



Chemical Peel Treatment Aftercare

The first 24-48 hours: essential aftercare

The first two days after a chemical peel are crucial for skin recovery. During this time, the skin is highly sensitive, and proper care will help minimise irritation and promote healing.

- Hands off: Avoid touching your face to prevent bacteria transfer and irritation.
- Skip cleansing & make-up: Do not cleanse the skin for the rest of the day or apply makeup to allow the skin to settle.
- Avoid heat & sweating: Steer clear of hot showers, saunas, steam rooms, and anything that may cause excessive perspiration.
- No strenuous activities: Avoid the gym, intense exercise, or swimming, as heat and chlorine can aggravate the skin.
- Stay out of the sun & UV exposure: Avoid direct sunlight and sunbeds to protect your skin from further sensitivity and potential damage.
- Feeling the heat?: If the skin feels uncomfortably warm, gently splash with cool water to relieve heat, or using cold compresses.
- Hydrate, hydrate and hydrate: Keep skin hydrated from within by drinking plenty of water or fruit juices to aid the recovery process.

After 48 hours: ongoing aftercare

- For at least three days, use gentle, fragrance-free skincare products to cleanse, soothe, and hydrate the skin.
- Cleanse with Ultra Soothing Cleanser - A mild, non-irritating formula to remove impurities without stripping the skin.
- Hydrate with Hydrating Serum - Provides an extra boost of moisture to replenish the skin.
- Soothe with Ultra Soothing Toner - Lightly spritz as needed to refresh and calm the skin while maintaining hydration.
- Moisturise with Ultra Soothing Moisture Cream – Gently press into the skin to reinforce the barrier and lock in moisture.

Important Reminders:

- Do not pick at any flaking or peeling areas - let the skin shed naturally.
- Avoid exfoliating products for at least one week to prevent irritation.
- Refrain from using products containing fragrance, perfume, or essential oils, as these may cause sensitivity.
- Do not use active skincare containing Vitamin A/Retinol for at least seven days to avoid overstimulating the skin.
- The skin is more vulnerable to sun damage after a peel. Avoid direct sun exposure as much as possible and apply a broad-spectrum sunscreen daily.
- Protect with Daily Skin Defence SPF50 – Provides high-level protection against UV damage.
- Reapply throughout the day as needed, especially when outdoors.

After 7 days...

- You may return to your normal regime; however we recommend maintaining some of the great advice we have given above.