

Post Peel Information & Recommendations

After your professional peel, it is imperative that you follow the specific guidelines provided to you by your skin care therapist. In a corrective treatment where a peel or enzyme is administered, it is important to take precautions and provide vulnerable skin with essential support to ensure proper recovery and healing. Following post-home care instructions will ensure you achieve the best results possible. Skin Fitness Therapy's post-peel kit is appropriate for all skin types, and will help with accelerating the healing process.

Guidelines & Precautions

- Do not use hot water or steam when showering, or on the treated area.
- Avoid excessive heat, including heating up internally from exercise.
- For maximum results to aid the skin's healing process and minimize any adverse effects, use Skin Fitness Therapy's **Post Peel Recovery Kit** for 3-5 days, or until skin is completely healed and no longer flaking.
- Use Skin Fitness Therapy's chemical free sunscreen **Sun-Fit Mineral Skin Protection** daily, and re-apply at least every 2-3 hours. If possible, wear a hat and avoid direct sun exposure for one week. It is advised not to use an SPF containing chemicals, especially while the skin is at its most vulnerable post-treatment.
- Keep skin moisturized with the most appropriate moisturizer for your skin type:
 - Dry/mature/aging skin: **Ultra Moisturizing Cream w/ EGF**
 - Normal/combo skin: **Red Wine Blueberry Pumpkin Age Defying Cream**
 - Oily Skin: **Lemon Hydration Gel**
- If possible, allow skin to repair itself without make-up application until the following morning post-treatment. If necessary, wait at least 15 minutes to apply makeup post-treatment.
- **Do not scrub, peel or rub the area treated**, as this will cause skin damage and may cause hyper-pigmentation.
- Cleanse skin with a gentle, sulfate-free cleanser such as **Deep Pore Cleanser** from Skin Fitness Therapy.
- Do not use a wash cloth, facial cleansing brush, facial scrub or any other kind of mechanical exfoliation until skin is completely healed, for at least 1 week.
- Do not use topical products containing AHA's (i.e. lactic and glycolic acid), BHA (salicylic acid), enzymes, Retin-A or any acne medication until skin is completely healed, for at least 1 week.
- Avoid waxing the area treated for at least 7-14 days, as skin will be more prone to lifting and damage from the wax.

Contact your administering physician or aesthetician with any questions.