

PRIOR to your Peel, Microdermabrasion or Dermaplaning Treatment

1. Let your therapist know of any changes in your medical history, medications and/or supplements.
2. Do not have treatments that may irritate the skin for 1-2 weeks prior to treatment (waxing, depilatories, etc)
3. Discontinue the use of products containing Vitamin A/Retinol for 24 hours prior to your treatment. Discontinue the use of topical prescription Vitamin A for 14 days prior.
4. Do not have any Anti-Wrinkle Injections in the treatments area for 2 weeks.
5. Do not have any Dermal Filler Injections in the treatment area for 4 weeks
6. History of herpes or cold sores may require an anti-viral prescription prior to treatment.
7. Ensure you are not sunburnt prior to your appointment.
8. MALES: With Peels/Micro please shave the area 24 hours prior to your treatment. Not doing so may prevent you from having the treatment in the area.
9. Peels: Your skin must be prepared with the correct products as directed by your therapist for some of our peels.

POST Peel, Microdermabrasion or Dermaplaning Treatment

1. Your skin may feel dry and tight in 2-3 days post treatment. Apply your post care products as recommended by your skin therapist.
2. If the area feels very warm you may cool it down with cold face cloth.
3. Do not pick or peel any dry/flaky skin.
4. Do not apply make up for 12 hours following your treatment. Mineral is okay, make sure you are applying with clean hands/makeup brushes.
5. Avoid heat (excessive exercise, hot tubs, saunas, swimming etc.) for 24 hours.
6. Do not exfoliate for 3 days post treatment.
7. Avoid skin irritants and actives (products containing tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, astringents, etc.) for 72 hours post-treatment.
8. Your skin will be more sensitive to the sun. You must use a broad spectrum (UVA/UVB) sunscreen of a minimum of SPF 30+ daily, and avoid sun exposure.
9. For best results follow your home care routine as instructed by your skin therapist.
10. Dermaplaning: Knicks can happen as we are using a very sharp blade, however we try our best not to. These are very surface like a papercut and will go within 2-3 days.

If you have any questions, or experience any other side effects from the treatment not listed on this page, please contact us on 09 630 8208