

AFTERCARE | SKIN PEELS

AVOID VIGOROUS EXERCISE ON THE DAY OF AND 24 HOURS AFTER YOUR APPOINTMENT

NORMAL DAY TO DAY ACTIVITY CAN RESUME, HOWEVER THERE MAYBE SOME REDDENING TO THE SKIN.

YOU SHOULD EXPERIENCE NO PAIN POST PROCEDURE

CLEANSING, MOISTURISING + APPLYING MAKEUP IS NOT ADVISED UNTIL 12 HOURS POST PROCEDURE TO GET THE BEST RESULT

AVOID SUN BATHING AND EXTREMES OF HOT AND COLD FOR 14 DAYS AS YOUR SKIN IS MORE SENSITIVE THAN USUAL TO HEAT AND RAYS

AN SPF SHOULD BE USED EVERY SINGLE DAY, EVEN IF YOUR NOT GOING OUT, UV RAYS ARE PREVALENT THROUGH GLASS AND FROM MOBILE PHONES/
COMPUTER SCREENS

DO NOT USE ANY ABRASIVE PRODUCTS SUCH AS EXFOLIATING SCRUBS, MASKS OR ANY PRODUCTS CONTAINING RETINOL OR ANY ACID AS THIS MAY LEAD TO
SCARRING OR INCREASE THE SEVERITY OF THE PEEL AND NOT CONTROLLED.

AFTER TREATMENT IT IS EXPECTED THAT YOU WILL SEE A GLOW TO YOUR SKIN... HOWEVER THE FINAL RESULTS WILL TAKE UP TO TWO WEEKS AS THE CHANGE
IS IN THE EPIDERMIS/ DERMIS OF THE SKIN

PERFECTING PEEL: FROM DAY 3-7 YOUR SKIN WILL FLAKE/ PEEL. ENSURE YOU MOISTURISE REGULARLY AND ONLY USE THE PRODUCTS ADVISED.

RETINOL PEEL: FROM DAY 3-14 YOUR SKIN WILL FLAKE/ PEEL, MAY FEEL TENDER/ PRICKLY AND THERE MAYBE SOME INFLAMMATION FROM DAY 4-6. ENSURE
YOU MOISTURISE REGULARLY, ONLY USE THE PRODUCTS ADVISED. APPLYING SUPER GREENS WHEN INFLAMED (APPROX. DAY 4-5)

DO NOT PICK AT THE SKIN AS THIS MAY CAUSE INFLAMMATION AND POSSIBLY SCARRING.

AT DAY 14-21 YOU SHOULD START TO NOTICE YOUR SKIN IS SMOOTHER AND GLOWING. DON'T WORRY IF THIS IS NOT QUITE AS DESCRIBED, I PROMISE THAT
YOUR SKIN HEALTH IS IMPROVING + BECOMING RESILIENT, YOU ARE LIKELY AT THE BEGINNING OF YOUR SKIN HEALTH JOURNEY, SO THERE IS A LITTLE WAY
TO GO.

A FURTHER PEEL IS NOT RECOMMENDED FOR 4 WEEKS.

ADVERSE EFFECTS

IF YOU ARE CONCERNED OR EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS
PLEASE CONTACT ME ASAP FOR ADVICE

ITCHING, HIVES, SWELLING OF THE LIPS , WHEEZING, DIZZINESS, LIGHT HEADEDNESS



THIS MAY INDICATE AN ALLERGY

INCREASED OR SPREADING INFLAMMATION, INCREASING WARMTH, INCREASED PAIN, WEEPING



THIS MAY INDICATE INFECTION

IF YOU EXPERIENCE DIFFICULTY BREATHING, SWALLOWING OR SPEAKING



SEEK URGENT MEDICAL ADVICE/ CALL 999

SKIN PEELS | POST PROCEDURE EMOTIONS

PRE TREATMENT

I'M REALLY SCARED, IS IT GOING TO HURT? IS MY FACE GOING TO BURN OFF?



DAY 1

MY SKIN IS SO HYDRATED... I DON'T KNOW WHY I WORRIED AS THERE WAS NO PAIN AT ALL. IT WAS ACTUALLY REALLY RELAXING



DAY 2-7

I'M DRY AND FLAKY IN PLACES. THIS EXFOLIATION IS EXACTLY WHAT I WANTED, BUT ITS TAKING A LOT OF MOISTURISING



DAY 4-10

(RETINOL PEEL ONLY)
AGGGHHHH... MY FACE IS INFLAMED+ TINGLY! IT LOOKS SO DRY AND TIGHT, MY EYES LOOK WRINKLY AND OLD... MY MAKEUP SITS TERRIBLY, WHEN WILL THIS END?! I'M WORRIED!



DAY 10-14

MY SKIN LOOKS SMOOTHER, HYDRATED. IM GLOWY...IM ADDICTED TO THIS BRIGHTER SKIN!!!



DAY 14+

(RETINOL PEEL ONLY)
MY SKIN FEELS POLISHED AND PLUMPED. I'M GLOWING... MY MAKEUP SITS FLAWLESSLY. EVERYONE'S COMPLIMENTING ME ON MY SKIN. I FEEL RADIANT.

