

THE COMPLETE HOLLYWOOD MAKEOVER



Combining Herbal Aktiv Peel skin rejuvenation and Cosmetic Tattooing

JANETTE ZAKOS is seasoned profession in both aesthetics as well as a qualified Cosmetic Tattooist. She always seeks ways to not just provide effective treatments, but extend beyond her client's expectations and deliver results that boost their confidence. In her quest to achieve this Janette designed an innovative way of combining a peeling treatment with cosmetic tattooing procedures, which she named the **Complete Hollywood Makeover**. The combination of these two modalities allowed her to deliver results that truly took years off her clients' appearance. Janette was happy to share her work with us to inspire others on what can be achieved with a little ingenuity and passion for results. Her skin rejuvenation results were delivered through the use of Herbal Aktiv Peel.

APJ Q1: JANETTE, WHEN DID YOU FIRST EXPERIENCE THE HERBAL AKTIV PEEL AND WHY DID YOU DECIDE TO INTRODUCE IT TO YOUR CLIENTS?

My first experience with the Herbal Aktiv Peel was three years ago when I had a treatment performed on my neck that was displaying a little sun damage and the skin was losing its elasticity. After having the treatment, I couldn't believe the results. The texture of my skin changed completely. I noticed both smoothness, as well as the skin because more toned with wrinkles disappearing. The results were so phenomenal that I immediately wanted to introduce this to my clients at my clinic.

APJ Q2: COMPARED TO OTHER PEELS, IN YOUR OPINION, WHAT IS SUPERIOR WITH THE HERBAL ACTIVE PEEL?

Despite the fact that Herbal Aktiv Peel is a deep peel, there was no pain or excessive discomfort while the peel was activating my skin rejuvenation, so I was able to continue my

daily work and still look OK. From my experience, most acid peels can be very aggressive. They can be quite uncomfortable and throughout the peeling process the skin can become traumatised and unsightly, which means that you will need downtime through the exfoliation process. The Herbal Aktiv Peel process of exfoliation is completely different. The skin is fed and nurtured from the very beginning, so while the peeling is deep, it is not harsh and does not inflame the skin.

APJ Q3: SHARE WITH US THE PROCESS AND THE PROCEDURE AND IF THERE IS ANY DOWNTIME?

There is no downtime with the Herbal Aktiv Peel. This is because the old epidermal layers do not peel off until the deeper layers of the skin are regenerated. Until that happens the epidermal layers stays intact, protecting the skin, so up to day four and five you look the same — normal with a very slight pinkness. The Herbal Aktiv Peel works from the inside out and the products you use post procedure keep the skin hydrated and nurtured and also keep the herbs activated to do their regenerative work.

The procedure is quite simple. First you cleanse the skin with a special solution. You then follow with a light steaming of the face. While this is happening, you mix the dried herbs with a special solution to activate them. The herbs are made up of an extensive selection of crushed botanicals, I believe there are over 25 herbs and minerals. These include calendula and aloe vera for soothing, horsetail for detoxifying, lungwort for gentle exfoliation, chamomile for its anti-inflammatory and anti-microbial properties, spirulina, which contains over 250 vitamins, minerals and trace elements. Another important ingredient is silica. Here is just a quick look at why silica is so beneficial.



AFTER (NO MAKEUP)

BEFORE

As we know, silica plays an important role in a number of body functions, not the least of which is the health of various tissues (including skin) in the human body. As we age, our skin begins to degenerate at a more accelerated rate due to an increasing inability to retain moisture. This loss of hydration in the lower layers of the skin is critically detrimental to collagen and elastin health. The loss of hydration and the resulting damage to collagen and elastin leaves us with dull, sagging, prematurely aged skin. Silica slows the degeneration of the skin by helping the various skin constituents (elastin, collagen, mucopolysaccharides, etc.) remain vital and able to retain moisture. Actually, collagen itself is largely made up of silica!

Moving on with the procedure. Once the mixture is prepared you introduce it to the skin and work it with pushing movements into the skin ensuring that it is deeply absorbed. You can only introduce it to two areas of the face — face and neck, or neck and décolletage. Following this procedure, the client is required to sit up so that you can wash all the peel off with cool water. You then apply a very intensive vitamin cream working with generous quantities into the skin, followed by a BB cream that has zinc as the key ingredient. These two creams feed the skin through the regenerative process and settle any inflammation. When this procedure is completed, the client leaves with just a slight flushed appearance to the skin, but with no pain and very minimal discomfort.

The client then takes home the cleanser, the large pot of vitamin cream and the BB cream that are required to be applied to the skin liberally every day. In the event that the skin starts to feel itchy, or irritated they will need to keep applying the two products liberally ensuring the skin remains soothed and hydrated. Although the quantity of these products is quite large, both product must be used completely within the five days post-treatment.

At the end of the fourth day, or the beginning of the fifth day the client needs to return for the clinic when the peeling

process will be activated by the application of enzyme products which are massaged into the skin until all the dead skin has lifted and completely removed. This usually take approximately 90 minutes, but at the end the client walks out with totally new skin looking 10 years younger.

APJ Q4: WHAT SKIN CONDITIONS ARE BEST SUITED FOR THIS TREATMENT AND WHAT RESULTS CAN ONE EXPECT?

The Herbal Activ Peel can be used on all skin types and conditions including acne — it is quite safe for everyone. Dark skins can also benefit from this peel as it does not cause pigmentation. In fact, it quite successfully removes most pigmentation by the end of the one treatment, while also improving the hydration levels of the skin, stimulating collagen and elastin in the dermis, giving the skin a more toned appearance. What I love about this peel is that it is also safe to use right around the eyes, so it is wonderful for smile lines and wrinkles around the delicate eye area.

APJ Q5: HOW LONG DO THE RESULTS LAST?

The results differ with each individual, but usually they last at least six months. The most ideal situation is to have two treatments a year to maintain hydration levels, combat any pigmentation and support collagen and elastic integrity and skin tone. However, you can have more treatments if you wish, particularly with more problematic skin conditions.



APJ Q6: TELL US ABOUT YOUR HOLLYWOOD MAKEOVER?

As I am also a dedicated cosmetic tattooist I created the **Complete Hollywood Makeover**. This includes the Herbal Aktiv Peel treatment as well as cosmetic tattoo procedures for eyebrows, eyeline and full lip colour as a complete package. The combination of this amazing skin treatment and cosmetic enhancement through cosmetic tattooing delivers instant youthfulness, with clients often looking 20 years younger at the end. As a rule, the cosmetic tattooing procedures are completed five weeks before the peel. In our example here, the client was 62 years of age. In the after photo she is wearing absolutely no makeup, just her cosmetic tattooing, but still looks fabulous.

You will also see that the skin looks plumped, fresh, the pigmentation has gone and the complexion has a vibrancy, which I love. With laser treatments, especially laser resurfacing, the skin can sometimes have a waxy and pale look. You don't experience that with the Herbal Aktiv Peel.

Combining these two treatments, Janette is transforming lives. The results not only delight her clients, they assure her that the complements are also never-ending. APJ

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ABOUT HERBAL AKTIV PEEL AT A GLANCE

Skin peeling is a natural function of our skin. The basal layer of the skin constantly produces new skin cells to replace the older, outer horny layer that is shedding every day. Professional peeling treatments, whether based on synthetic acids, high tech equipment, or a compound of herbs are designed to speed up the cycle of skin renewal. In the process, the appearance of the skin is improved. Dead skin cells that make the skin appear dull are removed, the skin's reflection of light is improved, appearing more 'translucent' and brighter.

Traditional methods of skin peeling are often based on a variety of synthetic acids. On the other hand, high-tech equipment like Laser and Intense Pulsed Light heat the tissue to achieve their effect. Both modalities are designed to create a crisis by inflicting trauma to the skin. The deeper the wound the better the treatment outcome, however, with these methods there are always potential risks and adverse effects.

Aktiv Herbal Peel is a biological method to resurface the skin developed in Germany by Alex Cosmetics. It has a 55-year history that supports its credibility for excellent skin renewal results for a wide range of skin conditions that are delivered with a high level of safety. It consists of a

compound of dried, crushed botanicals with scientifically-proven actions. No synthetic acids or abrasives are added to the formulation. Practitioners do not need to wear gloves for safety reason, and there is no danger if the herbs inadvertently get into the eyes.

Herbal Aktiv Peel does not rely on an injury for its result. In fact, the profile of the various herbs contained in this compound are described in the literature for their healing, soothing and regenerating effects. Spirulina, for example, one of the herbs contained in Herbal Aktiv Peel, is estimated to contain 250 nutritive compounds including vitamins, minerals and trace elements. No laboratory is able to match the biological processes of this single plant.

Herbal Aktiv Peel can offer you excellent treatment results with conditions such as acne, open pores, blackheads and milia, pigmentation and sun damaged skin, scarring and stretchmarks. It also offers excellent results for skin with loss of elasticity and for skin rejuvenation. It will exfoliate damaged skin at the right time when the renewed cells process has reached its peak.

Herbal Aktiv Peel is distributed in Australia by Omniderm
Ph: 1300 301 007.

NEW SKIN IN 5 DAYS

HERBAL AKTIV PEEL®

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BEFORE



AFTER

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Disclaimer: individual results and treatment experiences may vary. These are dependent on a number of factors – kindly speak to your professional beauty therapist.

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