**Directions for Use of Alcohol Based Peels**

**Salicylic, Salicylic/Lactic, and Salicylic/Mandelic Peels**

**Read First Before Using the Product**

Make sure your skin is clean and dry.

Dampen a cotton pad (provided) with the solution and apply to the skin by rubbing gently in small circles.

Do not apply to the eyelids or the lips. Use Vaseline to protect these areas if desired

Please note that the peel **may** cause a **stinging sensation**. This is perfectly normal and to be expected. You might notice that the stinging lessens on subsequent peels.

Leave for one minute initially, and then increase by one minute on each subsequent peel up to a maximum of 7 mins

Neutralise the acid. Place about a teaspoon of the gel and apply to face. Leave for one or two minutes. If you run out of the gel use a teaspoon of bicarbonate of soda in a little warm water

Rinse with warm water and pat dry.

Apply a good moisturiser cream. Try to avoid moisturisers that contain paraffin wax or petroleum jelly. You **should** moisturise daily or even twice daily as the peeling process **will** dry the skin. You will notice the skin will feel a little tight shortly after the peel. As you moisturise the tightness will relax and the skin will begin to flake off. It is not pronounced and looks no worse than a mild case if sunburn. Keep moisturising to assist the shedding of the skin.

Remember to use a Sunscreen with an SPF of at least 15 during the course of the treatment especially in sunny weather.

You should have 6 x weekly treatments and then leave for two or three weeks. Then you can resume weekly treatments.

Please use only as directed. Do not attempt to speed up the process by applying the peel more often than once per week. Nor by leaving the acid on the skin for longer than the recommended time. 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.

**Because of the deep exfoliation / peel process some clients may experience break outs on the first two peels. This is perfectly normal and is a reaction to the deep cleansing. After the third peel the breakouts should stop.**

**Warning!**
Do not use on post operative scars within 6 months of the surgery.

Do not use within 2 months of completion of a course of prescription Retinol Ro-accutane, Tretinoin or similar.

Salicylic acid peels are not recommended for use during pregnancy or if breast feeding.

Do not use on broken skin or areas affected by eczema, psoriasis, rosacea, dermatitis, or similar condition.

Do not use salicylic acid if you have an intolerance to aspirin

Not to be used by those with diabetes mellitus or Reynaud's disease.

Not to be used by people taking anti-coagulant medication.

If affected by any of the above points and are unsure, please contact us prior to use.

Before applying the peel please carry out a patch test. Apply a little of the solution to an unobtrusive area (behind the ear is ideal). Wait 24 hours and check the area. If the skin is fine (not inflamed or reddened then carry out your first peel application