

What are chemical peels?

Chemical peels are treatments designed to reduce the appearance of irregularities on the skin's surface and reveal a smooth, revitalized texture through regenerating and resurfacing the skin.

They remove the top layers of the skin, help to stimulate collagen remodeling, reduce tonal discoloration, improve skin texture and hydration, reduce congestion and improve the overall appearance of the skin.

Various strengths and types of chemical peels are available, and a professional skin consultation is necessary to ensure the appropriate peel treatment is selected for your specific skin concerns.



Peels are not recommended for clients who:

- Are allergic to aspirin and other salicylates
- Have had surgery or cryosurgery within the last 6 weeks to the treated area
- Have herpes simplex (cold sores)
- Have had a prior reaction to chemical peels or microdermabrasion
- Have had recent radiation treatment for cancer
- Are sunburnt or have had significant sun exposure two days prior to treatment
- Have used Accutane within the past 6 months

Please notify your clinician of any medications you are taking as well as allergies you have.

Possible side effects of chemical peels

- A tingling or burning sensation may be felt during the application of the peel
- Your skin may feel warm, tight, swollen or itchy for up to 24 hours following your treatment
- The skin may appear slightly pink and feel tight immediately following the peel treatment
- Complete sun avoidance for 24 hours. Sun protection must be worn and reapplied following the treatment. This is particularly important due to increased sensitivity to UV light in the 1 to 10-day period following a chemical peel
- Skin may peel for 5-7 days following the treatment. Avoid picking or scratching which will impact results
- Mild to moderate discomfort can be expected for up to 3 days depending on treatment - if swelling and discomfort persist for longer than 72 hours you must contact your clinician

Before your Synergie peel treatment: Points for consideration

- 1 Do you have any important functions in the next 7 days?
- 2 Can you wear minimal mineral makeup for the next 24-72 hours?
- 3 Have you/do you need to prep on antiviral medication to limit potential cold sore breakout?
- 4 Do you have any active skin conditions? (herpes simplex, psoriasis etc.)
- 5 Have you had any cosmetic injectables or professional treatments in the last 2 weeks such as laser, microdermabrasion, Botox or other injectables etc.?
- 6 Do you have plans to travel on an airplane in the next 14 days?
- 7 Are you experiencing visible peeling from a previous treatment or skin peel?
- 8 Have you had any facial waxing in the past 7 days?

Synergie Peel Treatment

Pre + Post Care

SYNERGIE
PROFESSIONAL

PRE-TREATMENT CARE

Before your treatment

Prior to chemical peels, it is important to prepare your skin with active ingredients to maximise results and ensure a safe and effective treatment. Commence using Synergie Skin essential vitamins (A, B, C) a minimum of 14 days prior to the treatment.

The use of daily solar protection is also vital in preparation for your peel treatment and will enhance the results you can expect to see on your skin.

Depending on your skin concerns your clinician may also advise the use of other specific products such as ReVeal for breakout/acne and EnLighten for hyperpigmented skin. We advise these products be used for a minimum of 14 days prior to treatment.

Discontinue prescription retinoids 5 days prior to treatment.

POST-TREATMENT CARE

Immediately following your treatment

- For the first 8 hours, do not apply additional products to the skin
- For the first 8 hours, do not expose the skin to water
- Apply De-Stress and Recover Balm to reduce irritation and severe dryness and shedding
- Avoid heat or perspiration – inducing activities for 12 hours following the treatment
- Avoid UV exposure, saunas, spas or chlorinated pools for 48 hours
- Avoid using makeup for a minimum of 8 hours after having a chemical peel unless mineral protection is provided by your clinician
- Limit stimulants (coffee, alcohol etc.) or avoid where possible
- Avoid hot showers or friction to the face – such as hot water, abrasive towels etc

Following your treatment

- Maintain full chemical-free solar protection with ÜberZinc and Synergie Minerals
- Cleanse skin with a gentle cleanser such as BioCleanse or UltraCleanse and apply De-Stress or Recover Balm whilst skin is irritated or shedding, typically 1-5 days after the treatment
- We recommend reintroducing Vitamin B to your skincare regimen 48-72 hours following your treatment
- Do not use skincare with 'active' ingredients (hydroxy acids, retinoids, and L-ascorbic acid/vitamin C) for 48-72 hours or until inflammation subsides - only apply what your clinician has recommended
- Resume normal skincare regimen (active products) only when all signs of inflammation have totally subsided. This is typically 3-5 days post treatment
- Peeling and flaking may occur at 3-5 days
- Do not pick, scratch or abrade peeling or flaking skin in the treated area. This will impact your result
- Avoid facial waxing and/or shaving for 7 days

When should you contact your clinician?

In the unlikely event your skin has presented with adverse side effects or should you have any concerns, please contact your clinician via phone, text or email so they can guide you and offer assistance.

