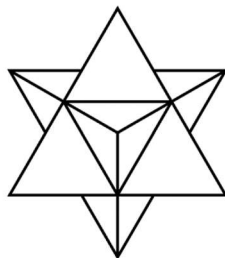


# Soulstone Spa & Apothecary



## **AFTER CARE FOR CHEMICAL PEELS**

Use the recommended soap less cleanser or water to rinse your face gently for 10 to 30 seconds, twice a day. To apply, put the cleanser on your hand and gently pat it on your face. Splash lukewarm water on your face to rinse. Gently pat your face with a clean, soft towel, do not rub!

Apply your moisturizer all though this time, including when you are “peeling.” This may be 10-20 times a day. Use it whenever you feel dry or itchy. If any crusting or scabbing occurs, use an antibiotic ointment.

**Do not let your skin dry out.** Dryness causes pulling on the new skin underneath, which may cause red, irritated areas. When applying moisturizer, antibiotic ointment, or any other preparation to your face, ensure you apply it gently! Do not rub it in hard. To ensure your skin does not get dry or cracked, you may need to apply your ointment/moisturizer as often as 20 times a day! This should reduce tightness and make you more comfortable. Do not worry if all the ointment/moisturizer doesn't come off when you wash; it won't harm your face to leave some on. Mild itching and/or burning are normal at this time.

**Do not pick or rub your skin!** In addition, when you wash your hair, ensure your face is not directly under the shower stream. Too much water will cause you to peel prematurely and leave you with red sore areas. If large pieces of skin are hanging from your face (like after bad sunburn), they may be cut off carefully with a pair of blunt, clean scissors. Avoid sitting in saunas and Jacuzzis, as well as strenuous exercise. Sweating will make your face sting and cause to peel too soon.

Imagine your dark old skin (which will peel off) as a bandage, which protects the fresh new skin underneath. The longer you can keep this natural bandage in place, the better the results your peel will give.

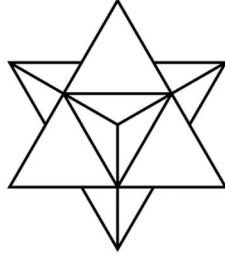
**Avoid exposure to the sun during this time.** You may begin to use sunscreen a few days after the peel. If you must be out in the sun (i.e. for a walk), do this early in the morning or in the evening when the sun is less intense. Wear a wide-brimmed hat.

You may experience swelling the first three days of your peel, particularly if it is a deeper peel. In extreme cases, your eyes may swell almost closed or even bruise during the first two mornings. This is a

32 Union Square East, Ste. 1115  
New York, NY 10003  
Phone: (347)766-1939  
Email: info@soulstonespa.com

[www.soulstonespa.com](http://www.soulstonespa.com)

# Soulstone Spa & Apothecary



normal response and will resolve on its own. Sleeping with an extra pillow to elevate your head may help to decrease the swelling.

**It is important that you try to sleep on your back to avoid rubbing the skin off your chin or cheek area prematurely.**

After the peel, it is imperative that sunscreen be worn daily to protect the skin from the sun's rays. You will require sunscreen even when wearing a hat, as reflective rays can also cause damage.

Cosmetics may be used several days after finishing the peel. We can recommend which type of make-up is best to use.

If you have any unexpected irritation or possible infection, call the spa immediately. Do not wait until your next appointment. This is especially important if you are developing a cold sore or if crusted yellowish areas appear on your face.

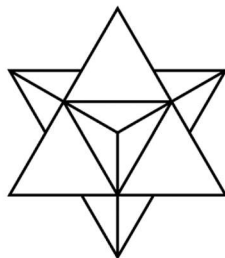
## SUMMARY:

1. You will continue to wash your face twice daily with the appropriate cleanser or lukewarm water.
2. You must keep your face moist with moisturizers, which the doctor can recommend.
3. You must not pick or rub your skin.
4. Do not go out in the sun at all while peeling – even 5 minutes. After the peel, wear sunscreen daily.
5. Do not use any other creams or ointments (such as bleaching creams, Retin-A, or glycolic acid) until the esthetician instructs you to do so when you return for your one-week follow-up appointment.

32 Union Square East, Ste. 1115  
New York, NY 10003  
Phone: (347)766-1939  
Email: [info@soulstonespa.com](mailto:info@soulstonespa.com)

[www.soulstonespa.com](http://www.soulstonespa.com)

# Soulstone Spa & Apothecary



I have read and understand the above information and instructions. I agree to abide by them and release the esthetician and Soulstone Spa & Apothecary of all liability if I do not strictly follow these instructions. I have had an opportunity to ask questions and have had them answered to my satisfaction.

---

Client Name (Printed)

Date

---

Client Signature

---

Therapist Name

32 Union Square East, Ste. 1115  
New York, NY 10003  
Phone: (347)766-1939  
Email: info@soulstonespa.com

[www.soulstonespa.com](http://www.soulstonespa.com)