

# **THE PERFECT PEEL INSTRUCTIONS**

## **Days 1-2**

The treated area will feel tight and may appear slightly darker.

- The peel solution should remain on the treated area(s) for at least 6 hours.
- During the first 6 hours, do not wash, touch, rub or apply make-up to the treated area.
- If needed, make-up can be applied on Day 2. Do not apply sunscreen, moisturizer, make-up or any other product the day of peel application.
- If you are not experiencing any irritation or discomfort, the peel solution can remain on until your evening cleansing.
- On evenings 1 and 2, gently wash and dry the treated area. Effectively apply the post-peel treatment towelette to the treated area and discard actual towelette when finished. Let dry thoroughly. Leave the treatment on overnight, do not wash off.
- If you are experiencing any irritation or discomfort, apply a small amount of 1% or 2.5% hydrocortisone to the area. You can also apply coconut oil to the peeling areas.
- Do not use any moisturizing products on the treated area until peeling begins (usually on Day 3).

## **Days 3-5**

Peeling generally begins on Day 3.

- After peeling begins, apply The Perfect Peel moisturizer (which is included in the post-peel take home kit) to the peeling areas to control the peeling and to alleviate the tightness.
- Do not rub, pick or pull on the peeling skin, let the peeling occur naturally. Rubbing, picking or pulling can cause scarring. You may cut hanging skin with a pair of small scissors.
- Gently wash (do not scrub) and dry the treated area morning and night. Apply The Perfect Peel moisturizer and SPF 30 sunscreen every 2-3 hours.
- The treated area will be very sensitive to sun exposure so daily sun exposure should be limited and sunscreen of at least SPF 30 should be worn.

## **Day 6>**

The peeling process is generally complete (Mild sloughing may still occur in certain treated areas).

- You may resume use of your normal skin care products.
- If the treated area becomes irritated, wait until the sensitivity subsides.
- Continue to protect your skin with a sunscreen containing at least SPF 30.