



DIY AHA PEELS:

TIPS FOR
RADIANT SKIN



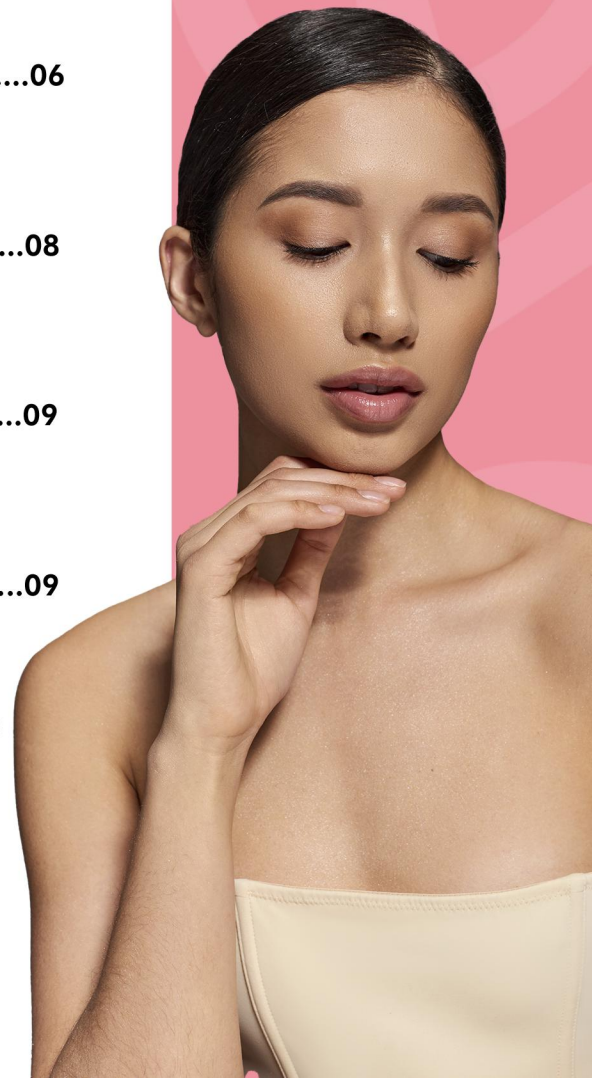
WELCOME

to the **Divine Derriere Community!** Throughout this ebook, you'll uncover valuable insights, expert tips, and exciting surprises – your path to radiant skin starts here!

No ai bots around here! For any questions or concerns, reach out to our team of real humans at care@divinederriere.com This e-book serves as your guide to optimizing your Divine Derriere experience. Enjoy discovering exclusive COUPONS throughout the ebook for added savings. Happy reading!

TABLE OF CONTENTS:

Introduction.....	04
<ul style="list-style-type: none"> • Background on Alpha Hydroxy Acids (AHAs) • Importance of Safe and Informed Use 	
Understanding Alpha Hydroxy Acids (AHAs).....	05
<ul style="list-style-type: none"> • What are AHAs? • Types of AHAs: Glycolic, Lactic, and Mandelic Acid • How AHAs Work on the Skin 	
Benefits of AHAs for Skin Exfoliation.....	06
<ul style="list-style-type: none"> • Targeting Dullness • Addressing Uneven Skin Tone • Improving Skin Texture 	
Pre-Peel Care: Essential Steps.....	06
<ul style="list-style-type: none"> • Skin Assessment • Patch Testing • Preparing the Skin for AHA Application 	
The AHA Peel Process: Step-by-Step.....	08
<ul style="list-style-type: none"> • Choosing the Right AHA Concentration • Application Techniques • Duration and Frequency Guidelines 	
Post-Peel Care: Nurturing Your Skin.....	09
<ul style="list-style-type: none"> • Cooling and Soothing Techniques • Moisturizing for Hydration • Sun Protection: A Non-Negotiable Step 	
Potential Side Effects and How to Manage Them.....	09
<ul style="list-style-type: none"> • Common Side Effects • When to Seek Professional Assistance 	
Myth vs. Reality: Clarifying Misconceptions About AHAs....	00
<ul style="list-style-type: none"> • Debunking Common Myths • Setting Realistic Expectations 	
Conclusion: Nurturing Your Skin's Radiance.....	10
<ul style="list-style-type: none"> • Recap of Key Points • Emphasizing the Importance of Safe and Informed Use 	



DISCLAIMER

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AHA/BHA formulas contain an extremely high concentration of free acids. We recommend use only if you are an experienced user of acid exfoliation and your skin is not sensitive. Patch tests are an easy way to help predict if you will have a negative initial reaction to a new product. It is recommended to perform a patch test before incorporating a new product into your routine. We have outlined a general method for conducting your own patch test based on the type of product. Patch testing prior to use is advised: Apply the product as directed to a small area once a day for three days to test if you are sensitive to this product. If you develop severe irritation, hives, swelling of eyes and mouth, blistering, or difficulty breathing, rinse off, cease use and consult a physician right away. Please note that the patch test is only for determining initial irritation reactions to products and does not guarantee similar results when applied to other areas of the body (including the face) or after continuous use. It does not account for underlying conditions and should not be used for the diagnosis of hypersensitivity or allergic contact dermatitis. If you are concerned about starting a new product, please consult a dermatologist prior to use.



INTRODUCTION

Welcome to "Unlocking Radiance," your comprehensive guide to the transformative world of Alpha Hydroxy Acid (AHA) exfoliation for achieving and maintaining healthy skin. In this chapter, we lay the foundation for your skincare journey by delving into the rich history of Alpha Hydroxy Acids (AHAs) and their significance in the realm of skincare, including their utilization by estheticians.

Background on Alpha Hydroxy Acids (AHAs)

Embark on a journey through time to explore the historical roots of Alpha Hydroxy Acids (AHAs) in skincare. Across civilizations and cultures, AHAs have been integral to various beauty and skincare traditions. Ancient Egyptians, Greeks, and Romans utilized natural sources of AHAs, such as fruits and fermented milk, to promote skin renewal and maintain a youthful complexion. Their wisdom laid the groundwork for the contemporary understanding of AHAs as powerful agents in achieving radiant skin.

In more recent times, estheticians have played a pivotal role in incorporating AHAs into professional skin care practices. The recognition of AHAs' ability to gently exfoliate and rejuvenate the skin has made them a staple in many esthetic treatments. Estheticians harness the potential of AHAs to address various skin concerns, providing clients with personalized skincare regimens that prioritize safety and effectiveness.

Understanding the historical context of AHAs not only enriches your appreciation for these skincare marvels but also underscores their enduring efficacy in revealing a refreshed and revitalized complexion.

Importance of Safe and Informed Use

Safety stands as the cornerstone of your skincare journey. This section emphasizes the critical importance of approaching AHA exfoliation with caution and care. By following guidelines diligently, conducting patch tests, and being patient throughout the process, you lay the groundwork for a successful and safe AHA experience.

Estheticians, with their expertise in skincare, recognize the nuanced benefits of AHAs. They tailor treatments to individual skin types, ensuring a balanced approach that considers sensitivity and specific skin concerns. Collaborating with estheticians can provide valuable insights into optimizing AHA use for your unique skin needs.

Consistent and informed use is not just a recommendation; it is a fundamental principle for optimal skin health. Whether in the hands of skincare professionals or part of your home skincare routine, AHAs, when used responsibly, can unlock the radiance within your skin.



UNDERSTANDING ALPHA HYDROXY ACIDS (AHAs)

Understanding what AHAs are, the distinct types—Glycolic, Lactic, and Mandelic Acid—and how they work on the skin is pivotal to harnessing their transformative potential.

What are AHAs?

Alpha Hydroxy Acids (AHAs) are naturally occurring acids derived from fruits, milk, and sugarcane. These water-soluble acids play a crucial role in exfoliating the skin's outer layers, promoting cell turnover, and revealing a fresher, more radiant complexion. AHAs work by gently dissolving the bonds that hold dead skin cells together, facilitating their removal and allowing newer, healthier skin to surface.

In essence, think of AHAs as the architects of skin renewal, orchestrating a gradual and controlled process that leads to improved texture, tone, and overall skin vitality. Their ability to encourage the shedding of old, dull skin makes them a staple in skincare routines aimed at achieving a brighter and more youthful appearance.

Types of AHAs: Glycolic, Lactic, and Mandelic Acid

AHAs come in various forms, each with its unique properties and benefits. Glycolic Acid, derived from sugar cane, is renowned for its small molecular size, allowing it to penetrate the skin deeply. It excels in providing intense exfoliation, making it effective in addressing issues like fine lines, hyperpigmentation, and dullness.

Lactic Acid, derived from milk, offers both exfoliation and hydration. Its larger molecular size makes it a gentler option, suitable for those with sensitive skin. Lactic Acid works to improve skin texture while providing a moisturizing effect, making it an excellent choice for individuals seeking a balance between exfoliation and hydration.

Mandelic Acid, derived from almonds, is a larger molecule AHA known for its gentle yet effective exfoliation. It is particularly suitable for sensitive skin and addresses concerns such as acne, uneven skin tone, and fine lines. Mandelic Acid's unique properties make it a versatile option for various skin types.

Understanding the distinctions between these AHAs allows you to make informed choices based on your skin's specific needs, ensuring a personalized and effective skincare regimen.



BENEFITS OF AHAS FOR SKIN EXFOLIATION

From targeting dullness to addressing uneven skin tone and improving overall texture, AHAs emerged as powerful allies in your quest for radiant and revitalized skin.

Targeting Dullness

Dullness, often a result of accumulated dead skin cells, is a common skincare concern. AHAs act as gentle yet effective exfoliants, targeting dullness by dissolving the bonds that hold these lifeless cells in place. This process reveals the vibrant, healthy skin lying beneath, infusing your complexion with a newfound radiance.

Picture AHAs as a revitalizing breeze, sweeping away the metaphorical dust that dulls your skin's natural glow. Whether caused by environmental factors, aging, or lifestyle, dullness is no match for the rejuvenating power of AHAs.

Addressing Uneven Skin Tone

Uneven skin tone, characterized by pigmentation irregularities or dark spots, is a common concern that AHAs aptly address. By encouraging the shedding of pigmented cells and promoting a more even distribution of melanin, AHAs contribute to a harmonized and balanced complexion.

Imagine AHAs as skilled conductors orchestrating a symphony of skin pigmentation, ensuring every note plays in perfect harmony. This targeted approach to addressing uneven skin tone allows for a more radiant and uniform appearance, empowering you to embrace your skin's natural beauty.

Improving Skin Texture

The texture of your skin, influenced by factors such as aging, environmental exposure, and genetics, undergoes a transformative journey with the application of AHAs. These acids work diligently to refine the surface layers, smoothing rough patches and minimizing the appearance of fine lines. The process involves not only exfoliation but also stimulation of collagen production, contributing to improved elasticity and firmness.

As you explore the benefits of AHAs in improving skin texture, envision a gradual transformation that goes beyond the surface, fostering enduring results that speak to the health and vitality of your skin.

PRE-PEEL CARE: ESSENTIAL STEPS



Indispensable steps of pre-peel care, lays the groundwork for a safe and effective AHA experience. Understanding the importance of skin assessment, patch testing, and meticulous preparation is paramount to ensuring a transformative yet secure journey toward radiant skin.

Skin Assessment

The journey toward radiant skin begins with a comprehensive skin assessment, akin to a skilled navigator charting a course. Understanding your skin type, sensitivities, and specific concerns allows for the customization of your AHA experience. Consultation with skincare professionals or estheticians adds a layer of expertise, ensuring a tailored approach that prioritizes your skin's unique needs.

This initial assessment serves as a crucial compass, guiding you toward the most suitable AHA products and concentrations. By recognizing potential sensitivities or contraindications, you embark on your AHA journey with a clear understanding of your skin's landscape.

Emphasizing the importance of safety, this section underscores the significance of informed decisions rooted in a thorough skin assessment for a seamless and secure skincare expedition.

Patch Testing

Before introducing any new skincare products into your regimen, patch testing is always recommended. Patch tests are an easy way to help predict if you will have a negative initial reaction to a new product. It is recommended to perform a patch test before incorporating a new product into your routine. Consider the patch test as a preliminary safety checkpoint, allowing you to identify and address potential sensitivities before applying the product more broadly. This step is particularly crucial for individuals with sensitive skin or those new to AHA exfoliation.

Patch testing prior to use is advised: Apply the product as directed to a small area once a day for three days to test if you are sensitive to this product. If you develop severe irritation, hives, swelling of eyes and mouth, blistering, or difficulty breathing, rinse off, cease use and consult a physician.

Please note that the patch test is only for determining initial irritation reactions to products and does not guarantee similar results when applied to other areas of the body (including the face) or after continuous use. It does not account for underlying conditions and should not be used for the diagnosis of hypersensitivity or allergic contact dermatitis. If you are concerned about starting a new product, please consult a dermatologist prior to use.

The emphasis on safety is paramount, as the patch test serves as a proactive measure to mitigate potential adverse reactions, providing you with the confidence to proceed safely with the full AHA peel application.

Preparing the Skin for AHA Application

As you prepare for the transformative AHA peel, meticulous skin care practices become the cornerstone of success. Thoroughly cleanse the skin to remove impurities, oils, and any residual products. This step optimizes the penetration of AHAs, ensuring an even and effective application.

Think of this preparation phase as setting the stage for a performance, creating an optimal environment for AHAs to work their magic. The importance of safety is echoed in every step, from cleansing to ensuring a dry and receptive canvas for the impending AHA application.

In highlighting the significance of these pre-peel steps, this section reinforces the notion that a well-prepared foundation is essential for a secure and successful AHA experience. Safe and informed decisions guide you through each phase, ensuring your journey towards radiant skin is characterized by both efficacy and care.



THE AHA PEEL PROCESS: STEP-BY-STEP

From selecting the appropriate AHA concentration to mastering application techniques and understanding duration and frequency guidelines, each facet contributes to a transformative journey toward radiant and revitalized skin.



Choosing the Right AHA Concentration

Consider factors such as your skin type, previous experience with AHAs, and specific skin concerns. A cautious approach often involves starting with a lower concentration, allowing your skin to acclimate gradually.

This decision-making process emphasizes the importance of safety, ensuring that the chosen concentration aligns with your skin's tolerance and responsiveness. A well-informed choice at this stage sets the tone for a secure and effective AHA peel.



Application Techniques

Mastering the art of AHA application involves adopting techniques that ensure even coverage without excessive irritation. Emphasizing safety in application techniques is crucial—avoid excessive pressure or over-application. Gentle and deliberate movements contribute to a positive experience, allowing AHAs to work their magic without causing unnecessary stress to the skin.



Duration and Frequency Guidelines

Understanding the optimal duration and frequency of AHA application is a key aspect of responsible skincare. While specifics vary, generally, shorter durations and less frequent applications are advisable, especially for those new to AHA exfoliation. This approach allows your skin to gradually acclimate to the treatment, minimizing the risk of adverse reactions.

The emphasis on safety in duration and frequency guidelines cannot be overstated. Patience is a virtue; allowing your skin time to adapt ensures a positive and secure AHA experience. Consider these guidelines as guardrails, guiding you toward radiant skin while prioritizing the well-being of your skin.

In highlighting these aspects of the AHA peel process, this section reinforces the overarching theme of safety and informed decision-making. Your journey toward radiant skin is not only transformative but, most importantly, grounded in the principles of secure and responsible skincare.



POST-PEEL CARE: NURTURING YOUR SKIN

From cooling and soothing techniques to the vital aspects of moisturizing for hydration and prioritizing sun protection, each element contributes to a comprehensive approach to post-peel skin health.

Cooling and Soothing Techniques

After the exhilarating journey of an AHA peel, it's time to pamper your skin with cooling and soothing techniques. Consider the application of cooling compresses or the use of calming ingredients like aloe vera. These measures alleviate any potential post-peel sensations and provide a spa-like indulgence for your skin.

Emphasizing the importance of these techniques in the post-peel phase is crucial. They contribute not only to immediate comfort but also to the overall positive experience of AHA exfoliation. Gentle care at this stage is a testament to responsible skincare practices and prioritizes the well-being of your skin.

Moisturizing for Hydration

Hydration is the key to post-peel recovery, and moisturizing plays a central role in maintaining skin suppleness. Opt for a moisturizer enriched with hydrating ingredients to replenish your skin's moisture barrier. This step not only fosters comfort but also supports the skin's natural healing processes.

Highlighting the importance of moisturizing in post-peel care is tantamount to ensuring the longevity of positive results. Adequate hydration aids in the recovery of the skin's protective barrier, contributing to a visibly smoother and more radiant complexion. This nurturing phase underscores the commitment to long-term skin health.

Sun Protection: A Non-Negotiable Step

As you bask in the glow of your post-peel radiance, sun protection emerges as a non-negotiable step. Shield your revitalized skin from the sun's harmful rays by applying sunscreen generously and consistently. This measure is not only preventive but also preserves the benefits of AHA exfoliation by safeguarding against environmental damage.

Underscoring the importance of sun protection in post-peel care is imperative. It reinforces the commitment to responsible skincare practices and acknowledges the vulnerability of freshly exfoliated skin to sun exposure. This step becomes an integral part of your skincare routine, contributing to the long-term health and radiance of your skin.

In encapsulating the essence of post-peel care, this section prioritizes the nurturing and well-informed approach to skincare. Incorporating these practices into your routine will not only enhance the immediate post-peel experience but also lay the foundation for sustained skin health and vitality.



POTENTIAL SIDE EFFECTS AND HOW TO MANAGE THEM

From understanding common side effects to recognizing when professional assistance may be warranted, this section offers insightful tips for a proactive and informed approach.

Common Side Effects

As you embark on your post-AHA journey, being aware of common side effects is pivotal. Keep an eye out for mild redness, tingling sensations, or temporary dryness—normal reactions as your skin adjusts. Consider incorporating soothing skincare practices to alleviate these effects, embracing a holistic approach to post-peel well-being.

When to Seek Professional Assistance

While many side effects can be managed at home, there are instances where seeking professional assistance is prudent. Persistent or severe redness, excessive irritation, or any unexpected reactions should prompt a consultation with a skincare professional. Tips for knowing when to seek assistance include trusting your instincts and prioritizing caution if you notice any unusual or prolonged reactions.

Empowering yourself with the knowledge of when to seek professional help ensures a proactive and responsible approach to post-AHA care. It's a testament to prioritizing safety and recognizing the nuanced balance between self-care and the guidance of skincare experts. This chapter encourages a vigilant and informed stance, fostering a positive and secure post-peel experience.

CONCLUSION: NURTURING YOUR SKIN'S RADIANCE

Unlocking Radiance: A Comprehensive Guide to Alpha Hydroxy Acid (AHA) Exfoliation for Healthy Skin

In this concluding chapter, we reflect on the journey of unlocking radiance through AHA exfoliation. From recapping key points to emphasizing the ongoing importance of safe and informed use, this section provides valuable tips for nurturing your skin's newfound vibrancy.

Recap of Key Points

As you conclude this guide, take a moment to reflect on the key points that have paved the way for your AHA journey. Recap the significance of skin assessment, the value of patch testing, and the transformative benefits of AHA exfoliation. Tips for effective recap include journaling your experiences and noting personal milestones, creating a tangible record of your skincare evolution.

Recapping key points is a valuable practice for reinforcing your understanding and celebrating the progress made. By acknowledging the essential elements of your AHA journey, you lay the foundation for continued success in nurturing radiant and revitalized skin.

Emphasizing the Importance of Safe and Informed Use

The journey toward radiant skin is an ongoing commitment, and emphasizing the importance of safe and informed use is paramount. Tips for reinforcing this principle include staying updated on skincare best practices, seeking professional advice when needed, and integrating AHA exfoliation into a holistic approach to skincare.

By prioritizing safe and informed use, you contribute to the enduring health and vibrancy of your skin. This chapter encourages a proactive and responsible mindset, ensuring that your commitment to radiant skin aligns with the principles of long-term well-being and self-care. As you embark on the ongoing adventure of nurturing your skin's radiance, remember that each step is a testament to your dedication to optimal skin health.

DISCLAIMER

The information contained in this book is based on the author's experience, knowledge and opinions as at March 2023. This book contains some general medical information however such medical information is not medical advice and should not be treated as such.

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GLYCOLIC ACID 40% At-Home Peel



Glycolic Acid At-Home peel is packed with 40% AHA to help reduce the look of fine lines, wrinkles, uneven texture and tone. Significantly smoothes skin texture and promotes the appearance of a more even skin tone, as well as more luminous skin, with regular use.

Alpha Hydroxy Acids (AHAs) help provide exfoliation to the surface layers of the skin to target dullness, uneven skin tone and texture. Common AHAs include glycolic, lactic and mandelic acid.

This formula contains an extremely high concentration of free acids. We recommend use only if you are an experienced user of acid exfoliation and your skin is not sensitive.

HOW TO USE:

Before introducing any new skincare products into your regimen, patch testing is always recommended. Patch tests are an easy way to help predict if you will have a negative initial reaction to a new product. This step is particularly crucial for individuals with sensitive skin or those new to AHA exfoliation. Use sunscreen, wear protective clothing, and limit sun exposure while using this product and for a week afterwards. Refer to the product instructions guide for detailed instructions.

TIPS FROM OUR COMMUNITY



Great product! It helped to remove dead skin and leave my skin smooth and rejuvenated. There was a slight tingle and sting, but that's normal with a chemical peel. - **Neha**



Works fast and tingles rather immediately. I use the neutralizer after and rinse with cool water...feels great. My skin feels firmer, smoother, and glowing after using. - **Sue M**



I love this product. I noticed a difference after my first use and will continue to use this product! - **Jacquelynne Rose-Powell**



Overall, this product has done for my skin in 6 weeks (3 applications) what 2 years of Retin-A accomplished many years ago in terms of lightening. - **Mona B**

Tried our glycolic 40 peel?



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MANDELIC ACID 40% At-Home Peel

Mandelic Acid 40% is an Alpha Hydroxy Acid peel that helps improve skin clarity, balance uneven skin tone, and correct skin texture in a gentle, yet effective manner. This is because it has a larger molecular weight than other alpha hydroxy acids, which results in a slower, more balanced distribution.

Explore the transformative effects of Mandelic Acid, a potent exfoliant catering to diverse skincare needs. It efficiently eliminates dead skin cells, combats acne, and refines pores for all skin types. A go-to exfoliator for Rosacea sufferers.

Suitable for all skin types, including darker tones, Mandelic acid inhibits melanin growth, addressing sun-related concerns. Gentle on the skin, it minimizes lines and wrinkles, revealing a smoother, radiant complexion.

HOW TO USE:

Before introducing any new skincare products into your regimen, patch testing is always recommended. Patch tests are an easy way to help predict if you will have a negative initial reaction to a new product. This step is particularly crucial for individuals with sensitive skin or those new to AHA exfoliation. Use sunscreen, wear protective clothing, and limit sun exposure while using this product and for a week afterwards. Refer to the product instructions guide for detailed instructions.

TIPS FROM OUR COMMUNITY



Best product I've tried in years! My skin started clearing up almost immediately! Within days, the acne had cleared up and soon thereafter, I had almost no residual scarring.

- Chantal



I can definitely see the difference in my rosacea. It doesn't aggravate my skin and has helped with my papulopustular rosacea.

- Betty



Mandelic has always been a fav because it's quite gentle and has a large molecular weight making it suitable for women of color like myself as well as sensitive skin types. I actually used this peel on both my face and my bikini line to help minimize some hyperpigmentation I had there and it worked really well on both. My skin looked amazing the following morning.

- Lily



Great product that provides great results. Make sure to follow directions as it is a strong product. Face feels purified and perfectly deeply peeled.

- Leinani Carlson

Tried our mandelic 40 peel?



How'd you like it?

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INGROWN HAIR SERUM

With AHA + BHA

This lightweight, roll-on cocktail is the sure bet to soothe shaving irritation and prevent bumps from ingrown hairs. Hygienic, easy-to use, mess-free package makes treating ingrown hair concerns a breeze.

The ultimate triple-action solution for ingrown hairs, razor bumps and discoloration associated with hair removal. Tackle razor rash and alleviate shaving and waxing woes. This bump stopper formula for men and women gently removes dead skin, helps fight bacteria, and frees the hair before it becomes ingrown.

HOW TO USE:

Roll on to clean, dry, affected areas. Use 2-3 times per week or as needed. Allow to dry fully before layering other products or wearing clothing. Sun alert: May cause sun sensitivity. Use sunscreen and limit sun exposure.



TIPS FROM OUR COMMUNITY



I've been using this for 3 weeks and OMG, the difference is incredible! I have no more ingrowns! - **Trina**



Not only does it help treat razor bumps but it leaves your skin feeling sooo smooth. - **Casey**



Definitely a staple in my self care routine, I've had issues with ingrown hairs and this helped tremendously. - **Tatiana**



My skin is way softer and less irritated. I love that my husband can use it too! - **Sarah**

Tried our ingrown serum?



How'd you like it?

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INGROWN HAIR PADS

With AHA + BHA

Experience the ultimate post-hair removal care with Divine Derriere ingrown hair pads. Say goodbye to ingrown hairs, bumps, and irritation with our powerful formula. Alpha and beta hydroxy acids, witch hazel, and soothing aloe work in harmony to clear pores, even skin tone, and keep your skin irresistibly smooth. Elevate your skincare routine and unveil the confidence of radiant, irritation-free skin.

Go-to, single-use pads exfoliate skin to slough away dead skin cells that trap hairs, helping to prevent razor bumps + painful ingrown hairs from forming. Formulated with Glycolic and Salicylic Acids, each single-use wipe helps prevent and treat ingrown armpit hair, ingrown leg hair, ingrown pubic hair, bumps, and breakouts while visibly slowing hair regrowth between waxes.

HOW TO USE:

Swipe pad over clean, dry skin daily. Begin using the day after shaving or waxing. Can be used on underarms, bikini area, face/neck, legs and anywhere else you remove hair.



TIPS FROM OUR COMMUNITY



This keeps those pesky bumps away and keeps me feeling clean and refreshed!

- Stacy



I do my own brazilian wax at home and I applied the wax, it's been 5 days with no ingrown hairs in sight.

- Eloise



My bikini area is so clean, no ingrown hair, no spots etc! I'm truly impressed!

- Marlene



I am so thankful I discovered these pads. Now, I get minimal ingrown hair and when I do they are gone quickly.

- Sarah

Tried our ingrown pads?



How'd you like it?

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THANK YOU FOR YOUR PURCHASE!

If you have questions about the product, or if there was any damage, or if anything made you unhappy... Drop us a few lines to care@divinederriere.com and we'll do our best to make it right!

I want to personally thank you for purchasing a Beautiste Brands product. We truly appreciate you choosing us.

We're a small, family-owned and operated business, and we're dedicated to bringing you the healthiest and the highest quality skin care products.

We've created this e-book to help you get the most out of your Divine Derriere experience. Since you've taken the time to check it out - **we placed all sorts of COUPONS throughout the book!**

Don't hesitate to contact us for any questions about any of our products. We are here to serve you!

**Stay
Beautiful,**

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