

## **Directions for Use. Alpha Hydroxy Acid (Glycolic, Lactic and Mandelic) Chemical Peels.**

Please Note. As Glycolic, Mandelic, and Lactic Peels are virtually identical the directions for use of them are the same

Place a small amount of the solution in a shallow dish or saucer. Unused solution can be returned to the bottle

Using the brush, paint the solution onto the skin. Do not apply to the eyelids or the lips. Use Vaseline if necessary as a barrier

Please note that the peel **is likely to** cause a stinging sensation. The degree of stinging depends on the strength of peel. This is perfectly normal and to be expected. You might notice that the stinging lessens on subsequent peels.

Leave for two minutes initially increasing by one minute on each subsequent peel up to a maximum of 7 minutes

Neutralise the acid. Place about a level teaspoon of the gel in the palm and apply to face with fingertips. Leave for one or two minutes

Rinse with warm water and pat dry.

Apply a moisturising cream.

Remember to use a Sunscreen with an SPF of at least 15 during the course of the treatment

You should have 6 x weekly treatments and then leave for one or two weeks.. Then you can resume weekly treatments. Rest the skin after every 6 peels

**Please use only as directed. Do not attempt to speed up the process by applying the peel more often than once per week. The skin needs time to recover – it is the recovery process that improves the skin condition not the peel. The peel is used primarily to clean, exfoliate, and then boost the skins own renewal process. You need to give it time to do this. Do not use this peel in conjunction with any other exfoliating methods or invasive treatments – e.g microdermabrasion, needling etc.**

Because of the exfoliation / peel process some clients may experience break outs on the first two peels. This is perfectly normal and is an initial reaction to the peel. After the third peel the breakouts should stop. Please do not breakouts are not a common occurrence but can be expected

Please note: If you run out of neutraliser then a good alternative is to dissolve 1/2 teaspoon bicarbonate of soda in 4 or 5 tablespoons warm water.

If using Vitamin C Serum then we recommend not applying the serum soon after applying the peel. As the serum is quite acidic it can be a little uncomfortable. We suggest using the serum on all other days other than the day you carry out the peel

**If using a graduated peel kit we recommend using each peel for 6 weeks resting the skin for 1 or 2 weeks between each set of peels. Begin with the mildest peel and move up through the peels in order of strength**