

CHEMICAL PEEL POST CARE



Avoid sun exposure, apply SPF 30+ every day.



If completing a series of treatments, do not resume acne meds until treatments are complete.



Avoid vigorous exercise for at least 24- 48 hours.



Avoid heat exposure, saunas, hot baths, jacuzzi, or a hot hairdryer.



Do not use products that contain AHA, BHA, Glycolic, Salicylic, Retin-A.



Avoid chlorine for at least 7 days.



Drink plenty of water to keep your skin hydrated.



Do not tweeze, pick, rub, exfoliate, wax, use a depilatory.



Book your next session as advised by your skin specialist.