

I PEEL

PRE/POST PEEL GUIDELINES

ONE WEEK BEFORE THE PEEL

- 1) Discontinue any topical prescriptions or any products containing Retinol or Vitamin A
- 2) Avoid waxing, electrolysis, depilatory creams, and laser hair removal treatments
- 3) Avoid sun exposure (indoor and outdoor)
- 4) Do not receive Botox or dermal fillers
- 5) Do not have another treatment unless recommended

THE DAY OF YOUR PEEL

- 1) Discontinue all use of alpha hydroxy acid (AHA), beta hydroxy acid (BHA) and benzoyl peroxide
- 2) Stop any exfoliating products that may be drying or irritating
- 3) Men - do not shave the day of your peel

IMMEDIATELY POST PEEL

After receiving your peel do not use any skincare products that have not been approved by your licensed esthetician or physician. Your treatment was finished with IMAGE products that are safe to be left on your skin for the evening. You may start your **POST TREATMENT KIT** the next morning or the **I RESCUE post treatment balm** as recommended by your practitioner.

DAYS 1-7 AFTER YOUR PEEL

MORNINGS

- 1) Cleanse your face with **ORMEDIC® balancing facial cleanser**, Using warm water
- 2) Apply **ILUMA™ intense lightening serum** all over the face to calm and lighten post treatment skin
- 3) Protect skin with **PREVENTION + ultimate protection moisturizer SPF 50**, reapply as needed

EVENINGS

- 1) Cleanse your face with **ORMEDIC® balancing facial cleanser**, Using warm water
- 2) Apply the **MAX™ stem cell crème** all over the face for optimal correction, protection and nutrition while the skin is at rest

* **VITAL C hydrating enzyme masque** may be applied 2-3 times during the week to reduce any visible shedding/flaking, while infusing the skin with antioxidants to protect and hydrate.

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PRE/POST PEEL GUIDELINES

IT IS CRUCIAL TO THE HEALTH OF YOUR SKIN AND THE SUCCESS OF YOUR PEEL THAT THESE GUIDELINES BE FOLLOWED FOR THE NEXT 5-7 DAYS:

- 1) Do not do anything that will cause your body to become heated or to perspire. This may lead to inflammation and/or breakout (Exercise, sauna, hot tubs, etc.)
- 2) Always use warm water on your face and do not scrub. Avoid chlorine.
- 3) You may or may not experience some visual flaking or shedding of the skin approximately 2-4 days post peel. The amount of visual flaking is not indicative of your end results. If heavier shedding is present, do not under any circumstances, pick or manually peel the skin.
- 4) You must take precautions to avoid sun exposure in order to protect your skin as well as to get the full benefit of the peel. Peels increase your skin's sensitivity to the sun and particularly the possibility of sunburn. Exposure to UV rays can cause hyper-pigmentation, freckling and sun damage. We recommend that you stay indoors as much as possible and use PREVENTION + ultimate protection moisturizer SPF 50 daily.
- 5) We suggest if you choose to apply makeup after your peel you use IMAGE I Conceal flawless foundation SPF 30. The ingredients in this foundation are safe post peel and encourage healing with the benefits of additional sun protection.
- 6) Do not use any glycolic, retinol, or Retinol-A for 5-7 days or until your skin is back to normal. This is the reason you are supplied the POST TREATMENT KIT providing the proper at home care post peel. You can resume your regular at home IMAGE regimen after the 5-7 days. This time may vary depending on the peel performed and each individual's healing process.
- 7) For men, do not shave for at least 48 hours after peel.

TO AVOID INJURY TO THE SKIN, FOR THE 10 DAYS FOLLOWING THE PEEL, PLEASE DO NOT:

- peel, pick, scrape or abrade the skin
- have an electrolysis or laser treatment
- Use tanning beds or sunbathe
- perform certain hair services using chemicals
- facial wax, thread or use depilatory products
- receive aesthetic injections
- have another treatment until your esthetician advises you to do so

SLIGHT REDNESS OR SWELLING MIGHT OCCUR IMMEDIATELY AFTER THE PEEL. THIS USUALLY GOES AWAY WITHIN 24 HOURS. SOME CLIENTS EXPERIENCE TEMPORARY SKIN DISCOLORATION. YOU MAY HAVE AN AREA OF SCABBING OR CRUSTING IN CASES OF SEVERE SENSITIVITY, THIS IS VERY RARE. IF IT IS BOTHERSOME YOU MAY APPLY AQUAFOR (FOUND AT YOUR LOCAL DRUGSTORE) TO THE AFFECTED AREA. CALL YOUR ESTHETICIAN IMMEDIATELY IF ANY OF THESE CONDITIONS DO NOT RESOLVE WITHIN 24 HOURS.

For best results, a series of 6-8 peels at 2-4 week intervals is suggested. Using the correct at home care regimen to keep the results and corrections on going is also suggested. Your esthetician will help you decide which program works best for you, as they vary based on skin conditions.