



Ché
COUTURE

AFTERCARE &
HOMECARE
HANDBOOK

SYSTEM • ROUTINE • STRUCTURE

CLIENT AFTERCARE

WHAT TO EXPECT IMMEDIATELY
FOLLOWING YOUR TREATMENT.

01

DAY OF TREATMENT

Leave everything applied during your appointment on the skin.

Begin your recommended aftercare routine the following morning or evening unless otherwise instructed.

02

AFTERCARE COMPLETE

Continue your aftercare routine for the full recommended period.

Once complete, transition into your regular homecare regimen.

IMPORTANT

Begin your full corrective skincare regimen after **7 days**.

Refer to the Homecare section for your complete routine.



Consistency creates results.

What you do at home between appointments plays a major role in maintaining and improving your outcome.

PEEL, MICRONEEDLING, FACIAL & HERBAL PEEL LIFT

7 DAY AFTERCARE DETAILS

AM 

PM 

01

CLEANSE

Cleanse with mild cleanser.
Use clean hands only,
pat dry with
disposable cloth.

01

CLEANSE

Cleanse with mild cleanser.
Use clean hands only,
pat dry with
disposable cloth.

02

SERUM

Apply Rebel Repair Serum.
Press serum into your
skin gently.

02

SERUM

Apply Rebel Repair Serum.
Press serum into your
skin gently.

03

SPF

SPF 50.
Add Night Time
Moisturizer first if skin
feels dry.

03

NIGHT TIME CRÈME

Apply Evening
Moisturizer.

* SKIP OVER PRODUCTS YOU DON'T HAVE

WHAT TO EXPECT

Understanding Your Skin's Healing Process

Every treatment and every skin journey is unique.

PEELS



PEELING TIMELINE

Peeling may begin **2-4 days** after treatment.

The duration depends on the strength of the peel and may continue for up to **10 days**.



NO VISIBLE PEELING?

Not all peels result in visible shedding.

Even without visible peeling, the treatment is still working beneath the surface.

MICRONEEDLING



NORMAL HEALING RESPONSE

Mild redness, tightness, tingling, dryness, or sensitivity may occur.

These effects are temporary and typically improve within a few days.



HYDRATION SUPPORT

A temporary dark cast, dryness, or flaking may occur.

Continue using **Rebel Repair Serum** and moisturizer consistently until the skin feels balanced.

FACIALS



IMMEDIATELY FOLLOWING TREATMENT

Skin may feel completely normal or slightly dry.

Focus on hydration and continue using your recommended serum and moisturizer.



SUPPORTING HEALTHY TURNOVER

Once approved to resume your normal routine, a cleansing brush may be incorporated to support healthy exfoliation and cell turnover.

Healing is a process.

CONSISTENCY, PATIENCE & PROPER CARE
CREATE LASTING RESULTS.

DO'S & DON'TS

Protect your results. Support the healing process.

DO

STAY MOISTURIZED

Continue applying your recommended moisturizer and *Rebel Repair Serum* consistently.

WEAR SPF DAILY

Protect healing skin with daily sunscreen application.

CLEANSE GENTLY

Cleanse morning and evening using clean hands only. Pat dry. Do not scrub.

RESUME YOUR REGIMEN

Return to your full corrective skincare regimen after **7 days** unless otherwise directed.

DON'T

PICK, PEEL, OR SCRATCH

Allow the skin to shed naturally. Premature removal can interfere with results.

HEAT & SWEATING

Avoid hot showers, saunas, steam rooms, excessive sweating, and exercise for **2–3 days**.

DIRECT SUN EXPOSURE

Protect healing skin from unnecessary sun exposure.

MAKEUP & ACTIVE PRODUCTS

No makeup for **24 hours**.
No retinoids for **7–10 days**.
No waxing or threading for **3 days**.

Healing skin performs best when protected.

SPECIAL INSTRUCTIONS

Additional guidance that may apply based on your treatment and skin condition.



PHADED AFTER A SERVICE

PEELS • FACIALS • MICRONEEDLING

You may be instructed to incorporate **PHADED SERUM** following a treatment.

Begin use on the **THIRD EVENING** after your service and apply every other night for **2-3 WEEKS** unless otherwise directed.



ADDING MOISTURE AFTER MICRONEEDLING

If your skin feels tight, dry, or uncomfortable following microneedling, you may apply additional moisturizer.

DO NOT WASH THE SKIN.

Simply apply moisturizer directly over the treatment area as needed.



BLEMISH CONTROL AFTER A SERVICE

Acne corrective products are typically paused immediately following treatment.

If a cyst develops, you may apply a small amount of:

- **POTENT ACNE SERUM**
- **THE COMPOUND**
- **CORRECTIVE CLEANSER**

directly to the blemish and leave overnight as directed.

SUPPORT THE HEALING PROCESS.
THE RESULTS WILL FOLLOW.



HERBAL PEEL

PLUS



HERBAL PEEL

INTENSE

AFTERCARE

Healing. Renewal. Transformation.



HERBAL PEEL PLUS + INTENSE

AFTERCARE GUIDE

Follow these instructions during the healing process.



FIRST 48 HOURS

Herbal Peel Plus

Do not begin aftercare immediately following treatment.

For the first 48 hours:

AM

- SPF only

PM

- Moisturizer only

No cleansing.

No washing.

No active products.



AFTER 48 HOURS

Continue the following routine for 5 days.

AM

01 — CLEANSE

Mild Cleanser

02 — REPAIR

Rebel Repair Serum

03 — PROTECT

SPF

PM

01 — CLEANSE

Mild Cleanser

02 — REPAIR

Rebel Repair Serum

03 — HYDRATE

Moisturizer



PEELING PHASE

Peeling typically begins around Day 2–3.

- Do not pick peeling skin
- Herbal Peel Intense may peel longer
- Trim loose flakes if necessary
- If skin is not ready, continue aftercare for an additional 7 days
- Avoid exfoliation for 4 weeks



WHAT TO EXPECT

Itching, warmth, tingling, and redness are normal.

Hydration is essential throughout the healing process.

A temporary darkened appearance or “cast” may occur on richer skin tones.

Continue moisturizing generously.



IMPORTANT REMINDER

Follow the same Do's & Don'ts outlined in the previous section.

HEALING TAKES TIME.
TRUST THE PROCESS.



DPN MOLE REMOVAL



AFTERCARE

*Supporting proper healing
for optimal cosmetic results.*

HEALING ♦ PROTECTION ♦ RESULTS



DPN / MOLE REMOVAL AFTERCARE



FIRST 24 HOURS

KEEP SKIN DRY

- No cleansing
- No makeup
- Avoid touching the area



DO'S & DON'TS

- ✓ Cleanse with clean hands
- ✗ Do not pick scabs
- ✗ Avoid hot showers
- ✗ Avoid steam rooms & saunas
- ✗ Avoid excessive sweating for 48 hours
- ✗ Avoid exfoliants and active ingredients for 4-6 weeks



DAYS 1-14

FOCUS ON HEALING

MORNING

- Mild Cleanser
- Healing Ointment
- SPF

EVENING

- Mild Cleanser
- Healing Ointment



AVOID

FOR 2-4 DAYS



Alcohol



Smoking



Chlorinated
pools



Excessive
caffeine



DAYS 14-30

BEGIN RESTORATION

- Introduce Vitamin C Serum
- Continue SPF daily
- Continue moisturizer morning and evening
- Protect healing skin from sun exposure



SPF IS NON NEGOTIABLE

Apply every morning.
Reapply every 2 hours when outdoors.
Daily SPF is essential for proper
healing and pigment protection.



IMPORTANT

Skin services may resume after 4-6 weeks depending on:

- Number of lesions treated
- Healing progress
- Provider recommendations

For best results, discontinue corrective treatments
at least 2 weeks prior to future removal appointments.



PREP FOR YOUR NEXT APPOINTMENT

Simple steps for the best treatment outcome.

01

3 DAYS PRIOR

PAUSE ALL EXFOLIATING PRODUCTS
PAUSE ALL TARGETED CORRECTIVE PRODUCTS

PHADED SERUM
POTENT ACNE SERUM
CLEAR PADS
GLO PADS
RETINOL PRODUCTS

02

KEEP IT SIMPLE

AM

CLEANSE
TONE
SUPPORT SERUM
HYDRATE
SPF

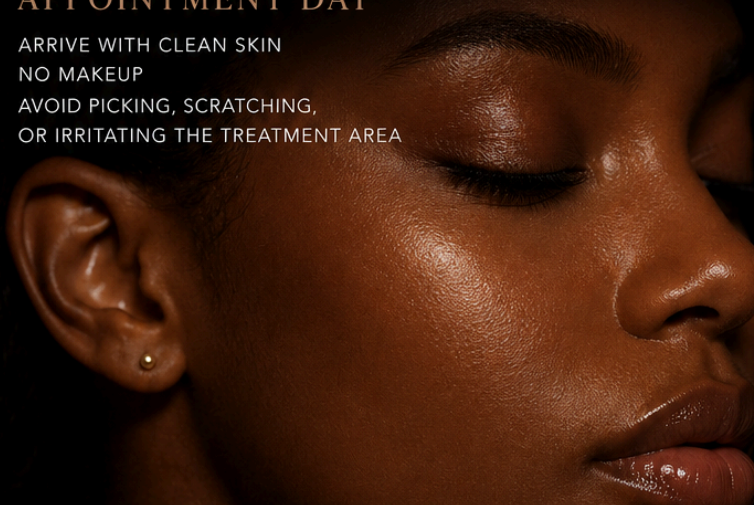
PM

CLEANSE
TONE
SUPPORT SERUM
HYDRATE

03

APPOINTMENT DAY

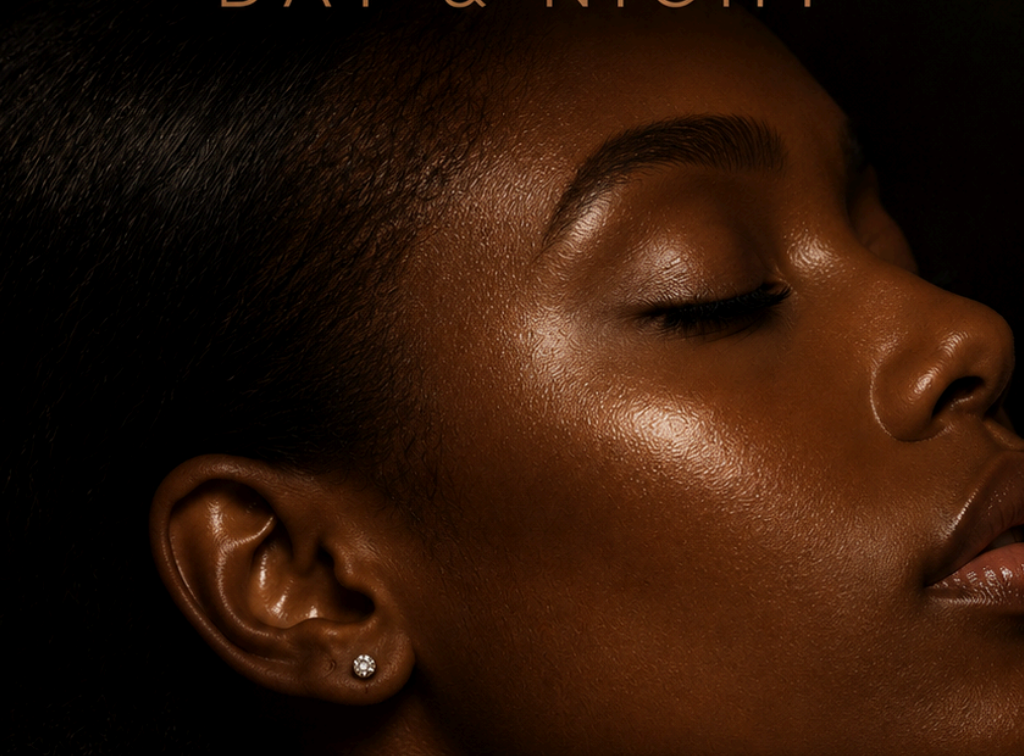
ARRIVE WITH CLEAN SKIN
NO MAKEUP
AVOID PICKING, SCRATCHING,
OR IRRITATING THE TREATMENT AREA



REGULAR HOMECARE GUIDE



DAY & NIGHT



AM

CLEANSE

TONE

BARRIER SUPPORT

HYDRATE + SPF



PM

CLEANSE

TONE

SUPPORT

EXFOLIATE (AS SCHEDULED)

TARGETED CORRECT (AS SCHEDULED)

HYDRATE



AM ROUTINE

01

CLEANSER: nué
balance mild cleanser
or chrème cleanse

02

TONE: glo tone
or clear tone

03

SUPPORT:
PRO VITAMIN C SERUM
REBEL REPAIR

04

HYDRATE + SPF:
GLO MOISTURE or CLEAR MOISTURE or
PHACE OIL +
SPF DEWY or SPF MATTE
EYE DEW

*cleanse twice with same cleanser in AM
you can HYDRATE + SPF or just SPF in the AM*



PM ROUTINE

A routine does not have to be complicated.
Following the correct order and remaining
consistent is what creates lasting change.

01



CLEANSE

nué balance mild cleanser or
chreme cleanse

second cleanse with:
glo wash or clear wash

02



EXFOLIATE

glo skyn scrub or glo pads
or clear pads

use 2–3 nights weekly

03



TONE

glo tone or clear tone

04



CORRECT

PRO VITAMIN C SERUM
REBEL REPAIR SERUM

05



TARGETED SERUM

PHADED™ SERUM or RE NUÉ GLO SERUM
use 2–3 nights weekly

06



HYDRATE

GLO MOISTURE or CLEAR MOISTURE
or PHACE OIL, EYE DEW

07



TREATMENT PRODUCTS

CLAY CONTROL
THE COMPOUND



CLIENT VARIATIONS

Not every routine includes products from every category.

Skip over products you do not have.

Inquire about additional products during your next visit.

CORRECTION RULES

TARGETED CORRECT



Do not use multiple targeted correct products at the same time.
Skip nights as directed.



Serums that can be used with any other serum:

Rebel Repair Serum
Pro Vitamin C Serum



WHEN IN DOUBT



SIGNS YOU SHOULD PULL BACK:

- ◆ EXCESSIVE DRYNESS
- ◆ SUDDEN SENSITIVITY
- ◆ BURNING OR CONSISTENT TINGLING



STOP ALL CORRECTION PRODUCTS FOR 3 DAYS
USE CLEANSE, SUPPORT AND HYDRATE ONLY
AFTER 3 DAYS SLOWLY REINTRODUCE CORRECTION



SIGNS YOU NEED MORE CORRECTION:

- ◆ INCREASE IN BREAK OUTS
- ◆ CONGESTION/CLOGGED PORES
- ◆ UNEVEN TONE NOT IMPROVING



LIFESTYLE FACTORS

COMMON MISTAKES

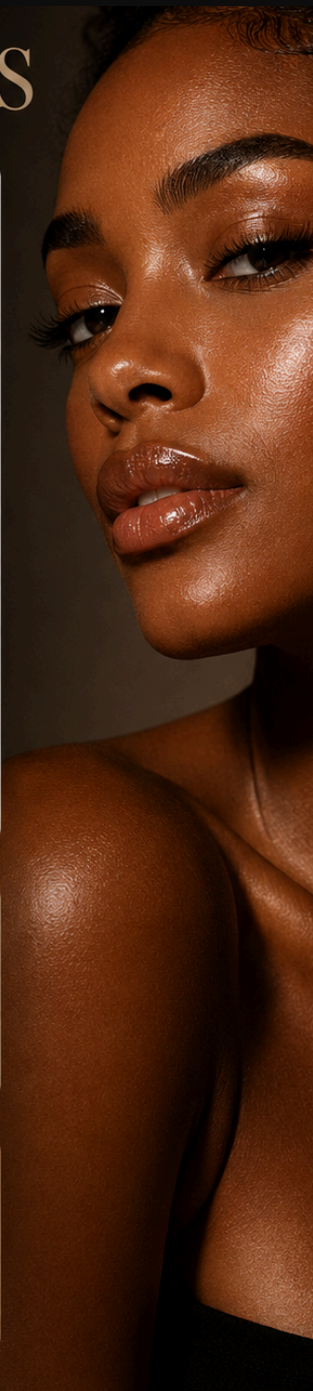
-  Skipping moisturizers
-  Using too many correction products at once
-  Not using SPF
-  Changing products too quickly
-  Using wash cloths
-  Sleeping with hair oils on skin
-  Hair extensions rubbing against the face
-  Not washing bonnets scarves and wraps
-  Very hot showers
-  Touching the face throughout the day

FOOD SUGGESTIONS

-  Hydrate with water
-  Scale back spicy foods
-  Reduce dairy
-  Limit excess sugar

SUPPLEMENTS

Starting or stopping vitamins can create temporary hormonal shifts that may contribute to breakouts or purging.



SUPPORT



IF SOMETHING FEELS OFF

Reach out before making changes to your routine.



REACH OUT

We're here to support you every step of the way.



INCLUDE CLEAR PHOTOS

Include clear photos in natural lighting.

FOLLOW UP



WEBSITE

thechecouture.com



EMAIL

thechecouture@gmail.com



Please allow 24 to 48 hours for a response.

HERE TO SUPPORT
YOUR SKIN JOURNEY

