



## Proper post-peel skin care

**Wash your face with cool water.** Warm or hot water might not feel as good as cool or cold water, which can help soothe post-peel sensations.

**Moisturize and hydrate.** Since peels can temporarily compromise your skin's protective barrier, it's important to reinforce that barrier with a medium-to-thick moisturizer. Also, drink more water to help avoid dehydration, which could make your skin feel tight.

**Apply sunscreen with SPF30 or more.** Your skin is more delicate after a peel, so avoid direct sun exposure, which can lead to even more visible signs of skin aging. If you must be exposed, use a Broad Spectrum physical sunscreen.

**Avoid strenuous workouts.** Increased blood circulation to the face can intensify warming, tingling, itching, redness or other uncomfortable side effects on freshly peeled skin. Skip such activities on the day you use a peel.

**Avoid excess heat sources like saunas, steam rooms or direct sunlight.**

**Apply cool compresses** using crushed ice and/or bag of frozen peas to treated areas for a few minutes every hour as needed to decrease swelling.

**Don't over-exfoliate.** Peels are maximum-strength exfoliants, so you don't need to use a separate exfoliant (like a scrub, brush or exfoliating cleanser) within 3-4 days of your peel. Over-exfoliating can lead to more redness or sensitivity, so wait until your skin feels up to it.