



## **Facial Treatment Pre-Care Instructions:**

To ensure you receive the best possible results from your facial treatment and minimize any risk of irritation, please follow these pre-treatment guidelines.

### **3-5 Days Prior to Treatment:**

- Discontinue use of exfoliating products such as:
  - Retinoids (Retin-A, Tretinoin)
  - Glycolic Acid, Salicylic Acid, or other AHAs/BHAs
  - Benzoyl Peroxide
- Avoid waxing, threading, tweezing, or using depilatory creams on the face.
- Refrain from using harsh scrubs or at-home chemical peels.
- Limit sun exposure and avoid tanning beds. Always apply SPF 30+ if exposed to the sun.

### **24-48 Hours Prior to Treatment:**

- Avoid injectable treatments (Botox, dermal fillers, etc.) in the treatment area.
- Do not undergo laser treatments, microneedling, or chemical peels.
- Hydrate well by drinking plenty of water to ensure your skin is plump and prepared for treatment.

### **Day of Treatment:**

- Arrive with a clean face—free of makeup, lotions, sunscreen, or skincare products.
- Men should shave 48 hours prior to the appointment if facial hair is present in the treatment area.
- Do not exfoliate or scrub your skin on the day of your facial.
- Inform your provider if you:
  - Have any active breakouts, skin infections, rashes, or cold sores.

- Are pregnant, breastfeeding, or on medications that affect your skin (e.g., Accutane).
- Have any allergies or sensitivities to specific ingredients or products.

**Important Notes:**

- For optimal results, plan your facial treatment 3-7 days before a major event to allow your skin time to heal and glow.
- Discuss your skincare concerns and goals with your esthetician during your appointment so the treatment can be tailored to your needs.