

# Facial Peels

## What is a peel?

Our peels are aloe vera based and help to remove dead skin cells and stimulate the growth of new cells. They use chemical exfoliants such as glycolic acid and salicylic acid to exfoliate and encourage cell renewal. They are used to target and treat specific skin conditions such as acne, pigmentation, fine lines and wrinkles.

## What can I expect from my treatment, is it painful?

The treatment you will receive is a clinical treatment that is designed to exfoliate and remove the outer layers of the skin, your participation in your skin care routine will determine the outcome.

During treatment you may experience some temporary redness or flushing this will fade within a few minutes, during the next few hours you may experience some tightening of the skin which may last for several days. For most patients flaking/crusting begins within 48 hours. It is impossible to pre determine how much peeling will occur. A shedding process usually subsides within 5-7 days depending on the clinical peel performed and your skin quality.

The following reactions are rare may occur in some patients, prolonged redness, irritation and flakiness, dryness and sensitivity, severe allergic reactions in rare circumstances.

## When will I see a result?

You will see a difference in the radiance of your skin following your treatment, best results are seen with regular treatments and following a good homecare skin routine. Usually courses of 6-8 are recommended.

## What aftercare should I follow?

Its really important to care for your after care following a treatment to ensure your results are as effective as possible and reduce the likelihood of complications. At Skin by Sarah we are passionate about delivering great results and committed to safety we are always happy to help with aftercare and advise the following:

- Avoid makeup for 24 hours
- Avoid sun exposure for two weeks and use an SPF 30 or above
- Do not wax for 7 days pre & post treatment
- Do not use retinoid creams for 7 days pre & post treatment
- Drink plenty of water