

READ PRODUCT INFORMATION & INSTRUCTIONS BEFORE USING THIS PEEL. BY PURCHASING, YOU ARE ACCEPTING ALL RESPONSIBILITY FOR USE OF THIS PRODUCT AND AGREE TO HOLD SELLER HARMLESS FOR ANY EFFECTS WHICH MAY RESULT OF PROPER OR IMPROPER USE.

What is 3 in1 peel ?

3i 1 Peel contains Mandelic acid that is a type of alpha hydroxy (AHA) peel, similar to **glycolic acid** and **lactic acid peels**. Because mandelic acid molecules are larger than both that of glycolic and lactic acid, mandelic peels are less penetrating and irritating, but still very effective for treating damaged skin. Mandelic acid peels are a great choice for a first-time chemical peel. Overall, mandelic acid peels are a great way to make your skin better without making it irritated!

How does a Mandelic acid Peel benefit me?

Depending on the strength of the peel (usually 25%) and how many times you get it done, mandelic acid peels help:

- Exfoliate the surface of your skin
- Even out skin tone
- Fade dark marks
- Suppress skin pigmentation
- Reduce inflammatory non-cystic acne
- Reduce stubborn blackheads
- Rejuvenate photo-aged skin
- Repair sun damage
- Improve the appearance of fine lines

Mandelic acid peels tend to be more helpful than other chemical peels in treating acne, particularly blackheads that don't respond to anything else. Mandelic acid is also effective treatments for people with sensitive skin.

How does a Mandelic acid Peel work for me?

A mandelic acid peel is a superficial peel that gently exfoliates the damaged layers of cells that are covering healthy cells. Improvement in the appearance of the skin is usually obtained after a series of treatments.

What can I expect during the treatment?

Before the mandelic acid peel solution is put on your skin, your skin must be cleansed and primed. Because mandelic acid is less penetrating, it will take longer for you to feel any topical sensations. You might wonder if the peel is actually doing anything, but after awhile, your skin should start feeling warm and turn a bit pink. The peel solution will only be left on your skin for a few minutes. It is neutralized and followed by a custom designed post peel protocol. After the peel, your skin will be pink and sensitive. Mandelic acid peels generally don't cause skin to physically peel off (it does for some people though), but you still have to take good care of your skin post-peel in order for it to properly heal. This means not using any scrubs, exfoliants, or harsh active treatments. It also means wearing a SPF30 to protect your skin from the sun. We offer several different strengths of the Mandelic acid peel. The higher the Level the higher the concentration, the deeper the solution will penetrate into the skin and can cause more damage to tissue

How much downtime should I expect?

Because mandelic acid peels are so mild, there is very little downtime associated with the peel. Your skin may be pink, dry, and flaky in some places, but overall, the side effects from mandelic peels are easily covered up with makeup. Your skin will probably heal in 2-3 days, so you probably won't have to schedule time off work or clear your calendar. However, it's still a good idea to get mandelic acid peels done on a weekend in case anything goes wrong.

If you get mandelic acid peels for acne, you might experience some post-peel breakouts. As the acid exfoliates away the surface of your skin, it brings clogs you have underneath closer to the top, which may erupt as active pimples. However, the redness and irritation side effects from the peel will go away in 2-3 days.

Are there any contraindications for a Mandelic acid Peel treatment?

There are not very many contraindications to a mandelic acid peel; however, if you have a skin disorder such as psoriasis, you would not be a candidate for this peel. Women who are breast feeding or pregnant are also not advised to have a mandelic acid peel.

PLEASE READ THE FOLLOWING INSTRUCTIONS BEFORE YOU USE THE PEEL

This peel is available in two strengths:

3 IN 1 Peel - LEVEL 1 (Mandelic acid 10 %)

3 IN 1 Peel - LEVEL 2 (Mandelic acid 25 %)

Contents

1 X Mandelic acid Peel in a glass bottle with a roller ball applicator, 2 X Alcohol swabs

1 x 30 ml Skin Scripts Post Peel Cream

1. Perform a spot test prior to your chemical peel.

- A patch test tells you how your skin will respond to the peel. The test should be performed on your forearm, or on a small area of skin below the ear at the hairline. Leave the test solution on for at least 2 minutes before washing it off with water.
- Check the test patch after 24 hours. If skin looks normal around the test area, proceed with your peel treatment. If irritation like redness or tenderness appeared, lower the concentration of chemicals in the peel solution and try another test. If you had signs of an allergic reaction, such as raised bumps or itching, try a lower concentration or a different type of active ingredients (glycolic, lactic, salicylic or trichloroacetic acid) in your peel solution.

2. Clean your face before applying the chemical peel.

Use water and a cleanser prior to your peel. Finish with an application of the alcohol swab that came with your chemical peel kit.

3. Apply an even coat of the chemical peel solution to the skin.

Use small circular movements to roll on the peel, beginning with the less sensitive areas of skin around the forehead, chin and cheeks. Continue to apply the chemical peel below the eyes, nose and neck area. Make sure the solution is applied evenly, or your chemical peel results will be inconsistent. **CLOSE THE PEEL IMMEDIATELY AFTER APPLICATION TO PREVENT THE PEEL FROM LOSING IT'S ACTIVITY.**

4. Leave the peel on your skin for the recommended amount of time.

Start with the LEVEL 1 peel and leave on for 3 (three) minutes. Watch your skin for signs of irritation. While some burning is normal, if your skin begins to frost or sting intensely, remove the peel solution right away. Subsequent peel can be left on for 1 minute longer until you have reached the 5 minute maximum time. **DO NOT EXCEED 5 minutes for each peel.** If you want to increase the intensity of the peel you can start using the next strength or LEVEL 2 peel. The LEVEL 2 Peel must also start with a 3 (three) minute application time and increase in subsequent peel to a maximum of 5 minutes for each peel.

5. Remove the peel and apply Skin Protect (SPF30) .

Your peel is designed to stop working as soon as it is washed off, and an additional neutralizer solution is not needed. Apply Post Peel Cream supplied in your kit. This will calm the skin and also prevent sun damage if you have to go into the sun.

When will you see results?

Like with all chemical peels, mandelic acid peels take time to work. If you are using mandelic acid for fading pigmentation, your skin tone won't be completely evened out by the next day. If you are using mandelic acid peels to treat acne, don't expect clear skin when you wake up tomorrow either, it cannot erase fine lines and wrinkles in 24 hours. Keep in mind that fixing some skin problems will take multiple mandelic acid peels. This can be anywhere from 3 to 6 or more, depending on the severity of the skin damage. For instance, for mild-moderate acne that responds well to mandelic acid, you can expect to see some results after the third peel. You can perform mandelic acid peels every 2-3 weeks, but some people can tolerate getting them once a week. It all depends on your skin and how it responds to the treatment.

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