

## **FACIAL AFTERCARE**

- ✓ Avoid putting on makeup and other facial products for at least 6 hours post-treatment.
- ✓ Avoid picking at your skin and using abrasive skin care products for at least 72 hours post-treatment.
- ✓ Stay away from direct heat and sun for up to 48 hours post-treatment.
- ✓ Avoid excessive sweating 6 hours post-treatment.
- ✓ Hydrate.
  - ☺ Avoiding harmful substances after skincare treatments will make the benefits of your treatment last longer.

## **CHEMICAL/MICRODERM/CARBOXY/HYDRA FACIAL AFTERCARE**

- ✓ Avoid putting on makeup and other facial products for at least 6 hours post-treatment.
- ✓ Stay away from AHAs/BHAs/PHAs and avoid picking at your skin and using abrasive skincare products for at least 72 hours post-treatment.
- ✓ Stay away from direct heat and sun for up to 48 hours post-treatment.
- ✓ Wash your face with cool water 48 hours post-treatment.
- ✓ Moisturize and apply SPF 30.
- ✓ Always hydrate. Cut out/back on caffeine at least 48 hours post-treatment.
- ✓ Avoid strenuous workouts, dry saunas and steam rooms 48 hours post-treatment.
- ✓ No face waxing 72 hours post-treatment.
- ✓ Hydrate.
  - ☺ Avoiding harmful substances after skin care treatments will make the benefits of your treatment last longer.

## **Add-ons Aftercare**

- ✓ Avoid saunas/other heat treatments, extreme weather conditions (such as heat/wind), and direct sunlight 72 hours post-treatment.
- ✓ Always apply SPF 30.
- ✓ Avoid applying cosmetics at least 24 hours post-treatment.

- ✓ Avoid picking at your skin and using abrasive skincare products for at least 72 hours post-treatment.
- ✓ Do not have any other facial treatments 72 hours post-treatment.
- ✓ Avoid using AHA/BHA/PHAs at least 24 hours post-treatment.
- ✓ Hydrate.
  - ☺ Avoiding harmful substances, at least 72 hours after a skin care treatment, will make the benefits of your treatment last longer.

## *Infrared Aftercare*

- ✓ Hydrate
- ✓ Take a cold shower.
- ✓ Rest/Sleep
- ✓ After having a professional body treatment, your skin may feel slightly tender for up to 48 hours. It is always best to treat your skin gently, but especially post-treatment.
- ✓ Avoid picking at your skin and using abrasive skincare products for at least 48 hours post-treatment.
- ✓ Stay away from direct heat and sun for up to 48 hours post-treatment.
- ✓ You should always apply moisturizer after you shower, but especially for the next 48 hours post-treatment.
  - ☺ Avoiding harmful substances after skincare treatments will make the benefits of your treatment last longer.

## *Body Treatment Aftercare*

- ✓ After having a professional body treatment, your skin may feel slightly tender for up to 72 hours. It is always best to treat your skin gently, but especially post-treatment.
- ✓ Avoid picking at your skin and using abrasive skincare products for at least 72 hours post-treatment.
- ✓ Stay away from direct heat and sun for up to 48 hours post-treatment.
- ✓ You should always apply moisturizer after you shower, but especially for the next 72 hours post-treatment. Your treatment exfoliated and removed dead skin cells and other debris from your skin. Exfoliation allows your skin to receive the maximum benefits of moisturizer.
- ✓ Hydrate.
  - ☺ Avoiding harmful substances after skin care treatments will make the benefits of your treatment last longer.