

ADVANCED ESTHETIC TREATMENTS

Including but not limited to: Chemical Peels, Enzyme Peels, Microdermabrasion & Hydrodermabrasion.

Possible Medical Contraindications

ALL Advanced Esthetic Services

Pregnant / Breastfeeding	Extreme skin sensitivity
Herpes Zoster/Shingles	Allergies
Broken Capillaries	Prone to scarring
Inflammation	Facial burns, open cuts
Accutane/ Isotretinoin	Aspirin Allergy
Retinoids/Retinols	Heart Conditions
Prescription medications	Facial Psoriasis/Eczema
Hypopigmentation & Hyperpigmentation	Botox/Filler
Facial Waxing w/in the last 24 hours	Topical or Internal antibiotics.
Facial Shaving w/in the last 4 hours	Other circumstances requiring you to be under consistent physician care.
Bacterial Infection	

PRE-CARE

ALL Advanced Esthetic Services

If you have any of these medical contraindications, please notify your esthetician immediately prior to your service so we can discuss adjustments.

Do not use any form of AHA/BHA's at least 48 hours prior.

No use of RETINOL/RETINOIDS (Retin-A, Renova, Tretinoin, or any other brand) or other prescription Retinoid products (Adapalene (Differin) Tazoracm) for 72 hours prior.

Do not receive any form of Botox/Filler at least 7 days prior.

Please remove your contact lenses for these services.

Self-tanning agents cannot be used for at least 48 hours prior to treatment.

No waxing, electrolysis, or other hair removal products of methods can be preformed for 7 days prior to treatment.

If you are prone to cold soars (herpes simplex virus) you will need a prescription from your physician for an antiviral medication to avoid POST treatment outbreak. It is recommended to begin prophylaxis two (2) days prior to a CHEMICAL PEEL and continue for 5 days after. Please consult your doctor.

Do not come to your appointment sunburnt.

Chemical Peels -

Possible side effects including but are not limited to:

- Mild to moderate discomfort or pain (you may take a Tylenol/Advil as long as there are no allergies to these types of medications)
- A slight rosy glow, much like a sunburn, may appear for approximately 24-48 hours.
- Acne or Milia breakout (very common as a form of “PURGING”)
- Slight redness or swelling
- Itching or irritation
- Sun/Skin sensitivity
- Pigment changes (this is rare, but may happen. We suggest purchasing a Tyronaise Inhibitor or some type of brightening product - we sell both, please inquire)
- Scarring (rare, but depending on how healthy your skin and body’s immune system is.. you may experience temporary or permanent scarring).
- Allergic reaction
- Herpes outbreak (please consult your doctor)
- Skin peeling or flaking up to 10 days after the procedure.

Physical peeling may take anywhere from 3-10 days on average or longer depending on internal and external factors. It is also possible to not peel at all. If this occurs, you will still benefit from the treatment because the skin has exfoliated microscopically.

Chemical Peel Post Care Instructions

To obtain maximum benefits from your treatment, it is crucial that you understand and adhere to these instructions. Failure to comply with these instructions may affect your treatment outcome and increase the likelihood or severity of complications.

Depending on your individual needs, additional post-care treatment instructions may be given to you by your esthetician.

You may GENTLY apply a cold compress to the treated area(s) as needed for any burning or irritation associated with your treatment.

Avoid lifting the skin prematurely (peeling it yourself), as this can cause scarring. If there are large pieces of dead skin “hanging,” cut it using clean scissors. Do NOT use any acidic products such as retinoids or tretinoin, acne medication products such as Retin-A, Tazorac, Renova, Differin, the antibiotic Doxycycline, AHAs (lactic, glycolic,

tartaric, etc.), BHAs (salicylic), benzoyl peroxide, vitamin C products, lightening agents such as hydroquinone or any exfoliative products including loofahs or coarse sponges to your skin for 72 hours after your chemical peel, or more if you notice your skin becomes sensitive to application. Do NOT engage in strenuous exercise for 48-72 hours after treatment because it may exacerbate the inflammatory and can cause your skin to become extremely inflamed. Do NOT schedule a facial or cosmetic service such as laser resurfacing, or IPL on a treated area(s) for 2 weeks after your treatment. Do NOT get your hair dyed until a week after you have finished peeling, if your treatment was performed on the face or neck.

How to Care for your Skin Post- Chemical Peel

Cleanse Gently: Your skin will be fragile for the next several days. Cleanse your skin with COOL water using only your fingertips – no washcloths, loofahs, buff puffs, sponges, Clarisonic, etc. We recommend using a Gentle Cleanser, such as La Roche Posay, Cetaphil, CeraVe, or anything that may be recommended by your esthetician, depending on your specific needs. We sell an amazing gentle cleanser in the spa.

Moisturize Often: For our stronger peels, you may use petroleum jelly (Vaseline) for the first few days or as needed. When you start to peel, use a non-comedogenic dermatologist approved moisturizer such as La Roche Posay, Cetaphil, or CeraVe. This will promote the healing process by locking in moisture and reducing the chance of a bacterial infection, redness, and irritation. Use these products several times per day or as needed. Topical hydrocortisone may be recommended, depending on your specific needs. We sell soothing creams / moisturizers in the spa.

Protect Your Skin: Remember to avoid excessive heat on the treated area and direct sun exposure for 2 weeks after treatment. If you need to be outdoors, make sure to use an umbrella or wear a large-brimmed hat, a pair of sunglasses, and use a physical sunblock. We sell an amazing Titanium Zinc (20%) Dioxide from TiZo.

You may and should resume your normal skincare routine after your skin has “hardened” and is no longer “raw.” This is usually around day 5-7. It may be sooner for some people, and may be later for others. Once your skin feels “tough,” like leather,

please start exfoliating (chemically or physically). If you need professional recommendations, we have POST-CARE KITS to purchase!

Other Advanced Esthetic Services :

Enzyme Peels, Microdermabrasion, Hydrodermabrasion.

Please follow the PRE-CARE instructions which is listed above.

Post Care Instructions

Enzyme Peels, Microdermabrasion, Hydrodermabrasion.

You may see very slight peeling or flaking over the next 3-5 days.

Stay out of the sun, and no sweating for at least 24 hours.

Use a very gentle cleanser and moisturizer for the next 24 hours.

Use sunscreen daily - with minimum Broad Spectrum SPF of 15

Do not book another treatment that includes these services (unless approved by your esthetician/doctor) for at least 72 hours.

CONSENT for ALL Advanced Esthetic Services

I have read the information above and I understand and acknowledge that there are risks involved with the treatment. I give permission to my esthetician to perform this advanced esthetic treatment, and have discussed and understand my responsibility (pre-post care instructions) and will follow these instructions to the best of my ability. I will hold the company and esthetician harmless from any liability that may result from this treatment or my failure to disclose medical information or follow instructions. I understand my esthetician will take every precaution to minimize or eliminate negative reactions as much as possible, however, I do understand that, very rarely, permanent damage occurs. My expectations are realistic and I understand that the results are not guaranteed and that for maximum results, more than one application may be required at an additional cost. I agree that this constitutes full disclosure. I acknowledge this in the submitted Client Consent Form signed prior to my treatment.