



BODY STUDIO SKINCARE

“Look good at any age”

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Post Peel Instructions

Do's:

-Treat your skin gently. Avoid using abrasive wash cloths, cleansers or scrubs. Refrain from using cleansers with acids ,opt for gentle cleansers like Cetaphil

-Wear SPF. You're exposing vulnerable immature cells so you must make sure they don't get damaged from UV rays. Apply sunscreen with SPF above 50 daily on the face and neck.

-Limit your time outdoors to reduce sun exposure.

-Use a skin lightener. Since chemical peels can stimulate melanin activity, you don't want to end up with post-inflammatory hyper pigmentation, a condition where you can develop brown spots post-peel. Vitamin C & E works beautifully for preventing and lightening discoloration.

Don'ts:

-Pick at the skin! The whole purpose of a chemical peel is to “burn” off the surface dry, damaged cell layers and reveal younger-looking, healthy new cells. But to do this, the skin has to shed and that's part that people dislike the most. But picking off dry, flaky skin when it may not be ready to come off can result in scarring and unnecessary redness.

-Over-moisturize to compensate for post-peeling dryness. When the skin is peeling and flaky, it's normal to want to apply heavier moisturizer to alleviate dryness and comfort the irritated skin. The whole purpose of a chemical peel is to peel. So to hydrate peeling skin when it wants to shed off, will not give you the best benefit and prolongs the down-time of the peel. Just use your regular moisturizer and let the skin do what it wants to do.

Whatsapp images for us to see your journey 5 days and 10 days post peel. Return in 4 to 6 weeks for your check up