

## **ADVANCED SKIN CARE & LASER CENTER**

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### **Perfect 10 Peel**

#### **What conditions can a Perfect 10 peel help?**

A series of Perfect 10 Peels will give you a dramatic improvement in texture and tone, softening of superficial fine lines, lighten darker pigmentation, and help control oil and active acne.

Even one or two Perfect 10 Peels result in a renewed smoother appearance. For optimal results, a series of peels is more beneficial.

#### **Why are peels effective?**

Your skin is a living organ made up of millions of cells. Every day thousands of cells shed and are replaced by new cells. The Perfect10 Peel causes a controlled shedding of several layers of damaged cells, allowing a healthy new layer of cells to surface. The result is a fresh appearance with smoother texture and tone to your skin.

#### **What is the Perfect 10 solution?**

The Perfect 10 Peel is made up of a unique combination of Alpha & Beta Hydroxyl Acids followed by Retinoic Acid.

#### **What does this peel involve?**

The Perfect 10 Peel is applied by an experienced Aesthetician in our Spa. One layer of solution is applied to your skin followed by a second layer of Retinoic Acid. You may experience a mild stinging or burning sensation. If this occurs, it usually subsides within three to four minutes. At which time the peel is neutralized. The retinoic acid is then applied. Most patients experience a soothing, calming feeling on the skin with this step. The retinoic acid is left on for a minimum of 5 minutes or may be left on and removed at home.

Immediately following the application, your skin will appear yellow in color and look shiny and wet. It will feel tacky. It may appear red or pink for several hours. Make-up can then be applied. The day of and the day after the peel your skin will glow and look radiant. Approximately 48 hours after the treatment your skin's surface will start to feel tight. Superficial peeling similar to a sunburn begins and may last for several days. A mild acne breakout may occur, which usually resolves within a short period of time.

After this peel, can I apply make-up and go back to work?

Following the Perfect 10 Peel, you will have a few days of facial peeling. During this time, please keep your skin well moisturized. To soothe and promote healing, we strongly recommend hydrating with Avene Thermal Spring Water Gel and Spray. To keep your skin well moisturized we suggest Green Tea Soothing Cleanser, Green Tea Cream with CF, Skin Barrier Healing Ointment.

Most important is to refrain from picking or pulling the peeling skin. This may result in a scar or a brown discolored area. A sunblock containing zinc or titanium, such as Elite 30, Green Tea 45, Vit C, Sheer Physical Cream #50, TiSilc 45, GT 60 should be applied daily. Wash your face with a gentle mild soap, such as Avene or Green Tea Cleanser until peeling has stopped.

You can apply make-up during the peeling process.

We recommend that you stop any strenuous exercising while you are peeling, as sweat may cause stinging and mild irritation. Please hold all topical products and acne products containing exfoliants, glycolic, amino or salicylic acids, and Retinols (Vitamin A) until the peeling is done. You may then resume your normal regimen.

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