high & low percentage TCA peels remove tattoos, via several treatments.**

APPLICATION: STEP ONE

Eyes: If you're doing a full face peel including your eyelids, or are only doing your eyelids. Use a cotton swab to do apply the peel to your eyelids. LIGHTLY moisten the cotton swab with the MEQ/TCA peel solution and swipe from one side to the other, starting under your eyebrow (*near the nose bridge*) then across toward the corner tail of the eyebrow. Then start again, but move down a quarter inch, then swipe again toward the corner tail of the eyebrow. No more than THREE swipes should be needed to cover your entire eyelid. DON'T get to close to your eyelash line where the Vaseline is. The eye area is thinner and more sensitive, so I suggest applying the peel to this area after you have applied the first layer it to the rest of your face. Or include the eye area when doing your very last layer for the entire face.

Face/Neck/Chest/Body: Use a cotton pad moistened with the MEQ TCA peel solution to carefully apply it to your skin. Swipe the cotton pad over the area, once, then allow the solution to absorb. You can apply up to three layers, I suggest waiting at least 5 minutes after the first layer before doing more layers.

Fan & Cooling:

Burning usually starts after about 3-5 minutes, so you may want to turn on your fan after applying your first layer so you can continue working undisturbed. Some people aren't as sensitive and have a higher threshold of pain and won't turn on the fan until after they're completely done applying the TCA peel. If you're terribly irritated and haven't finished applying the MEQ/TCA peel to all your areas (*or enough time hasn't past & you want to leave it on longer*) You can apply an ice-cold towel to your skin (*or ice roller*) for 5-10 seconds at a time to give you some relief, to enable you to keep working.

APPLICATION: STEP 2

After you've applied the number of layers you desire, sit in front of the fan until the time is up. When the time is up, rinse your skin with cold water. You can rinse with your neutralizer water, then cleanse your skin with the Cetaphil cleanser. After that gently pat dry your skin with a paper towel, then apply Neosporin all over your face.

WHAT YOU WILL SEE:

After applying this MEQ TCA Peel (*or any TCA 20%+ peel*) the skin will start to "frost". Meaning it will turn whitish colored. This is the top layer of skin burning off. After 5-10 mins of applying just one layer you'll start seeing little white speckles. This "frosting" also indicates how deep the peel has gone. If you want a "light" peel, remove/rinse your skin before your skin starts to frost or as soon as you see any area starting to frost. If you do more than one layer immediately after the other (*in less than 5 mins*) the quicker frosting will start. I usually wait until I see frosting, then apply more peel to the areas that haven't frosted yet. This will give an even peel as far as depth is concerned. You will also notice a difference in the results after the skin has healed, concerning the areas that did or didn't go as deep. Like less hyperpigmentation/dark-spots/melasma/etc. As you get more experienced using TCA peels you can tell. But don't try to manipulate this on your first TCA peel, get more experienced doing TCA peels first.

TIME:

This entire application should take no more than 20 mins. Meaning the peel shouldn't sit on your skin any more than 20 minutes before completely rising/wash the area clean. If you're experienced in TCA peels and you only want a light peel this time, you may chose to rinse your skin after only 5-10 mins (before frosting starts or as soon as you see frost). Some experienced users may go up to 30 mins. I suggest the newbies go from 15-20 mins, and no more than that.

SCARS STRETCH MARKS POCK MARKS:

Timing, number of layers, and TCA percentage are different when treating damaged skin like surgical scars, severe/raised stretch marks, acne scars, deep pock marks, etc. These are the areas that people would want to do 3 layers on , per treatment, for effective removal. All of the above would be gradually removed/reduced by doing several TCA treatments over the next several months.

HEALING:

During this time make sure you are applying your Neosporin ointment Tamanu Oil and HQ cream daily as instructed above/below. After your skin starts to peel **DON'T** apply any caustic products to the new skin revealed underneath, yet. You will burn/ruin the new skin and cause rebound-darkening. After your skin starts peeling, **ONLY** apply HQ cream (or Tret) to the skin that hasn't peeled yet. Applying HQ cream to the new skin at this point will create "uneven" skin lightening. Wait until all the dead skin has peeled first, before applying HQ cream to the entire area again. The only thing that you should be apply to the new skin is Velatox, Curenex, Shea butter, cocoa butter, or Black Jamaican Castor oil, etc. Let peeling flaking skin come off by itself, the new skin underneath is '*healing*' and isn't ready to be revealed yet. If you peel the dead skin off too soon the new skin will be red/pink/raw and might bleed (like peeling a scab off a sore too soon). For peeling/hanging chunks of dead skin, don't forcefully pull it off, cut it away with a pair curved cuticle scissors. Keep your face heavily moisturized with Vaseline will help the dead skin heal slough off faster. After 8-10 days, if you still have flakes of skin that haven't peeled all the way off, you can apply a little Tretinoin Gel 0.1% **ONCE** to speed the peeling process. The rest of the dead skin will fall off in about 2 days after a hot shower. Chemical peels burn the skin, and

naturally cause redness and irritation. For FITZ III- VI, redness always leads to hyperpigmentation, so to offset this, use HQ cream after a chemical peels, laser treatment, microneedling, etc.

WHAT TO EXPECT:

One day after the first application, your face will look like a dark brown mask. You may want to plan this peel around your work/school schedule so that you can stay home until you finish peeling. Your skin will also be sore for a few days, this will be bearable but you can always take Motrin to make yourself more comfortable while sleeping or working from home.

PEEL FREQUENCY:

You can do a **deep** MEQ TCA peel every 6-8 weeks AFTER you've completely healed from the previous peel. As you gain more experience with using strong professional chemical peels, you'll understand how they work and what your own skin can handle. After your first TCA peel, you'll get more & more experienced with these applications.

NAILS STAINING:

If you plan on using this MEQ TCA peel on your hands. Please know that using chemical peels can stain the nails yellow (*like in some website photos*). To prevent staining or yellowing of your finger nails, simply paint your nails with a clear or colored nail polish to protect them from the peel.

INGRDIENTS

Mequinol 20%, TCA 25%(*Trichloroacetic Acid*), Glycolic Acid 10%, Tretinoin 0.1%, Distilled Water