



Pre-Chemical Peel Prep: The Science of Skin Transformation

✨ Follow these steps to maximize your results and keep your skin safe.

5–7 Days Before Your Peel

- **Discontinue Retinol, Tretinoin, and Prescription Acne Products-** These accelerate cell turnover and thin the skin barrier, increasing risk of irritation or over-exfoliation.
- **Stop Exfoliating Acids (AHA, BHA, Glycolic, Lactic, Salicylic, etc.)-** Chemical peels already resurface the skin; extra exfoliation beforehand can lead to barrier damage.
- **Avoid Hair Removal (Waxing, Threading, Depilatories, Electrolysis, Laser)-** These disrupt the protective lipid barrier. Combining them with a peel increases risk of burns, sensitivity, or hyperpigmentation.
- **Pause Blood-Thinning Medications/Supplements (with physician approval)-** Aspirin, ibuprofen, fish oil, or high-dose vitamin E may increase bruising and slow healing.
- **Avoid Botox or Fillers (at least 2 weeks prior in the treated area)-** Gives injectable treatments time to settle fully.

48 Hours Before Your Peel

- **Limit Sun Exposure and Tanning Beds-** UV radiation triggers inflammation and free radical activity, which increases the risk of uneven results or pigment issues.
- **Stop Harsh Skincare-** Avoid benzoyl peroxide, strong scrubs, and active serums that can sensitize the skin.
- **Skip High Heat Exposure-** Saunas, hot yoga, or long hot baths increase circulation and inflammation, making the skin more reactive.

The Day of Your Peel

- **Stay Hydrated-** Well-hydrated skin supports healthy cellular activity, aiding the peeling and renewal process.
- **Men: Do Not Shave the Same Day-** Freshly shaved skin is more vulnerable to stinging and irritation during the peel.
- **Communicate Health History-** Certain medications (like isotretinoin in the past 6 months, antibiotics, or Accutane) make skin unsafe for peeling. Always let your esthetician know.

Skincare doesn't end with your skin treatment—it's what you do afterward that truly counts. Post-facial aftercare plays a key role in extending the results and maintaining your glow. The steps may seem simple, but when done consistently, they help you achieve brighter, clearer, and healthier skin long-term.