



# CHEMICAL EXFOLIATION

## FREQUENTLY ASKED QUESTIONS

### **1) Are peels right for you?**

Conditions such as acne, fine lines, wrinkles, dryness, dehydration, actinic keratosis, melasma, hyperpigmentation, dullness, and anyone looking to achieve brighter, smoother skin will benefit from chemical peels.

### **2) Do peels hurt?**

The level of pain varies in every client. A very warm and tingly sensation will be felt on the skin. Any pain beyond that should be reported to your esthetician immediately so that the peel can be neutralized. The skin builds a tolerance to peels and pain should become less severe over time.

### **3) There are so many types of peels. How do I choose which peel is right for me?**

Your esthetician will determine what type of peel is best for you. We offer: enzyme/organic, superficial, to deep strength options. A consultation is completed before any treatments are done at our office.

### **4) Is there any downtime after a peel?**

Some things to consider after a peel will be slight dryness or tightness accompanied by redness and sloughing of the epidermis. No downtime is required, but you may want to plan peels accordingly with your schedule if these symptoms are bothersome to you. Redness and sloughing vary among clients and the aggressiveness of the peel. Some clients may experience scabbing or sloughing of the epidermis.



**Note:** There is however downtime from exercising, sun exposure, or anything that would cause sweating after a peel treatment is complete. Most cases we recommend not partaking in the activities mentioned above for 24-72 hours after your treatment.

**Contraindications:**

Active facial rash, sunburn, pregnancy or lactating, Accutane usage, diabetes, serious illness, open/unidentified lesions, deficient immune system, recent laser or resurfacing surgery, high blood pressure, heart disease, any type of dermatitis, including eczema, psoriasis, seborrhea.

**Note:** if you are pregnant or nursing we offer enzyme exfoliation from fruit & plant extracts.

**5) Can peels be administered to every ethnicity?**

Yes, but risk such as keloids, discoloration, scar atrophy, increased pore size and prolonged healing are associated with clients of central, east, West African, Eritrean, Ethiopian, North African and Middle East Arabic decent. Clients who are of Chinese, Korean, Japanese, Thai, Vietnamese, Filipino, and Polynesian decent are also considered at risk for healing complications. With any peel, there is risk of healing complications. Consider this when filling out our consultation form, we ask that you are honest with your skin therapist about your medical history, current home regimen, medications, and lifestyle.

**6) How should I prepare for a peel?**

Exfoliate using a natural or organic base skin care line, such as dbts Skin Bar or Dermalogica. Following a prescribed skin care regimen is recommend for the best results. Click on the "*Changed Lives Look book*" tab to view some of our clients that followed both our peel and at-home recommendations. Face Mapping consultations can be scheduled prior to the initial peel for product recommendations.

**7) How do I care for my skin after a peel?**



Your skin therapist will recommend a regimen for you to follow at home. Discontinue use of Hydroxy acids or Retinol after treatment. Do not use harsh scrubs or a loofah post treatment. Avoid sun exposure and protect using Solar Shield 30 or prescribed SPF. Avoid vigorous activity, extreme heat, swimming, hot showers, steam, alcohol, and irritating fabrics. Do not pick skin, this will cause hyper-pigmentation.

### **8) What type of results is generally expected?**

4 to 6 treatments are recommended to see results. Clients may see full results after 4 treatments while others may require as many as 12. This will be discussed during your consultation & varies on the skin's condition. Superficial peels do not reach the dermis. Any pigmentation in the dermis would need additional treatment: deep peels. Conditions that respond best to chemical peels are marks from normal to excessive sun exposure, melasma, and post inflammatory hyperpigmentation from injury or acne. It is important to remember that all the progress you make while completing a series of peels can be undone without proper home care, especially adequate daylight defense. This is the same for any treatment you receive at our office. Facials and peels work best when care is continued at home.

**-THANK YOU FOR ALLOWING US TO BE  
APART OF YOUR SKIN HEALTH  
JOURNEY.**