

The Face Bar aesthetics

SUPER FRUIT JESSNER PEEL PRE AND POST TREATMENT

To maximise the Jessner Peel recovery time and results, it is important to follow all pre and post-procedure instructions.

WHAT IS IT?

Super Fruit Jessner Peel is a medium depth peel designed to reverse Acne, Scarring, Hyperpigmentation, Ageing & Extensive damage

Benefits: Reveals healthy luminous skin & enhances cell renewal. Targets congested pores, acne, pigmentation, sun damage, scar tissue, aids stimulation of collagen.

This incredible resurfacing peel accelerates the healing phase with added phytonutrients. Breaks down built up stratum corneum (dead skin cells) & reduces inflammation leaving the skin feeling supple, clear & hydrated with a firm & plumped appearance.

Jessner Peels are designed to induce peeling & involves a 5-7 day downtime period where skin can darken to pink or brown, feels dry & will peel until fresh skin is revealed.

Skin Type: Acne / Congested / Hyperpigmentation / All skin in need of exfoliation.

The Super Fruit Jessner Peel can be done every 4 weeks until skin condition is under control, usually 3-4 treatments.
(3 treatment package available)

WHAT TO EXPECT

You may experience a warm, tingling or a burning sting during the application. You may take Ibuprofen prior to treatment to help relieve any discomfort. After application of peel, skin may appear white and frosted. This will subside in a few hours. During the next few days the skin will appear red and progressively deepen to a tan/ brown colour. Skin conditions during the peeling process may range from mild stinging, mild swelling and redness, mild crusting and finally peeling. The skin can become very dry, tight and somewhat uncomfortable. Client may notice exasperation of acne after treatment. Results will vary with each client.

SKIN PREP

Skin **MUST** be prepped with a 1% Vitamin A serum 2 full weeks prior to the peel and discontinued 48 hours prior to treatment. This will give a better result and minimise risk when the skin has been acclimatised to active ingredients. This ensures that the skin is in an optimal state to regenerate and respond correctly to the peel. The skin will regenerate with what it already has to work with- unhealthy cells = unhealthy cells while healthy cells = healthy cells.

CONTRAINDICATIONS

Roaccutane: Must be off oral A 1 year prior to peel procedure

Hair Dye: Wait 24 hours before peel

Hair Removal: Waxing or laser hair procedures need a 1-2 week delay prior to peel

Laser RX: May need a 6 month delay depending on laser procedure

Sun Exposure: Peel cannot be performed on clients with recent sun exposure. Must refrain from sun exposure/tanning for a min of 2 weeks prior and post procedure

Hormone Treatment: Pigmentation may be stimulated for patients on HRT, are pregnant or lactating. Results/success may be limited whilst hormonal imbalance exists

POST PEEL DOWNTIME CARE-

Avoid applying water or oil based products for 6 to 8 hours or preferably overnight. Water can push the solution deeper into the skin and oil can neutralise the action of the peel.

It will take 7-14 days to see the full results from the peel.

Cleanse, moisturise and apply sunscreen for the next 7 days.

Apply Ice packs or use a fan to relieve burning- just be careful to not let the skin dry out from the fan.

Peeling will commence around day 2 and last for 5-7 days.

Reintroduce actives when the skin has normalised- 7 days after the procedure.

Application of heavier hydrators or semi occlusive balm aids the healing phase and reduces discomfort caused by tautness and constant desquamation

DO NOT pick, peel or scrub dry skin with a cloth. Gently remove when washing face in circular motions with fingers.

Refrain from activity that will cause excessive sweating during the first few days after the peel

Do not use lactic acid/aha /BHA based products for 7-10 days post Peel

Skin IS expected to turn pink/brown and flake off, this is apart of the process. Peeling will begin around day 2 and continue to day 5-7. We will follow up at day 7 to see how skin is tracking.

It is best to let the skin breathe post treatment and avoid wearing heavy makeup for 5-7 days post treatment as this is an important period since the skin will be in its healing/ renewal process. If you have a mineral makeup you can apply that if absolutely necessary.

Treat the skin like an open wound for the first few days. Change your pillowcase, avoid excessive touching of the face, clean your phone screen, glasses etc.

DAY 1-7 POST PEEL-

Important: DO NOT PICK AT THE SKIN. If the skin is removed prematurely, prolonged healing and/or infection are possible and may cause a scar.

Day 1:

No water is to be used on face for the remainder of the day/night.

Don't apply anything to the face for the remainder of the day/night.

Skin should be minimally touched during this processing time.

Skin may have a frosted look (until you apply lubricant) and may have the appearance of being slightly sunburned.

The skin will start to turn darker and may be unevenly coloured.

Avoid heat and/or excessive sweating for first 4 days.

Avoid makeup and/or shaving until full peeling process is complete.

Avoid excessive sun exposure for duration of peeling- If sun can't be avoided use 30 SPF+

Day 2-3:

Gently cleanse the face twice a day with a Gentle Cleanser.

Pat skin dry. DO NOT RUB.

The skin will start to feel very tight and dry.

Continue to keep it well lubricated with the Skin Recovery Aftercare Gel (available to purchase in salon for \$59.95) or other gentle, extremely hydrating moisturisers.

Apply moisturiser as often as necessary.

Apply 30 SPF+

Day 4-6:

Continue cleansing the skin twice a day and applying lubrication frequently.

The peeling process should begin, and your skin may feel very tight.

Never peel off the skin; let it shed naturally.

Apply 30 SPF+

Day 7-8:

The peeling process is normally complete by day 7 or 8.

When skin sensitivity is diminished, you may resume your normal skin care regimen as long as it is gentle and acid-free.

Makeup may be worn if the skin is no longer shedding.

Products that contain glycolic, lactic, or alpha hydroxyl acids should not be used for 2 weeks post application of peel.

Do not forget to wear sunscreen. An SPF of at least 30 should be worn at all times during the daylight hours.

Men may shave when the peeling is complete.

Your Skin by The Face Bar Cosmeceuticals

Skin Recovery Aftercare Gel- \$59.95

After undergoing invasive skin treatments such as peels and skin needling, it's crucial to provide your skin with the care it needs to recover and rejuvenate effectively. That's why we've created the Skin Recovery Aftercare Gel, a revolutionary product specifically formulated to enhance and accelerate the healing process. Let's delve into the remarkable benefits that make this gel an essential addition to your post-treatment skincare routine.

1. Hyaluronic Acid 1%: The Natural Hydrator for Your Skin

Our Skin Recovery Aftercare Gel is enriched with 1% hyaluronic acid, the body's natural hydrator. Hyaluronic acid has an incredible ability to attract and retain moisture, ensuring your skin remains adequately hydrated throughout the recovery process. By binding moisture to your skin, this essential ingredient replenishes the hydration levels, promoting a plump and supple complexion.

2. Vitamin B3 1%: Niacinamide for Tissue Repair

Featuring 1% vitamin B3, also known as Niacinamide, our gel offers a powerful solution for tissue repair. Niacinamide has been extensively studied for its ability to improve the skin's barrier function, reduce redness and inflammation, and promote overall skin health. By incorporating vitamin B3 into our gel, we ensure your skin receives the necessary nutrients to accelerate the healing process and achieve a smoother, more youthful appearance.

3. Vitamin B5 1%: Panthenol for Nourishment and Rejuvenation

Our Skin Recovery Aftercare Gel also contains 1% vitamin B5, known as panthenol, renowned for its nourishing and rejuvenating properties. Panthenol effectively penetrates the skin, delivering essential nutrients that promote tissue regeneration and repair. By incorporating this vital ingredient into our gel, we provide your skin with the necessary building blocks to recover and restore its natural vitality.

4. Enhance Healing with a Moisture-Enhancing Gel

Our gel has a unique moisture-enhancing formula that maximizes the effectiveness of its active ingredients. It creates a protective barrier that locks in moisture, allowing your skin to heal optimally. This added moisture also helps to soothe and calm the skin, reducing any potential discomfort or irritation associated with post-treatment recovery.

Directions for Use:

To experience the full benefits of our Skin Recovery Aftercare Gel, generously apply it to your entire face and décolletage as a post treatment recovery serum. It is particularly recommended for use after invasive skin treatments such as skin needling and cosmetic skin peels. You can use it as a leave-on treatment mask directly after the procedure and continue using it for 3-7 days post-treatment for optimal results. Apply as frequently as needed to keep your skin adequately hydrated.

The Skin Recovery Aftercare Gel is your go-to solution for effective post-treatment care. By utilizing the power of hyaluronic acid, vitamin B3, and vitamin B5, it provides your skin with the essential nutrients it needs for tissue repair, replenishment, and rejuvenation. With its moisture-enhancing formula and carefully selected ingredients, this gel promotes optimal healing and helps your skin feel smooth, appear younger, and maintain a healthy, hydrated glow. Trust the Skin Recovery Aftercare Gel to support your skin's recovery journey after invasive treatments such as peels and skin needling.

Other Chemist Brand Recommended Moisturisers & Cleansers

Aquaphor, Cetaphil, Aveeno, CeraVe, Bio Derma Intensive Baume or Medical Barrier Cream.

NOTES: