



Fruit Peel Instructions

This is used as a post treatment mask for at least 2 to 4 weeks after your treatment. It is a requirement of us that you read the appropriate before and after care instructions for the treatment you received prior to the mask. For example, if you had a micro needling, please read the micro needling before and after care instructions.

Before the treatment

- Avoid sunburn, tanning beds, or any form of tanning product on your face for 2-weeks prior to your treatment.
- Come to the clinic with clean skin.
- Drink plenty of water on the day of your treatment.
- Avoid alcohol the night 24-hours prior.
- Eat some food and drink some water prior to your treatment.
- Inform the nurse if you have any allergies at all or past skin reactions to products.
- Avoid hair removal treatments including IPL, any form of laser, waxing, bleaching, hair removal creams, electrolysis and tweezing prior to your treatment for 5 to 7 days.
- For 5 to 7 days prior to your micro needling treatment do not use topical agents that may increase the sensitivity of your skin such as alpha hydroxyl acid (AHA), hydroquinone, benzoyl peroxide acne products, exfoliants, topical antibiotics, and retinoids.

Skin care

- For the best results after any skin treatment, we strongly recommend using our skin care products. We use a skin care line that is value for money and will nourish your skin.
- After 24 hours wear your sunscreen SPF 30 plus or higher.

When to seek medical attention and call the clinic on 406 581 8032

- Although it is very rare if blisters, crusting, oozing, and pustules occur, this may indicate an infection.

- If any other concerning skin changes occur.

Diet recommendations

- Eat a diet high in omega-3 fish oil such as salmon, soups with broth, try to avoid dairy and wheat, eat fruit and vegetables. Try to avoid unnecessary sugar including fruit juices and drink at least one liter of water per day. Natural freshly squeezed juice at home is ok.

If you have any concerns or questions, please don't hesitate to contact NLHB on 406 581 8032.