



Green Sea Peel

# AFTERCARE

## Pre Treatment Instructions:

- For at least 48 hours before treatment, do not use heavy moisturizers or hydrating masks. This may effect the amount of peeling.
- **DO NOT EXFOLIATE.** Do not manually exfoliate for at least 72 hours before treatment
- **TOPICALS** Stop using all exfoliating topicals at least 5 days prior to treatment.
- **BIOHERB50 PRE TREATMENT** It is highly recommended to purchase the postcare bundle for best results
- Darker skin tones are advised to use tyrosinase inhibitors (Vitamin C, Kojic Acid, Licorice Root, etc) for 2 weeks before performing this treatment to prevent post inflammatory pigmentation.

## Post Treatment Instructions:

- **THE FIRST 24 HOURS** Do not cleanse, apply moisturizer or SPF
- For best results **AVOID EXERCISE AND EXCESSIVE HEAT** For the first 72 hours it's important to not do anything which would heat the internal body temperature ie. sauna, exercising, hot showers
- **DO NOT EXFOLIATE** Do not exfoliate the skin for at least 7 days post peeling
- **DO NOT PICK OR PEEL** Do not pick or peel any skin, doing so may cause pigmentation
- **PROTECT** Stay out of the sun, and protect the skin by applying oil free moisturizer and SPF daily.

## DURING TREATMENT:

- **IMMEDIATELY AFTER** A prickling sensation is to be expected. Numbing is optional for sensitive clients.
- **Redness of skin is very normal.** In fact, expect skin to get progressively more red within the first 24 hours.
- **DAY 1-2** A prickling sensation is normal for up to 48 hours. Dry, sandy feeling skin is also to be expected.
- **DAY 3-5** Prickling sensation subsides, and skin starts to flake. Little bumps with water on the skin is normal when doing a deep peel.
- **DAY 6-7** Less peeling and more glowing skin

**IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE**