



NATURAL & ORGANIC
SKIN CARE

PEEL PRECAUTIONS AND CONTRAINDICATIONS

PRECAUTIONS

1. A patch test for some peels is recommended
2. This treatment may cause increased sensitivity to the skin depending on the skin type and home care regimen. Side effects may include, but are not limited to stinging, itching-irritation, redness, swelling, tightness, peeling and scabbing of the skin
3. Avoid the sun, tanning beds, sweating, exercising, hot baths or showers, scrubbing, picking or rubbing, which can lead to scarring
4. Avoid waxing or depilatories 48 hours before and 7 days after treatment
5. Discontinue the use of exfoliating scrubs, glycolic acid, or benzoyl peroxide products for at least 24 hours before or after treatment
6. Discontinue the use of prescription Vitamin A Keratolytic drugs 7 days before and after treatment
7. A broad-spectrum sunscreen is recommended daily pre & post-treatment
8. A POST TREATMENT Kit is mandatory following every peeling treatment
9. Proceed with caution for Fitzpatrick types IV-VI (pre-treat longer than two weeks for optimal outcome)

CONTRAINDICATIONS

1. The use of isotretinoin (accutane) in the past 6 to 12 months

2. The use of prescription Keratolytics within past 7 days:
 - Retin-A/Renova, Azelex (Azelaic Acid), Tazorac (Tazarotene), Differin (Adapalene)
3. The current use of Hydrocortisone
4. Any known allergies or sensitivities to products or ingredients
5. Allergic to aspirin (salicylic peels)
6. Is currently being treated for a facial skin disease by a dermatologist
7. Currently being treated for severe systemic or autoimmune disease
 - Must consult with physician prior to treatment
8. Infectious diseases
9. History of radiation to the region
10. Laser resurfacing, chemical peels, or dermabrasion
11. Herpes simplex or active infection (must use a prophylactic prior to treatment)
12. History of hypertrophic scar formation
13. Pregnancy, breast feeding
14. Obsessive pickers
15. Non-compliant clients or unstable patients
16. Diabetics for some peels
17. Visible redness, irritation or inflammation
18. History of extremely reactive skin
19. Moderate to severe Rosacea or current flare-up

20. Sunburned, wind-burned, or severely dehydrated with irritation
21. Broken skin or scrapes

22. Open sores, suspicious blemishes, bleeding, or basal cell carcinoma

23. Recent cosmetic injections within 5 days

24. Any recent cosmetic surgery. Must consult with physician prior to treatment

25. Any unsure situation, you should not proceed with treatment

PEEL TIME-LINE

1. Pre-treatment home care 2 weeks prior to peel
2. Peel Treatment: peeling time between 2-10 minutes
3. Post treatment home care for 1-2 weeks following the treatment

IMPORTANT FACTS

1. Always have a signed Consent Form prior to the peel treatment
2. Important to explain all aspects of what to expect with pre-peel home care, the peeling treatment, and post-peel home care before starting a series of peeling treatments

I PEEL

PRE/POST PEEL GUIDELINES

<p>ONE WEEK BEFORE THE PEEL</p>	<ol style="list-style-type: none"> 1. Discontinue any topical prescriptions or any products containing Retinol or Vitamin A 2. Avoid waxing, electrolysis, depilatory creams, and laser hair removal treatments 3. Avoid sun exposure (indoor and outdoor) 4. Do not receive Botox or dermal fillers 5. Do not have another treatment unless recommended
<p>THE DAY OF YOUR PEEL</p>	<ol style="list-style-type: none"> 1. Discontinue all use of alpha hydroxy acid (AHA), beta hydroxy acid (BHA) and benzoyl peroxide 2. Stop any exfoliating products that may be drying or irritating 3. Men - do not shave the day of your peel
<p>IMMEDIATELY POST PEEL</p>	<p>After receiving your peel, do not use any skincare products that have not been approved by your licensed esthetician or physician. Your treatment was finished with IMAGE products that are safe to be left on your skin for evening. You may start your POST TREATMENT KIT the next morning or the I RESCUE post treatment balm as recommended by your practitioner</p>
<p>DAYS 1-7 AFTER YOUR PEEL</p>	<p>MORNINGS</p> <ol style="list-style-type: none"> 1. Cleanse your face with ORMEDIC* balancing facial cleanser, using warm water 2. Apply ILUMA™ intense lightening serum all over face to calm and lighten post treatment skin 3. Protect skin with PREVENTION + ultimate protection moisturizer SPF 50, reapply as needed <p>EVENINGS</p> <ol style="list-style-type: none"> 1. Cleanse your face with ORMEDIC balancing facial cleanser, using warm water 2. Apply the MAX™ stem cell crème all over the face for optimal correction, protection and nutrition while skin is at rest

*VITAL C hydrating enzyme masque may be applied 2-3 times during the week to reduce any visible shedding/flaking, while infusing the skin with antioxidants to protect and hydrate.

I PEEL

PRE/POST PEEL GUIDELINES

IT IS CRUCIAL TO THE HEALTH OF YOUR SKIN AND THE SUCCESS OF YOUR PEEL THAT THESE GUIDELINES BE FOLLOWED FOR THE NEXT 5-7 DAYS:

1. Do not do anything that will cause your body to become heated or to perspire. This may lead to inflammation and/or breakout (Exercise, sauna, hot tubs, etc.)
2. Always use warm water on your face and do not scrub. Avoid chlorine
3. You may or may not experience some visual flaking or shedding of the skin approximately 2-4 days post peel. The amount of visual flaking is not indicative your end results. If heavier shedding is present, do not under any circumstances, pick or manually peel the skin
4. You must take precautions to avoid sun exposure in order to protect your skin as well as to get the full benefit of the peel. Peels increase your skin's sensitivity to the sun and particularly the possibility of sunburn. Exposure to UV rays can cause hyper-pigmentation, freckling and sun damage. We recommend that you stay indoors as much as possible and use PREVENTION + ultimate protection moisturizer SPF 50 daily
5. We suggest if you choose to apply makeup after your peel, you use IMAGE I Conceal flawless foundation SPF 30. The ingredients in this foundation are safe post peel and encourage healing with the benefits of additional sun protection
6. Do not use any glycolic, retinal, or Retinol-A for 5-7 days or until your skin is back to normal. This is the reason you are supplied the POST TREATMENT KIT providing the proper at home care post peel. You can resume your regular at home IMAGE regimen after 5-7 days. This time may vary depending on the peel performed and each individual's healing process
7. For men, do not shave for at least 48 hours after peel

TO AVOID INJURY TO THE SKIN, FOR THE 10 DAYS FOLLOWING THE PEEL, PLEASE DO NOT:

- Peel, pick, scrape or abrade the skin
- Have an electrolysis or laser treatment
- Use tanning beds or sunbathe
- Perform certain hair services using chemicals
- Facial was, thread or use depilatory products
- Receive aesthetic injections

- Have another treatment until your esthetician advises you to do so

SLIGHT REDNESS OR SWELLING MIGHT OCCUR IMMEDIATELY AFTER THE PEEL. THIS USUALLY GOES AWAY WITHIN 24 HOURS. SOME CLIENTS EXPERIENCE TEMPORARY SKIN DISCOLORATION. YOU MAY HAVE AN AREA OF SCABBING OR CRUSTING IN CASES OF SEVERE SENSITIVITY, THIS IS VERY RARE. IF IT IS BOTHERSOME, YOU MAY APPLY AQUAFOR (FOUND AT YOUR LOCAL DRUGSTORE) TO THE AFFECTED AREA. CALL YOUR ESTHETICIAN IMMEDIATELY IF ANY OF THESE CONDITIONS DO NOT RESOLVE WITHIN 24 HOURS.

For best results, a series of 6-8 peels at 2-4 week intervals is suggested. Using the correct at home care regimen to keep the results and corrections on going is also suggested. Your esthetician will help you decide which program works best for you, as they vary based on skin conditions.