Studio name _____

Chemical peel aftercare instructions

After your chemical peel

These are your studio's care steps. If your esthetician told you something different, follow your esthetician.

- Don't pick, pull or scrub peeling skin. Let it come off on its own.
- Use a gentle cleanser and the moisturizer your esthetician gave you.
- Skip retinol, acids, scrubs, waxing and other treatments on your face for the next 7 days, or as long as your esthetician says. The studio sets this time.
- Skip saunas, steam, hot yoga and heavy sweating for the next 48 hours.
- Wear a broad-spectrum sunscreen of SPF 30 or higher every day, and reapply when you're outdoors.
- Skip tanning beds and long sun exposure while your skin settles.

If something looks or feels wrong, contact the studio. For a medical concern, contact your doctor.