



■ Facial Pre & Post Care Instructions

■ Before Your Facial (Pre-Care)

- Avoid heavy sun exposure or tanning 48 hours prior.
- Discontinue use of retinoids, exfoliants, and harsh products 3–5 days before.
- Do not wax, shave, or undergo hair removal treatments on the face 24–48 hours before.
- Stay hydrated—drink plenty of water.
- Arrive with clean skin (no makeup).

■ After Your Facial (Post-Care)

- Avoid sun exposure for 24–48 hours; always apply SPF when outdoors.
- Do not apply makeup for at least 12–24 hours.
- Skip exfoliation, retinoids, and strong products for 3–5 days.
- Avoid saunas, swimming, or workouts for 24 hours.
- Keep skin hydrated with gentle, soothing products.
- Do not pick or squeeze any blemishes.

■ Consistency is key! Regular facials help maintain healthy, radiant skin.

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