

SORELLA

APOTHECARY

pre & post peel recommendations

TWO WEEKS PRIOR TO PEEL

- Professional consultation and layout of treatment plan
- Patch test for peel
- Start the use of Sorella Apothecary products recommended by your esthetician in order to maximize your results

ONE WEEK PRIOR TO PEEL

- Discontinue the use of topical prescriptions or products containing Retinol (vitamin A)
 - These products may cause adverse reactions on the day of the peel
- Avoid sun exposure
- Do not receive Botox or fillers
 - injection sites may be sensitized during peel application
- Do not wax, receive laser hair removal or electrolysis, or use depilatory creams
 - These are mild forms of exfoliation and may cause adverse reactions on the day of the peel
- Do not receive another professional treatment unless suggested by your esthetician

DAY OF PEEL

- Pack a hat, sunglasses, and a fresh mask for after your peel treatment
- Do not use any exfoliation products (alpha-hydroxy acids, beta hydroxy acids, benzoyl peroxide)
 - Products may cause dryness and sensitivity limiting the treatment options day of
- Male clients – Do not shave the day of your peel or the day after

IMMEDIATELY AFTER PEEL (DAY 1)

- Your esthetician finished you with Sorella products that are meant to be left on the skin for at least 4-6 hours. You may wash your face the evening of your treatment or you can go to bed and start your post peel product the following morning.
- It is recommended (but not mandatory) to avoid makeup use the day of the treatment to allow skin to normalize
- Only use the products suggested by your esthetician

DAYS 2-14 OR UNTIL YOUR SKIN IS FULLY HEALED

- Cleanse, moisturize, and protect your skin with Sorella post peel products suggested by your esthetician
- Keep your skin CLEAN, COOL, AND CALM.
 - You may want to cleanse your skin 2-4 times a day
 - Pat your skin dry, do not rub
 - Cleanse with tepid to cool water (do not take hot showers/baths)
- Avoid sun exposure. The fresh layer of skin is more susceptible to sunburn, hyperpigmentation, and fine lines
 - Wear a wide brimmed hat (even while driving). Be mindful of reflections under the hat
 - Apply SPF every two hours
- Avoid elevating your body's internal temperature. If the body's core temperature becomes too high it can cause blisters and hyperpigmentation (exercise, sauna, hot shower, hot tub, spicy food, extended time outside in the heat)
- Avoid excessive perspiration
- Avoid exfoliation – this includes loofahs or rough use of towels or washcloths to treated areas.
- DO NOT PICK or pull at any loose skin. Allow the skin to fall off naturally to avoid hyperpigmentation
- No waxing or hair removal until your skin has fully healed to avoid skin lifting
- Avoid swimming (chlorine)
- Treat skin delicately and avoid any harsh products not recommended by your esthetician. Even the gentlest products can feel active
- Avoid having another professional treatment unless your esthetician suggests it