

## 'New Skin' ADVANCED CHEMICAL PEEL

### **Possible Contraindications:**

Please notify your esthetician prior to your appointment by filling out the required forms. If you have any questions, reach out.

Cancer  
Kidney Disease  
Sunburnt  
Open wounds  
Allergy to Aspirin\*  
Pregnant/Lactating\*  
Fitzpatrick IV-VI\*  
Rosacea\*  
Psoriasis\*  
Eczema\*

\*We will select a peel that is SAFE for you.

If your skin is not ready to receive it (not-prepped). We have a SKIN PREP KIT available to purchase in the spa, and suggest using it for at least 2-weeks PRIOR to your appointment.

### **Pre Chemical Peel:**

Accutane - stop 6 months prior.

Cancer - must not be undergoing treatment, and must get the OK from your doctor prior.

Threads - Please consult your doctor on how soon you can receive a chemical peel.

Tanning - please stop 7 days prior.

Wax / Shaving - at least 7 days prior.

Retina-A (Retinols) - please stop 3 days prior.

Acids (AHA/BHS) - please stop 3 day prior.

Botox / Filler - must wait 14 days after botox or filler.

### **During:**

Depending on your treatment, you may experience some temporary discomfort, including stinging or warm flushing, similar to a mild burning sensation. This is NORMAL and generally fades within five minutes. During the few minutes following the initial treatment, you will experience tightening of the skin to varying degrees. The skin can appear red and become progressively rosier, occasionally turning a tan to brown color, depending upon formula and application variances. For most individuals, peeling starts at day five but can be as early as 48 hours. It is impossible to pre-determine how much peeling will occur. Deeper penetration and more active solutions may result in sensitivity for several hours after the procedure, with some significant peeling for up to ten days. Your skin can feel tight, dry and you may experience redness for up to ten days.

### **Aftercare Instructions:**

**WE BELIVE IN "WET" HEALING = Keep your skin extremely hydrated!**

#### **The first 72 hours:**

- Avoid the SUN. Wear physical / mineral sunscreen.
- Avoid SWEATING (No sauna, hot yoga, hot showers, exercising, etc.)
- Keep the treated area clean by washing your face with freshly washed hands and dry your face using CleanSkinClub disposable towels.
- Only wear makeup if necessary, and use mineral or non comedogenic products.
- Sleep on your back with your head elevated to minimize pain and swelling.

- Flaking may occur and is natural and expected. Do NOT pick, scratch, or scrub your skin! Allow it to flake off naturally. This is crucial for the healing process.

**3-10 Days Post Peel:**

- 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 get your hair dyed until a week after you have finished peeling.
- You may resume your normal skin routine including ACTIVES, RETINOLS. If you notice your skin is still ‘raw’ or sensitive, then wait. Listen to your skin. Always aid on the side of caution.

**14 days Post Peel:**

**Make sure to notify the professional performing the following treatments that you recently recovered a CHEMICAL PEEL so they can advise you properly.**

- Botox
- Filler
- Laser
- Waxing
- Threading