

BASE2 Post Care Instructions

Daily Skin Care (until skin begins to peel)

- Gentle cleanser (Mandelic & Green Tea Cleanser) 2-3x daily
- Moisture Soothe Plus as needed (keep skin hydrated)
- SunMoist SPF 30 or mineral sunblock SPF 30+
- Choose mineral makeup/ Wash makeup brushes

Daily Skin Care (when skin has started to peel)

- Gentle cleanser 2-3x daily
- Mandelic Toner after cleansing
- Hyaluronic C Ester serum (recommended) after toner, as needed
- Moisture Soothe Plus as needed
- SunMoist SPF 30 or mineral sunblock SPF 30+
- Mineral makeup

Wait to use your active P.M. Treatment Serums for 7-10 days (or until skin has completely peeled and does not feel sensitive.) Vitamin A: Intense, Retinol Mixer, HQ Lightening Gel

PLEASE AVOID THE FOLLOWING FOR 7+ DAYS

- Excess sun exposure. Beach, hiking, etc.
- Artificial UV tanning (always)
- Spray tanning (14 days)
- Peeling, scraping, rubbing the skin
- Excessive sweating
- Active skincare products. Retinol, glycolic/ lactic/ salicylic acids etc.
- Direct heat. Hot water, sauna, spa, steam, hot yoga etc.
- Abrasive exfoliation. Scrubs, facial cleansing brushes etc.
- Chemical hair treatments
- Waxing, electrolysis/ laser hair removal/ depilatories (14+ days)
- Laser resurfacing (6 weeks)
- Injectable fillers (medical cosmetic professional approval)
- Permanent makeup (14 days)
- Unhealthy makeup (always)
- Swimming in pool/ocean

Signature: X_____

Date: _____