

Recommended Pre + Post Care

Pre-Treatment Post-Treatment

Pre-Treatment

In the 2 weeks leading up to a peel, GLOW recommends that clients avoid using any other peel products (including at-home treatments), as well as microdermabrasion sessions. Similarly, UV exposure to the skin on the face through sunlight or tanning beds should be avoided, as damage to the skin could be irritated during the peel.

In the 5 to 7 days before receiving chemical peels, clients should avoid any sugaring, waxing, deplorative creams or laser hair removal on the face or neck. Similarly, injection treatments, such as botox or collagen, should be avoided.

2 to 3 days before treatment, clients should discontinue using any prescription topicals such as Retin-A, differin or Tazorac, as well as any products containing retinol, AHAs, BHAs or benzoyl peroxide.

Post-Treatment

After a peel, the skin will be red, dry and mildly irritated. These effects will be reduced as clients receive more and more treatments. Treated areas on the face and neck take approximately 1 to 7 days to heal after a light chemical peel. Ice and pain-relievers such as ibuprofen and naproxen sodium can reduce discomfort. Peeling will generally begin 48 to 72 hours after your treatment and can last up to 2 to 5 days.

To care for the treated skin, GLOW recommends using one of our gentle and all-natural cleansers to wash the face. Scrubs and wash cloths should be avoid. The skin will require a hydrating moisturizer to be applied at least twice a day, but can be applied as often as necessary to deal with peeling and dry skin. For 1 week after the peel, an SPF sunblock should be worn to protect the face from any UV exposure. It is recommended that clients limit their UV exposure during this time.

Excessive sweating should be avoided for 24 hours after treatment, but can be resumed after this period.