Lira Smart *peels.*

Most of our peels have little to no downtime. How you care for your skin over the next week is what gives you the best result.

What to expect

- Skin may look a little pink for the rest of the day
- Dryness, tightness or light flaking for a few days, mostly on days 2 and 3. Stronger or layered peels can peel more
- Some itching. Try not to scratch
- Skin may be more sensitive to the sun
- Occasionally, a breakout or darker patches that lift away as you peel

Everything above is normal and usually settles within a week.

Looking after your skin

- Don't pick, scratch or rub off peeling skin. Pat dry after a shower
- No scrubs or exfoliating products for 5 days
- No soap. Use the post-peel products we recommend, and the Lira Health Balm if we've sent you home with one
- Pause vitamin A, vitamin C and other actives for up to 7 days, then go back to your Lira routine

Sun protection

- Wear SPF every day and reapply every 2 hours when outdoors
- Don't sunbathe or use a sunbed

For the next 48 hours

- Avoid heat, hot showers, saunas and steam rooms
- Skip hard workouts and heavy sweating

Other treatments

Leave at least two weeks after your peel before any other facial treatment, waxing or injectables on your face. Depending on your skin and your peel, we may advise longer. Something special coming up? Tell us when you book and we'll time your peel around it.

When to call us

- Anything doesn't look or feel right
- Signs of infection, like increasing pain, heat or weeping

06 758 1636
hello@zenskinspa.co.nz
39 Powderham Street, New Plymouth