



CosMedix/Results Rx Peel Post Peel Treatment Instructions

Changes Salon & Day Spa, Inc.

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To achieve the best results from your peel service we recommend using the CosMedix After Care Kit. Use of the CosMedix After Care Kit is required after receiving a Timeless Peel.

For the maximum benefit from your peel procedure follow the Post Peel Treatment Instructions listed below for your entire recovery time. Your individual recovery time will be influenced by the type of peel treatment you received and your individual skin response. Your Esthetician will provide information regarding the time frame you should expect.

1. Avoid direct sun exposure for 5-10 days.
 2. No waxing or any other type of hair removal for 7-14 days.
 3. No facial treatments for 7-14 days.
 4. Avoid exercise (getting heated) for 24 hours.
 - 5. DO NOT PICK, PULL, OR ABRASE SKIN.**
 6. No exfoliating products for 5 days.
 7. Increase water intake to include at least 8 (8 oz.) glasses daily
 8. Sun block (Mineral based) is mandatory and should be re-applied every 2-3 hours
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CosMedix After Care Kit:

Designed to care for your skin after a peel treatment. These products contain healing, calming and restorative ingredients for maximum results.

Benefit Clean - Gentle daily cleanser. Required use for a minimum 4-7 days post peel.

Reflect or Serious Protection - Chemical-free sunscreen. Required use for a minimum 7-14 days post peel.

Pure Enzymes - For most, begin use 5 days after peel procedure. Test a small area first if stinging occurs do not proceed, repeat test the following day.

Rescue - Healing Balm to soothe irritation, itching or discomfort.

Care for your skin Post Peel:

AM:

Cleanse with Benefit Clean, using clean wet hands, apply to damp skin, emulsify with fingers and rinse. Pat dry. Apply Rescue as needed to soothe any irritation, hot spots, itching or discomfort. Follow with the application of Reflect or Serious Protection. Reflect may be misted onto fingers and then patted into the skin. If you mist Reflect directly on your face, you must hold it at least 18" away. Reapply Reflect every 2-3 hrs.

PM:

Cleanse with Benefit Clean as above. Apply Rescue as needed to soothe any irritation, hot spots, itching or discomfort. Mist Reflect over skin every 2-3 hours.

If your skin is not irritated 5 days after your peel, begin using Pure Enzymes. Apply a small amount, leave on 1-3 minutes and remove. If tolerated, you may leave Pure Enzymes on longer (up to 15 minutes).

Please call if you have any questions or concerns. Changes Salon and Day Spa 925-947-1814