Face

Spongilla Chemical Peeling Therapy

Professional Combined Exfoliation Protocol with Spongilla Powder and Chemical Peeling.

The protocol combines the mechanical exfoliating action of Spongilla Powder (a naturally derived powder obtained from freshwater sponges, Spongilla lacustris) with the application of one of two selected chemical peels, depending on the skin type, condition, and individual needs. The aim of this combined treatment is to improve skin texture, radiance, and overall appearance, while enhancing the exfoliating effect when deemed necessary. The protocol is completed with a second treatment session, incorporating the Recuperation Protocol, typically performed 6 days after the initial session.

Action:
Enhanced exfoliation, skin renewal, improved skin texture, smoothing of imperfections and unevenness, enhanced brightness and radiance, more even skin tone, and improved overall skin appearance.

Indications:
Dull and tired-looking skin, rough and uneven skin texture, photoaging, superficial pigmentation irregularities, uneven skin tone, enlarged pores, post-acne marks and post-inflammatory hyperpigmentation, and skin requiring enhanced renewal and exfoliation.

Contraindications:
Avoid use in the following cases: Skin with open wounds or sunburn, extremely sensitive skin or impaired wound healing, dermatitis, rosacea or active inflammatory acne, allergies to any of the product ingredients, pregnancy or breastfeeding, use of isotretinoin within the past six months, darker skin phototypes, herpes, autoimmune skin disorders, recent aggressive exfoliating treatments or aesthetic procedures if the required recovery period has not yet elapsed.

Key ingredients:
Spongilla Powder (Hydrolyzed sponge), Salicylic Acid, Chemical peeling agents (Azelaic Acid and Mandelic Acid or Glycolic Acid and Lactic Acid)

Recommended applications: Depending on the skin's condition and individual needs
Duration of session: Up to 34 minutes
Repeatability: Treatment frequency depends on the skin's condition and type, but the treatment should not be performed more than once a month

Step 1: Cleansing

Cleanse the face and neck with Elements Sensitive Cleansing Gel to remove excess oil, impurities, and make-up. ***(Duration: 2 minutes)***

Depending on the skin's condition, sebum extraction may be performed beforehand.

Step 2: Preparation

To ensure safe protection, apply Elements Eye Shine Mask locally to sensitive areas of the face, including the eye contour, lips, nostrils, and any moles. These areas should not be treated with the peeling solution. ***(Duration: 1 minute)***

Step 3: Spongilla Peeling

Mix **2g Spongilla Powder** (2 level scoops, without overfilling the measuring scoop) with **10ml Spongilla Prep Lotion** until a paste is formed.

Method of Application

Wearing gloves, apply the paste evenly over the entire face, avoiding the protected areas. Massage using gentle, steady, **circular motions for 3–5 minutes***, depending on the desired level of exfoliation. The **duration of application and the intensity of mechanical friction directly affect the final result**. Increasing either may lead to greater skin stimulation and a more intense exfoliating effect, ranging from mild, superficial exfoliation to more pronounced peeling in the following days.

***Important:** The application time should be determined by the skincare professional following a skin assessment. The total application time must not exceed 5 minutes.

Removal

Carefully remove the product with cold water, using gentle patting motions without rubbing, until all residue has been completely removed.

(Total duration: up to 6 minutes)

Important Notice: During or immediately after application, a burning sensation, erythema (redness), or mild tingling may occur. These symptoms are expected as temporary skin reactions. Careful skin assessment and a conservative approach during the first treatment session are essential for ensuring safety and achieving optimal results.

Step 4: Chemical Peeling

After completing the Spongilla Peeling treatment, select one of the following two chemical peeling treatments, based on the skin's condition and individual needs.

Chemical Peeling	Additional Action	Amount to Apply	Max. Application Time	Neutralization	Application Target
Azelaic 17%- Mandelic 17%	Radiance	2ml	2'	Post Peel Lotion	Improves skin radiance, tone, and luminosity.
20% AHA Fruit gel	Enhanced exfoliation	2ml	1'	Post Peel Lotion	Improves skin texture and overall appearance.

Important Note: The two chemical peeling options are alternatives and should not be applied sequentially in the same session. Product selection, application times, and the neutralization procedure **(using two successive applications to ensure complete neutralization)** must comply with the products' instructions for use and the safety assessment for the specific combined application.

Step 5: Calming

Apply the Biocellulose Mask Ameson according to the instructions for use provided on the packaging. After 20 minutes, remove the mask and apply Apocalypsis Rejuvenating Gel to the entire face, gently massaging until fully absorbed. ***(Duration: 21 minutes)***

Step 6: Sun protection

Apply 1ml of Sunfilm Face Gel SPF 30 or Face Mineral Fluid SPF 50, depending on the time of the treatment session. ***(Duration: 1 minute)***

	Step	Product	Quantity	Duration
1	**Cleansing**	Sensitive Cleansing Gel	1ml	2 minutes
2	**Preparation**	Eye Shine Mask	2ml	1 minute
3	**Spongilla Peeling**	Spongilla Powder	2g	6 minutes
		Spongilla Prep Lotion	10ml	
4	**Chemical Peeling**	Azelaic 17% - Mandelic 17% (λάμψη)	2ml	2 minutes
		Post Peel Lotion	4ml	1 minute
		ή 20% AHA Fruit gel (ενισχυμένη απολέπιση)	2ml	1 minute
		Post Peel Lotion	4ml	1 minute
5	**Calming**	Bio-Cellulose Mask	1 item	20 minutes
		Apocalypsis Rejuvenating Gel	1ml	1 minute
6	**Sun protection**	Sunfilm Face Gel SPF 30 or Sunfilm Face Mineral Fluid SPF 50	1ml	1 minute

Home Daily Regimen

During the first 48 hours following the application of this specific protocol, redness and a stinging sensation may occur. These are expected symptoms that gradually subside. In the following days, the peeling process begins and usually completes within 5–7 days, depending on the skin type and individual response. Throughout this entire period, the use of the following products is mandatory:



Sensitive Cleansing Gel



Apocalypsis Rejuvenating Gel



Vitamin B Complex Serum
(if irritation is severe)



Face Mineral Fluid SPF 50 or Sunfilm Face Gel SPF 30
(for morning use only)

Caution: Until the skin peeling process is complete, activities that may cause adverse reactions or reduce the effectiveness of the treatment must be avoided.

During this period, avoid: Contact of the face with water; sun exposure (in the mountains or at the beach), swimming (in pools or the sea), exposure to high temperatures, heat sources, or anything that causes sweating (saunas, solariums, exercise), makeup, contact with detergents and dust, touching or rubbing the face and removing any dead skin cells that have started to peel off.

Once the peeling process is complete and the skin condition is deemed suitable, the Recuperation Protocol is performed, usually on the 6th day after the session.

Recuperation Protocol (5–7 days later)

Protocol to support the skin's natural renewal process following exfoliation with Spongilla Powder.

Helps accelerate skin barrier recovery while soothing and hydrating the skin, ensuring optimal treatment results.

Step 1: Cleansing

Cleanse the face and neck with Elements Sensitive Cleansing Gel.
(Duration: 2 minutes)

Step 2: Recovery

Apply 1ml of Elements Bioplacenta Serum, gently massaging over the entire face and neck until absorbed. Continue by applying 5ml of Elements Repairing Mask and allow it to partially dry. Then massage and gently remove with water, enhancing the skin's natural renewal and cohesion. ***(Duration: 16 minutes)***

Step 3: Renewal

Apply 1ml of Apocalypsis Rejuvenating Gel to the face and neck, gently massaging until absorbed, further helping to improve the skin's appearance, hydration, and renewal. ***(Duration: 1 minute)***

Step 4: Sun protection

Apply 1ml of Sunfilm Face Gel SPF 30 or Face Mineral Fluid SPF 50, depending on the time of the treatment session. ***(Duration: 1 minute)***

	Step	Product	Quantity	Duration
1	**Cleansing**	Sensitive Cleansing Gel	1ml	2 minutes
2	**Recovery**	Bioplacenta Serum	1ml	16 minutes
		Repairing mask	5ml	
3	**Renewal**	Apocalypsis Rejuvenating Gel	1ml	1 minute
4	**Sun protection**	Sunfilm Face Gel SPF 30 or Sunfilm Face Mineral Fluid SPF 50	1ml	1 minute

Home Daily Regimen

The protocol is completed with two products (both of which must be used, with at least one full package of each) for daily skin care, morning and evening:



Apocalypsis Rejuvenating Gel
(for oily skin)



Apocalypsis Rejuvenating Gel & Apocalypsis Rejuvenating Cream
(for normal & dry skin)



Face Mineral Fluid SPF 50 or Sunfilm Face Gel SPF 30
(for morning use only)