



## *All Natural Peel*

### *Pre and Post Treatment Care*

This peel is designed for individuals who want a fresher, clearer appearance. This safe and effective peel stimulates the skin to generate new skin cells, increase collagen formation, and stimulates blood flow; thus, improving the complexion.

This medium-depth professional peel removes just the top few layers of the skin including the cellular buildup and impactions and encourages the regeneration of new cells. The discoloration is reduced and skin texture is rapidly improved.

Prepare for your treatment at least 30 days prior. Keep hydrated, take your dietary supplement as usual and stay healthy. Avoid a Covid-19 vaccination 30 days prior and after.

#### **Prescription Medications:**

If you are under the care of a physician and taking prescribed medications, you should check with your doctor regarding interaction prior to scheduling an appointment. Tylenol can be taken prior to treatment but avoid Advil/Ibuprofen and Aspirin for 7-14 days prior to treatment.

#### **Prep For Your Procedure:**

- Do not drink coffee, alcohol, or energy drinks the day of your procedure to avoid overstimulation and discomfort. Disregarding this guideline could result in more discomfort during the procedure.
- DO NOT discontinue medication prescribed by your physician without consulting them first. Otherwise, at least 48 hours prior to the procedure.
- Do not wax, dye or tweeze the facial hair for 1 week prior to the procedure.
- Electrolysis should not be done 1 week prior to the treatment.
- Do not wet skin for 24 hours after peel application.
- Wear comfortable clothes to your appointment that can easily be put on afterwards.
- Have a nice meal before your treatment to avoid wiping/movement of the mouth and jaw for a few hours after your treatment.
- We recommend washing hair if needed before this treatment since the treatment area can not get wet for 24 hours.
- **You should avoid taking the following:**  
Advil, Aleve, Aspirin, and their generic equivalents, Fish Oils, Vitamin E, Blood Thinners (consult your physician).

## General Rules for the All Natural Peel Treatment:

- Keep your body temperature cool.
- No sunbathing or tanning for 2 weeks before or after treatment.
- Avoid rapid exfoliants on the treatment area. This includes Retin-A and Glycolic Acid.
- Avoid laser treatments, and intensive facial/hair treatments for 1 month before treatment. No electrolysis on the procedure area.
- Do not smoke any marijuana 24 hours before your appointment.
- If currently on Accutane to treat acne, the procedure can NOT be performed before at least 6 months after the completion of the treatment.
- Do not work out the day of the procedure.
- Avoid heavy and extreme exercise and sweating for at least 2 weeks after procedure.
- No pools until fully healed, we advise a full 3 weeks.
- Please allow time for the procedure to heal before going on vacation or any special events.
- Only touch the treated area with clean hands or mist with the 302 Calming Mist as many times as needed.
- Do not pick or purposely remove dull, dead skin prematurely. The healing process will cause some itching, and dry skin. These symptoms will dissipate. You can use small, fully disinfected scissors to cut the dead skin dangling and ready to be removed. Do not cut or remove what is not ready to be removed.

## Homecare Regimen for the All Natural Peel Treatment:

### Morning Routine:

#### 1. Cleanse:

Cleanse with the 302 Sensitive Cleanser two minutes. Only use your fingertip with cleanser when washing the treatment area.

After you start to peel, add the 302 Bar on your first cleanse and the Sensitive Cleanser on your second cleanse. Do not apply the 302 Bar directly on the skin, instead, lather it in your hand and apply to your face gently.

The peeling process usually starts by the 3rd or 4th day.

#### 2. Revive:

Apply a pump of Revive on face, neck and décolleté.

#### 3. Serums:

Apply a pump of Zen Therapy Gel, a pump of 302 Pro Hya +, a pump of 302 Ceramide Serum with 2-3 pumps of 302 Calming Mist on all of the new skin and glide over the rest of the face, neck and décolleté.

#### 4. Dry/Sensitive Moisturizer and Sunblock:

Apply a bean size drop of 302 Dry/Sensitive moisturizer with wet fingertips and apply until absorbed on entire face and décolleté.

Apply sunblock on entire face and décolleté.

You can reapply your sunblock as often as needed during the day as well as the Calming Mist and moisturizer.

### Evening Routine:

#### 1. Cleanse:

Wash with 302 Bar for two minutes each time you wash and rinse. Only use your fingertip with cleanser when washing the treatment area. Do not apply the 302 Bar directly on the skin, instead, lather it in your hand and apply to your face gently.

Wash with Sensitive Cleanser for two minutes.

Gently pat the skin dry with a clean towel.

#### 2. Mouth and Lip Area:

Once you start peeling around the mouth and lip area apply Neosporin gel ointment around the area for 3 consecutive nights.

#### 3. Revive:

Apply a pump of Revive on face, neck and décolleté.

#### 4. Serums:

Apply a pump of Zen Therapy Gel, a pump of 302 Pro Hya +, a pump of 302 Ceramide Serum with 2-3 pumps of 302 Calming Mist on all of the new skin and glide over the rest of the face, neck and décolleté.

#### 5. Dry/Sensitive Moisturizer:

Apply a bean size drop of 302 Dry/Sensitive moisturizer with wet fingertips and apply until absorbed on entire face and décolleté.

Apply sunblock on entire face and décolleté.

*Please keep in mind that the peeling process needs to take place  
and the new skin needs the nutrients.*

*Adjustments can be made on your home regimen to help  
you reach your desired goal.*

*Full benefits will not be seen until 2-6 weeks post peel.*