



## The Beauty Barn

### Vitalize and Rejuvenize Peel Post Treatment Instructions

<p>Immediately after the peel and up to 24 hours</p>	<ul style="list-style-type: none"> <li>● Skin may be tight and more red than usual.</li> <li>● Skin may feel tacky and have a yellow to orange tinge. This is temporary and will fade in a few hours.</li> <li>● Wait until bedtime before washing your face.</li> <li>● Start applying moisturizer after washing your face at bedtime the same night of the peel.</li> <li>● Avoid strenuous exercise starting the day of the procedure and while the skin is peeling.</li> </ul>
<p>24 hours after the peel and until peeling is complete</p>	<ul style="list-style-type: none"> <li>● Skin may be tight until it starts to peel.</li> <li>● Peeling will generally start 48-72 hours after the peel and can last 2-5 days.</li> <li>● For the first 48 hours, moisturizer can be applied twice daily.</li> <li>● When the skin is peeling, moisturizer should be applied more frequently to control peeling.</li> <li>● <b>DO NOT PICK OR PULL THE SKIN.</b> Allow skin to peel on its own. Premature peeling of the skin will result in dry, cracked, raw skin that may develop into post-inflammatory hyperpigmentation (AKA scarring).</li> </ul>
<p>After the peeling is complete</p>	<ul style="list-style-type: none"> <li>● You may resume the regular use of retinol, AHA, or bleaching creams.</li> <li>● Wait until peeling is completed before having any other facial procedures including facials, microdermabrasion, facial hair removal, injections, or fillers.</li> </ul>
<p>Post Peel Skin Care Regimen</p>	<p><i>Cleanse:</i></p> <ul style="list-style-type: none"> <li>● Use a gentle, soap-free cleanser like SkinMedica sensitive skin cleaner or SkinMedica facial cleanser. Wash gently and avoid rubbing the skin. Do not use a facial cleansing device until the peeling process is complete. Do not scrub or use a washcloth while skin is peeling.</li> </ul> <p><i>Moisturize:</i></p> <ul style="list-style-type: none"> <li>● Apply SkinMedica TNS ceramide treatment cream (or other moisturizer recommended to you) and SkinMedica HA5 as often as needed to relieve any dryness. Apply all topical skin care products gently and avoid rubbing.</li> </ul> <p><i>Sun Protection:</i></p> <ul style="list-style-type: none"> <li>● Apply Essential Defense Mineral Shield Broad Spectrum SPF 35 or tinted SPF 32.</li> <li>● <b>AVOID</b> direct sunlight for at least one week.</li> </ul>
<p>Series of Peels</p>	<p>Vitalize Peel can be applied every 3-4 weeks and Rejuvenize Peel can be applied every 4-6 weeks until desired results achieved. Results are cumulative and maximum benefits are seen with a series of 3 or more peels.</p>

*For any questions or concerns you may call or text 678-824-5466 or email us at [beautybarn427@gmail.com](mailto:beautybarn427@gmail.com)*