



Maria Cosmetic Center Skin Care & Laser Clinic

Chemical Peel, Calcium Peel, Fruit Peel After Care

“Definitely use hydrating, post-procedural skincare products—preferably water-based—that are formulated specifically for repairing the skin after an aggressive skincare treatment that doesn’t contain alcohol or active medicated ingredients, including acids,” says Sun.

because of its deeply moisturizing and skin-strengthening formulation. It’s made with multiple hyaluronic acid molecules to hydrate and soothe the skin, as well as the probiotic Lactobacillus, that helps improve dryness and overall skin health.

, a water-based cream that locks in moisture for 24 hours, and a clean formula with non-comedogenic ingredients like neroli oil, vitamin E, and squalane to nourish skin.

Perhaps the *most* important thing you can do after a chemical peel is actively avoid the sun. We’re talking full-on sun hat and sunglasses status and, of course, religiously applied SPF.

sunscreen is a great option because in addition to the physical blocker titanium dioxide, it also includes calming centella asiatica and aloe leaf extract.

“It’s very important to use sun protection post chemical peel until peeling process is completed,” says Sun. “Also, stay away from heat, including the sun, sauna, hot shower, Jacuzzi, and hair dryer—and excessive exercise (heavy sweat sessions) for at least two days following a chemical peel.”

During the first week, it’s also important to avoid physical exfoliation in an attempt to “speed up” the peeling. Instead, use the moisturizers we recommended above to soften the skin and help move along the process.

Can I wear makeup?



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You probably won't want to wear much foundation because it can highlight peeling and flaking. Instead, opt for a moisture-rich BB cream or tinted moisturizer.

What if I got a TCA or retinol chemical peel?

If you've received a TCA or very intense peel, some extra precautions should be taken.

"For TCA and retinol peels, clients should not wash their face for six to eight hours—or longer depending on manufacturer's recommendation—and should avoid sweating and extreme temperature exposure for 24 hours," says celebrity esthetician

"Skin will start to peel between three to five days. It will start to tighten and 'crack,' usually first around the mouth, then shedding will spread across the entire area where the peel solution was applied. It is crucial not to pick the shards of skin or exfoliate for those first days, and skin that is dangling could be cut with little scissors."

She reiterates that a hydrating toner, sunscreen and a good moisturizer are a must during the days following an aggressive peel.

When can things go back to normal?

Once the skin is fully back to normal—which takes about a week—you can resume usage of active products, such as a moisturizer with built-in AHA. Weekly usage of a mild chemical exfoliant, along with consistent moisturizing and SPF, will help prolong the effects of your professional peel and keep your skin glowing and beautiful.



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