



MEDIK8 SKIN PEELS

2 WEEKS BEFORE YOUR APPOINTMENT

- You must start on CSA skincare regime for a minimum of two weeks before the peeling treatment

THE DAY OF YOUR APPOINTMENT

- Please arrive without creams or makeup on the area to be treated.

AFTER YOUR TREATMENT

- 24 hours post-peel your skin will likely feel a little tight and appear slightly flushed.
- Depending on the treatment that you have received you might experience redness, skin flaking and mild peeling. As a rule, expect flaking from around the third day post-peel for a maximum of 5 further days.
- We ask for you to follow a comprehensive aftercare routine to continue with at home to ensure your skin recovers and rejuvenates correctly
- You should avoid direct sun exposure during these recovery days and always wear a broad spectrum sunscreen with an SPF of at least 30.

AFTERCARE

- We recommend to not wear makeup for the first 12 hours post-peel to ensure the skin remains bacteria-free. After this time period, please ensure the makeup brushes that you are using are clean.
- Don't pick at any flaky skin
- Don't use any harsh exfoliants (AHA/ BHA cleansers or toners) or physical (grainy scrubs) for at least 3 days post-peel.
- Don't spend extended periods of time in direct sunlight. ALWAYS wear a sunscreen to protect your skin.
- Stick to the aftercare skincare regime as recommended by your trained therapist.