



XO8™

Protocol MANUAL

*Inspiring LUXURY, BEAUTY
& CHANGE one facial at a time.*

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DermaplanePro & XO8 Cosmeceuticals

RECOMMENDED PROTOCOL

I Cleanse

Select appropriate cleanser for skin type and perform a double cleanse. Remove cleanser with a warm steamed towel. You may elect to cleanse under steam if appropriate.

II Prepare the Skin

Apply the AHA/BHA Skin prep solution with a 2x2 gauze, being careful to avoid the eyes. Apply a few drops of XO8 Cosmeceuticals' Placenta Peptide Complex to small areas at a time (it is recommended to start on the forehead).

III DermaplanePro

Dermaplane the face and sides of the neck using a #10R or #10D blade held at a 45-degree angle utilizing the DermaplanePro technique - approximately 6-8 strokes per area with light pressure and slow relaxing movements. Start on the forehead and work in a counterclockwise pattern. Make sure to apply enough drops (but not too much) of XO8 Cosmeceuticals' Placenta Peptide Complex to have ease of the strokes without any dragging of the blade.

IV XO8 Masks

Do not remove the XO8 Cosmeceuticals' Placenta Peptide Complex serum. That is the beauty of doing the treatment this way, you don't need to cleanse after dermaplaning. Select the appropriate XO8 Cosmeceuticals' mask depending on the skin type. Most often, estheticians use the Revitalizing Face and Neck Masks. You could optionally do microcurrent right over these masks because of their conductivity. If you have a client with sensitive, dry/dehydrated skin, you may opt to use the XO8 Cosmeceuticals' Vital Restorative Mask. Leave masks on the skin for a minimum of 20 minutes. Remove masks and discard.

V Finishing Products

Finalize your treatment with XO8's Revitalizing or Vital Restorative Elixirs by applying a dime-sized amount to the face, neck, and décolletage. Finish with a pea-sized amount of XO8 Cosmeceuticals' Vital Refining Treatment to cool, hydrate, and calm the skin. Apply appropriate moisturizer and SPF.

Neurotris Microcurrent SX-3800 & XO8 Cosmeceuticals

RECOMMENDED PROTOCOL

This protocol has been written and recommended by **Oncology Trained Esthetician, Shirley Avila-Dreyfus** and **Neurotris Founder & CEO, Tony Picciano**.

- I** **Cleanse**
Double cleanse the skin with an appropriate cleanser for skin type.
- II** **Exfoliate**
Exfoliate with enzyme, peel, dermablade, or whichever method you prefer.
- III** **Toner**
Mist the face, neck, and décolleté with a hydrating toner.
- IV** **XO8 Placenta Peptide Complex**
Apply and massage XO8's Placenta Peptide Complex into the skin.
- V** **XO8 Revitalizing Face Mask
OR XO8 Peptide Radiance Face
Mask**
Apply XO8's Revitalizing Face Mask or XO8's Peptide Radiance Mask to the contours of the skin.
- VI** **XO8 Revitalizing Neck Mask**
Apply XO8's Revitalizing Neck Mask to the contours of the neck.
- VII** **Apply the Neurotris Alligator Clips
+ NanoWave or PicoWave Program**
Attach Neurotris alligator clips to both masks with quad cables, making sure the red clips are always on the bottom of the mask and the black clips are on the top of the mask. Set your device to 38 Iontophoresis - you can change the setting to either Nano or Pico Program halfway through for more collagen-building. This setting can be lowered or raised based on your client's comfort level throughout the treatment. Masks can be left on for 20-50 minutes. ***MAKE SURE YOUR CLIENT IS COMFORTABLE WITH THESE SETTINGS THROUGHOUT THE TREATMENT.**
- VIII** **Remove the Masks + Neurotris
Alligator Clips**
Remove the masks and Neurotris alligator clips, and then massage the remaining serum from the masks into the skin.
- IV** **XO8 Vital Refining Treatment**
Apply A DIME-SIZED amount of the XO8 Vital Refining Treatment to the back of your gloved hand to mix and massage into the skin.
- V** **SPF**
Apply SPF 30-40 to the skin.

Neurotris Microcurrent PicoWave & XO8 Cosmeceuticals

RECOMMENDED PROTOCOL

This protocol has been written and recommended by **Oncology Trained Esthetician, Shirley Avila-Dreyfus** and **Neurotris Founder & CEO, Tony Picciano**.

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|---|--|
| <p>I Cleanse</p> <p>Double cleanse the skin with an appropriate cleanser for skin type.</p> <p>II Exfoliate</p> <p>Exfoliate with enzyme, peel, dermablade, or whichever method you prefer.</p> <p>III Toner</p> <p>Mist the face, neck, and décolleté with a hydrating toner.</p> <p>IV XO8 Placenta Peptide Complex</p> <p>Apply and massage XO8's Placenta Peptide Complex onto the skin.</p> <p>V XO8 Revitalizing Face Mask
OR XO8 Peptide Radiance Face
Mask</p> <p>Apply XO8's Revitalizing Face Mask or XO8's Peptide Radiance Mask to the contours of the skin.</p> <p>VI XO8 Revitalizing Neck Mask</p> <p>Apply XO8's Revitalizing Neck Mask to the contours of the neck.</p> | <p>VII Apply the Neurotris Alligator Clips</p> <p>Attach the Neurotris PicoWave alligator clips to the face mask with quad cables, making sure the red clips are always on the bottom of the mask and the black clips are on the top of the mask. Set your device to Auto Sculpt, and then turn the knob clockwise to 20%, but then always go up to 60% or when the client feels something. Start the machine, and leave the mask on for 20 minutes.</p> <p>VIII Remove the Mask + Neurotris
PicoWave Alligator Clips</p> <p>Remove the mask and Neurotris PicoWave Alligator Clips and massage the remaining serum from the mask into the skin.</p> <p>IV XO8 Vital Refining Treatment</p> <p>Apply A DIME-SIZED amount of the XO8 Vital Refining Treatment to the back of your gloved hand to mix and massage into the skin.</p> <p>V SPF</p> <p>Apply SPF 30-40 to the skin.</p> |
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Neurotris Microcurrent & XO8 Cosmeceuticals

RECOMMENDED PROTOCOL (CONT'D)

III XO8 Products + Microcurrent (continued)

Another option for great hands-free treatment is to apply alligator clips to these masks, black clips on top and red on the bottom. I use the “Tone” setting around 45% but start low and gradually turn the dial so the client is feeling something.

TIP: If you feel the slip decreases and you need more slide, apply more conductivity gel or spritz and/or apply with a brush the solution from the mask.

IV Remove

Remove the mask and rinse off the conductivity gel if that was applied. If only serums and masks were used, then you could massage in remaining serum, apply moisturizer and sunscreen.

TIP: I love to apply the XO8 Vital Refining Treatment at the end of the treatment. This has a great cooling and calming effect. Apply a dime-sized amount to the back of your gloved hand and mix the botanicals together; you can apply over the serums. Then, if needed, apply moisturizer on top, and then sunscreen.

Rezenerate & XO8 Vital Glow Facial

RECOMMENDED PROTOCOL

This protocol has been written and recommended by **XO8 Cosmeceuticals' Business Development Manager, Licensed Esthetician** and **Owner of Pure Spa, San Diego**, Jessica Leigh.

PRE-STEP: Don't forget to capture a photo of the skin pre-treatment! GLOW photos (as I like to call them) go hand in hand with growing your business and marketing yourself. They also show clients how much their skin has transformed in just ONE treatment!

I Double Cleanse

I always do a double cleanse in all of my facials. I want that deep clean, allowing the next steps to penetrate more and make a larger impact. For this treatment, I always start with a calming (creamy) cleanser and follow up with my foaming, more exfoliating cleanser.

II Light Peel or Enzyme Exfoliation

Next, I do a light peel, usually Mandelic or Lactic, OR an Enzyme to help exfoliate dead skin cells and prep the skin for my Rezenerate Treatment. I never do anything too strong or allow the skin to get too sensitive. Based on the particular peel I am using, I follow the recommended steps to fully remove or neutralize thoroughly.

III Treatment Serum

I love to customize my Rezenerate Treatments with a treatment serum that targets my client's specific concerns and skincare goals. I apply a thin layer of the Revitalizing Elixir OR Vital Restorative Elixir to the skin.

IV Rezenerate + Placenta Peptide Complex as Glide

I then apply XO8's Placenta Peptide Complex as I glide over the treatment serum. I do this in small sections so that it doesn't absorb too quickly into the skin. I start on the lower chin area with my gloved hand and work up the face following the Rezenerate protocol. I work at low to medium speed on new Rezenerate clients but at high speed with my regulars (I always do low on the nose and lips). I can really work fine lines and wrinkles with the Placenta Peptide Complex to see an immediate firmness and toning effect.

Rezenerate & XO8 Vital Glow Facial

RECOMMENDED PROTOCOL (CONT'D)

V Apply the Mask

Again, I love to customize my treatments! I will select an XO8 mask to use post nano infusion based on the client's skin and sensitivity level. The Vital Restorative Mask is great to soothe and calm the skin. I will use the Peptide Radiance for more toning or the Revitalizing for more brightening and soothing. I use the Rezenerate NanoGlobes over or on the top of the selected mask for increased cooling and calming. You can also use LED (light-emitting diode) here to increase product penetration OR Microcurrent for increased toning and tightening. Leave on for 15-20 minutes. Remove and massage excess serum into the skin (neck and décolleté included).

VI XO8 Vital Refining Treatment + Moisturizer to Finish

I always end my treatments with a dime-sized application of the Vital Refining Treatment. I love its ability to soothe the skin and clients love how it feels! I then layer with a moisturizer to end my treatment.

POST-STEP: Take an after photo! Clients will love to see their post-treatment GLOW!
Don't forget to post and tag @xo8cosmeceuticals.

Retail

Don't forget to talk about the benefits of a good homecare routine with your clients. Not sure how to do this? Give us a call and we can walk you through the best ways to retail. Remember, retail isn't meant to be "salesy" but to help clients achieve THEIR goals!

Rezenerate (Nano Infusion Facial) & XO8 Cosmeceuticals with Stacy Wall

RECOMMENDED PROTOCOL

This protocol has been written and recommended by **XO8 Master Esthetician and Founder of *Metamorphosis Spa*, Stacy Wall.**

I Cleanse

Double cleanse the client's skin (I like to start with a creamy cleanser to thoroughly remove makeup and sunscreen. The second cleanse is a sudsy cleanser).

II Apply Enzyme

Apply mild enzyme (I prefer a pineapple/papaya enzyme). Leave on the skin for up to 10 mins. If the client is sensitive remove after 5 mins. Apply warm, wet towel from towel warmer or remove with esthetic wipes thoroughly, making sure to remove fully.

III XO8 Placenta Peptide Complex + Rezenerate

Apply XO8's Placenta Peptide Complex to lower left chin area with a gloved hand. Gently spread over skin but do not massage in serum. Apply Rezenerate wand to skin and allow the device to glide in horizontal and vertical 1" squares. Continue to cover all areas and follow the Rezenerate diagram. I work at high speeds on jowls, chin, and cheeks. I use low speed for nose, under eyes, forehead, and lips. I always end with the lips.

TIP: The client will love you if you use Rezenerate on the lips. It is always best to ask first, but it helps to return normal pink lips. It's super hydrating and plumping.

IV XO8 Vital Restorative Mask (Caracol Essence Mask) + Rezenerate NanoGlobes

Apply XO8's Vital Restorative Mask (Caracol Essence Mask). Use cold Rezenerate NanoGlobes over the mask. Leave on skin 15-20 minutes.

TIP: Use the remainder of the serum in the XO8 Vital Restorative Mask (Caracol Essence Mask) packet to brush over outside of the mask for more glide and apply to décolleté. You can also use a MYSKINBUDDY device or LED device to penetrate the mask even more.

Rezenerate (Nano Infusion Facial) & XO8 Cosmeceuticals with Stacy Wall

RECOMMENDED PROTOCOL (CONT'D)

V Remove + Massage

Remove the mask and gently massage remaining serum into the skin.

VI XO8 Vital Refining Treatment

Dispense a dime-sized amount of the XO8 Vital Refining Treatment to the back of your gloved hand and apply to the skin.

TIP: This is a great opportunity to tell the client how beneficial it would be to continue this treatment at home to heal, calm and hydrate the skin. They will notice an immediate cooling and calming effect and that it is available for them to purchase at checkout.

Light Therapy & XO8 Cosmeceuticals

RECOMMENDED PROTOCOL

LED (light-emitting diode) therapy is a non-invasive, safe treatment that is a great addition to any spa or medical office. This protocol hopefully will help you understand how to incorporate our products with LED therapy no matter what device you have. Light therapy is one of the few treatments that can be used before or after other modalities or treatments (such as Microneedling, microcurrent, nano infusion/Rezenerate, or peels).

I Cleanse

Cleanse with appropriate cleanser (I prefer an enzymatic cleanser to thoroughly remove makeup and prepare the skin).

II Treatment

Perform treatment of choice. Choose either nano infusion/Rezenerate, microcurrent, microdermabrasion, or light peel. If you choose a peel, rinse with cool water and then go to step 3. If you choose Rezenerate with an XO8 Cosmeceuticals' elixir, do not rinse and proceed to step 3. Many experienced estheticians are combining some or all of these treatments.

III XO8 Mask of your Choice

Choose one of XO8 Cosmeceuticals' masks: **Revitalizing Mask** - Anti-aging powerhouse with active ingredients such as 24k gold, stem cells, and brightening ingredients. **Peptide Radiance Mask** - Firming, toning, and brightening mask, with 24k gold, peptides, and antioxidants. **Vital Restorative Mask** - a clear and thin mask that includes snail secretion filtrate to hydrate, calm, and heal the skin. **Revitalizing Neck Mask** - great by itself or in addition to any of the above masks to treat the neck and décolletage area.

IV LED Light Therapy

Apply LED Light Therapy for the appropriate time. I usually use red LED therapy for 15-20 mins.

V Remove Mask + Massage

Remove masks and apply appropriate XO8 Cosmeceuticals elixir, moisturizer, and sun protection.

TIP: The Vital Restorative mask has a generous amount of serum in the bag. I scoop it out and apply it to face, neck and décolletage at this point and massage in.

XO8 Red Carpet Facial with Jessica Leigh

RECOMMENDED PROTOCOL

This protocol has been written and recommended by **XO8 Cosmeceuticals' Business Development Manager, Licensed Esthetician and Owner of *Pure Spa, San Diego***, Jessica Leigh.

PRE-STEP: Take a photo! Before and after photos are key to marketing and growing your business in the Beauty Industry today.

I Cleanse

I always start my facials with a double cleanse using the appropriate cleanser based on my client's skin. For the second cleanse, I incorporate either a gentle, beaded exfoliant OR the MYSKINBUDDY for deep cleansing and gentle exfoliation. I use warm towels to remove all products.

II Light Facial Massage

To prep the skin for light extractions, I use a facial moisturizer and calming gel mix to gently massage the skin. This helps to soften and loosen clogged pores.

III Extractions

At this point, I will use my extra-fine extractor to do gentle extractions. I do not remove the facial moisturizer and calming gel blend beforehand so that it allows for smoother extractions. It helps the extractor tool to glide across the skin, providing additional exfoliation.

IV Light Peel

After extractions, I wipe the skin with a damp washcloth or 4x4 gauze and apply a peel prep solution. I will then use a 2x2 gauze or fan brush to apply one pass of Lactic (or suitable replacement) Peel. Based on the particular peel I am using, I follow the recommended steps to remove or neutralize. Please note: In this facial protocol, I like to do the peel post extractions to keep the PH of the skin from going too low before extractions, help kill bacteria and help the essence of the mask and serums to penetrate deeper or "piggyback" into the skin.

XO8 Red Carpet Facial with Jessica Leigh

RECOMMENDED PROTOCOL (CONT'D)

V Mask + MicroCurrent

Post Peel, apply XO8's Revitalizing Mask to the contours of the face. Make sure that it is evenly applied with zero creases or air bubbles. You can then do a microcurrent treatment over the mask. This helps to lift and tone and also helps serum from the mask to penetrate deeper. As a replacement or in addition to using microcurrent, you can also use LED at this time. I leave the mask on for 20 minutes and then gently lift the mask and place it back into the mask package. I let my clients take the mask home, store in the fridge and use again within 1-2 days before disposing.

VI Serum + Treatment

I then apply XO8's Revitalizing Elixir and gently massage it in. This is my go-to Serum in ALL of my facials. The results speak for themselves and I love that it incorporates so many incredible ingredients. I will also add the Vital Refining Treatment at this stage due to its effects for calming, soothing, and leaving the skin feeling luxurious.

VIII Moisturizer + SPF + Eye Cream

I finish the treatment by adding the appropriate moisturizer, SPF, and eye cream leaving the client glowing and ready to take on the rest of their day.

POST-FACIAL: Take an after photo! Send it to us and we will feature you and your spa as one of The Faces of XO8!

XO8 Cosmeceuticals

Filterless Facial

RECOMMENDED PROTOCOL

This protocol has been written and recommended by **Oncology Trained Esthetician and Founder of *Clean Healthy Skin***, Shirley Avila-Dreyfus.

I Double Cleanse the Skin

I use a Lactic Acid milk cleanser for my first cleanse, then a honey exfoliating foaming cleanser for the second cleanse while incorporating two Nano Sonic Cleansing Brushes by Rezenate to get a deeper cleanse. I then use a steamed towel to remove the cleanser.

II Peel Solution Degreaser

I degrease the skin with a peel solution degreaser, then apply a 30%-45% Lactic Acid all over with a fan brush. I massage it into the skin, and then remove it with compressed sponges. Neutralizer spray is then applied and removed, and then a cleanse with the Lactic Acid milk cleanser is done to make sure all traces of the peel solution are removed.

III XO8 Peptide Radiance Mask + MYSKINBUDDY

Moisturizing Mist is applied with 2x2 estie wipes, then the Peptide Radiance Mask is applied and left on the face for 20 minutes. In this step, use the MYSKINBUDDY to help infuse the amazing serum from the mask on both the RED and GREEN LED settings.

IV XO8 Revitalizing Elixir Serum + Vital Refining Treatment

Apply XO8's Revitalizing Elixir then layer the Vital Refining Treatment on top of that and massage them both in.

V Light Moisturizer + SPF

Finish the facial treatment by applying light moisturizer and clear SPF 30 to the client's skin.

Rose's XO8 Signature Facial

RECOMMENDED PROTOCOL

This protocol has been written and recommended by XO8 Cosmeceuticals CEO & Founder, Rose Laudisio.

I Cleanse

Double cleanse the skin with an appropriate cleanser for skin type. I love to use a creamy cleanser. I take this opportunity (during the cleansing process) to “feel” the skin and see what’s going on. Is the skin reactive, congested, tight, loose, do I feel bumps? Loss of elasticity? Broken capillaries? Age spots? I formulate my plan at this time based on what I see and what the client says. Respecting their needs and skincare goals is always my priority.

II Apply Enzyme/Exfoliant

Exfoliation of the skin is a very important step. We want to remove all surface dead skin cells to facilitate the delivery system of the products and treatments we will do. The following are my personal favorite exfoliation options:

- Enzyme Peel: Whether you use a fruit enzyme peel or a powder mixed with water, with steam, or without, this is an excellent option. Steam will enhance the softening of the surface skin cells and help with extractions.

(OR)

- Microdermabrasion: I love performing a single pass of Microdermabrasion followed by 1-3 minutes of a peel. Directions would be to complete the Microdermabrasion, dust off any remaining crystals from the skin. Apply a peel in a gel base. My favorites are Kojic and Lactic Acids, depending on the needs of the skin. Use a timer and leave on for 1-3 minutes. I suggest staying in the 1 minute range for the first time. You can work your way up in future treatments. Follow neutralizing instructions per the peel of choice.

III Extractions

At this point, I use my extractor to work on areas that need it. I always wear gloves for extractions and love to do a nice clean before I continue on.

Rose's XO8 Signature Facial

RECOMMENDED PROTOCOL (CONT'D)

IV Rezenerate Treatment

If you have done a Microdermabrasion treatment with a peel or on its own, please skip this step and continue on to step 5.

Apply XO8 Placenta Peptide Complex to the lower-left chin area with a gloved hand. Gently spread over skin but do not massage in serum. Apply Rezenerate wand to skin and allow the device to glide in horizontal and vertical 1" squares. Continue to cover all areas and follow the Rezenerate diagram. I work at high speed on jowls, chin, and cheeks. I use low speed for nose, under eyes, forehead, and lips. I always end with the lips.

TIP: The client will love you if you use Rezenerate on the lips. It is always best to ask first, but it helps to return normal pink lips. It's super hydrating and plumping.

V O2 Treatment

Open the XO8 mask of your choice, if you haven't already, and use the remaining serum from the mask with your nebulizer and infuse it into the skin.

VI Apply XO8 Mask of your choice

- XO8's Revitalizing Face Mask
- XO8's Peptide Radiance Face Mask

VII Microcurrent with XO8 Mask

After applying your preferred XO8 mask, start your Microcurrent treatment over the mask. Make sure to use the remaining serum (essence) from the mask package with your nebulizer to provide a smooth glide. You will need to keep the mask well hydrated with the XO8 essence to maintain conductivity. I personally use the Neurotris Pico Wave. I have told my clients that depending on the setting, I want them to feel something like a "tingling or prickly" feeling or sometimes it's a metallic taste but it should never be uncomfortable. The more current they can tolerate, the better your results.

The Esthetician Connection & XO8 Cosmeceuticals Facial

RECOMMENDED PROTOCOL

I Cleanse

Cleanse skin with a gentle cleanser of your choosing.

II Exfoliate

Exfoliate skin with the option of your choosing.

III Massage

Apply XO8's Placenta Peptide Complex and massage into the skin.

- **XO8 Placenta Peptide Complex Key Ingredients:**
 - Placenta Stem Cell Concentrate: Cytoprotective and antioxidant properties. Reduces the concentration of free radicals and inflammatory cytokines.
 - Trylagen (Tripeptide-10 Citrulline): Collagen boosting. Reduces and treats glycation to help protect skin from loss of elasticity.
- **Placenta Peptide Complex Key Benefits:**
 - Stimulates cellular turnover
 - Renews elastin
 - Restores hydration
 - Improves collagen quality in the skin
 - Reduces TEWL (trans-epidermal water loss)

IV Mask

XO8 Revitalizing Face Mask Key Ingredients:

- 24k Gold: Slows down collagen depletion, increases elasticity, brightens complexion, and enhances the penetration of the other ingredients in the mask.
- Hydrolyzed Placenta Extract: Offers one of the richest sources of nutrients, proteins and amino acids to promote healthy, radiant skin. Encourages wound healing and helps boost collagen.

The Esthetician Connection & XO8 Cosmeceuticals Facial

RECOMMENDED PROTOCOL (CONT'D)

XO8 Revitalizing Neck Mask Key Ingredients:

- 24k Gold
- SNAP-8 (Argireline): Also known as “liquid Botox,” Snap-8 is a powerful peptide that is shown to reduce the depth of wrinkles caused by facial movements up to 63% in one month of treatment.

XO8 Revitalizing Face + Neck Mask Key Benefits:

- XO8 Revitalizing Face Mask uses a cocktail of unique and highly active ingredients proven extremely effective in rejuvenating the skin. Our proprietary blend includes the purest stem cells, amino acids, nutrients, and antioxidants necessary to fight signs of aging.
- XO8 Revitalizing Neck Mask provides several key age-management ingredients for a lifted and toned neck area. Active botanicals and stimulating peptides signal healthy collagen and elastin production while simultaneously promoting enhanced hydration for a more refined appearance.

V Microcurrent Infusion

Use MiTAMA on Restore & Renew to enhance infusion of XO8 products.

VI Serum

Remove mask and apply XO8 Revitalizing Elixir.

XO8 Revitalizing Elixir Key Ingredients:

- Palmitoyl Pentapeptide-5 (Matrixyl): Specifically targets and stimulates collagen synthesis to repair damage and reduce the appearance of fine lines and wrinkles for a youthful, radiant glow.
- SNAP-8 (Argireline)

XO8 Revitalizing Elixir Key Benefits:

- A multimodal placenta stem cell serum formulated with active botanicals and peptides designed to promote collagen synthesis, reduce fine lines, and even out skin tone.

The Esthetician Connection & XO8 Cosmeceuticals Facial

RECOMMENDED PROTOCOL (CONT'D)

VI Finish with XO8 Vital Refining Treatment

XO8 Vital Refining Treatment Key Ingredients:

- Niacinamide: Softens fine lines, improves uneven skin tone, minimizes redness and blotchiness.
- Centella (Gotu-Kola): Anti-inflammatory properties, increases hydration, helps soothe and repair dry, red, irritated skin.

XO8 Vital Refining Treatment Key Benefits:

- Enhance the production of collagen and elastin for incredible vibrant skin. Reduces TEWL and redness in the skin while improving texture.

XO8 Cosmeceuticals & Jet Plasma

RECOMMENDED PROTOCOL

This protocol has been written and recommended by **XO8 Master Esthetician**, Stacy Wall.

WHAT YOU SHOULD KNOW: Jet Plasma treatment is a very new and exciting treatment that we can offer our clients/patients without pain, downtime, and no need for numbing. You will see incredible results when pairing XO8 Cosmeceuticals elixirs and masks with this treatment. The Jet Plasma pen is a handheld device that does not create surface trauma like a traditional fibroblast. Jet Plasma is used to tighten the skin, diminish wrinkles, soften or diminish scarring and stretch marks, and aid in product absorption by opening channels of the skin for 12 hours. It can be used on all skin conditions including rosacea, acne, pigmentation, and loss of elasticity.

I Cleanse

Cleanse with an appropriate cleanser. I like to use a gel-based enzymatic cleanser.

II Apply Light Lactic, Glycolic, or Mandelic Acid (optional)

Apply light lactic, glycolic, or mandelic acid. Follow peel protocol for length of time and neutralizing instructions. Rinse well with tepid water and pat dry.

III Wipe

Wipe the skin with a BZK alcohol-free antiseptic towelette. These have antibacterial properties and are effective at cleansing the skin before starting the treatment.

IV Jet Plasma

Perform Jet Plasma on clean dry skin according to your training. I start with the right side of the face on “Pulsed” mode for 5 minutes, then 5 minutes on the left side. Direct attention to troubled areas, eyelids, and scars at the end of this mode. I then do 5 minutes on the right side of the face on “Continuous” mode, then again on the left side. If adding the neck to this treatment, do 5 minutes on “Pulsed” mode on the entire neck, then 5 minutes on “Continuous” mode on the entire neck.

V Apply XO8 Vital Restorative Mask

Apply XO8 Cosmeceuticals' Vital Restorative Mask to the face. You can also apply an XO8 Revitalizing Neck Mask for a complete treatment. Leave on skin for 15-20 mins. Tip: You can apply LED over the masks in this step for added product penetration and amazing absorption of the LED light waves into the skin.

XO8 Cosmeceuticals & Jet Plasma

RECOMMENDED PROTOCOL (CONT'D)

VI Finish

Remove masks, do not rinse. Massage leftover essence lightly into the skin. Apply XO8's Vital Restorative Elixir and, optionally, XO8's Vital Refining Treatment on top of the elixir. **Remind the client to not touch the skin, apply products, makeup, nor workouts or sweating for 12 hours.**

TIP: XO8's Vital Restorative Elixir makes a great home elixir for the client to use post-treatment starting the next day followed by moisturizer, and SPF.

Recommended sessions: Additional treatments performed 48-72 hours after the first treatment gives best results. I usually have the client in two times a week for the first four treatments, then you can back down to once a week. 6-8 treatments are recommended.

XO8 Cosmeceuticals

ResurFX Laser Treatment

RECOMMENDED PROTOCOL

This protocol has been written and recommended by **Medical Aesthetician and Founder of C'Esthetique and LaserLoft**, Carolina Guevara in Montreal, Canada.

XO8 PRODUCTS: Vital Refining Treatment, Revitalizing Face Mask

I Cleanse & Numb Skin

I use a skin softening toner to first clean the skin, then I numb the face with an anesthetic cream which I leave on for 15 to 20 minutes. I prefer using La Zensa because of its anti-inflammatory and natural formulation. I then remove the excess numbing cream with sterile gauze and proceed to disinfect the skin thoroughly with sterilized alcohol pads to ensure that all product is removed.

II ResurFX Treatment

Set the parameters for the treatment that you will be performing, whether it is scar removal, dark spots removal or age spots. Proceed with treatment as instructed during your training.

III Apply Vital Refining Treatment

Immediately after the ResurFX treatment is completed, I apply the Vital Refining Treatment over the area that was worked on with either a spatula or with a gloved hand. This is where I tell the client that I recommend buying the XO8 Vital Refining Treatment to continue applying it day and night for a week post treatment. Some may experience a sensation of pulling and dryness of the skin afterwards and may need to apply XO8's Vital Refining Treatment more often. Because of the hydration of XO8's Vital Refining Treatment, the product can be used as needed.

XO8 Cosmeceuticals

ResurFX Laser Treatment

RECOMMENDED PROTOCOL (CONT'D)

VI Post Treatment Care

The post care treatment will vary based on the client's skin. If the client has an oily skin or acneic skin, I instruct them to use micellar water and XO8's Vital Refining Treatment for 4-5 days before going back to their regular skincare routine. If the client has sensitive skin, or did the treatment for hydration or scar removal, the client should use XO8's Vital Refining Treatment and micellar cleansing water for 2 days before going back to their regular skin care routine.

Regardless of the skin type, clients should use XO8's Vital Refining Treatment for no less than 1 week. In any case, I usually strongly recommend using the Revitalizing Face mask two days after the treatment. The reason being that immediately post treatment, the skin is very hot, almost like a sunburn sensation, and the skin cannot withstand anything. Waiting two days, allows the skin to start the regenerating process without being fully closed. This allows the skin to be like a sponge and absorb the ingredients from the mask a lot better, therefore accelerating the healing process and removing any leftover redness. Clients can also start wearing makeup after 48 hours post treatment.



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