

THE GROVE SPA

& BOUTIQUE

AlphaRet SkinBetter® Peel Post-Treatment

Follow this care plan closely in order to see the best results.

On the Day of Your Treatment:

- Redness or sensitivity might be present (and last up to a few days).
- Avoid the use of heat sources such as steam, saunas, professional or home hairdryers for 8 hours following treatment.

2-5 Days After:

- Peeling may start 2-5 days after treatment. Generally, non-comedogenic (non-pore clogging) makeup may be applied
- Avoid exercise (sweating)
- Avoid direct sun exposure; wear protective clothing (i.e. wide-brimmed hat) and use a mineral sunscreen (containing titanium dioxide and/or zinc oxide) with an SPF 30 or higher, daily.
- Do not use retinoid- or retinol-containing products such as Tretinoin, AlphaRet Overnight Cream, or others.
- Vitamin A derivatives for 5 days after an AlphaRet SkinBetter® Peel treatment, unless otherwise directed by your provider.
- Do not use other potentially irritating ingredients such as harsh exfoliating products that contain alpha hydroxy or beta hydroxy acids (AHAS [i.e. glycolic and lactic acids] or BHAs [i.e. salicylic acid]) for 5 days treatment, unless otherwise directed by your provider.
- If irritation occurs, stop or do not resume the use of products until the skin has normalized.
- Facial hair should not be waxed for 48 hours after treatment.
- You may resume facial shaving the day after or when the skin has normalized.
- The best results are obtained in a series of 4-6 treatments.

Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com

