



AMAZING SKIN AESTHETICS

6819 Warner Avenue  
Huntington Beach, CA 92647  
(714) 848-2232

## HydraFacial™ Post-Treatment Care & Expectations

Congratulations on your HydraFacial! Your skin has been deeply cleansed, exfoliated, and infused with potent antioxidants and hyaluronic acid. To maintain your "HydraFacial Glow" and protect your investment, please follow these guidelines.

---

### I. WHAT TO EXPECT

- **The Glow:** You will likely notice immediate radiance and smoothness.
- **Redness:** Mild redness is common immediately following treatment but usually subsides within a few hours.
- **Purging:** Occasionally, deep impurities may surface a few days after treatment in the form of small breakouts. This is a normal "detox" process.
- **Sensitivity:** Your skin is freshly exfoliated and will be more sensitive to sun and heat for the next **48–72 hours**.

---

### II. IMMEDIATE AFTERCARE (First 24–48 Hours)

- **Keep it Clean:** Avoid touching your face or applying makeup for the remainder of the day to allow the boosters to fully absorb.
- **Avoid Heat:** Stay away from saunas, steam rooms, hot showers, and heavy exercise for **24 hours**. Excessive heat can lead to inflammation and irritation.
- **Stay Hydrated:** Drink plenty of water to support the skin's hydration from the inside out.

---

### III. SKINCARE "DOS & DON'TS"

DO	DON'T



AMAZING SKIN AESTHETICS

6819 Warner Avenue  
Huntington Beach, CA 92647  
(714) 848-2232

<b>Sun Protection (Critical):</b> Apply a broad-spectrum SPF 30+ daily. Your skin is more susceptible to sunburn post-exfoliation.	<b>No "Actives":</b> Avoid Retinol, Alpha Hydroxy Acids (AHAs), and Beta Hydroxy Acids (BHAs) for <b>3–5 days</b> .
<b>Gentle Cleansing:</b> Use a mild, hydrating cleanser and lukewarm water.	<b>No Physical Scrubs:</b> Avoid Clarisonic brushes, loofahs, or exfoliating beads for <b>5 days</b> .
<b>Hydrate:</b> Apply a hyaluronic acid serum or a gentle moisturizer morning and night.	<b>No Waxing/Lasers:</b> Wait at least <b>7 days</b> before any facial waxing or laser treatments.

---

## IV. MAINTAINING YOUR RESULTS

### The Monthly Ritual

To achieve the best long-term skin health, HydraFacial is most effective when performed as a regular maintenance treatment.

- **Frequency:** We recommend one HydraFacial every **4–6 weeks** to continuously improve the appearance of fine lines, wrinkles, and oily/congested skin.
- **Home Care:** Using professional-grade skincare between appointments will extend the life of your results. Ask your aesthetician for a customized regimen.

---

## V. CONTACT US

If you experience any unexpected blistering, extreme swelling, or a rash, please reach out to us:

☎ **Phone: (714) 848-2232**