



Cosmelan

Before application of Cosmelan

- No hair removal to the area 4 weeks prior
- No sunburn to the area 4 weeks prior
- No other skin treatments to the area for 4 weeks*
- Prep using Brightening Peel Booster 4 weeks (Stop using 48 hours prior)
- No cosmetic injectables to the area for 2 weeks prior
- No hair dye or tinted brows for 2 week prior
- No actives, including Vitamin A for 3 days prior is recommended to allow 5 full days of downtime, including day of treatment, plus up to 4 weeks of skin shedding, this should be taken into consideration when booking treatment around social events and work.
- Arrive on the day of treatment with water spray.

Application of Cosmelan

During the treatment the skin will be prepped with an oil removing solution to allow even penetration of the peel. Tingling and a strong smell is expected. The thick, clay coloured cosmellan® 1 mask will be applied and must be left on at home for a period of 8-12 hours. The duration will be dependent on Fitzpatrick type and skin condition. During the treatment, whilst the mask is on, a non-active water mist, will need to be used to keep the product moist (not wet) to ensure it does not dry out.

Once the mask has been left on for the desired time, it will need to be completely but gently removed at home using room temperature water and fibrella wipes, these will be provided by your skin therapist. Once removed a small amount of Melan Recovery is to be applied and allowed to dry before bed.

How will I look after the treatment? - For the next few days after removal, the skin will be quite red and sensitive. Around day 3 your face will start to peel and it may peel a lot for up to 7 days. The daily use and re-application of a sunscreen is non-negotiable to ensure treatment efficacy and results. The sun will bring that pigmentation right on back. We recommend a wide brimmed hat so the sun doesn't sneak onto the sides of your face. Keeping the skin well-hydrated following the removal of the Cosmelan mask is also vital to reduce unwanted dryness or flaking.

Home care - You will receive your homecare kit and that comes with step by step instructions on how to use your product. In the event you lose that here it is again. After your 72

hours you may begin the next post treatment protocol. This will be your protocol for the next 6 months.

AM

- Hydra Milk Cleanser & Hydratonic
- Cosmelan 2 cream mixed with Hydra-Vital Factor K
- SPF

PM

- Hydra Milk Cleanser & Hydratonic
- Hydra Face Mask for 20 mins a few nights a week, as needed.
- Cosmelan 2 mixed with Hydra-Vital Factor K

Make-up - You can absolutely wear foundation after your Cosmelan treatment and I strongly recommend you purchase the Cover Recover from DP Dermaceuticals which will really help soothe the redness or the 1Skin Foundation which is very hydrating and 98% natural.

Other things to consider that may happen after the Cosmelan peel

- The first 2 weeks are likened to strong sun burn, the beginning with heat and redness and progressing to peeling.
- Immediately after removal – Moderate Erythema and Heat
- 24hours after application – Moderate Erythema, Strong Heat and Moderate Swelling
- 48hours after application – Strong Erythema, Moderate Heat, Swelling and Itching, Mild flaking
- 72hours after application – Mild Erythema and Heat, Strong Itching and flaking
- 72hour – 1 week after application – Mild Erythema and Heat, Moderate Itching and flaking
- 1 week – 8 weeks after application – Mild Erythema, Moderate Itching and flaking
- 30 days, 60days and 90 days – An increase in pigment can be noticed around month 1, 2 and 3. This is known as a “pigmentation spike” where the underlying pigment continues to rise through the layer of the skin to the surface.
- Cold sore sufferers will likely experience a breakout. Preventative medication is strongly recommended.
- Breakouts are normal.
- Whilst visible changes are noticed throughout the journey, true results are not expected until 6 months following the treatment.
- A yearly treatment can be recommended.
- No exercise, hot showers, pools, spas, saunas, heaters, air conditioners, or hairdryers for 72hours
- No picking to the area, allow the skin to shed naturally
- We recommend mineral make up only
- No other skin care or cosmetic injectables are permitted for 3 months
- No dermal skin treatments are permitted for 6 months,

- No sun or fake tan to the area for 3 months
- A strict home care plan is to be followed as outlined in the home care plan, failure to follow this will affect results.

How long does the total treatment take? The cosmelan® method is a 7 month commitment to your skin. Starting with 4 weeks of skin at-home preparation. This is prior to the in-clinic application of the cosmelan Mask (peel). The Mask is a fast and effective 30 minute treatment which is required to be left on the skin for 8-12 hours. From there the program is completed over the following 6 months from the comfort of your own home, with the exception of LED Light Therapy and any other additional treatments you have purchased in your package.

Is cosmelan® suitable for all skin phototypes? The cosmelan® method is a one-off treatment designed to address all types of pigmentation concerns and is suitable for all skin types, it will lighten, brighten and even the skin tone.

When will I see results? During the first or second week of treatment with the cosmelan® method the skin will already show improvement. Continuing the at-home product application for the continuing 6 months will achieve optimal results and prevent the reappearance of spots.

Is there any pre-treatment required? Yes, clients of our cosmelan® program will be provided with detailed step-by-step instructions on both pre and post care requirements. We will provide you with helpful tips on what to expect and guide you through the program to achieve best possible results.