Rejuvenate
AT THE WHITE ORCHID DAY SPA

PRE & POST PEEL CARE GUIDE

Your Chemical Peel, *simply explained*

a little knowledge, radiant results



www.thewhiteorchiddayspa.com

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A NOTE BEFORE WE BEGIN

Beautiful results begin with a little *care*

A professional peel is one of the most transformative treatments we offer at The White Orchid Day Spa. But truly beautiful results depend on how your skin is prepared **before** your visit — and how it is cared for **after**.

A few quiet moments with this guide protect three things at once: your skin, your glow, and your investment. Everything here is simple, and we are always a message away on WhatsApp (+268 7633 3933) if anything is unclear.

AN HONEST WORD

Please be open with your *therapist*

When we ask what you're using at home, it's never to judge — it's the only way we can keep your skin safe. Many reactions aren't caused by the peel itself, but by actives still working in the skin from home products.

> *If you've used an acid, retinol or a new product recently — even once — simply tell us, and we'll adjust your treatment or timing.*

Honesty means radiant results, and no surprises.

FIRST THINGS FIRST

Starting your *skin journey*

A beautiful outcome begins before your very first peel. Three things matter most:

1 Choose a qualified therapist

Always book with a qualified, experienced somatologist. Advanced chemical peels take proper training — and not everyone who offers them holds it. Never hesitate to ask about your therapist's qualifications and experience.

2 Always start with a consultation

Before your first treatment, we'll talk through your medical history and any treatments you've had at other salons. It's how we keep your skin safe and build the right plan for you.

3 Treatments & home care go together

Your therapist will recommend home care to support your in-spa treatments. Home care on its own, or treatments on their own, won't give you the best results — together, they transform your skin.

THE FOUNDATION OF HEALTHY SKIN

Your *skin barrier*

Think of your skin as a brick wall — the cells are the bricks, held together by a "mortar" of natural oils and ceramides. This barrier keeps moisture in and irritants, bacteria and pollution out. When it's strong, skin is calm, hydrated and resilient. When it's broken down, almost anything you apply can sting, react or make things worse.

What weakens it

- **Over-exfoliating** — too many acids or scrubs, used too often.
- **The wrong products** — harsh or unsuitable chemically-based products, or strong actives used without guidance.
- **Mixing too many actives** — retinol, AHAs, vitamin C and scrubs all at once.
- **Harsh cleansing** — stripping foams, high-pH washes and very hot water.
- **Skipping SPF** — daily sun quietly erodes the barrier.

Signs it needs help

- **Stinging or tightness** — a burning feeling when you apply products.
- **Lingering redness** — flushing that won't settle.
- **Flaky, rough patches** — dryness that keeps coming back.
- **New sensitivity** — skin that suddenly "can't tolerate" anything.
- **Breakouts & dehydration** — bumps and dryness even when you moisturise.

Why this matters before a peel

A peel is controlled exfoliation — and it only works beautifully on skin that can handle it. On an already-weakened barrier, the very same peel can trigger stinging, redness, breakouts and reactions. That's why we so often strengthen and prepare your barrier first: a healthy barrier means fewer reactions, less downtime and far better results.

SETTING YOUR SKIN UP TO SUCCEED

Preparing your *skin*

The peel is only part of the story. What you do between treatments matters just as much — and the right preparation is often the difference between a reaction and a radiant result.

1 Prime before you peel

Stronger peels work best on prepared skin. We often spend a few weeks building your barrier and tolerance with the right home care — and gentler treatments — first, so the peel works with your skin, not against it.

2 Use professional products

Not all skincare is equal. Everyday cosmetic products mostly sit on the surface, while professional cosmeceuticals are formulated to work within the skin at the right strength and pH. Harsh or unsuitable shop-bought actives are a common cause of sensitised, reactive skin — which is why we prescribe what truly suits you.

3 Consistency beats intensity

Beautiful skin comes from using the right products, the right way, over time — not from doing too much, too fast.

UNDERSTANDING YOUR SKIN

Hyperpigmentation *vs* Melasma

Both appear as darker patches on the skin — but they behave very differently, and knowing which is which shapes how we treat it.

THE UMBRELLA TERM

Hyperpigmentation

Any darkening of the skin caused by excess melanin. It's a broad term covering several kinds of discolouration.

USUAL CAUSES

Sun exposure, past breakouts or injury (post-inflammatory marks), and natural ageing.

APPEARS AS

Freckles, sun spots or defined dark patches — often where skin was inflamed or sun-exposed.

GOOD TO KNOW

Frequently responds well to targeted peels paired with diligent sun protection.

A STUBBORN TYPE

Melasma

A specific, more persistent form of hyperpigmentation that is largely hormone-driven — and easily provoked by heat and sun.

USUAL CAUSES

Hormones (pregnancy, the pill), amplified by sun and heat. High blood pressure, diabetes and high levels of stress can also stimulate pigmentation.

APPEARS AS

Larger, symmetrical, blotchy patches — typically across the cheeks, forehead and upper lip.

GOOD TO KNOW

Chronic and prone to return; it needs a gentle, patient approach and strict sun and heat avoidance.

The good news

Whichever it is, the essentials are the same — pigment-focused peels chosen for your skin, daily SPF, and (especially with melasma) keeping heat and sun off your skin. Your therapist will assess yours and guide the right plan.

OUR PEEL MENU

Finding your *perfect* peel

No two skins are the same, so at The White Orchid Day Spa we carry three trusted professional ranges — **Nimue Skin Technology**, **Lamelle Research Laboratories** and **SIX Skincare** — to match the right peel, at the right strength, to your skin and your goals.

Each peel on the pages that follow shows its strength and typical downtime. Whichever we choose together, the pre- and post-care applies to them all.

GENTLE — A light refresh with little to no downtime.

MODERATE — A deeper resurfacing — expect some flaking for a few days.

ADVANCED — Our most active, concentrated peels for prepared skin.

SIX Aesthetix

Gentle progressive resurfacing

LumiRx Peel GENTLE

A progressive resurfacing peel that renews skin gently, without the irritation or flaking of stronger peels. Targets pigmentation, melasma, acne scarring and fine lines — suitable for all Fitzpatrick skin types (I–VI).

DOWNTIME Little to none — formulated to avoid the redness and peeling of stronger peels.

How we choose your peel

These strengths and downtimes are general guides — your therapist adjusts each peel on the day to suit your skin. Every peel works best as part of a course, with gentle home care and daily SPF.

Nimue Skin Technology

Derma-cosmeceutical rejuvenation & resurfacing

Restore Micro Peel

GENTLE

The softest in the range. A gentle acid micro-peel that calms, balances the skin barrier and lightly exfoliates — perfect for sensitive skin or a first experience.

DOWNTIME Little to none — perhaps mild warmth that fades quickly.

Bio Active Peel

GENTLE

A 15% AHA rejuvenating peel that lifts dullness and boosts clarity, elasticity and collagen. The ideal first step into active peels for early ageing and uneven tone.

DOWNTIME Minimal — a little redness or warmth that usually settles within a few hours.

TCA Peel

MODERATE

A deeper-working TCA paired with Nimue's Bio-Active Complex. A true all-rounder for acne and scarring, sun damage, pigmentation, enlarged pores and fine lines.

DOWNTIME Low — light flaking for a few days, with some redness.

SRC Peel

MODERATE

A concentrated Skin Resurfacer, tailored to your skin — problematic, hyperpigmented or environmentally damaged. Deeply renews and refines while supporting the barrier. For skin already established on Nimue homecare.

DOWNTIME Designed to be low — some redness and light shedding as the skin renews.

Lamelle Research Laboratories

Targeted, science-led professional peels

Lactifirm 30/10 Peel — GENTLE

A light lactic-acid peel that smooths texture, hydrates and firms, and brightens dull skin while softening fine lines.

DOWNTIME Very low — usually no visible peeling at all.

Beta Peel 10% — MODERATE

A salicylic-acid (BHA) peel that clears down into the pores — ideal for congested, oily and breakout-prone skin and surface pigmentation. Decongesting and calming.

DOWNTIME Mild — light flaking over a few days as congestion clears.

Synergy Peel — ADVANCED

A next-generation blend of modified TCA and lactic acids for controlled, effective resurfacing. Targets hyperpigmentation with anti-ageing benefits.

DOWNTIME Manageable — light peeling for several days.

Retistore Peel — ADVANCED

Lamelle's advanced anti-ageing peel: a two-layer BHA-and-retinal treatment that firms, boosts collagen, speeds renewal and evens discolouration on photo-aged skin. Comfortable during application (Retistore Plus is double strength).

DOWNTIME Manageable social downtime — some shedding over a few days.

Rice Bran AO Peel — ADVANCED

A gentle antioxidant peel that softens early ageing, evens texture and lifts dullness while defending against free-radical damage.

DOWNTIME Low — mild, if any, flaking; skin looks instantly fresher.

BEFORE YOUR TREATMENT

Is now the *right time?*

A peel is wonderful — when the timing is right. Please tell us before your treatment if any of the following apply, so we can adjust, postpone or choose a gentler option.

- **Pregnancy or breastfeeding** — some treatments are best left for a little later.
- **An active cold sore or herpes outbreak** — best to let it heal first.
- **Recent oral acne medication** — such as isotretinoin (Roaccutane); we usually wait around six months.
- **Sunburnt, windburnt, broken or freshly tanned skin** — including recent self-tan.
- **Recent waxing, laser, microneedling or another peel** in the same area.
- **An active skin infection, or a flare of eczema, dermatitis or rosacea.**
- **Medication that makes your skin more sun-sensitive.**

None of these mean "never"

Most often it simply means we wait, adjust, or begin with something gentler. Always tell your therapist — this is exactly what your consultation is for — and together we'll time it perfectly.

THE GOLDEN RULE

Pause these products 4 days *before* & 4 days *after*

These ingredients are wonderful in everyday skincare. Alongside a professional peel, though, they over-exfoliate — and can cause stinging, burns, excess peeling and irritation. Check your cleansers, toners, serums and moisturisers for:

1 **AHAs**

Glycolic, lactic & mandelic acids.

2 **Salicylic Acid**

BHA — including acne washes & spot treatments.

3 **Retinol & Retinoids**

Retinol, retinal, tretinoin (Retin-A) & vitamin A serums.

Your Lamelle night creams

These contain retinoids, so please pause them too: **RA Advance**, **Corrective Serums 3 & 5**, **Clarity Night PM** and **Luminesce Night PM**.

No AHAs, salicylic acid or retinol for **4 days before** and **4 days after** your peel.

WHAT TO EXPECT

Downtime is normal — *expected*, even

A peel deliberately speeds up your skin's renewal. In the days that follow, it is completely normal to experience any of the following:

- **Sensitivity**
  A warm, tight feeling across the skin.
- **Redness**
  Which settles gradually, hour by hour.
- **Dryness**
  Temporary dehydration as skin renews.
- **Purging**
  Small breakouts surfacing and clearing.
- **Flaking or peeling**
  For several days as old skin sheds.
- **Dull, rough patches**
  The quiet stage before the glow arrives.

It can take up to a week

Most of this settles within a few days, but for some skins it can continue for up to 7 days — and that is completely normal.

AFTER YOUR PEEL

Is this *normal?*

Your skin may feel worse before it looks its absolute best — that is the peel doing its job. Please don't panic, and please don't pick.

✓ This is normal

- ✓ Mild redness or warmth, like a light sunburn.
- ✓ A tight, dry feeling for a day or two.
- ✓ Light flaking or peeling for a few days.
- ✓ Small breakouts surfacing (purging).
- ✓ Skin feeling more sensitive than usual.

◆ Please call us if

- ◆ Redness, swelling or heat that is intense or spreading.
- ◆ Blistering, weeping or broken skin.
- ◆ Burning or pain that is severe or won't settle.
- ◆ Signs of infection, or a cold sore developing.
- ◆ Anything that alarms you or simply won't settle.

You can never bother us

If something doesn't feel right, message us on WhatsApp (+268 7633 3933) before you treat it yourself — please don't reach for more products. We would always rather hear from you, and if a reaction is severe, seek medical care straight away.

AFTERCARE ESSENTIALS

Your Peel Do's & Don'ts

A few simple habits protect your results while your skin renews. For the first few days especially, keep things cool, calm and gentle.

✓ Do

- ✓ **Wear SPF 30+ daily** — every morning, and reapply through the day.
- ✓ **Keep it hydrated** — a gentle moisturiser, morning and night.
- ✓ **Stay gentle** — a mild cleanser only; let your skin lead.
- ✓ **Let it shed naturally** — any flaking will pass on its own.
- ✓ **Drink water and rest** — renewal happens from within, too.
- ✓ **Use a clean pillowcase** — kind to freshly renewing skin.
- ✓ **Give it time** — your best results build over the days that follow.
- ✓ **Ask us anything** — message before you worry.

× Don't

- × **No heat for 4–5 days** — saunas, steam rooms, hot yoga or very hot showers.
- × **No sun or sunbeds** — direct sun undoes your results; never skip SPF.
- × **No gym on the day** — no workouts on the day of your treatment; sweat can irritate fresh skin.
- × **No sweating it out** — keep exercise gentle for a few days after.
- × **No picking or scrubbing** — don't scratch, exfoliate or rub.
- × **No actives** — AHAs, salicylic acid or retinol for at least 4 days.
- × **No extra treatments** — waxing, threading, laser or facials for about a week.
- × **No swimming** — chlorine and salt water sting healing skin.

When in doubt, keep it cool and simple — and message us before you worry.

CARING FOR YOUR SKIN

While it *heals*

Your results are made as much at home as they are in the spa. While your skin renews, keep everything gentle — protecting your glow and your investment is simply a matter of a little daily care.

WHILE YOU HEAL

Keep it gentle

Gentle cleanser, hydrating moisturiser and SPF 30+ every morning. No scrubs, no acids, no retinol, no picking — let your skin shed in its own time.

BETWEEN YOUR VISITS

- **No retinol during your peel course** — vitamin A speeds cell renewal, and layered with a peel it can over-exfoliate, irritate and prolong peeling. We'll tell you exactly when it's safe to bring it back.
- **Avoid harsh or pigment-triggering ingredients** — freshly peeled skin is vulnerable. Strong acids, fragrances and unsuitable chemical actives can irritate it and even trigger new pigmentation. Please use only what we prescribe for you.

We're here for you

Unsure whether what you're seeing is normal? Message us on WhatsApp (+268 7633 3933) before you worry — we would always rather reassure you than have you panic at home.

REBOOKING

The Life Cycle of a Facial

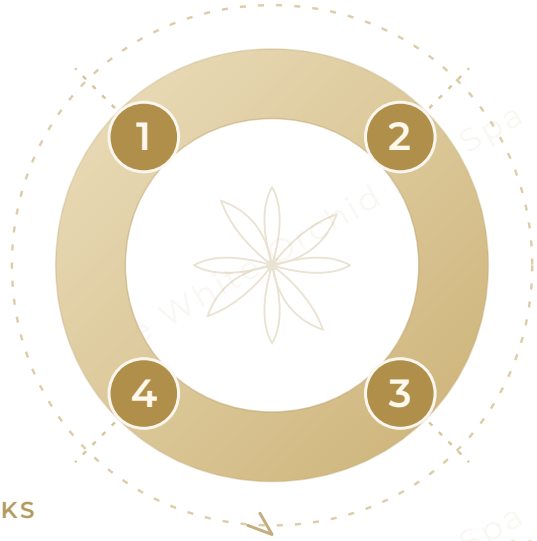
Your treatment keeps working long after you leave us. Here is how your skin renews in the weeks that follow — and why the timing of your next visit matters.

IMMEDIATELY AFTER

Your skin radiates a fresh, healthy glow.

48–72 HOURS

Skin is deeply hydrated as circulation is boosted.



4–6 WEEKS

Time to rebook — clearing dead cells and impurities to begin the cycle again.

28–48 DAYS

Cells regenerate and the long-term benefits take hold.

How often should you peel?

GENTLE

A course of **8 treatments**, done **weekly**.

MODERATE

ADVANCED

Monthly, or every second month.

GOOD TO KNOW

Peels through the *seasons*

Peels can be done all year round — the one thing that changes with the seasons is how carefully we manage the sun.

In summer

- SPF is critical — every morning, reapplied through the day, with a hat and shade at midday.
- We often favour gentler peels — strong sun and heat can trigger pigmentation.
- No tanning or self-tan before your treatment.
- Extra care with melasma, which flares in sun and heat.

In winter

- An ideal time for more active or advanced peels, with less sun to manage.
- Still wear SPF daily — UV reaches your skin even on grey days.
- Hydrate well — heaters and cold air dry out the skin and barrier.
- A perfect window to build results before summer.

All year round

SPF is non-negotiable, whatever the weather — and always tell us about upcoming holidays or sun exposure, so we can time your peel to protect your results.

GOOD TO KNOW

Your questions, *answered*

Does a peel hurt?

Usually just a mild tingle or warmth during the treatment. Stronger peels can feel a little more active, but only briefly — and we guide you through it.

How many will I need?

Peels work best in a course. Gentle peels are done weekly (a course of eight); moderate and advanced peels monthly, or every second month.

Will I peel or flake?

It depends on the peel. Gentler peels often have little to no visible flaking, while stronger ones may shed lightly for a few days.

Can I wear makeup afterwards?

Best to give your skin 24 hours to breathe first, then keep to gentle, mineral makeup while it settles.

Do I really need SPF every day?

Yes — always. SPF 30+ every morning, even indoors or on cloudy days. It protects your results and prevents pigmentation; without it, a peel can do more harm than good.

When will I see results?

Many clients glow immediately, but the fuller benefits build over the weeks that follow as your skin renews — which is why a course and good home care matter.

IN PLAIN ENGLISH

A little *glossary*

AHAs
Alpha hydroxy acids (glycolic, lactic, mandelic) — water-loving acids that exfoliate the surface to brighten and smooth.

BHA
Beta hydroxy acid (salicylic) — an oil-loving acid that clears into the pores; ideal for congestion and breakouts.

TCA
Trichloroacetic acid — a stronger resurfacing acid used in deeper, medium-depth peels.

Retinol / Retinoids
Vitamin A derivatives that speed cell renewal. Paused around peels to avoid over-exfoliation.

Cosmeceutical
Professional-grade skincare formulated to work within the skin — stronger and more targeted than cosmetic products.

Somatologist
A qualified skin-care therapist trained to perform advanced treatments safely.

Hyperpigmentation
Darkening of the skin caused by excess melanin — an umbrella term for several kinds of discolouration.

Melasma
A stubborn, largely hormone-driven form of pigmentation, easily provoked by heat and sun.

PIH
Post-inflammatory hyperpigmentation — dark marks left behind after irritation, injury or breakouts.

Skin barrier
The skin's protective outer layer that locks moisture in and keeps irritants out.

Purging
Temporary breakouts as a treatment speeds up your skin's natural renewal.

SPF
Sun protection factor — your daily defence against UV, pigmentation and premature ageing.

Fitzpatrick scale
A way of classifying skin tones (I–VI) and how they respond to sun and treatment.

Rejuvenate
AT THE WHITE ORCHID DAY SPA

Following this guide is the difference between a reaction and a radiant result.

Thank you for trusting us with your skin.

Loved your results?

We would love for you to leave us a Google review — it helps us build trust with new clients and keep improving our care.

SCAN TO LEAVE US A GOOGLE REVIEW

THE WHITE ORCHID DAY SPA

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