

Please take a moment to read the following information. Please check any of the following that apply to you regarding your health and skin care history/conditions. Must be 18 to receive service and Chemical peels cannot be performed on a person who is pregnant or breastfeeding.

### **Pre-Chemical Peel:**

Do not go to a tanning salon for at least 3 weeks before or after treatment.

Do not get the peel if you have a sunburn.

Discontinue use of Retin-A, Renova, Differin or any derivative of Vitamin A for 3 days before and after your treatment.

No waxing for 72 hours prior to receiving treatment.

No use of Accutane in past 6 months prior to appointment.

No Botox or other injectables within the last 7 days prior to appointment.

No laser, light therapy, microdermabrasion or chemical peel within the last 2 weeks prior to appointment.

### **Post Chemical Peel:**

It is normal to have minimal redness/bumps for 24 hours. You may experience light flaking for a couple of days, your skin may feel tight and dry.

Do not apply topical medications, Glycolic Acid, AHA or BHA products for 5-7 days after treatment.

Do not have electrolysis, use chemical depilatories or wax the treated area for at least 7 days.

Do not take a hot shower or use a steam room, pool, jacuzzi or sauna for 24-48 hours.

Aerobic exercise and/or any vigorous physical activity should be avoided for the first 24-48 hours. Avoid sweating as much as possible during this time.

Direct sunlight exposure is to be completely avoided immediately following the treatment (including tanning beds). If some sun exposure cannot be avoided, first apply sunscreen with an SPF of 30 or greater, then wear a hat.

Cleanse your face with water or a mild soap substitute such as Cerave, Cetaphil or Dove (sensitive skin).

Gently moisturize your face using a mild moisturizer a minimum of 2 times a day or more.

**We highly recommend our POST PROCEDURE KIT or CALM WATER GEL to aid in recovery.**

DO NOT peel, rub, wax, exfoliate or scratch your skin at any time, whatsoever. This WILL cause damage and compromise your results as well as possibly cause severe scarring. Aloe and ice packs can be used as needed.

If you experience painful areas of the face, contact your skin care therapist at Evexia Wellness Spa

### **Waxing:**

To ensure maximum comfort and benefit after the treatment, it is important to follow the steps below at home:

- Avoid heat to the waxed area for 12 to 24 hours. This including hot baths, sauna, and steam.
- Use a sensitive skin moisturizer for face following the treatment and twice a day. Use only an anti-acne product recommended by your skin care professional.
- Avoid suntanning for 12 to 24 hours. This includes any strong ultraviolet (UV) light exposure and tanning bed treatments.
- Avoid applying highly fragranced products to the waxed area. This includes, perfume, scented body lotions, anti-perspirants, cosmetics, or feminine hygiene sprays. Only use professional products, recommended to you by the skin care therapist who performed the waxing service
- Avoid using harsh abrasive or exfoliates in the waxed area. However, if you are prone to in-grown hairs, the day after your waxing treatment, exfoliate newly waxed area with a loofah to avoid future problems.
- Avoid applying high SPF sunblock's to the waxed area for 12-24 hours after the waxing service. Sunscreen chemicals can be irritating to the newly waxed skin. This includes self-tanning products and tan accelerators.
- Any pinking of the skin should disappear within 6 to 8 hours after the waxing treatment. Slight pinking is normal, and indicates that the hair was removed from the root, this is the reason that professional waxing lasts so much longer.