



## Skin Peel Instructions

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Exfoliating peels are an effective regenerating and stimulating treatment for a variety of skin problems and can slow down the aging process. The acids used for this treatment can vary depending on skin type and tolerance. We select from a range of acids from Alpha Hydroxy & Beta Acids to TCA & Retinol.

It is suggested when scheduling this treatment to allow yourself some down time just in case the skin exfoliation is more than expected. Even though there will be anticipated peeling, the skin, at various stages of progress, may experience heavier sloughing. Usually this is never more than 1-2 days.

### What to Anticipate:

- Immediately following the treatment, the skin will feel very smooth and tight.
- There may be a color change – pink to red the first day and then a brown tone until peeling occurs.
- The skin will generally begin peeling in 2-3 days; however peeling can take place anytime for the next 7 days.
- The skin does not always visibly peel. It may take 2-3 treatments for this to happen.

There are many other advantages from a skin peel which include smoother and softer skin, a healthier glow, less oil, more moisture, refined pores, an improvement in discoloration, diminished fine lines and increased acne control.

### Post-Treatment Instructions:

- The outcome of the peel depends solely on YOU! No picking and DO NOT get in direct sunlight for at least three weeks. (We prefer that you wait six weeks and if you never get direct sun on your face again that would be even better!)
- You should discontinue use of Retin-A or other Retinoids and AHAs for one week. It is required that you wear a sunscreen daily and use the appropriate home care topicals.
- Days 1-3: Rinse your skin with water and a gentle cleanser. Pat dry and apply Post Balm Ointment or Calming Skin Gel as directed.
- Day 4: You can begin cleansing and wearing an Epidermal Growth Factor and an SPF30 sunscreen. You should not wear make-up for one week.

It is recommended that you return in one week for a post follow up treatment for cleansing, exfoliation, extractions and nourishment.

This treatment may be repeated in six weeks. The number of peels required for any given problem varies with everyone.



**Please do not hesitate to contact us with questions or concerns.**