

Nimue Active Rejuvenation / Peels

What to expect:

- Mild redness, tingling, or flaking for 3–7 days depending on peel strength.
- Skin may feel tighter and more sensitive.

Do's:

- Use only the prescribed Nimue products (cleanser, conditioner, moisturiser, SPF).
- Apply Nimue SPF 40+ daily and avoid direct sun for 2 weeks.
- Moisturise regularly to reduce dryness.
- If flaking occurs, allow skin to shed naturally.

Don'ts:

- Do not use exfoliating scrubs, acids, or retinoids for 7 days.
- Do not pick or peel flaking skin.
- Avoid makeup for 24 hours (mineral only if essential).
- No heat, sweating, or strenuous exercise for 48 hours.
- Avoid facials, waxing, or hair removal for 1 week.

⚠ When to contact the clinic:

Contact the clinic if you notice severe irritation, blistering, or prolonged discomfort.

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