



BESPOKE BEAUTY & BODY

PEEL : PRE/POST PEEL GUIDELINES

ONE WEEK BEFORE THE PEEL

1. Discontinue any topical prescriptions, retinoids, or corticosteroids.
2. Avoid waxing, electrolysis, depilatory creams, and laser hair removal treatments
3. Avoid sun exposure (indoor and outdoor) Protect skin from wind 1 week before & after receiving treatment by wearing aquaphor or protective garments on face
4. Do not receive Botox or dermal fillers
5. Do not have other professional treatments unless recommended

THE DAY BEFORE & THE DAY OF YOUR PEEL

1. Discontinue all use of alpha hydroxy acid (AHA), beta hydroxy acid (BHA) and benzoyl peroxide
2. Stop any exfoliating products that may be drying or irritating
3. Men - do not shave the day of peel
4. Drink plenty of water and avoid alcohol the day before and day of your peel. * Absolutely no alcohol for 12-24 hours after receiving peel. This can cause a severe reaction. *If receiving the perfection lift peel, no alcohol for 48-72 hours after
5. Do not exercise the day of your peel or for 48 hours after your peel

IMMEDIATELY AFTER YOUR PEEL

After receiving your peel do not use any skincare products that have not been approved by your licensed esthetician or physician. Your treatment was finished with professional products that are safe to be left on your skin for the evening. If receiving an IMAGE peel, you may start your **POST TREATMENT KIT** the next morning or the **I RESCUE post treatment balm** as recommended by your practitioner.

Do not use the Enzyme masque provided for 48 hours. You may apply this as needed, even daily, however it is imperative you only apply it to dead skin and avoid applying it newly peeled delicate skin. This could cause burning and hyperpigmentation.

If you choose to apply makeup after your peel you are only permitted to use the **OXYGENETIX** foundation. The ingredients in this foundation are safe post peel and encourage healing with the benefits of additional sun protection. After 48 hours you may use foundation of your choosing.

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IT IS CRUCIAL TO THE HEALTH OF YOUR SKIN AND THE SUCCESS OF YOUR PEEL THAT THESE GUIDELINES BE FOLLOWED AFTER RECEIVING YOUR PEEL.

1. Do not do anything that will cause your body to become heated or to perspire. This may lead to inflammation and/or breakout (*Exercise, sauna, hot tubs, show caution when cooking and baking etc.*) Avoid any exercise that causes sweating or increases circulation for **at least** 48 hours. This may cause hyperpigmentation in certain skin types.
2. Always use lukewarm water on your face and do not scrub. Avoid chlorine.
3. You may or may not experience some visual flaking or shedding of the skin approximately 2-4 days post peel. The amount of visual flaking is not indicative of your end results. If heavier shedding is present do not, under any circumstances, pick, buff, or manually peel the skin. If receiving the perfection lift peel, visible peeling will begin approximately 48 hours post-peel. Days 3-5 will be most severe. Typically by day 7 skin has fully peeled.
4. You must take precautions to avoid sun exposure in order to protect your skin as well as to get the full benefit of the peel. Peels increase your skin's sensitivity to the sun and particularly the possibility of sunburn. Exposure to UV rays can cause hyper-pigmentation, freckling and sun damage. We recommend that you stay indoors as much as possible and use **PREVENTION + ultimate protection moisturizer SPF 50** daily.
5. If you choose to apply makeup after your peel you are only permitted to use the **OXYGENETIX** foundation. The ingredients in this foundation are safe post peel and encourage healing with the benefits of additional sun protection.
6. Do not use any glycolic, retinol, or Retinol-A for 5-7 days or until your skin is fully back to normal. This is the reason you are supplied the **POST TREATMENT KIT** providing the proper at home care post peel. You can resume your regular at home IMAGE regimen after the 5-7 days. This time may vary depending on the peel performed and each individual's healing process.
7. For men, do not shave for at least 48 hours after peel.

TO AVOID INJURY TO THE SKIN, FOR THE 10 DAYS FOLLOWING THE PEEL, PLEASE DO NOT:

- peel, pick, scrape or abrade the skin
- have an electrolysis or laser treatment
- use tanning beds or sunbathe
- facial wax, thread or use depilatory products
- receive aesthetic injections
- have another treatment until your esthetician advises you to do so

SLIGHT REDNESS OR SWELLING MIGHT OCCUR IMMEDIATELY AFTER THE PEEL. THIS USUALLY GOES AWAY WITHIN 24 HOURS. SOME CLIENTS EXPERIENCE TEMPORARY SKIN DISCOLORATION. YOU MAY HAVE AN AREA OF SCABBING OR CRUSTING IN CASES OF SEVERE SENSITIVITY, THIS IS VERY RARE. IF IT IS BOTHERSOME YOU MAY APPLY IMAGE POST-TREATMENT RECOVERY BALM FOR ADVANCED HEALING OR AQUAPHOR (FOUND AT YOUR LOCAL DRUGSTORE) TO THE AFFECTED AREA. CALL YOUR ESTHETICIAN IMMEDIATELY IF ANY OF THESE CONDITIONS DO NOT RESOLVE WITHIN 24 HOURS