

SKINCEUTICALS GEL PEELS – CLIENT AFTER CARE

Gel Peels are performed by a qualified nurse or therapist, we recommend a course of six to ten peel carried out on a weekly or fortnightly basis. The practitioner will decide after a complete skin analysis how many treatments you will require. A monthly maintenance peel is recommended and regular homecare routine is essential.

Preparation of the Skin before having a Gel Peel

- Use products or samples containing AHA's for at least two weeks prior to starting your course of peels.
- Avoid using an AHA product before and after having a peel for 24 hours.
- Discontinue any use of RETIN-A or any other topical medicative creams for at least 6 weeks.
- Also do not have any laser, waxing or electrolysis for 48 hours before or after a Gel peel treatment.

What does a Gel Peel feel like?

- The Glycolic peel feels like a lot of little ants running over your face – like a tingling sensation
- The Salicylic is totally different – it will feel like a burning sensation and could even feel 'hotter' when the water is applied. This is entirely normal.

After care of your skin following a Gel Peel

Do not apply any skin care other than what your nurse or therapist advises you to use for at least 12 hours

- #▪ You may notice the skin changes it could feel tight or dry and some peeling may occur, use your homecare as instructed.
- Do not pick any spots or peel off any flaky skin.
- Also do not hesitate to consult your nurse or therapist about your skin changes as clients may have different experiences depending on skin type.

Home Care Products

Are an important part of the SkinCeuticals programme, your nurse or therapist will direct you to use the correct products morning and evening.

Morning Regime

- Cleanse and Tone
- Prevent - Use 4 to 5 drops of antioxidant serum
- Hydrate – Use either Hydrating B5 or Phyto-corrective
- Corrective Cream or Moisturiser
- SPF 30
- Eye and lip care

Evening Regime

- Cleanse and Tone
- Correction with Retexturing Activator or renew overnight
- Hydrate – Use either Hydrating B5 or Phyto-corrective
- Corrective Cream or Moisturiser

DATE :

SIGNATURE :