

AT-HOME MASQUES & PEELS

Skin results + nervous system calm = the ultimate combination

In a world where stress shows up on our skin (tightness, dullness, breakouts, sensitivities, premature ageing), at-home masques and gentle peels are one of the most powerful ways to reset both your skin... and your nervous system.

They're not just "treats."

They are targeted tools that boost your results between professional treatments—and a chance to pause, breathe, and reconnect with yourself.

Why At-Home Masques & Peels Work So Well

1. They deliver concentrated ingredients

Masques and peels contain higher levels of actives to deeply hydrate, brighten, exfoliate or calm—faster than a moisturiser or serum alone.

2. They boost your in-salon results

Think of them as your "homework" between professional treatments—keeping skin progressing instead of plateauing.

3. They give your barrier a break

Gentle peels remove dead cells so your products can penetrate more effectively. Hydration or calming masques replenish and repair.

4. They double as self-care rituals

Skincare isn't just topical. It's emotional.

The act of slowing down, applying a masque, and being still signals to your nervous system: "I am safe."

And calm skin = cooperative skin.



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Choosing the Right Masque or Peel by Skin Priority

Ask: "What does my skin need right now?"

Dehydrated / Dull?

Hydrating or gel masques with hyaluronic acid and vitamins

Uneven tone or texture?

Gentle at-home peel with AHAs/BHAs

Stressed or sensitive?

Calming or barrier-repair masque with oat, aloe, ceramides

Congested or oily?

Clay or clarifying masque to absorb excess oil (without stripping)

Needing a glow boost before an event?

Brightening / exfoliating peel-masque combo

How Often Should You Use Them?

- Hydrating / calming masques: 1–3x per week
- Gentle peels / exfoliating masques: 1x per week (unless otherwise directed)
- Listen to your skin. More isn't always better.

Consistency > intensity.



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The Secret: Pair the Product with the Experience

You'll get better results when your mind is calm too.

Try turning your masque time into a ritual:

- Put your phone away
- Make a tea or take a bath
- Add breathwork or meditation
- Use a cool roller or gua sha
- Play calming music (or sit in silence)

Lower stress = lowered inflammation = better skin.

5 Skin Tips for Masques & Peels

1. Pick a product based on your current skin priority (not just what you own).
2. Apply after cleansing — and after exfoliating if using a peel.
3. Don't rush! Leave on for the recommended time (set a timer).
4. Follow with a nourishing moisturiser to seal it all in.
5. Treat it as "you time" — not a chore. Your nervous system will thank you, and so will your skin.

Final Thought

At-home masques and peels aren't a luxury...

They're an accelerator for results and a powerful tool for stress relief.

When you combine skincare science with mindful rituals, you're not just treating your skin.

You're supporting your whole self.

