



**Thank you for purchasing our Glycolic Acid.  
Please read the following instructions carefully in order to ensure safe usage.**

---

### **Product Usage Warning**

Please do not use this product if you fall into any of the following categories:

- Under 16 years of age
- Pregnant or lactating
- If you are using any prescription medications for any skin conditions
- If you have diabetes mellitus or circulatory problems including Raynaud's disease
- If you are allergic to glycolic acid

If in doubt always seek professional advice regarding the compatibility of this product with any treatment you are currently receiving.

---

### **First, perform a patch test (Do not skip this step)**

1. Mix a small amount of bicarbonate of soda/baking soda (cheaply available from supermarkets) into a paste with some warm water. Prepare enough to cover the area you are testing. This will be used to neutralise the acid after application.
2. Cleanse the skin
3. Rinse the skin thoroughly with plenty of water, ensuring that no trace of cleansing products remain as they can hinder the treatment.
4. Dry skin thoroughly
5. Using an applicator brush, a cotton wool or a cotton pad apply a small amount of the solution to a less noticeable area of the part of the body you wish to treat. For example, if you want to use the solution on the face then apply a small amount to the jawline area
6. Leave it for 2 minutes
7. Wash the solution off with warm water and then apply the bicarbonate of soda/baking soda paste. Leave the paste on the skin for 2 minutes to neutralise the acid and then wash it off with warm water.
8. Apply a moisturiser to prevent dryness.
9. Wait 48 hours
10. If an adverse reaction is experienced, discontinue use and contact the seller to discuss a refund
11. If no adverse reaction occurs, you may proceed to a full application

---

## Application

### Important things to remember

- Do not apply to broken, cracked or infected skin or open wounds.
- Do not use within 48hrs of exfoliating or waxing.
- Using the product may result in some breakouts. This is the skin naturally reacting to the cleansing process of the peel. Breakouts will lessen with each additional application and should not be cause for concern.
- Some mild tingling can occur, if burning/stinging is severe discontinue use immediately and neutralise the acid with bicarbonate of soda/baking soda as described in the patch test information.
- Acid peels should not be applied more than once a week for a maximum of 6 consecutive weeks. A 2-3 week rest period should then be taken in order for the skin to rejuvenate.
- Do not apply the product for longer than the time stated in the application instructions. Whilst the peel cleanses the skin, it will need time to heal and naturally renew. Please be patient.
- Following application, do not use any products that contain acids or harsh ingredients until the peeling has ceased. Doing so can aggravate the skin.
- Darker skin can be more sensitive and thus prone to scarring. It is recommended to start with a lower concentration first and then to move progressively up the strengths if you skin does not react adversely.
- Keep the product away from children.

### Directions

1. Mix some bicarbonate of soda/baking soda (cheaply available from supermarkets) into a paste with some warm water. Prepare enough to cover the area to be treated in a thin layer. This will be used to neutralise the acid after application.
2. Cleanse the skin
3. Rinse the skin thoroughly with plenty of water, ensuring that no trace of cleansing products remain as they can hinder the treatment.
4. Dry skin thoroughly
5. Using an applicator brush, a cotton wool or a cotton pad apply the solution to the area you wish to treat avoiding the sensitive areas of the face such as on and around the lips and eyes.
6. Leave it for 2 minutes
7. Wash the solution off with warm water and then apply the bicarbonate of soda/baking soda paste. Leave the paste on the skin for 2 minutes to neutralise the acid and then wash it off with warm water.
8. Apply a moisturiser to prevent dryness and re-apply daily if required.
9. In sunny weather, apply appropriate sunscreen protection (cream/lotion) to protect newly exposed skin cells from increased photosensitivity. SPF15 or above is recommended.
10. The skin peel procedure can then be repeated once a week for a maximum of 6 consecutive weeks. A 2-3 week rest period should then be taken in order for the skin to rejuvenate.

### Optional

- In order to increase the effectiveness of the process the application time can be increased by 30 seconds each week providing the skin experiences no adverse reaction. See the table below:

WEEK	APPLICATION TIME	NEUTRALISATION TIME
1 application per week	the amount of time the solution can be left on the skin	The amount of time the neutralising paste should be left on the skin
Week 1	2 minutes	2 minutes
Week 2	2 minute 30 seconds	2 minutes 30 seconds
Week 3	3 minutes	3 minutes
Week 4	3 minutes 30 seconds	3 minutes 30 seconds
Week 5	4 minutes	4 minutes
Week 6	4 minutes 30 seconds	4 minutes 30 seconds

---

### Disclaimer

Following these instructions will ensure your safety. The seller will not be held legally responsible for any unintended results or injury resulting from the misuse of any of their products.

If you have any questions please feel free to contact at [info@bvskincare.uk](mailto:info@bvskincare.uk)

Thank you for choosing us.

---

**Revised April 2018**