



## Cool Peel Treatment Prep & Post Care

One week before treatment Discontinue the use of any AHAs (chemical exfoliants)

### Pre- Treatment:

- Use of prescriptive skin care at home is a must. This will have been discussed at your skin consultation and analysis.  
No excessive sun exposure or sunburn can be present on the skin, and it should be avoided seven days before treatment.
- Ensure you are using SPF and prescriptive skincare daily.

### What To Expect: Immediately post-treatment

- Your skin may have a sunburned appearance.
- After chemical peels, we apply post-treatment products to your skin.

### Post Treatment

- Do not cleanse or wet your face for 8 hours post-treatment.
- Avoid touching your skin post-treatment, as this can introduce dirt, bacteria, or other contaminants to your skin.
- Do not exercise or participate in strenuous activity post-Cool Peels for the first 48 hours.
- Ensure to stay out of direct sunlight for 72 hours and other sources of intense heat such as sauna, steam room or tanning beds. (We recommend always being sun safe with your skin)

### 1-5 Days After Cool Peels: What to Expect

When you wake up the following day, your skin may feel tight. This is normal. After 72 hours and you plan to spend some time outside, apply sun protection products diligently. At this time, you can also wear mineral makeup to conceal any residual redness after cool peels.

### Please follow the instructions we've included below for the morning.

- Environ/Dermaviduals Cleanser, Moisturiser & SPF.

### Please follow the instructions we've included below for the evening.

- Environ/Dermaviduals Cleanser & Moisturiser

**Day 5-14** We'd like you to please reintroduce your actives. Now is the time to return to your regular skin care regime as prescribed during your initial consultation.

**From Day 14** You may reintroduce your exfoliating products. This will assist in desquamating those old skin cells purging from the treatment and allowing newer cells to come through.