



Pre-Treatment Information

A Skin Fitness Therapy peel treatment will provide a range from very superficial to superficial exfoliation levels and is not intended to create a visible “peeling” effect on the skin. Light flaking may be seen, but visual exfoliation is not necessary for the treatment to be effective. Depending on the treatment performed and your specific skin type, your treatment will result in little to no-downtime. Your skin will be more radiant, healthy-looking, smooth and dewy.

To ensure the best results possible at your appointment, follow the pre-treatment advice of your skin care professional, and the following:

- Do not receive a treatment within 5 to 7 days of using a topical prescription, or taking an oral medication which can affect your skin, including Retin-A, Renova, Avita, benzoyl peroxide, AHA (i.e. glycolic or lactic acid) or BHA (salicylic acid) products. Consult with your skin care professional if you have any questions about a specific medication you are taking.
- Tell your aesthetician if you’ve ever been treated with Accutane or received laser treatments within the last year.
- Avoid sun bathing, tanning or excessive sun exposure for one week prior to treatment and onward, as UV radiation is the leading cause of premature aging, and can lead to skin cancer.
- If you are pregnant or lactating, consult with your physician prior to your treatment. The only safe treatment for pregnant and lactating women is the Vitamin C 30% Enzyme.
- It is strongly recommended that clients wait at least two weeks after receiving any facial injections like Botox, Restalyne or other fillers prior to having a peel treatment. Consult with the administering physician on how long you should wait.
- For one week pre-peel treatment, avoid waxing or using depilatories in the area(s) to be treated.
- Inform your aesthetician if you have herpes simplex virus, as a peel treatment can stimulate the activation of a breakout.

If you have any questions prior to your scheduled treatment, contact your administering physician or aesthetician.

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 **Sunfit SPF 30** 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 AHAs (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.





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