



CULTSKIN[®]

PRE AND
POSTCARE
THE PERFECT
PEEL

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The Perfect Peel is a professional chemical peel designed to improve skin tone, texture, pigmentation and overall skin appearance. Some redness, tightness, dryness and peeling are expected following treatment.

Following the correct pre- and post-treatment care is important to support healing and reduce the risk of irritation and pigmentation changes.

PRE-TREATMENT CARE

1-2 Weeks Before Treatment

- Avoid excessive sun exposure, sunbeds and tanning.
- Do not have treatment on sunburned, irritated or recently tanned skin.
 - Apply broad-spectrum SPF 30-50 every day.
- Avoid other resurfacing treatments unless specifically advised by your practitioner, including:
 - Laser treatments
 - oMicroneedling
 - Other chemical peels
 - Dermabrasion
 - Aggressive facials
- Avoid waxing, threading or other treatments that may irritate the skin for several days before your appointment.
- Inform your practitioner of any recent aesthetic or dermatological treatments.

3-7 Days Before Treatment

Unless your practitioner has advised otherwise, avoid products that may increase sensitivity, including:

- Retinol and prescription retinoids
- AHA/BHA and other exfoliating acids
 - Exfoliating scrubs
 - Benzoyl peroxide
- Strong active skincare products

Do not introduce new skincare products immediately before your treatment.

Your practitioner may recommend a specific pre-treatment skincare routine depending on your skin type and concerns.

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Before Your Appointment

Please inform your practitioner if you:

- Have an active cold sore, infection, open wound or significant inflammation.
 - Have recently had another facial or aesthetic treatment.
 - Have a history of cold sores.
- Have a history of pigmentation following skin treatments.
- Have a tendency to develop keloid or excessive scarring.
 - Have known allergies or sensitivities.
 - Are using prescription skincare or medication.
- Are pregnant or breastfeeding, where relevant to your clinic's treatment policy.

On the Day

- Arrive with clean skin and minimal or no makeup.
- Avoid applying heavy creams, oils or active skincare immediately before treatment.
- Do not shave, wax or otherwise irritate the treatment area immediately before your appointment.
- Your practitioner will cleanse and prepare the skin before applying the peel.

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POST-TREATMENT CARE

Following The Perfect Peel, it is normal to experience - Mild to moderate redness, Warmth, Tightness, Sensitivity, Dryness, Flaking and Peeling. Peeling generally develops over the days following treatment and is part of the expected resurfacing process.

FIRST 24 HOURS

DO

- Follow your practitioner's specific instructions carefully.
- Use only the post-treatment products provided or recommended by your clinic.
 - Keep the skin clean and treat it gently.
 - Use clean hands when applying skincare.
 - Keep the skin comfortably moisturised.
 - Avoid unnecessary touching of the face.
 - Protect the skin from direct sunlight.

AVOID

- Washing or cleansing the skin outside of the instructions provided by your practitioner.
 - Picking, rubbing or scratching the skin.
 - Exfoliating.
- Applying makeup unless your practitioner confirms it is appropriate.
 - Retinol/retinoids, acids or other active skincare.
 - Hot showers directly onto the face.
 - Saunas and steam rooms.
 - Swimming pools and hot tubs.
- Strenuous exercise if the skin is particularly flushed or sensitive.
 - Direct sun exposure.

DAYS 2-7

Peeling may become more noticeable during this period.

IMPORTANT:

Do not pick, pull, scrub or manually remove peeling skin.
Allow the skin to shed naturally.

- Continue using the recommended post-peel skincare.
 - Keep the skin moisturised.
 - Avoid exfoliating products and devices.
- Avoid retinol/retinoids, AHA/BHA and other strong active ingredients.
- Avoid facials, dermaplaning, waxing, microneedling and other aesthetic treatments.
 - Avoid excessive heat and prolonged sun exposure.
- Use broad-spectrum SPF 30-50 as directed by your practitioner.

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PEELING & HEALING

The amount of peeling varies between individuals. Some patients may experience significant visible peeling, while others may experience only mild flaking.

Do not be concerned if your skin does not peel dramatically — visible peeling is not an indication of how effective the treatment has been.

Allow the skin to recover naturally and avoid trying to accelerate the peeling process.

SUN PROTECTION

Sun protection is particularly important following The Perfect Peel.

Apply broad-spectrum SPF 30-50 daily.

Reapply as directed when outdoors.

Avoid prolonged direct sunlight.

Wear a hat and seek shade where possible.

Avoid sunbeds and intentional tanning.

Good sun protection helps minimise the risk of post-inflammatory pigmentation and supports your results.

RETURNING TO YOUR NORMAL SKINCARE

Do not restart active skincare until your practitioner advises that your skin has recovered.

This may include:

- Retinol/retinoids
 - AHA/BHA
- Exfoliating products
 - Benzoyl peroxide
- Strong vitamin C formulations
 - Prescription skincare

Once cleared, reintroduce active products gradually.

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MAKEUP

Your practitioner will advise when makeup can be safely applied.

When makeup is permitted:

- Use clean brushes or applicators.
- Avoid heavy or irritating products if the skin remains sensitive.
- Remove makeup gently without rubbing or exfoliating.

Skin Care Recommendations

"Professional treatments work best when they're supported by the right home care. This product helps continue the work started in clinic"

<https://cultskin.com/product/inno-derma-sun-defense-oily-skin-spf-50/>

<https://cultskin.com/product/inno-derma-sun-defense-spf-50/>

<https://cultskin.com/product/inno-derma-soft-cleanser/>

<https://cultskin.com/product/inno-derma-skin-repair/>

<https://cultskin.com/product/inno-derma-sensitive-cream/>

AM:

Soft Cleanser → Skin Repair/Sensitive Cream → SPF 50+

PM:

Soft Cleanser → Skin Repair

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When Should I Contact CULTSKIN® Immediately?

Please contact the clinic promptly if you experience:

- Significant or worsening pain
- Increasing redness or swelling
- Blistering
- Severe or persistent burning
- Significant skin discolouration
- Pus or other signs of infection
- A rash or reaction that is worsening
- Any other reaction that concerns you

If you experience difficulty breathing, difficulty swallowing or symptoms of a severe allergic reaction, seek emergency medical attention immediately.

Although complications are uncommon, prompt assessment is essential if any of the above occur.

Should you feel concerned by what seems like an adverse reaction, want reminding on your specified aftercare instructions, or in the case of an emergency, feel free to call us on our main line number, **0203 970 4693**, within opening hours. However, we also have a dedicated emergency line, open 24 hours a day, to which you can call on **07311799185**

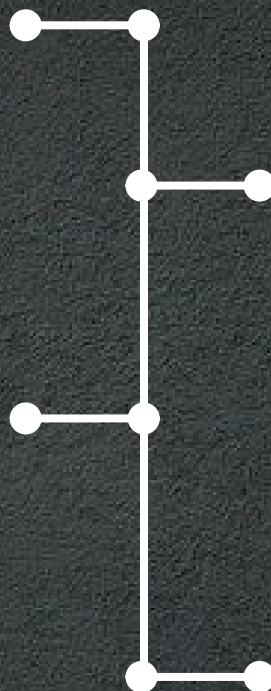


CULTSKIN® LAB

At CULTSKIN®, we believe in taking a holistic approach to skincare, where every step of your journey is carefully planned to achieve lasting results. The CULTSKIN® Lab is the UK's first of its kind, offering an exclusive 12-month subscription that provides you with one advanced skin treatment every month, ensuring consistent care and improvement throughout the year.

During your initial CULTSKIN® Lab consultation, your skin will be digitally scanned using the ph formal scanner, which identifies any areas that may need special attention.

At each treatment, we'll assess your skin and adjust your plan to address any new concerns that may arise.



Based on this analysis, our experts will create a personalized treatment plan tailored to enhance the overall quality of your skin in the most effective way.

As a CULTSKIN® Lab member, you'll also receive a complimentary skin scan every three months, allowing us to track your progress and fine-tune your treatment plan for optimal results.



This personalized, ongoing care is a core part of your skincare journey, ensuring you achieve the healthiest, most radiant skin possible.

PRICING

See below your custom quotation for treatment from our 5 star team.

FLEXIBLE PAYMENT OPTIONS AT CULTSKIN®

At CULTSKIN®, we believe that achieving your goals should be accessible and stress-free. That's why we offer a range of flexible payment options to suit your needs.

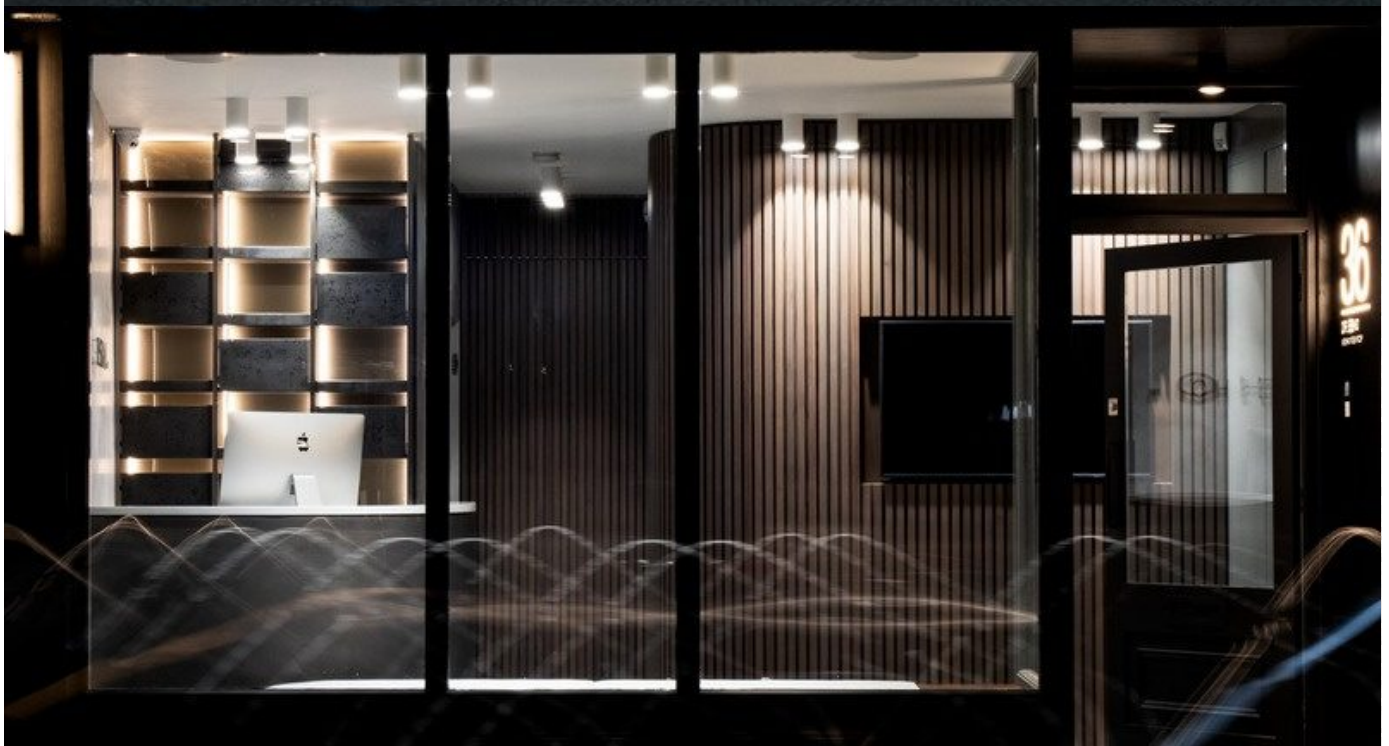
- **Klarna:** Split your payments into manageable, interest-free installments with Klarna. Enjoy your treatments now and pay later at your convenience.
- **Plim Finance:** Spread the cost over a longer period with Plim Finance, designed to offer affordable monthly payments without compromising on quality.
- **GoCardless:** Set up hassle-free, recurring payments for subscriptions and memberships with GoCardless, ensuring your skin journey is seamless and uninterrupted.

We also have a range of subscription models to make premium treatments accessible to all budgets. Speak to our team today to find the best option for you and for more information see [here](#).

CULTSKIN® LAB

The CULTSKIN® lab is annual subscription which is composed of 12 affordable monthly payments which work out 50 % less than the ad hoc treatment prices with a host of other benefits. For more information see [here](#).

For those seeking a more flexible approach, the CULTSKIN® LITE Lab offers a rolling subscription with an initial deposit and monthly payments, providing express treatments and exclusive benefits. Rest assured, all payments are processed securely, and we ensure a seamless experience for our clients every step of the way.



If you would like to go ahead with any of the previous treatments, then you can book your appointment today one of three ways:



ONLINE
click here



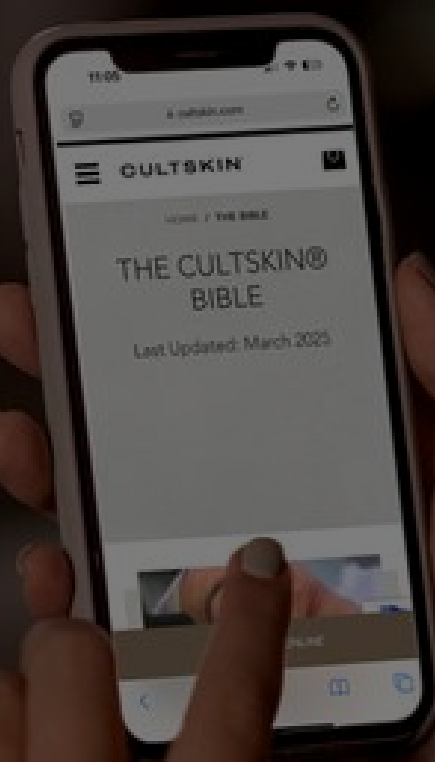
BY PHONE
02039704693



BY EMAIL
bookings@cultskin.com

VIEW OUR FULL LIVE TREATMENT BIBLE

CLICK HERE



A smiling man with a beard, wearing a dark t-shirt, stands in a modern interior with a textured wall and a dark vertical panel on the left. His hands are clasped in front of him.

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