

CHEMICAL PEEL PRE & POST CARE

In-clinic chemical peel treatments address multiple skin concerns and can truly transform the texture, tone, and overall condition of your skin. Knowing how to both prepare and care for your skin throughout your treatment plan will ensure you see the best results possible.

4 THINGS TO AVOID BEFORE YOUR CHEMICAL PEEL TREATMENT:

- Laser, IPL treatments or skin treatments including chemical peels and skin needling (4-6 weeks prior)
- Direct sun exposure (2-4 weeks prior)
- Facial hair removal including electrolysis, waxing, and depilatory use (2 weeks prior)
- Prescription topical Vitamin A or Hydroquinone (1 week prior)

Always follow your sk institut skin-prep requirements as advised by your therapist for best results.

YOUR PERSONALISED SKIN PREP INCLUDES:

- ☐ L-Lactic or Glycolic Cleanser 9%
- ☐ Even Blend Serum
- ☐ Rejuvenate 15 or Retinol Serum (in conjunction with the Ageless Peel)
- ☐ BARRIER REEF SPF 50+

IMPORTANT DOS & DON'TS FOLLOWING YOUR CHEMICAL PEEL TREATMENT:

DO

- Use your sk institut Peels Aftercare Pack, as prescribed by your therapist
- Avoid direct sun exposure for 5 -10 days and wear SPF 50+ before going outside
- Avoid strenuous exercise or anything that may cause excessive perspiration such as saunas or steam rooms for the first 1-2 days
- Avoid direct heat (including that of a hair dryer) or very hot showers within the first 1-2 days

DON'T

- Pick or pull at any loose or exfoliating skin or micro-crusting, no matter how tempting
- Manually exfoliate for at least 5 days after your peel
- Use any active or high-intensity skincare products for the first 5 days or until your skin has returned to normal
- Do any facial hair removal treatments such as electrolysis, facial waxing, or depilatory creams for at least 14 days

CHEMICAL PEEL POSTCARE

Your Peels Aftercare Pack has everything you need to support your skin throughout your treatment plan. Following a chemical peel, skin can be a little more sensitive so a low-intensity approach is recommended. By diligently following your therapist-prescribed homecare, your skin will not only normalise more quickly but you'll see the best results from your treatment.

Your therapist will customise your Peels Aftercare Pack based on the type of peel performed and the product prescription best suited to your skin.

PEEL PERFORMED:

☐ AHA Enzyme Peel ☐ Peel Accelerator ☐ Ageless Peel ☐ Purple Peel

DAYS 1-5	AM	PM	FREQUENCY	HOW TO USE
Gentle Cleanser 			Daily	Use a pea-sized amount with water and lather for 30 seconds. Rinse thoroughly with warm water and pat dry.
Multi-Active Mist 			Daily	Spritz over face while skin is still damp after cleansing.
Rejuvenate 15 			Daily	Apply a pea-sized amount to face and neck, use after cleansing and prior to moisturiser or Age Defence SPF 50+.
BARRIER REEF SPF 50+ 			Daily	Apply a generous amount to face and neck. Reapply at 2-hour intervals if exposed to sunlight. Pat to apply rather than rubbing. area is exposed to sunlight.

AFTER 5 DAYS

Enzymatic Micro Peel 			2-3 times per week	Apply a smooth film to clean dry skin. Leave for 5-15 minutes. Rinse thoroughly with warm water & pat dry. Can be used as often as needed to target flaking skin.
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Note: if you are undertaking a course of Skinstitut Purple Peel treatments or have exceptionally dry skin your therapist will also prescribe the use of Repair Balm following your treatments.

Disclaimer: All product suggestions are a guide only. If you're using prescription medication or suffering from a health condition, please notify your therapist who may need to adjust your prescription accordingly. Additionally, seek advice from your medical practitioner.