

## Esthetician Clinical Peel Treatments

### What are the potential benefits from clinical peel treatments?

Clinical peel treatments help to address a broad variety of complexion concerns including: fine lines, uneven texture, photo-damage, sun spots, excessive or uneven pigmentation, active acne, acne discoloration and facial redness. These mild to medium depth peels improve skin color, texture and overall complexion brightness. These treatments are customized and often combined to best address your specific skin needs.

### How many treatments are needed and when do you start to see benefits?

Typically, a series is needed to achieve the desired results, performed two to six weeks apart. Depending on the treatment, you may see benefits immediately or during the series.

### Does the treatment hurt?

During the treatment, you may experience mild to moderate stinging, itching and heat sensations.

### How will I look afterward and how much down time is there?

Mild treatments will leave the skin flushed or pink for a few hours. Moderate treatments will have more significant redness and some degree of flaking or light peeling that can typically last 1 to 2 days up to one week. Treatments will be tailored to address your specific concerns and desired downtime.

### What are the possible side effects?

You may have mild discomfort and redness initially and for the first day or so. There is a very small risk of persistent redness or skin pigmentation.

### How do I prepare for the treatment?

One week prior, discontinue use of topical retinoids as well as 3 days following the treatment. If retinoids are not suspended, the peel effects may be intensified and result in increased peeling and redness. Your doctor may ask you to discontinue other topical medications. Avoid other facial procedures (waxing, laser, etc.) for one week before and one week after your treatment. Use sun protection and avoid tanning for at least one week prior to the treatment.

### What is the aftercare?

Aftercare consists of cold packs or cool compresses if needed, and liberal use of moisturizers. If flaking occurs, avoid picking or peeling the skin which can lead to prolonged redness, discoloration and irritation. You will need to practice STRICT sun protection for at least several weeks after the peel and ideally use a moisturizer with SPF 30 everyday long term for the best results.

### Are there any contraindications to having the treatment done?

Contraindications include active skin infections, isotretinoin within the past 6 months, pregnancy (some peels), nursing (some peels), vitiligo, recent tan or sunburn, hypersensitivity, severe allergic reactions, severe eczema, laser or waxing done recently or while healing.

### How long will the treatment benefits last?

Benefits can last several months or longer. Results improve with proper skincare and sun protection.

### About how much do these treatments cost?

\$100–175 per treatment

### How do I schedule an appointment or get additional information?

Esthetician: \_\_\_\_\_ at phone number \_\_\_\_\_

## Esthetician Clinical Peel Treatments

**Dermaplane and Lactic treatment:** *excellent exfoliation for all skin types except active acne*

Physical exfoliation is performed to remove dead surface cell build-up with an added benefit of temporarily removing fine vellus hairs on the face. This is followed by a lactic acid peel which completes the skin smoothing and brightening treatment. **\$150**

**Lactic treatment:** *for sensitive skin and rosacea*

A lactic peel is a mild exfoliating treatment for improving skin color and texture. Well-tolerated by most skin types, and a great treatment for those experiencing peels for the first time. **\$100**

**Glycolic treatment:** *for mild to moderate signs of aging and photo-damage*

Various strengths offer a refining, exfoliating treatment for improving fine lines, wrinkles, pigmentation, skin texture and color. This treatment can also be used to treat keratosis pilaris (dry bumps on the arms). **\$100–150**

**Salicylic treatment:** *for oily and acne prone skin*

This beneficial treatment helps improve the appearance of acne prone skin and decongests clogged pores. A reduction of acne lesions is typically seen after a series of peels. Also great for back and chest acne. **\$100**

**TCA Eye and Lip treatment:** *to combat aging in these areas that first show photo-damage*

Formulated for fine lines, pigmentation, wrinkles and crepiness around the eyes and mouth. This focused treatment is perfect for mild to moderate photo-aging around the eyes and lips. **\$150**

**Pyruvic treatment:** *recommended for normal to oily or blemished skin*

Benefits those with signs of premature aging, acne, seborrhea and mild hyperpigmentation and uneven skin texture. Helps to improve tone, texture and skin color. **\$150**

**Modified Jessner's treatment:** *for mild to moderate hyperpigmentation and photo-aging*

Helps to lighten sun spots and discolored areas as well as improve skin tone and texture. **\$175**

**All treatments are customized to your skin concerns and tolerance of downtime. Multiple treatments can be combined on the same day.**

**Multiple treatments are recommended as the clinical benefit and skin improvement will be increased. Treatments are performed 2 to 6 weeks apart depending on your skin and peel strength. A personalized treatment plan will be discussed during your consultation.**

**Multiple treatment pricing is reflected after three are performed. The fourth treatment in a series will be discounted 50%.**