

BASIC FACIALS

PRE-TREATMENT CARE:

1. Inform Your Provider: Inform your treatment provider of any medical conditions, allergies, or medications you are currently taking, including any topical treatments.
2. Avoid Sun Exposure: Avoid excessive sun exposure and tanning beds for at least 48 hours before your facial treatment. Use a broad-spectrum sunscreen with SPF 30 or higher daily.
3. Discontinue Certain Products: Stop using any retinoids, exfoliants, or harsh skin treatments 3-5 days prior to your appointment to avoid irritation.
4. Hydration: Drink plenty of water in the days leading up to your facial to keep your skin hydrated and enhance the treatment's effectiveness.
5. Avoid Waxing and Threading: Do not wax or thread the facial area for at least 24 hours before your treatment to prevent skin sensitivity.
6. Arrive with Clean Skin: Arrive at your appointment with a clean face, free of makeup, lotions, or perfumes.
7. Medication Review: Discuss any medications or skin treatments you are currently using with your provider to ensure there are no contraindications.

POST-TREATMENT CARE:

1. Avoid Sun Exposure: Avoid direct sun exposure and tanning beds for at least 48 hours after your facial. Apply a broad-spectrum sunscreen with SPF 30 or higher daily.
2. Gentle Skincare: Use gentle skincare products as recommended by your provider. Avoid harsh exfoliants and active ingredients like retinoids and alpha hydroxy acids for at least 48 hours post-treatment.
3. Hydration: Continue to drink plenty of water to keep your skin hydrated and maintain the benefits of the facial.
4. Do Not Touch Your Face: Avoid touching, picking, or squeezing your face to allow the skin to heal and prevent irritation or breakouts.
5. Avoid Heavy Makeup: Refrain from applying heavy makeup for at least 24 hours post-treatment to let your skin breathe and recover.
6. Moisturize: Keep your skin moisturized with a gentle, hydrating moisturizer as recommended by your provider to maintain the facial's effects.
7. Follow-Up Treatments: Schedule regular follow-up facial treatments as recommended by your provider to maintain healthy, glowing skin.
8. Monitor Skin Reaction: If you experience any unusual reactions such as severe redness, swelling, or irritation, contact your provider immediately.

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