Face

Spongilla Peeling Therapy

Professional Exfoliation Protocol Using Spongilla Powder Only.

Spongilla Powder is a naturally derived powder obtained from freshwater sponges (Spongilla lacustris). Through its mechanical action, it helps remove dead skin cells and improve skin texture and appearance. It is mixed with a specially formulated lotion containing 0.5% salicylic acid and soothing ingredients, facilitating even application and enhancing comfort during the procedure. The protocol is completed with the second session and the Recuperation Protocol, usually after 6 days.

Action:
Exfoliation, skin renewal, improved skin texture, smoothing of imperfections and unevenness, and improvement of overall skin appearance.

Indications:
Dull and tired-looking skin, rough and uneven skin texture, photoaging, wrinkles, acne scars, and post-inflammatory hyperpigmentation.

Contraindications:
Avoid use in the following cases: Skin with open wounds or sunburn, excessively sensitive skin or impaired wound healing, dermatitis, rosacea or active inflammatory acne, allergy to any of the product ingredients, pregnancy or breastfeeding, isotretinoin use within the past six months, dark skin phototypes, herpes, autoimmune skin diseases, recent use of other aggressive exfoliating treatments or aesthetic procedures, unless the necessary recovery period has elapsed.

Key ingredients:
Spongilla Powder (Hydrolyzed sponge), Salicylic Acid

Recommended applications: Depending on the skin condition and needs
Duration of session: Up to 31 minutes
Repeatability: It depends on the skin condition and type, but it should not be performed more frequently than once a month

Step 1: Cleansing

Cleanse the face and neck to remove excess oil, impurities, and makeup using Elements Sensitive Cleansing Gel. ***(Duration: 2 minutes)***

Comedone extraction may be performed beforehand, depending on the skin condition.

Step 2: Preparation

To protect sensitive areas, apply Elements Eye Shine Mask locally around the eyes, lips, nostrils, and any moles. ***(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 forms.

Method of Application

Wearing gloves, apply the paste evenly over the entire face, avoiding the protected areas. Using gentle, steady, circular movements, **massage for 3 to 5 minutes***, depending on the desired degree of exfoliation. **The application time and intensity of mechanical friction directly affect the final result.** Increasing the intensity leads to greater skin stimulation and a more pronounced degree of exfoliation, which may range from mild, superficial exfoliation to more intense 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: 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: 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 5: 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	**Calming**	Bio-Cellulose Mask	1 item	20 minutes
		Apocalypsis Rejuvenating Gel	1ml	1 minute
5	**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)