**Post-Peel Care**

**Directions:**

1. Cleanse skin
2. Dry/sensitized skin apply Aloe/anti-inflammatory cream
3. If skin becomes burned or highly sensitized, use Aquaphor
4. All clients must use SPF 30
5. Skin may feel dry and flaky for several days
6. Mineral powder or mineral makeup may be used the next day
7. No liquid or cream makeup for 1 week after a level 1 or 2 peel

**Clients are advised to avoid the following to promote healing:**

* Products containing AHA’s
* Salicylic Acid
* Lactic Acid
* Retinoid (Retin-A), Vitamin A, until the skin returns to normal conditions
* Pumpkin Peel or any level 1 peel
* The use of abrasive or exfoliating sponges
* Sun exposure
* Artificial tanning devices
* Direct heat sources until the skin is fully healed

**FOR ONE WEEK, DO NOT:**

* Have a facial during the healing process
* Peel the skin
* Pick the skin
* Scrape the skin
* Use a mask
* Use an active moisturizer
* Have any waxing services
* Rub the skin
* Have any electrolysis
* Use any depilatories
* Use a loofah
* Color hair
* Use liquid makeup for 1 week (use micronized mineral makeup)
* No permanent makeup for a week
* Do not work out
* Do not go into hot tub
* Do no drink alcohol for 3 days after chemical peel