VI BODY PEEL TREATMENT INSTRUCTIONS

BEFORE TREATMENT

- Avoid any professional exfoliating treatments for 2 weeks prior (e.g. microdermabrasion, chemical treatments).
- Stop using exfoliating products- scrubs, AHAs, serums with retinoic acid - 24–48 hours before your appointment.
- Do not waxfor7daysprior;shavingisokay up to 24 hours before.
- Avoid tanningbedsorself-tannerfor7days prior.
- Wear loose,clothingonthedayofyourpeel.

DAY OF TREATMENT

- For the first 4 hours after application, do not wash, apply any topicals, or use products on the treated area. Just let the peel sit and begin working. After 4 hours cleanse the treatment area with a gentle cleanser (e.g. Cetaphil, Dove) then apply a thin layer of the Retinoic Serum provided to you, wash hands and then apply VI Derm Post treatment repair cream. Repeat the same steps 1 hour before bedtime. The subsequent days following your treatment you will continue the same routine morning and evening until the treated area begins to peel. Once peeling beings, STOP the Retinoic Serum! You can continue to apply VI Derm Post treatment repair cream as needed.

AFTER TREATMENT (FIRST 7–10 DAYS)

- Download the VIPeel App and follow the aftercare booklet thoroughly.
- Expect temporary side effects like redness, mild stinging, dryness, or itching.
- Use the Retinoic Serum morning and night until flaking/peeling begins, then stop it immediately.
- Apply Post Treatment Repair Cream whenever skin feels dry or itchy.
- Shower with lukewarm water only, avoid hot water. When washing, use fingertips only - no washcloths or loofahs. Use a gentle, fragrance-free cleanser (e.g. Cetaphil, Dove).
- Avoid direct sun exposure and wear SPF 50+ on treated areas—even while driving.
- Avoid environments that induce sweating until peeling begins (e.g. strenuous workouts, sauna).

PEELING PHASE (DAYS ~4–7, LASTING ~3–7 DAYS)

- Flaking typically starts 4–7 days after application but can vary by individual; peeling may last 3–7 days.
- Skin may feel tight or dry before peeling begins.
- Do not pick, pull, or peel the skin, as this can cause irritation, hyperpigmentation or scarring. If any kit products sting excessively, discontinue use and contact your provider.

RESUMING ACTIVITIES & PRODUCTS

- Resume shaving afterpeeling is fully completed.
- Resume waxing 2 weeks after peeling finishes.
- Resume exfoliating products (like scrubs or acids) 1 week after peeling has ended.
- You may return to swimming or pools once the peeling process is fully over.