

SKIN SCRIPTS HYDRATING PEEL

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 Hydrating peel ?

Hydrating peel contains Lactic acid. Similar to glycolic acid peels, **lactic acid peels** are alpha hydroxy acids (AHA). Derived from milk, they are very mild chemical peels with little to no downtime. Because lactic acid is a natural human metabolite, there is less chance of an allergic reaction with this type of peel. Therefore, they are a good choice for first-time peel users or for those with dry sensitive skin. However, dry or oily skin types can also use this peel and get good results. Lactic acid is especially good for use for mature skin.

How does a Lactic acid Peel benefit me?

The benefits of lactic acid peels include:

- Hydrating of dry skin
- Exfoliating the surface of your skin
- Deep cleaning pores
- Fading dark marks
- Improving hyperpigmentation
- Evening out skin tone
- Brightening and lightening skin
- Improving the appearance of fine wrinkles
- Stimulating natural collagen production

How does a Lactic acid Peel work for me?

Overall, lactic acid peels are a great way to treat common skin concerns. How great a lactic acid peel will be at fixing a skin problem will depend on a number of factors though. These include how your skin reacts, the strength of the peel, the number of peels you get (you will usually need more than one to get your desired skin results), and how well you take care of your skin post-peel.

What can I expect during the treatment?

Before the Lactic acid peel solution is put on your skin, your skin must be cleansed and primed. During the lactic acid peel, your skin will feel warm and turn pink. This post-peel pink skin could last for a few hours or a few days. It's normal and will go away on its own, as long as you wear SPF30, stay out of the sun, and avoid exfoliating or scrubbing your skin until after your skin heals. Lactic acid peels don't burn or make your skin physically peel unless they are at a really high concentration. We offer several different strengths of the Lactic 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 Lactic 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 Lactic 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.

Are there any contraindications for a Lactic acid Peel treatment?

There are not very many contraindications to a Lactic 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 Lactic acid peel.

What should I do after a Lactic acid Peel ?

Immediately after a **Lactic acid Peel** you should avoid exposing the treated area to the sun for three hours. Three days following the treatment you should use a gentle cleanser, gentle moisturizer and avoid retinoic products or alpha hydroxyl products. If you plan to be in the sun, you should use a sun block with an SPF 30 or higher. Should you experience slight skin sloughing, make sure you do not scratch, pick or peel the skin while it is exfoliating.

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This peel is available in two strengths:

Hydrating Peel - LEVEL 1 (Lactic acid 20 %)

Hydrating Peel - LEVEL 2 (Lactic acid 40 %)

Contents

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

1 x 30 ml Skin Scripts Skin Protect (SPF30)

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 2 (two) 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 two (two) 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 Skin Protect (SPF30) 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, lactic acid peels take time to work. People tend to expect their skin to show drastic improvements right after they get a peel done, but these improvements don't happen the next day. And just because your skin doesn't look any different immediately after you get a peel, it doesn't mean the peel didn't work. Your skin continues to get better in the days following the peel. For certain skin issues, like fading dark marks and erasing fine lines, 1-2 treatments for 6-8 weeks will usually give you optimal results. Because lactic acid peels are mild, they can be safely used 1-2 times per week. However, it depends on your skin, the strength of the lactic acid peel, and what other products you are using. If you are using retinoids, it would be best to not be as aggressive with lactic acid peels because your skin is already getting a strong dose of exfoliation.

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SKIN SCRIPTS LACTIC ACID PEEL

PLEASE READ THE FOLLOWING INSTRUCTIONS BEFORE YOU USE THE PEEL

**WARNING:
ALWAYS START WITH A LEVEL 1 STRENGTH PEEL IF YOU HAVE NEVER USED PEELS BEFORE**

**This peel is available in two strengths:
Lactic acid Peel - LEVEL 1 (Lactic acid 20 %)
Lactic acid Peel - LEVEL 2 (Lactic acid 40 %)**

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