

## *Small Batch Custom Skin Care*

By Christa

### Chemical Peel Instructions

Chemical peels can be safely used at home by understanding the properties of the acids and following the instructions. Please read the instructions prior to performing a chemical peel.

Do not use a retinol or retinA product or the vitamin C serum on the same day you do a peel. Start with one peel per week. As you perform more of the peels you will know how your skin responds and can increase the strength of the peel and the number of days per week you use it. I don't recommend doing more than 2 times per week.

### **PERFORMING A CHEMICAL PEEL INCORRECTLY CAN RESULT IN BURNS. ALWAYS PERFORM A SMALL SKIN TEST BEFORE USING.**

Items needed to perform the peel (you can purchase a peel kit which includes the alcohol-free Toner and the peel – see the Order Sheet):

Cleanser

Toner (alcohol-free)

Wash Cloth

Timer

Cotton rounds or squares

Chemical Peel

Small Glass

Optional: baking soda neutralizer

Hand Towel

Brush or cotton pads

It is best to perform a peel in the evening because chemical peels make your skin more sun sensitive.

1. Wash your face with your favorite cleanser.
2. Use a cotton square and apply a non-alcohol Toner to remove any excess oils.
3. Rinse thoroughly with lukewarm water & gently pat dry.
4. Cover the area you will be working around with a thin hand towel or dish towel so that any drips will accumulate on the towel and not your sink.
5. Pour a small amount of the peel into a clean glass, such as a juice glass or one that is easy to dip a brush into (recap the acid peel bottle immediately so it doesn't spill, i.e., Murphy's law).
6. Using a brush or a cotton pad, apply a small amount of peel solution to area you have cleansed, AVOIDING EYE AREA. Stay at least a quarter inch away from eyes. If you feel drips from your forehead, use a cotton pad to wipe the solution away before it runs down into your eyes.
7. Use a timer. Leave on for 2-5 minutes. If this is your first time, start with 2 minutes. Increase each time by 1 minute. Ultimately you can build up to about 10 minutes, but this should be done very slowly. You will feel a "burning/tingling" sensation but usually it is quite tolerable.
8. Thoroughly rinse peel solution from skin with cool water, but don't irritate your skin by rubbing it hard. You don't need to use a neutralizer but if the tingling sensation persists after rinsing your face, mix a quarter cup of baking soda to one half cup water and rinse with that. If you apply the chemical peel to your neck and chest, I find that using a wash cloth to rinse off the solution prevents water from getting all over your floor, but gently pat, don't rub.
9. Leave your face wet and immediately apply a good moisturizer, like the Mature Skin Facial Oils and/or the Replenishing Cream listed on the order sheet.
10. If you use a brush to apply the peel, clean it afterwards by washing in soapy water and air drying.

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### Tips:

- Keep the acid a quarter-inch or more away from the eyes and mucus membranes.
- Never use the peel on open wounds, irritated or highly sensitive skin, sunburned skin or cold sores.
- ALWAYS USE A GOOD, STRONG SUNSCREEN. Chemical peels and Vitamin C serum will make your skin more sensitive to sun damage so it is imperative that you use a good sunscreen daily that blocks both UVB and UVA rays and is at least 30 SPF.
- Don't apply a chemical peel to skin that's been shaved within a day.
- Certain types of soaps neutralize glycolic acid. Soaps that contain sodium lauryl sulfate or sodium laureth sulfate can diminish or completely neutralize results.

Skin may be pink after a peel but it should fade within several hours. If you use a neutralizer to wash off the acid, the first 10 seconds may feel like it is burning more, but that fades quickly.

Using a chemical peel does not necessarily mean your skin will peel the way sunburned skin peels. Usually, flaking occurs and you may not even see it if you use a really good face oil and cream to moisturize right after you have completed the peel. Flaking may occur within a day or two, dependent upon the strength of the solution. This is normal. Moisturizing with facial oils and or creams will help this subside.

Sagging skin and deep wrinkles will not respond to chemical peels. Other treatments may be needed.

If you are pregnant, have a skin condition such as acne, keloids, Rosacea or active skin cancers, or are using medications to treat skin conditions, such as Trentinoin, Renova, Tazorac, EpiDuo, Retin-A, Differin, Avage, Accutane, Ziana or others, please **talk to your dermatologist** before using a chemical peel. Chemical peels may also activate a herpes reaction if you have the virus, so please check with your doctor to discuss medications that treat herpes outbreaks.

Glycolic acid can cause patches of lighter skin on darker ethnic skin tones, so please do a patch test first.

Store your acid peel in a cool, dry place. Do not expose to heat. It does not need to be refrigerated.