

here's how to take care of your skin after a peel

Everything you need to know for radiant skin, with minimal downtime



story highlights

- Depending on your skin's sensitivity, you may feel tingling, burning, itching, dryness, redness or tightness after a chemical peel, and see peeling or flaking within a week.
- Proper post-peel skin care can help minimize any sensations or visible side effects of a peel, giving you radiant skin – with minimal downtime.

Chemical peels remove the outermost surface of your skin, helping to reduce visible signs of aging, acne and discoloration while revealing brighter, smoother skin. Peels range from mild to intense in strength, with some professional-grade formulas available for home use while others are only available at a salon, spa or clinic.

Here's everything you need to know about what to expect – and how to take care of your skin during the renewal process.



what to expect after a peel

Depending on your skin's sensitivity, it is normal to experience a variety of side effects. At-home peel side effects can include slight tingling or burning, but they should subside quickly. If not, speak to a medical professional or professional skin therapist about what might be causing post-peel discomfort.

Professional peel side effects can include redness, dryness, itching or irritation as well as swelling, tightness, peeling or scabbing. With 2-3 days, skin may look flaky or tan as the outermost surface peels off to make room for more radiant, new skin. You may also notice temporarily more pronounced discoloration or age spots as they rise to the skin's surface before getting sloughed away.

how to care for your skin after a peel

Follow the instructions below, starting right after your peel and continuing until your skin feels "back to normal":

- **Follow** your skin therapist's post-care instructions.
- **Wear sunscreen every day** (minimum SPF 30)!
- **Avoid strenuous activity for 24 hours**, along with any activity that could increase circulation to your face. (This can cause redness, discomfort and other side effects.)
- **Avoid excess heat sources like saunas**, steam rooms or direct sunlight.
- **Don't wax or exfoliate for 72 hours**, or until treated skin shows no signs of sensitivity.
- **Don't pick or peel** at scabs, blisters, or loose skin; it can cause scarring.
- **Avoid direct sunlight** for 2-3 weeks.

frequently asked questions

Everyone's skin reacts a bit differently, so it's natural to have questions! Here are some answers:

My skin isn't peeling. Did the treatment work?

Absolutely! Some people don't "peel" when they get a chemical peel, while others experience delayed peeling. To get an accurate assessment of your results, just feel your skin: if its texture changes post-treatment, it's working!

Why does my hyperpigmentation look darker post-peel?

Peels cause pigmented cells to rise to skin's surface and slough off, which can make hyperpigmented areas look darker in the first couple days after treatment. After that, pigmentation will begin to even out.

How can I maintain my results?

Try an at-home peel between professional treatments! Rapid Reveal Peel is an excellent option – but wait at least 2 weeks after your professional peel before using it.

When can I wear make-up again?

In a perfect world, you'd wait as long as possible on the day of your treatment before applying make-up to avoid possible skin irritation. If you can't wait, give your skin at least 20 minutes to calm down prior to application – and opt for skin-friendly, protective products like SkinPerfect Primer SPF 30.

If you have any concerns or adverse reactions, let your skin therapist know right away!