

POST-TREATMENT
Moderate Skin Peel

Day 1
Do nothing to your skin following treatment. Do not cleanse your skin. Your skin may be a frosted white color for the first few hours and then it will become pinker and eventually quite red.

The skin will feel very tight and dry. It may feel hot and burning. This is normal.

You must stay indoors and avoid sun and heat exposure and any strenuous activity.

Keep the skin moist by spraying it with cool water several times throughout the day. This will relieve tightness and encourage live cell build up.

If swelling becomes too uncomfortable, the application of cool compresses may be helpful. You may also apply a post-peel occlusive ointment.

Refrain from Botox, collagen or other tissue filler injections for at least fourteen (14) days.

Don't wear jewelry, turtlenecks or scarves for the first 24 hours.

Day 2
The skin may be darker in color and will be dry and tight. Do not touch your face and force the removal of loose skin! This activity can result in INFECTION and/or SCARRING! Begin using products in post-peel kit as instructed.

Days 3-7
The skin may begin peeling. It may change to a brown color; this is normal and will slough away.

If experiencing severe irritation, you may apply a topical 1% hydrocortisone product.

Continue using products in post peel kit until your skin has stopped peeling.

Resume skin care routine as instructed by your Aesthetician.

Mineral make-up may be applied on the third day.

Please schedule a 15 minute post-peel check up appointment in one (1) week.

Days 8-14
Do not use glycolic, alpha hydroxy acid, salicylic acid, retinol, benzoyl peroxide or topical acne medications until instructed by your Aesthetician. If you are receiving a series of treatments scheduled per protocol standards, do not resume any of these products until after you have completed your last peel treatment.

Do not use prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin) and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) until instructed by your Aesthetician.

Refrain from waxing, shaving or other hair removal methods for thirty (30) days. Upon resumption, please notify your Aesthetician that you recently had a skin peel.

MORE


**Progressive Skin Peels
& Microdermabrasion**

Progressive Skin Peels and Microdermabrasion are professionally administered, non-surgical FDA approved procedures that resurface the skin by a variety of exfoliation techniques. These treatments provide appreciable results with little or no downtime. A series of treatments may be required to achieve the desired results.



- BENEFITS**
- Lifts away dead skin cells and impurities
 - Increases collagen production
 - Smooths the texture of the skin
 - Evens skin tone, lightens and brightens skin
 - Relieves sun damage and pigmented skin
 - Helps fade hyperpigmentation and diminish fine lines
 - Minimizes enlarged pores
 - Improves acne conditions
 - Progressive Peels promote hydration
 - Microdermabrasion reduces oil activity

PROGRESSIVE SKIN PEELS

Light and Intermediate Skin Peels are usually done in a series of treatments every 1-2 weeks for an average of 6-8 treatments and have no down time. After an initial series of treatments, maintenance peels are done periodically to sustain results. Either peel can be added to a spa facial.

Moderate Skin Peels are done periodically based upon your skin's need and desired results. See Post-Treatment instructions.

MICRODERMABRASION

Microdermabrasion treatments are suitable for skin that tolerates physical exfoliation well. Microdermabrasion uses a controlled spray of aluminum oxide crystals to exfoliate up to 25 microns of the stratum corneum. The stratum corneum is made up of dead skin cells that provide a buffer to your living cells.

Depending upon the condition of your skin, a series of 6 treatments, 7-14 days apart, may be recommended. Maintenance treatments can be done every 4-6 weeks and Microdermabrasion may be added to a spa facial.

Advanced Microdermabrasion combines the physical exfoliation properties of Microdermabrasion together with the chemical exfoliation effects of a progressive peel resulting in an unparalleled, efficacious synergy. An ideal jump start for demanding skin conditions.

Your Aesthetician will determine what type of treatment or combination of treatments are best to for your skin type and condition(s).

CONSULTATION

Prior to your first treatment, a complimentary consultation will be performed by an Aesthetician to evaluate your skin and determine the most suitable treatment to meet your goals.

You will be asked to complete the Guest Derma Analysis Questionnaire. This will aid the Aesthetician in understanding your skin history and identify any potential contraindications.

For Progressive Peels, a patch test may be performed to assess an allergic response.

An important part of achieving optimal results with your progressive peel is dependent upon following pre and post care instructions along with the home care regimen developed for your skin type and condition. You may be asked to begin a pre-treatment regimen for 2-4 weeks before your first peel depending upon your current home care regimen.

SIDE EFFECTS

Depending upon the type of skin peel used, a reaction similar to a sunburn may occur during and/or after the treatment. Progressive skin peels may result in redness lasting 12-48 hours, followed by scaling or peeling that resolves in a few days. It is important not to scratch, pick, or rub the skin to avoid risk of scarring or infection.

Complications are rare with progressive skin peels but can include: scabbing, scarring, hyperpigmentation or reactivation of oral herpes (cold sores). If you are prone to oral herpes, you will need a prescription for an anti-viral medication from your physician.

CONSENT

It is important to read and follow the pre and post treatment instructions carefully to ensure optimal results from your progressive peel.

You must avoid sun both before and after a skin peel. Tanning (including tanning beds) is counterproductive to peeling and a contraindication to treatment. If you tan, less intensive treatments will be recommended.

CONTRAINDICATIONS

Progressive skin peels cannot be performed . . .
If you have completed a course of Accutane within one (1) year.
If you are pregnant or lactating.
If you have had ablative laser resurfacing within one (1) year.
If you have had a phenol or other deep peel within two (2) years.
If you are a diabetic and have poor healing.
If you have a tendency to scar or form keloid scars.
If you have an autoimmune disease.
This list is not all inclusive.

WHAT TO EXPECT

Standard Exfoliants - zero (0) down time

Light Peels - zero (0) down time but greater efficacy

Intermediate Peels and Microdermabrasion – mild peeling two to three (2-3) days

Moderate Peels and Advanced Microdermabrasion – moderate peeling for up to a week



PRE-TREATMENT

Light, Intermediate and Moderate Skin Peels
Microdermabrasion and Advanced Microdermabrasion

Contact lenses cannot be worn during these treatments. Please remove prior to your appointment.

If you are prone to oral herpes, you will need a prescription from your physician for an antiviral medication to avoid a post treatment outbreak. Begin prophylaxis two (2) days prior to peel treatment and continue for five (5) days after peel.

Discontinue use of over the counter Retinol, Glycolic and other Alpha Hydroxy Acids, Salicylic or Beta Hydroxy Acids, or other exfoliation products three (3) days prior to treatment.

Discontinue use of prescription Retinoid products (Retin-A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin), other prescription Retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) 30 days prior to treatment.

No waxing, other hair removal products or methods for seven (7) days prior to treatment. No Botox, collagen or other dermal filler injections within seven (7) days prior to treatment.

Do not use self-tanning agents for at least 48 hours prior to treatment.

Follow all pre and post instructions and home care product recommendations as instructed by your Aesthetician.

POST-TREATMENT

Light and Intermediate Skin Peels,
Microdermabrasion and Advanced Microdermabrasion

During the treatment procedure, you may experience some discomfort or stinging along with a warm flushing or burning sensation. The severity depends on your skin's own sensitivity and symptoms usually subside quickly after the peel is removed. A slight rosy glow, much like sunburn, may appear for approximately 24-48 hours. Your skin may feel "sun or wind-burned" and will also be more vulnerable.

Avoid exercise the day of your treatment. Mineral make-up may be applied following a treatment. With the exception of moderate skin peels, you may resume your daily activities or return to work immediately.

If skin is irritated and sensitive, cold compresses can provide relief. If irritation is severe, apply topical hydrocortisone cream. Mild flaking can occur in two to three (2-3) days and may continue for up to seven (7) days. Each individual is different, some people may experience no flaking, or some may experience slightly more.

The risk of getting sunburned following a treatment increases dramatically. Sunscreen will be applied to your skin before you leave. You must protect your skin every day with a full spectrum sunscreen that protects both UVA and UVB with an SPF of 20 or higher. We recommend you use a sunscreen containing zinc oxide and titanium dioxide to provide you with full spectrum protection. All tanning must be avoided (including tanning beds). Avoid direct sun exposure.

For the first 24-48 hours, use a mild cleanser, hydrating moisturizer, eye cream, and sunscreen. If you are treating hyperpigmentation, the use of lightening products is strongly recommended. Any substance that is applied post-treatment is absorbed very quickly and deeply.

Do not use glycolic, alpha hydroxy, beta hydroxy, retinol, benzoyl peroxide or topical acne medications for 24-48 hours following treatment. You may resume these products after this period or as instructed by your Aesthetician.

You may resume prescription retinoid products (Retin A, Renova, Tretinoin, Avita, Alustra or other brands of Tretinoin) and other prescription retinoid products (Adapalene, Avage, Differin, Tazorac, Tazarotene) seven (7) days after last treatment, or as instructed by your Aesthetician. If you are receiving a series of treatments, do not resume any of these products until after you have completed your last skin peel treatment.

If you experience any crusting or scabbing, do not pick. This can occur and is normal. Please call so we can discuss your symptoms and make recommendations to alleviate any discomfort. Apply Neosporin ointment to keep moist. Do not peel, pick, scratch or scrub skin. This can result in scarring and/or infection.

Refrain from waxing, shaving or other hair removal methods for seven (7) days. Upon resumption, please notify your service provider about the treatment you recently received.

Refrain from Botox, collagen or other tissue filler injections for fourteen (14) days following a skin peel.

Drink additional water.