

## PEEL DO'S & DON'TS

A chemical skincare peel is an effective way to help **rejuvenate** and **soften** the skin. It also assists in removing minor imperfections and dry skin to reveal a glowing and fresh complexion.



### IF YOU DON'T TAKE PROPER CARE POST A PEEL TREATMENT, THERE ARE POSSIBLE SIDE EFFECTS YOU CAN EXPECT:



#### HYPERPIGMENTATION

Due to the skin being more sensitive to sunlight



#### BREAKOUTS

Due to the build-up of dead skin cells on the skin surface



#### VERY TIGHT AND UNCOMFORTABLE SKIN

Due to the skin not being well moisturised and cared for.

### POST PEEL SKINCARE TIPS THAT WILL OPTIMISE YOUR SKIN PEEL TREATMENT:

1.

Use a gentle **cleanser** that does not strip the skin's protective barrier. Do not over cleanse the skin - once per day is enough.

2.

Do not use harsh **toners**. If your toner contains AHA's, leave it off for  $\pm 2$  days after your treatment.

3.

Use a clay based **micro-exfoliator** to assist in the peeling process without putting strain on the skin.

4.

Apply a broad-spectrum **sunscreen** every morning and ensure you reapply every 1.5 to 2 hours if you are exposed to the sun.

5.

Use a sensible **moisturiser** that contains vitamins and peptides to feed and nourish the skin.

The Environ Cool Peel technology is a customisable system that is mild and gentle for first time users. The treatment can be made more intense for those who require it.

[Click here](#) to find a registered Environ skincare professional near you.