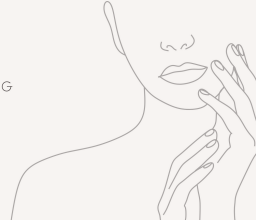


# SKINCARE BY MEENA

EST 2022

ADVANCED FACIALS | SKIN | WELLBEING



## The Perfect Peel Superblend Pre & Post Care

Contraindications - if you have any of the below then this treatment is not suitable for you, please contact me to discuss alternative treatment options.

- Do not apply to skin that is still irritated from any harsh treatment such as waxing, electrolysis, microdermabrasion, or chemical exfoliants.
- Do not apply to open wounds, sunburns, infected skin, cold sores, herpes or lesions.
- Do not use on pregnant or nursing women.
- Roaccutane used in the last 6 months.
- If you are taking any "-cycline" drugs, as they can cause photosensitivity.
- People with an allergy to Aspirin should not use it.
- Under the age of 18.
- Injectables used such as Botox or fillers 1 week before and up to two weeks after.
- Ideally need to leave 2 weeks either side of this treatment before having injectables.

## Pre Treatment Requirements

- Stop use of all Retinoids and Acids (BHA, PHA, AHA etc) for at least 7 days prior to treatment.
- Do not expose your skin to direct sunlight with a high UV index at least 72 hours prior to your treatment. However if this is unavoidable please avoid tanning/burning your skin and ensure you have been wearing SPF50 whilst in the sun or wear a hat.
- On the day of your appointment please wear a loose fitting top or vest, preferably that has a low neck line to allow access to your neck. The room & bed is heated so you will be a comfortable temperature.
- Make sure you have eaten & drank plenty of water prior to the treatment.
- Please wait at least 2 weeks after having anti-wrinkle injections or filler to then have this treatment.

# Aftercare

The Perfect Peel® Superblend USES A BLEND OF CHEMICALS TO CREATE A CONTROLLED WOUND TO THE SKIN. THIS IN-TURN INITIATES A PROCESS OF PEELING AND HEALING. SOME IRRITATION AND DISCOMFORT IS CONSIDERED NORMAL RUNNING UP TO DAY 10. IF DISCOMFORT IS SEVERE, PLEASE CONSULT WITH YOUR PRACTITIONER WHO PERFORMED THE PROCEDURE.

## DAY 1-3

- Day 1 is the day the peel was applied. Application does sting a little but should ease after a few mins.
- The treated area will feel warm and look red for a few hours.
- After application, the peel solution should remain on the treated area for at least 6 hours. It works a treat if you leave it on overnight, it can offer a more intensive result in some cases.
- During the first 6 hours, do not wash, touch, rub, or apply make-up to the treated area.
- No make-up should be applied on day 1 (day peel applied).
- On evening 1 gently wash the treated area with water only.
- This is an important step! Roughly 15 minutes before bedtime, apply approx half the sachet of ABC Post-Peel Serum liberally to the treated area (we've given you extra, you won't need to use all of it!). Allow to dry, it may remain slightly tacky to touch. Warning! IT CAN STING!! Please remember some irritation, stinging and discomfort is considered normal and this will pass.
- Any stinging, discomfort or itchiness is normal, apply a cold flannel, or consider taking an antihistamine to calm the itching.
- Do not use any moisturising products on the treated area until peeling begins (usually day 3/4).
- Avoid sun exposure, excessive sweating, sauna or heavy exercise during the peel process.

## DAY 3-7

- Mild peeling/flaking generally begins on day 3/4.
- Gently wash (do not scrub) and pat dry the treated area morning and night.

## DAY 5

- IMPORTANT. Once your mild peeling begins, water wash or wash with The Perfect Cleanser, apply a small amount of '5-a-Day' (included in your Home Kit) to the 'new' skin areas 2-3 times per day to control the peeling and relieve tightness and irritation.
- Protect and nourish the new skin. Continue to use this until it's finished, it's gorgeous so you will want to! Using '5-a-Day' promotes the healing process by locking in moisture and reducing redness and irritation. Additional '5-a-Day' can be purchased from your skincare professional.
- Do not rub, pick or pull on any peeling skin, let the peeling occur naturally. Rubbing, picking or pulling may cause scarring and pigmentation changes.

- A sunscreen of at least SPF 30 should be applied every 2 hours in direct sun exposure.

## **DAY 6-10 AND AFTERWARDS**

- Trust the process and wait for the magic!
- The peeling process is generally complete. Mild sloughing may still occur in some treated areas.
- You may resume use of your normal skin care products unless otherwise advised by your skincare professional. If the treated area becomes or remains irritated, wait until the sensitivity subsides.
- Continue to protect your skin with a sunscreen containing at least SPF 30.
- Final results will be most apparent after day 28.

## **DO NOT:**

- Cleanse your skin in the evening of your peel or treatment
- Pick or pull any flaking skin
- Tan or use a tanning booth for at least 14 days post peel
- Have electrolysis, waxing, threading or any other form of hair removal for 7 days post peel
- Use facial scrubs or mechanical forms of exfoliation for 14 days post peel
- Have laser hair removal, photo-facials, chemical peels or microdermabrasion for 14 days post peel
- Use hot tubs, steam rooms, saunas, and/or excessively hot showers for 2 days post peel
- Go swimming for 2 days post peel
- Participate in aerobic exercise for 2/3 days post peel

*For specific skin concerns*

## **ACNE: DAY 10+**

- You may resume use of your normal skin care products.
- For active and severe acne patients, a series of 3-4 The Perfect Peel® Superblend treatments can be used 3-4 weeks apart.
- Consider the use of Hit Reset or As a lake & 5-a-day depending on the severity of the acne to enhance the results.
- Continue to protect your skin with a sunscreen containing at least SPF 30.

## **HYPERPIGMENTATION /MELASMA: DAY 10+**

- Begin using Hit Reset and 5-a-Day.
- For active, mild or severe melasma patients, a series of 3-4 The Perfect Peel® Superblend treatments should be used 4 weeks apart for ultimate result followed by Hit Reset and 5-a-Day and or The Perfect C or Hyaluronic & peptide perfection serum
- Continue to protect your skin with a sunscreen containing at least SPF 30.

## **ANTI-AGING: DAY 10+**

- You may resume use of your normal skin care products.

- Products to consider depending on the indication: Hit Reset, Hyaluronic perfection serum, The Perfect C and 5-a-Day, for collagen stimulation, pigmentation inhibition and reduction of fine lines and wrinkles.
- Continue to protect your skin with a sunscreen containing at least SPF 30