

# SKIN *by* RANDEE

Thank you for coming in today! Your facial was customized to support your skin's current needs, and proper aftercare will help maintain your results and keep your skin balanced.

## **What to Expect After Your Facial**

- Mild redness or warmth, especially after extractions
- Slight sensitivity or tightness
- A healthy glow that may continue to improve over the next 24–48 hours

These reactions are normal and temporary.

## **The First 24 Hours**

- Avoid touching your face with unwashed hands
- Do not exfoliate or use active products unless I instructed you to
- Avoid excessive heat, saunas, steam rooms, or hot yoga
- Avoid heavy sweating or intense workouts
- Avoid direct sun exposure

## **Cleansing**

- Cleanse gently using the cleanser I recommended or provided
- Avoid scrubs, exfoliating cleansers, or cleansing devices for 48 hours
- Use lukewarm water only

## **Moisturizing**

- Apply the moisturizer I recommended or provided as needed
- Skin may feel drier than usual after treatment. This is normal

## **Sun Protection**

- Apply **broad-spectrum SPF 30 or higher** daily
- Reapply every 2 hours when outdoors
- Sun protection helps prevent irritation and pigmentation

## **Makeup**

- If possible, avoid makeup for the rest of the day
- If makeup is necessary, use clean brushes and non-irritating products

## **What to Avoid for 48 Hours**

- Retinol or prescription tretinoin
- Exfoliating acids, scrubs, or enzyme masks
- At-home devices
- Waxing or dermaplaning
- Picking at the skin

## **Breakouts or Purgings**

- Mild breakouts can occur as congestion clears
- This is temporary and not a reaction
- Do not spot-treat unless approved by me

## **When to Contact Me**

Please reach out if you experience:

- Persistent redness lasting longer than 48 hours
- Unusual swelling or discomfort
- Itching, hives, or irritation that worsens
- Any concerns about your skin

## **Maintaining Results**

- Follow the home care routine discussed during your visit
- Consistency is key
- Regular facials and professional guidance support long-term skin health

**Please contact me with any questions/concerns:**

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832-617-3397 (Text)