



Pre-Chemical Peel Recommendations

Consultation:

- Schedule our 'Starter Peel' which includes a consultation with our Licensed Esthetician to assess your skin type and determine the most suitable peel for you.
- Discuss your medical history, including any allergies, medications, or skin conditions.

Skin Preparation - One Week Prior to Peel:

- Use sunscreen with SPF 30 or higher daily to protect your skin.
- Avoid sun exposure and tanning beds.
- Discontinue the use of retinoids, glycolic acid, salicylic acid, and other exfoliating products.
- Avoid facial waxing, bleaching, tweezing, hair removal creams, laser hair removal or electrolysis.
- Stop using any "anti-aging," "acne," or "bleaching" products.
- Do not receive Botox or any fillers.

Day of Peel:

- Arrive with a clean face, free of makeup if possible (though a cleanse will be part of your peel service)
- Avoid using any skincare products that are exfoliating (physical scrub products or cleansers, benzoyl peroxide, alpha or beta-hydroxy acids)
- Plan to bring a brimmed hat or sunhat and sunglasses for your trip home



Post-Chemical Peel Recommendations

Immediately After Peel:

- After your peel, leave the products on your skin all day, or for at least 6 hours. You may cleanse your face prior to bedtime, or choose to wait until morning and leave the products on while you sleep. We recommend putting on a fresh pillowcase.
- We recommend avoiding the application of makeup the day of your peel.
- Avoid UV exposure and strenuous activities for the first 24-48 hours.
- You may experience some tenderness, redness, and/or swelling as a result of your peel, but each individual's skin will react slightly different.
- We recommend using Glymed or Eminence skin care products as suggested by your esthetician.

Days 2-14 or Until Your Skin is Fully Healed:

- Wash your face with a gentle cleanser (using your hands only) and follow with recommended At-home skin care products. Avoid using facial brushes or devices for at least 5-7 days.
- Keep your skin well-hydrated with a protective moisturizer and extra drinking water intake.
- Avoid sun exposure or sun lamps
- Apply a daily sunscreen with SPF 30 or higher, and reapply every 2-4 hours.
- Expect slight peeling for 3-5 days and mild itching, irritation, redness, and increased sensitivity.
- Avoid picking or pulling on the peeling skin, allow the skin to shed or fall off naturally.
- Do not exfoliate skin (abrasive products or scrubs, rough towels, exfoliating sponges)
- Avoid glycolic acids, Vitamin C serums, scrubs, retinoids, and retinol creams for 10-14 days.
- Try to avoid excessive perspiration, sweating, or internal body temperature increases from exercise, sauna, hot tub or hot showers. Avoid chlorine or swimming.
- Wait until your skin is fully healed before doing any waxing or hair removal.
- Wait at least 3-4 weeks before receiving any additional skincare or laser treatments, unless your esthetician recommends additional treatments or a treatment plan.