



Skin Treatment Precautions and Preparations

One week before treatment:

- 1) Discontinue any topical prescription 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 treatment:

- 1) Discontinue use of all Alpha Hydroxy Acids (Glycolic Acid, Citric Acid, Lactic Acid), Beta Hydroxy Acids (Salicylic Acid) and Benzoyl Peroxide.
- 2) Stop any exfoliating products that may be drying or irritating
- 3) Do not shave any facial hair the day of treatment

Immediately post treatment:

After receiving your facial, do not use any skincare products that have not been approved by your esthetician. Your treatment was finished with IMAGE products that are safe to be left on your skin for the evening/ night. You may start your POST TREATMENT KIT the next morning. Slight redness or swelling might occur immediately after the facial and should go away within 24 hours. Some clients experience temporary skin discoloration. You may experience some areas of scabbing or crusting in cases of severe sensitivity, this is very rare. If it bothers you you may apply Aquaphor (found at your local drugstore) to the affected area. Call the spa immediately if these conditions do not resolve within 24 hours.

Days 1 - 7 after your treatment:

Morning:

- 1) Cleanse your face with **ORMEDIC BALANCING FACIAL CLEANSER**, using warm water.
- 2) Apply **ILUMA INTENSE LIGHTENING SERUM** all over face to calm and lighten skin
- 3) Protect skin with **PREVENTION+ ULTIMATE PROTECTION MOISTURIZER SPF 50**, reapply as needed

Evening:

- 1) Cleanse face with **ORMEDIC BALANCING FACIAL CLEANSER**, using warm water
- 2) Apply **THE MAX STEM CELL CREME** all over face for optimal correction, protection and nutrition while 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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For the next 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 breakouts. (Exercise, hot tubs, saunas, etc.)
- 2) Always use warm (not hot or cold) water on your face and do not scrub. Avoid Chlorine.
- 3) You may or may not experience visible shedding of the skin approximately 2 - 4 days post treatment. 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 get the full benefits of the treatment. This treatment may include a peel that will 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 SPF 50** daily.
- 5) DO NOT use glycolic acid, retinol, or Retin-A for 5 - 7 days or until your skin is back to normal. This is the reason you are supplied the **POST TREATMENT KIT** to provide the proper at home care post treatment. You can resume your usual at home regimen after 7 days. This time may differ depending on the treatment performed and each individual's healing time.
- 6) Do not shave your face for at least 48 hours after treatment.

10 Days post peel:

- 1) Do not pick, peel, scrape or abrade the skin.
- 2) Do not have electrolysis or laser treatment.
- 3) Do not use tanning beds or sunbathe.
- 4) Do not wax, sugar, thread or use depilatory products on the face.
- 5) Receive any aesthetic injections.
- 6) Have any other skin treatments unless advised by your esthetician.