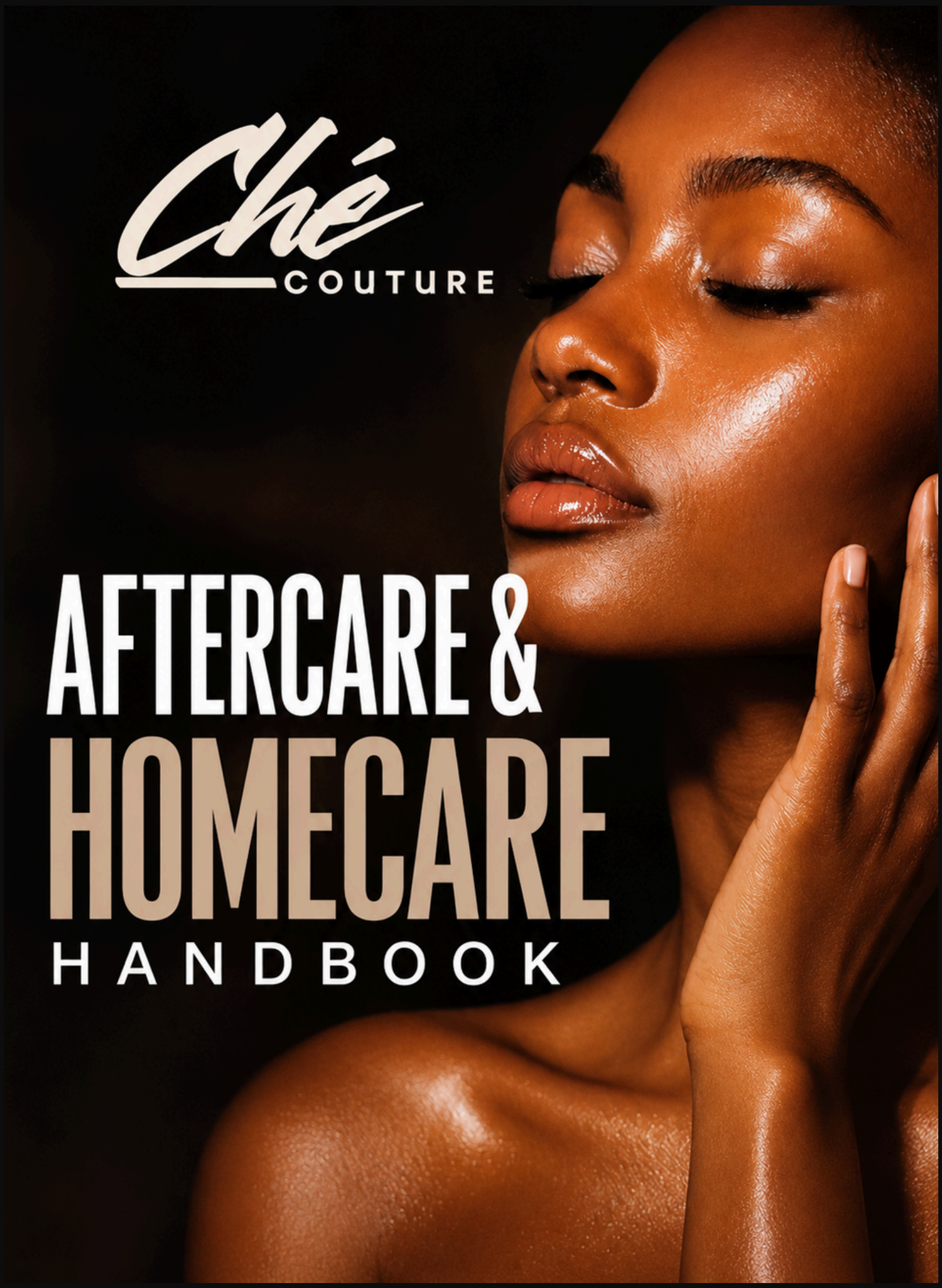
Ché
COUTURE
AFTERCARE &
HOMECARE
HANDBOOK

Ché COUTURE

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

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.

03 SPF

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

PM

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.

03 NIGHT TIME CRÈME

Apply Evening Moisturizer.

SKIP OVER PRODUCTS YOU DON'T HAVE

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WHAT TO EXPECT

AFTER YOUR TREATMENT

PEELS

PEELING TIMELINE

Peeling may begin **2–4 days** and can continue up to **10 days.**

NO VISIBLE PEELING

The treatment is still working beneath the surface.

MICRONEEDLING

NORMAL RESPONSE

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

DARK CAST & HYDRATION

Skin may temporarily appear darker (a dark cast) as it heals. Continue using **Rebel Repair Serum** and a moisturizer.

FACIALS

AFTER TREATMENT

Skin may feel normal or slightly dry.

SUPPORTING TURNOVER

A cleansing brush can be added to your routine when you go back.

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DO'S & DON'TS



DO

STAY MOISTURIZED
Use your moisturizer and **Rebel Repair Serum.**

WEAR SPF DAILY

CLEANSE GENTLY
Use a mild cleanser.
Pat dry. Do not scrub.

RESUME YOUR REGIMEN
Return to your full skincare regimen after **7 days.**

DON'T

PICK, PEEL, OR SCRATCH

HEAT & SWEATING
Avoid for **2–3 days.**

DIRECT SUN EXPOSURE

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

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HERBAL PEEL PLUS
HERBAL PEEL INTENSE

AFTERCARE



HERBAL PEEL PLUS+
HERBAL PEEL INTENSE

AFTERCARE GUIDE



FIRST 48 HOURS

Do not begin aftercare immediately.

AM
SPF only

PM
Moisturizer only

AFTER 48 HOURS

Follow this routine for 5 days. AM/PM

01 | **CLEANSE**
Mild Cleanser

02 | **REPAIR**
Rebel Repair Serum

03 | **HYDRATE**
Moisturizer

PEELING PHASE

Peeling typically begins around
Day 2–3.

WHAT TO EXPECT

Itching, warmth, tingling, and redness are normal.
Continue moisturizing generously.

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DPN MOLE REMOVAL

AFTERCARE



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DPN / MOLE REMOVAL

AFTERCARE



FIRST 24 HOURS

Keep skin dry.
No cleansing.
No makeup.
Avoid touching the area.

DAYS 1 – 14

Focus on healing.

- Cleanse with a mild cleanser.
- Apply a healing ointment.
- Use SPF daily.

AVOID FOR 2 – 4 DAYS

- Alcohol.
- Smoking.
- Chlorinated pools.
- Excessive caffeine.

DAYS 14 – 30

- Introduce Vitamin C serum.
- Continue a moisturizer morning and evening.
- Protect skin from sun exposure.

IMPORTANT

Results vary by client.

Skin services may resume after 4 – 6 weeks depending on healing and progress.

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REGULAR HOMECARE GUIDE

DAY & NIGHT



AM ROUTINE

01	CLEANSE
02	TONE
03	BARRIER SUPPORT
04	HYDRATE + SPF



PM ROUTINE

01	CLEANSE
02	TONE
03	SUPPORT
04	EXFOLIATE (AS SCHEDULED)
05	TARGETED CORRECT (AS SCHEDULED)
06	HYDRATE

AM ROUTINE



01 CLEANSE

Nué Balance Mild Cleanser
or Crème Cleanse

02 TONE

Glo Tone
or Clear Tone

03 SUPPORT

Pro Vitamin C Serum
Rebel Repair Serum

04 HYDRATE + SPF

Glo Moisture or Clear Moisture
or Phace Oil
SPF Dewy or SPF Matte
Eye Dew

Cleanse twice with the same cleanser in the AM.

*You can **HYDRATE + SPF** or just **SPF** in the AM.*

PM ROUTINE



01 CLEANSE
Nué Balance Mild Cleanser
or Crème Cleanse

02 EXFOLIATE
Glo Pads or Clear Pads
Use 2–3 nights weekly

03 TONE
Glo Tone or Clear Tone

04 SUPPORT
Pro Vitamin C Serum
Rebel Repair Serum

05 TARGETED SERUM
Phaded™ Serum or
Potent Acne Fix Serum
Use 2–3 nights weekly

06 HYDRATE
Glo Moisture or Clear Moisture
or Phace Oil

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 TOGETHER

- 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

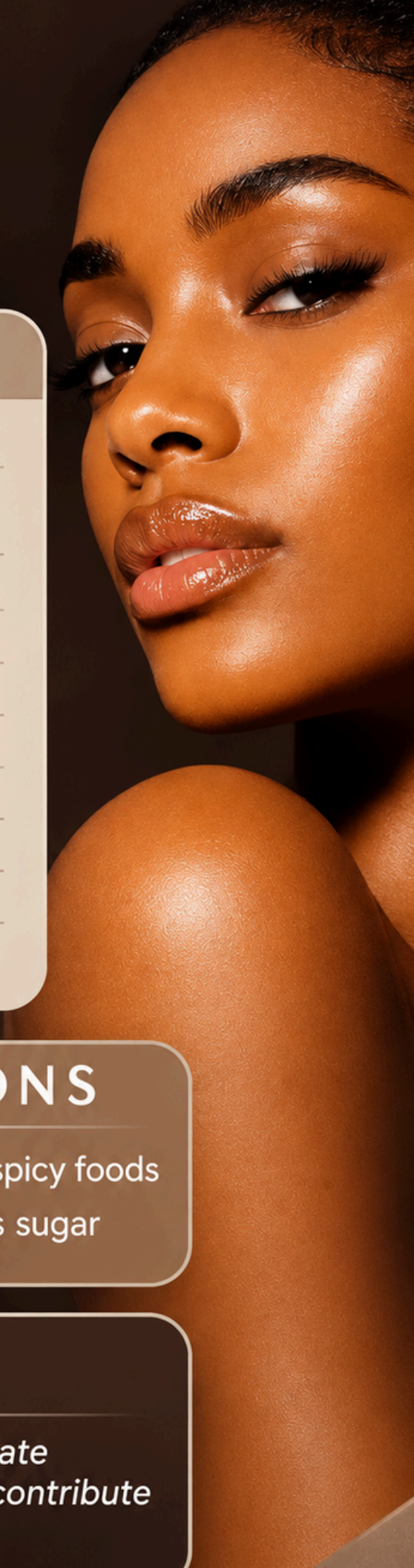
SIGNS YOU NEED MORE CORRECTION

INCREASE IN BREAKOUTS

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
- Reduce dairy
- Scale back spicy foods
- 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 are here to support you every step of the way.

INCLUDE CLEAR PHOTOS

Include clear photos in natural lighting.



FOLLOW UP

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EMAIL
thechecouture@gmail.com

Please allow 24 to 48 hours for a response.