

# Only the brave?

Ros Bown RGN, INP on the challenges of peeling black skin



Ros Bown (RGN)(INP) is a fully qualified practitioner, and is also an independent prescriber who has worked in theatres for 25 years. Ros has worked as an aesthetic practitioner for over 20 years and has performed over 175,000 procedures, demonstrating her experience in non-surgical cosmetic treatments. Ros is fully qualified to train Botox, Dermal Fillers, Sculptra, Skin Peeling and Radio Frequency Skin Tightening.

In my 20 years as an aesthetic practitioner I have always believed in continual training to gain more experience and obtain new ideas. This has resulted in my practice growing considerably but the one area where my practice has not grown at all has been in skin peeling. Why? I have tried glycolic peels, TCA peels, combination peels, Jessner, ICP, Obagi Blue Peel (great results but the pain, down time and need



for a minimum of 12 weeks skin prep has stopped me using). Of all the peels I have used the results have not been great (except Obagi) and whenever I have peeled black skin, Fitzpatrick IV-VI, I am always wondering if there will be post inflammatory hyper-pigmentation. As I am sure all my colleagues would agree, the skin peel

is a very useful treatment PROVIDED it is treated with the utmost care, especially with Fitzpatrick IV-VI skin types. When treating Fitzpatrick IV-V my experience has shown that I can apply a peel to the same client for maybe four times without any incidence and yet on the fifth application there has occasionally been a post inflammatory hyper-pigmentation. Anyone who has experienced such a reaction will know that this is one of the most difficult to eradicate, and can take several months. I would also not peel Fitzpatrick VI because of the above risks. When using the Obagi Blue Peel I always follow the guidelines of skin pre-prep with Obagi Nu Derm for at least 12 weeks, and again would not treat Fitzpatrick VI. So the question is: How can we peel black skin safely? 18 months ago I was introduced to the VI Peel, manufactured by Vitality Institute in the USA. Unlike other peels this is a combination peel consisting of TCA, Salicylic, Retinoic and Phenol, all in 15% concentration. The peel requires no skin prep, is self neutralizing and is suitable for ALL skin types. This probably sounds too good to be true, but it works, on ALL skin types. VI Peels are formulated using TCA, Phenol, Salicylic and Retinoic acids in a proprietary formulation with all acids less than 15%. The peels are synergistically blended with vitamins and minerals to treat and nourish the skin. The phenol acts as a numbing agent ensuring that all VI Peels are painless.



## THE KEY INGREDIENTS ARE AS FOLLOWS:

**Trichloroacetic acid (TCA)** is created in a laboratory by combining three chlorine molecules with acetic acid, a relative of vinegar. It provides excellent exfoliation properties while stimulating collagen production to repair the skin.

**Tretinoic acid (Retin-A)** Vitamin A promotes collagen and elastin production, helps to increase water levels within the epidermis, normalizes cell turnover and is a melanogenesis inhibitor.

**Salicylic acid** is a beta hydroxy acid (BHA) with anti-inflammatory properties and is an effective anti-acne ingredient working as a keratolytic clearing out dead cells blocking the hair follicle that cause impactions.

**Phenol** has the ability to trap free radicals, works as a chemical cauterant to exfoliate the skin, has preservative properties and in low percentages is an effective numbing agent.

**L-Ascorbic acid (Vitamin C)** is a water-soluble antioxidant that provides protection against UV damage. Vitamin C also stimulates collagen synthesis, reduces erythema, is a melanogenesis inhibitor, and MMPI (matrix metalloproteinase inhibitor) controlling inflammatory enzymes.



Having used the VI peel for melasma and rejuvenation on black skin, I then started to treat acne scarring with superb results and also I am now using the VI Acne Peel on active acne, again with amazing results.

As I gained experience I have also used the VI Peel Precision for body peeling. The skin ranges in thickness from approximately 0.5mm on the eyelids to 4mm on the palms of the hands or soles of the feet. The density of the skin, the amount of pores and sebaceous glands affects peel penetration, the ability of the skin to regenerate itself and ability to heal without any complications. In eighteen months I have used these peels on over 100 clients with no hyper-pigmentation, no adverse reactions and I have applied to ALL skin types.

#### **Benefits for the Physician**

VI Peels are safe and effective for all Fitzpatrick Skin Types and address all skin concerns, plus they are self neutralizing, the client leaves the clinic with no visible signs. The VI peel may be performed in a series of two to four peels; spaced one month apart to treat acne or acne scarring, stubborn hyper-pigmentation, and for skin rejuvenation. Each treatment can be performed in less than 15 minutes and pre-conditioning the skin is not necessary. Hundreds of thousands of VI Peels have been performed around the world on all types of skin and on all Fitzpatrick types; to date, not a single lasting complication!

#### **Benefits for the Patient**

Many peels are too active for Fitzpatrick's IV-VI; limiting Asian, Hispanic, and African American patients' choices for chemical peels, plus PIH is rare: it can be lifted by a second peel. The treatment is

virtually painless and preparation products are not required. There is minimal peeling time, usually two to three days, and the entire process is complete within a week. A Post Treatment Kit is provided for each patient.

#### **Clinical evidence**

Vitality Institute Medical Products completed an intense clinical study hosted by the esteemed International Research Services, Inc. The evaluation studied the safety and effectiveness of Vitality Institute Medical Products' VI Peel Facial Peel. Participants were carefully selected based on a variety of skin types and various levels of wrinkles and fine lines. Progress was thoroughly examined by trained professionals utilizing comprehensive visual observations and advanced instrumental analysis. After four weeks of closely-monitored use International Research Services Inc. concluded that VI Peel was determined to be completely safe within intended use. Crow's feet line improvements were "statistically significant for the spacing parameter, and trendwise (directionally) significant for five additional parameters." Fine lines and wrinkle improvements were "statistically significant. Overall, the changes were in the direction of smoother fine line texture, i.e., decreases from baseline for Rz, Shadows and NumWr." Up to 71% of participants reported a significant improvement in "improved fine lines" and "skin suppleness." Signs of minor irritation decreased quickly after participants used the VI Peel. Participants rapidly showed a reduction in melanin content and increase in collagen content. Just two weeks after VI Peel use, participants showed a haemoglobin increase, suggesting increased blood flow to the treated areas.

#### **Conclusion**

In conclusion, the VI peel has transformed my thoughts on chemical peeling on black skin types. I now consider every client as a possible candidate, in the sure knowledge they will achieve great results with a painless procedure and minimal down time.