

*skyn* TOUCHÉ

*The*

**AFTERCARE &  
HOMECARE  
HANDBOOK**

SYSTEM, ROUTINE & STRUCTURE FOR THE SKIN

# CLIENT AFTERCARE

**DAY OF TREATMENT:**

LEAVE EVERYTHING ON YOUR SKIN.

BEGIN AFTERCARE THE FOLLOWING MORNING OR NIGHT.

**AFTERCARE COMPLETE:**

BEGIN FULL REGIMEN AFTER 7 DAYS

REFER TO HOMECARE BELOW

*skyn* TOUCHÉ

**AM**

**PM**

**#1 CLEANSE**

CLEANSE WITH MILD CLEANSER  
USE CLEAN HANDS ONLY, PAT  
DRY WITH DISPOSABLE CLOTH

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CLEANSE WITH MILD CLEANSER  
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DRY WITH DISPOSABLE CLOTH

**#2 SERUM**

APPLY REBEL REPAIR SERUM  
PRESS SERUM INTO YOUR  
SKIN GENTLY

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APPLY REBEL REPAIR SERUM  
PRESS SERUM INTO YOUR  
SKIN GENTLY

**#3 SPF**

SPF 50 ....ADD NIGHT  
TIME MOISTURIZER FIRST  
IF SKIN FEELS DRY

**#3 NIGHT TIME CREME**

APPLY EVENING  
MOISTURIZER

**PEEL, MICRONEEDLING, FACIAL AND HERBAL PEEL LITE  
FOLLOWING THESE 7 DAY AFTERCARE DETAILS**

# WHAT TO EXPECT

## PEELS

PEELING MAY BEGIN 2-4 DAYS  
AFTER THE TREATMENT.  
PEEL DURATION DEPENDS ON THE  
STRENGTH OF THE PEEL  
MAY LAST UP TO 10 DAYS

## PEELS

PEELS DISSOLVE OR SHED  
DEAD SKIN. NO VISIBLE  
PEELING....IT'S STILL  
WORKING!

## MICRONEEDLING

MILD TINGLING MAY OCCUR  
CAN LAST A FEW DAYS

## MICRONEEDLING

SLIGHT PEELING MAY OCCUR  
DRYNESS OR DARK CAST MAY  
APPEAR  
HYDRATE HEAVILY WITH  
MOISTURIZER AND REBEL REPAIR  
UNTIL SKIN BALANCES OUT

## FACIALS

SKIN WILL FEEL NORMAL OR IF DRY,  
FOCUS ON HYDRATING SKIN  
APPLY SERUM & MOISTURIZERS  
GENEROUSLY

## FACIALS

USE CLEANSING BRUSH TO  
HELP SUPPORT CELL  
TURNOVER

# SPECIAL INSTRUCTIONS

## **ADDING IN PHADED**

I MAY INSTRUCT YOU TO ADD PHADED INTO YOUR ROUTINE AFTER A TREATMENT. BEGIN USING IT AT NIGHT ON THE THIRD EVENING AFTER YOUR SERVICE, APPLYING IT EVERY OTHER DAY FOR 2-3 WEEKS.

## **ADD MOISTURE AFTER MICRONEEDLING**

I MAY INSTRUCT YOU TO APPLY MOISTURIZER IF YOUR SKIN FEELS TIGHT AND DRY AFTER MICRONEEDLING. DO NOT WASH YOUR SKIN,JUST APPLY THE CREAM ON TOP.

## **BLEMISH CONTROL AFTER A SERVICE**

TYPICALLY, I DO NOT RECOMMEND ACNE CORRECTIVE PRODUCTS AFTER SERVICES. HOWEVER, YOU MAY APPLY A SMALL AMOUNT DIRECTLY TO A CYST TO AID DRAINAGE...USING POTENT ACNE FIX, THE COMPOUND, OR YOUR CORRECTIVE CLEANSER,AND LEAVE IT ON OVERNIGHT.

# DO'S & DON'TS

## DO

STAY MOISTURIZED  
USE SUNSCREEN DAILY

## DON'T

DO NOT PEEL, PICK OR SCRATCH  
AVOID HOT SHOWERS,

## DO

CLEANSE WITH CLEAN  
HANDS TWICE AM/PM

## DON'T

NO DIRECT SUN  
NO HEAT OR EXCESSIVE SWEATING  
NO EXERCISE FOR 2/3 DAYS

## DO

RETURN TO FULL  
REGIMEN AFTER 7 DAYS

## DON'T

NO MAKEUP (24 HOURS)  
NO RETINOIDS (7-10 DAYS)  
NO WAXING/THREADING 3 DAYS

# HERBAL PEEL PLUS

## SKIN AFTERCARE

### FIRST 24 HR

DO NOT BEGIN AFTER CARE  
UNTIL NEXT MORNING

### SENSATION

ITCHY, TIGHT, TINGLING AND WARM

REDNESS IS NORMAL

### MORNING AFTER APPT

ONLY APPLY TONER ON COTTON  
ROUND; DO NOT RINSE SKIN WITH  
WATER FOR 5 DAYS

### PEELING

PEELING BEGINS DAY 2 OR 3  
DO NOT PICK OR PEEL SKIN.  
TRIM LARGE FLAKES IF NEEDED

### DAY 1-7

APPLY MOISTURIZER CREAM

### BEGIN ROUTINE DAY 8

AVOID EXFOLIANTING FOR 4 WEEKS

### SPF

SKIN WILL DARKEN TEMPORARILY  
WILL LIGHTEN WITH PROPER HYDRATION  
AND AND TARGETED SERUM  
USE SPF DAILY

HYDRATION IS KEY. SCHEDULE A FOLLOW UP  
RECOMMEND FOR BEST RESULTS :TARTE OR BARE MINERALS BB CREAM. SKIN TINT. ULTA OR SEPHORA .  
DARKENING CASK ON SKIN IS TYPICAL ON RICHER SKIN TONES. PLEASE HEAVILY HYDRATE.



# SKIN CARE DPN/MOLE REMOVAL

## FIRST 24 HR

KEEP SKIN DRY  
NO MAKEUP ,NO CLEANSING

## DO'S & DONT'S

CLEANSE WITH CLEAN HANDS  
AVOID PICKING SCABS  
NO HOT SHOWERS, STEAM/SAUNAS OR  
EXCESSIVE SWEATING FOR 48HRS  
AVOID ALL EXFOLIANTS, STRONG  
INGREDIENTS, FOR 4-6 WEEKS

## 1-14 DAYS

CLEANSE WITH MILD CLEANSER  
APPLY A HEALING OINTMENT  
APPLY SPF AM & NIGHT TIME  
MOISTURIZER PM

HEALING OINTMENT :AQUAPHOR

## AVOID

Alcohol (topical or oral)  
Caffeine (TOPICAL), Smoking,  
CHLORINE  
2-4 DAYS

## 14-30 DAYS

ADD VITAMIN C SERUM AM  
& PM. HELPS RESTORE TONE

## SPF

IT IS VERY CRUCIAL : USE  
SPF DAILY  
REAPPLY EVERY 2 HOURS

SKIN SERVICES CAN RESUME AFTER 4-6 WEEKS  
BEFORE REMOVAL BE CLEAR OF SERVICES FOR 2 WEEKS

# PREP FOR YOUR NEXT APPT

3 DAYS PRIOR

PAUSE ALL TARGETED CORRECT PRODUCTS

PAUSE ALL EXFOLIATING PRODUCTS

KEEP IT SIMPLE  
AM/PM

CLEANSE  
TONE  
SUPPORT  
HYDRATE +SPF

APPT DAY

ARRIVE WITH CLEAN SKIN  
AVOID SCRATCHING, PICKING  
OR IRRITATING SKIN



*The*

**REGULAR  
HOMECARE  
GUIDE**

**DAY & NIGHT**

# AM

CLEANSE  
TONE  
SUPPORT  
HYDRATE+SPF

# PM

CLEANSE  
TONE  
SUPPORT  
EXFOLIATE (as scheduled)  
TARGETED CORRECT (as scheduled)  
HYDRATE

# CLIENT VARIATIONS

Not every routine includes  
products from every  
category  
your routine is built based on  
your skins needs

# CORRECTION RULES

## **TARGETED CORRECT**

**DO NOT USE MULTIPLE TARGETED CORRECT  
PRODUCTS AT THE SAME TIME-SKIP NIGHTS**

# A M R O U T I N E

#1 **CLEANSE:** nué  
balance mild cleanser  
or crème cleanse

#2 **TONE:** glo tone  
or clear tone

#3 **SUPPORT:**  
PRO VITAMIN C SERUM  
REBEL REPAIR

#4 **HYDRATE+ SPF**  
GLO MOISTURE OR CLEAR MOISTURE or  
PHACE OIL +  
SPF DEWY OR SPF MATTE  
EYE DEW

cleanse twice with same cleanser in AM  
you can HYDRATE + SPF or just SPF in the AM

# P M R O U T I N E

## #1 CLEANSE

nué balance mild cleanser or  
chrème cleanse  
second cleanse with: glo wash or clear wash

## #2 TONE:

glo tone or clear tone

## #3 SUPPORT:

PRO VITAMIN C SERUM  
REBEL REPAIR

## # 4 EXFOLIATE:

glo skyn scrub or glo pads  
or clear pads  
use 2-3 nights weekly

## # 5 TARGET CORRECT:

POTENT ACNE FIX or PHADED or RE NUÉ GLO  
SERUM, CLAY CONTROL ,THE COMPOUND

USE TARGETED CORRECT 2-4 NIGHTS WEEKLY ON NONCONSECUTIVE NIGHTS

## #6 HYDRATE:

GLO MOISTURE OR CLEAR MOISTURE OR  
PHACE OIL, EYE DEW

# WHEN IN DOUBT

## **SIGNS YOU SHOULD PULL BACK:**

EXCESSIVE DRYNESS

SUDDEN SENSITIVITY

BURNING OR CONSTANT TINGLING

STOP ALL CORRECTION PRODUCTS FOR 3 DAYS  
USE CLEANSE, SUPPORT AND HYDRATE ONLY  
AFTER 3 DAYS SLOWY REINTRODUCE CORRECTION

## **SIGNS YOU NEED MORE CORRECTION:**

INCREASE IN BREAK OUTS

CONGESTION/CLOGGED PORES

UNEVEN TONE NOT IMPROVING

# LIFESTYLE FACTORS

## COMMON MISTAKES

SKIPPING MOISTURIZERS

- USING TOO MANY CORRECTION PRODUCTS AT ONCE
  - NOT USING SPF
  - CHANGING PRODUCTS TOO QUICKLY
  - USING WASH CLOTHS
- SLEEPING WITH HAIR PRODUCTS/OILS ON SKIN
- SYNTHETIC HAIR/EXTENSIONS RUBBING AGAINST FACE
- NOT WASHING/CHANGING BONNETS, SCARVES, HEAD WRAPS
  - VERY HOT SHOWERS
- TOUCHING FACE THROUGHOUT THE DAY

## FOOD SUGGESTIONS

- \*HYDRATE: DRINK WATER
- \*SCALE BACK ON THE SPICY FOODS
- \*REMOVE DAIRY FROM YOUR DIET
- \*REMOVE LOADS OF SUGAR FROM YOUR DIET

## SUPPLEMENTS

STARTING OR STOPPING VITAMINS, CAN CAUSE HORMONAL SHIFTS WHICH MAY LEAD TO BREAK OUTS OR TEMPORARY PURGING

# SUPPORT

## TEXTING APP

PLEASE IF  
SOMETHING FEELS  
OFF, IF UNSURE-  
REACH OUT,  
INCLUDE CLEAR  
PHOTOS

DOWNLOAD SPACES BY WIX: USE CODE -N9UF6L

## FOLLOW UP

please allow 24-48 hours  
reponse time.

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