



ALPHARET PEELS

POST-TREATMENT CARE GUIDE

WHAT JUST HAPPENED?

Your skin just went through a professional-grade chemical peel powered by skin**better**'s AlphaRet technology (a blend of retinoid + lactic acid). The peel gently exfoliates the outermost layers of skin while stimulating cell turnover below the surface.

For Science Nerds:

pH range is optimized for controlled penetration with less irritation than traditional retinoid peels.

POST-CARE GUIDE

WHAT TO EXPECT THIS WEEK

Today (Day 0)

Skin may feel warm, tight, or tingly.

No excessive sweating for a few hours.

No direct sun exposure.

No vitamin A derivatives (retinol, tretinoin).

Avoid harsh exfoliants (AHAs, BHAs).

No facial waxing for 2 days.

Avoid steam rooms, saunas, hair dryers for 8 hours.

Drink more water than usual.

Mineral makeup is ok.

Days 1-2

Peeling should subside.

Ok to resume heavy workouts, steam rooms, etc.

Days 3-5

Skin should start to feel normal.

Ok to resume exfoliants and vitamin A topicals.

Ok for facial waxing.

HOME CARE

Gentle non-foaming cleanser twice per day.

Hydrating moisturizer with no fragrance or additives.

Apply broadspectrum SPF 30 + daily.

AlphaRet Overnight Cream or Clearing Serum

YOUR TREATMENT PLAN

For Correction:

Initial Series

3-6 AlphaRet Pro Peels spaced 2-4 weeks apart.

For Maintenance:

1 peel every 4-6 weeks with AlphaRet Peel Pads at home.

Stay on schedule and you'll continue to enjoy package pricing: **30% off retail**. Fall off the plan? No worries—you'll simply return to standard pricing.



THE YOUNG EXPERIMENT

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