



AMAZING SKIN AESTHETICS

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✨ Your Glow-Up Loading: VI Peel Prep Guide ✨

Hey Gorgeous!

We are so excited to help you achieve that signature **VI Peel** glow. To make sure your skin is ready for its big transformation, we've put together this "Prep & Glow" checklist. Let's get you ready for your best skin ever!

The Countdown: Important Milestones

Timeline	Your To-Do List
7 Days Out	Keep it Chill: No waxing, electrolysis, or laser hair removal. Also, strictly avoid the sun and tanning beds (we want your skin calm and cool!).
3 Days Out	Active Break: Pause your Retinol, Retin-A, and any "active" acids (like Glycolic or Salicylic). Your skin needs to be in its natural state.
24 Hours Out	No Shaving: To avoid micro-nicks, please don't shave the treatment area. Men, a little stubble is fine!
The Big Day	Fresh Faced: Arrive with a clean, "naked" face—no makeup, moisturizers, or SPF if possible.

The "Peel" Timeline (Plan Your Social Life!)

The VI Peel is a process! Here is what your "Peel Week" usually looks like:

- **Days 1-2:** You'll look totally normal (and maybe a little bronzed/glowy).
- **Days 3-5:** The "Main Event." Peeling usually starts around the mouth and spreads. This is when you'll want to stay low-key!
- **Day 6-7:** The finishing touches. Hello, baby-smooth skin!

Pro-Tips for Perfection

- **The Golden Rule:** Never, ever pick or pull the peeling skin! Let it shed naturally to avoid scarring.
- **Hydrate:** Drink plenty of water leading up to your appointment.
- **Sun Safety:** Have a cute wide-brimmed hat ready for your drive home and the week following!

The Fine Print (Professional Stuff)

- **Health Check:** If you have an active cold sore or skin infection, please call us to reschedule. We want your skin at its healthiest!
- **Medical History:** Please remind us if you are pregnant, nursing, or have used Accutane in the last 6 months.
- **Cancellation Policy:** We love seeing you! If you need to move your glow-up, please give us **24 hours' notice** to avoid a \$[Amount] fee.

Questions? We're here for you!

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