

## Chemical Peel

*The Peeling Company attaches great importance to informing its customers. We believe that achieving a good result also depends on good information. The purpose of the information below is to inform you about our chemical peeling treatment. If there are any questions, we would be happy to hear them.*

### What is a chemical peel?

A peel contains natural acids such as Glycolic acid, Lactic acid or Salicylic acid that peels off damaged cells. This brings out the fresh and young skin cells. As we age, our natural cell division decreases, leaving our dead skin cells on the skin longer. A chemical peeling greatly reduces wrinkles, imperfections, sun damage and acne scars.

### Is a chemical peeling suitable for me?

People with good overall health, realistic expectations and a healthy skin tone are suitable candidates for undergoing a chemical peel. A chemical peel can be applied to the following skin conditions: Fine lines and / or wrinkles, pale and / or dull skin, coarse pore structure, clogged pores and / or inflammations / smoker's skin / sun-damaged skin / acne / acne scars / pigmentation spots / pregnancy mask / age spots / dark skin colors / all skin types (fat / normal / dry).

### When should a peel not be performed?

If you have one of the following conditions, unfortunately we can not perform a peeling for safety reasons. Herpes infections (cold sores) - Skin damage, such as: eczema, psoriasis - pregnancy - sunburned skin - use of skin-thinning medication, eg Accutane or Roaccutane - use hydrocortisone - hormone treatments (only in consultation with the treating physician).

### Before the treatment:

Before the first chemical peeling treatment takes place, an intake interview always takes place first. During this meeting, we will discuss all personal details with you. Afterwards, the treatment itself, your expectations, possible results and possible contraindications will be discussed in detail. After approval, photos of your face are taken with the skin scanner Skin Observ, with the aim of determining our starting point with regard to the result to be achieved. If you are sensitive to cold sores, it is advisable to take the L-Lysine dietary supplement 7 days before the peel to reduce the risk of an outbreak. Treatment can not be performed with an active cold sore.

### How does the treatment work?

Our treatments are divided into three different levels: level 1 (superficial) to level three (deep). After the intake interview, it is determined which peeling best suits your needs and skin condition. Which substance is chosen for the treatment and in which concentration depends in part on the desired result.

#### Level 1:

- Cleansing / epilating (if desired) / peeling / removing impurities / massage / mask / day care including SPF and home advice (duration 60 minutes).

#### Level 2:

- Cleansing / epilating (if desired) / removing impurities / peeling (higher concentration of acids than at level 1) / mask / massage shoulders (during mask) day care including SPF and home advice (duration 45 to 60 minutes).

#### Level 3:

- Cleansing / peeling and finishing with a day care including SPF50 (duration 30 to 45 minutes).

### Do I experience discomfort during treatment?

During a chemical peel you can experience a warm or burning sensation from level 2. The higher the level, the more these symptoms can emerge. If you experience a burning sensation, we have a hand fan if necessary. This significantly reduces the burning sensation. Most customers tolerate the treatment very well.

### What can I expect immediately after a treatment?

#### Immediately after the treatment:

After the treatment, the skin may feel slightly tight and dry and show some redness. Just like when you have been sitting in the sun for too long. This mainly occurs from level 2. With a level 1 peeling, redness hardly occurs.

#### First week after the treatment

**Level 1:** No or few side effects. The skin will hardly flake and make-up may be applied again the same day

#### **Level 2 en level 3:**

- The skin may peel off a few days after the treatment. This is a normal process of the skin and a good sign. A beautiful new skin will appear below. When the skin does not flake, this does not mean that the peeling has had no effect on the skin. The flaking and dry feeling usually starts from day 2 and can take about 3 to 5 days.
- The skin may show redness or feel burning. In most cases this will disappear within 1 to 3 days.

#### **Level 3**

- With a TCA peel the skin can feel tight and possibly change to a darker color. This is caused by the dead skin cells. Usually the flaking begins between day 1 and 3 and starts around the mouth, the chin, cheeks and around the eyes. Your neck and forehead often molar last. If this happens, we advise you to use a nourishing moisturizer.
- In some cases crust formation can occur, which will heal itself after a few days. It is important not to sit here at all!

#### *In rare cases*

- *Pigment differences.*
- *Temporarily activate sebum production.*
- *Establish scar formation. This is usually the result of scratching or rubbing during the crusting.*
- *Itching.*

### What should you not do after the treatment?

#### **Level 1:**

- On the same day of treatment you should avoid heat treatments such as sauna, hot water, intensive exercise and swimming.
- Protect your skin from daylight with at least SPF30 protection. Do this for at least 14 days to reduce the risk of hyperpigmentation.

#### **Level 2 and 3:**

- After a chemical peel you must avoid the direct sun (and sun bed) for at least six weeks. Use UV protection daily with SPF50.
- You should avoid heat treatments such as sauna, hot water, intensive exercise and swimming for up to three days after treatment.
- Do not pull on the loose sheets or crusts.
- The use of a scrub / peeling at home is only allowed after 10 days.
- Resins may only be used again after 14 days.

### Do I have to use certain products after the treatment?

To achieve the best result, we provide an adjusted home advice after the treatment. We advise you to follow this product advice at home. Important here is the daily use of daylight protection (at least SPF 30). The product advice for home is part of our service with the aim to improve your skin. It is important to know that our advice does not oblige you to do anything.

### When will the results become visible?

You will probably notice improvements in the structure and appearance of your skin immediately after the first treatment. The higher the level, the more visible the result is. For optimal results, however, it is recommended to apply the treatment in a treatment context. Depending on the purpose of the course, the number of treatments can be determined. In general, most people see results after 3 to 4 treatments. We do want to emphasize that results depend on various factors. The most important factors for achieving results are; type of skin problem, regenerative capacity of the skin, use of the right skin care products (including daily protection against daylight of at least spf30).

We will always do our very best to treat your skin in an expert and honest way to improve the skin. However, we can never guarantee results.

### Is the treatment reimbursed by my health insurer?

Inquire about this with your health insurer. For various indications, such as acne, a reimbursement is possible. This differs per health insurer and per policy.

#### Prices:

Level 1:	€89,-
Level 2:	€119,-
Level 3:	€139,-
In combination with microdermabrasion	€159,-

#### Chemical peeling cures (within six months)

Level 1: 6x	€445,-
Level 2: 6x	€595,-
Level 3: 6x	€695,-