

## **FACIAL PRE- AND POST CARE**

### **Before your treatment:**

- Avoid sun exposure and tanning beds to treated areas 2 days prior to treatment (we recommend this indefinitely). Daily sunscreen with an SPF of at least 30 is always recommended.

### **After your treatment:**

- Avoid sun exposure and tanning beds to treated areas 2 days after treatment (we recommend this indefinitely). Daily sunscreen with an SPF of at least 30 is always recommended.
- Avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic, salicylic acids, astringents, polysporin or Vitamin C for 1 day after your treatment.
- Avoid strenuous exercise 48 hours post facial treatment.
- No picking of any peeling skin is recommended.
- Do not shave, tweeze, wax or rub your skin either.
- Allow dead skin to shed naturally.
- If there is not irritation, resume home care products gradually as directed by your esthetician.

Call us if you have any questions at (360) 982-2620.