



CHEMICAL PEEL PRE & POST CARE

PRE CARE - PLEASE READ FULLY

Your Pre Care is an important step in achieving the desired results. As we are working with living tissue, ensuring the skin is in optimum condition is vital to our results. Please ensure you fully read the below and agree to follow these steps.

PRE CARE:

- Avoid retinol, exfoliating acids, and active skincare for 5–7 days before treatment.
- Avoid waxing, threading, electrolysis, or laser in the treatment area for at least one week.
- Avoid sun exposure and tanning for 7 days before treatment.
- Do not perform other exfoliating treatments such as dermaplaning or scrubs before your peel.
- Arrive with clean skin and no makeup.
- Inform your practitioner of any history of cold sores or skin sensitivity.

ON THE DAY OF YOUR TREATMENT

- You must be in good health
- Any medical conditions should have been discussed at the time of your booking. .
- Ensure you allow plenty of time for your appointment.

POST CARE - PLEASE READ FULLY

- Mild redness, tightness, or tingling may occur after the peel.
- Skin may begin to flake or peel within 2–5 days depending on peel strength.
- Do not pick, peel, or exfoliate the skin manually.
- Use gentle cleanser and moisturiser to support the skin barrier.
- Avoid retinol, acids, exfoliation, and active skincare for 7–10 days.
- Avoid direct sun exposure and always apply SPF 30–50.
- Avoid heat treatments, saunas, and intense exercise for 48 hours.
- Skin may feel dry or sensitive while healing.

Questions or concerns?

Please don't hesitate to contact your practitioner about your treatment or healing process, we are always here to help

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