

LHALA Peel Aftercare

What to expect:

- Though it is unlikely, your skin may flake, shed and/or peel, it is important that you do not pick this off.

Post-care Instructions

- You do not need to wash your face on day of treatment (unless makeup is applied post treatment), you can apply a gentle moisturiser if needed before bed
- Avoid touching the face for 24 hours
- Do not pick or peel off any flaking skin and please avoid scratching - be gentle!
- Mineral makeup can be worn the same or following day after treatment
- Gentle cleanser, gentle moisturiser & SPF can be used from the day following treatment for 7 days.
- No use of exfoliants, AHA or BHA and Retinol or Retin-A (Vitamin A) containing products (these are commonly exfoliating cleansers, toners, scrubs, serums, or masks) for 7 days post treatment.
- Avoid excessive exercise/sweating for 24 hours
- Avoid swimming for 24 hours
- Avoid hot tubs, saunas, steam rooms or excessively hot showers for 24 hours
- Avoid hot water directly on the face for 24 hours
- Avoid sun exposure for minimum of 2 weeks - this is very important in order to avoid post-inflammatory pigmentation. If you need to be out in the sun please ensure you are protected with SPF 50+ and a hat.
- Do not apply fake tanning products to the skin for 1-2 weeks post treatment