

Marini Peel System – Mild Resurfacing

Pre-Care Instructions

- 3 - 4 weeks before your peel:
 - ✓ Prepare your skin with use of glycolic acid and/or retinol resurfacing products.
- 1 week before your peel:
 - ✓ Avoid the following:
 - *Waxing/Depilatories *Laser Hair Removal *Facial Services *Microdermabrasion / Dermaplaning *Sun Exposure
- 1 to 3 days before your peel:
 - ✓ Discontinue use of retinol products.

What to Expect:

Significant skin rejuvenation from a series of peels with minimal downtime. Immediately after the peel your skin may appear as if mildly sunburned, with the potential for increased redness over several hours. Your skin may feel dry and tight; you may experience mild itching in the treated area during the first 24 hours, and by day 2-3 mild flaking and peeling of the skin may occur. Once peeling has begun it may continue for an additional 1-2 days. Skin flaking and peeling commonly will begin in the peri-oral area and continue to the outer perimeter of the face. **DO NOT SCRUB, PICK OR PULL PEELING SKIN.**

Post-Care Instructions

Day 1 – Day 5

- ✓ Avoid washing your face or applying makeup for a minimum of 4 hours after the peel.
- ✓ Avoid exercise or vigorous physical activity.
- ✓ Discontinue use of resurfacing products, abrasives or facial brushes.
- ✓ Use a gentle cleanser such as Age Intervention Gentle Cleanser.
- ✓ Apply products designed for post-procedure skin such as Age Intervention Peptide Extreme.
- ✓ Apply Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 daily and reapply as needed – AVOID SUN EXPOSURE.

Day 6 & Beyond

- ✓ Continue with the recommended home care program that supports the results of your peel and skin care goals.
- ✓ Re-introduce resurfacing products, abrasives or facial brushes slowly.
 - If your skin becomes red or sensitive, wait to re-introduce these back into your home care regimen.*
- ✓ Re-introduce accelerator - Retinol Plus / MD, Marini Luminate Face Lotion / MD or Duality / MD.
- ✓ Apply Daily Face Protectant SPF 33 or Marini Physical Protectant SPF 45 daily and reapply as needed – AVOID SUN EXPOSURE.

Please Note: After the peel your skin may be sensitive to products and individual recovery time may vary. If you experience prolonged sensitivity or irritation remove product from your skin. Please contact your skin care specialist or physician with any questions or concerns.

Additional Tips:

Clean Zyme Papaya Cleanser and Skin Zyme Papaya Mask use should only start after the skin is actively peeling, which occurs typically by day 2-3. Keep in mind that the skin will be more sensitive to products. If prolonged sensitivity is experienced remove the product from the skin.

Recommendations: