

## Lotus Spa Eau Claire

### Peel Information and FAQ

Chemical peels improve skin's appearance by infusing ingredients that cast off dull surface skin cells. Peels diminish fine lines, improve acne scars, decrease pore size and appearance, help lessen redness and discoloration. Peels build collagen and improve skin tone. We customize our selection based on your skin and desired outcome. Our peels will help to reveal smoother, softer, and more radiant skin to help your skin glow!

#### **How do I prepare for a peel?**

Discontinue any topical Retinoids at least 1 week prior to a peel. You must not have taken Accutane for 6 months prior to a peel.

Do not wax or use depilatories in the area to be treated for 2 weeks prior to a peel.

Do not expose the area to the sun or tanning beds. Use an SPF of at least 30. Skin cannot be sunburned.

Do not shave the area the day of your peel.

If you have a history of cold sores, please let us know. We may prescribe medication depending on your history.

#### **What happens during a peel at Lotus Spa?**

Your clinician will review your expectations and ensure that you are an appropriate candidate for a peel.

Peels take around 30 minutes to perform. During a peel, mild tingling and/or itching and a feeling of warmth may be experienced.

Your clinician will apply sunscreen before you leave and will review post-peel instructions with you.

You will be given a set of written instructions as well and future peels will be scheduled to optimize results.