



BEYOND TRANQUILITY SPA

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Post-Peel Care for One Week

Directions

AM & PM

- Wash face with a gentle cleanser (Head 2 Toe Cream Cleanser).
- In the AM, apply SPF 30 daily.
- Skin may feel dry and flaky for a few days. To relieve this feeling, apply Aloe-cort (Hydrocortisone). This is a topical steroid that reduces the actions of chemicals in the body that cause inflammation, redness, and swelling. Another option is Fenix's Skin Healing Gel. Pure chamomile and aloe vera combined with a special blend of botanicals help soothe, revitalize, and speed up the healing process of dry skin. Follow with moisturizer as needed.
- Powder make-up can be used as soon as the next day. Don't apply liquid or cream makeup until one week later.

To promote the healing process, please be advised to:

- Avoid products containing AHA (Alpha Hydroxy Acids), Salicylic Acid, Retinoid (Retin A), or other potentially irritating topicals until the skin returns to its normal condition.
- Avoid the use of anything abrasive (i.e. scrubs, exfoliating sponges, loofahs).
- Avoid sun exposure, artificial tanning devices, and direct heat sources until the skin is fully healed. If some sun exposure cannot be avoided, make sure to apply an SPF 30 or greater 30 minutes before going out in the sun.
- Avoid aerobic exercise or vigorous physical activity for the first 48 hours after your peel.

DO NOT:

- Have a facial during the healing process
- Peel, rub, or scratch the skin at anytime (this **will** cause damage and compromise your results as well as possibly cause severe scarring)
- Use a mask on the skin

In the event that you may have additional questions or concerns regarding your treatment or suggested home care, please do not hesitate to call your esthetician at 858-829-1776.