

Preparing your skin properly before aesthetic treatments is essential for achieving the best possible results and ensuring a smoother, more comfortable experience. Below is a simple guide to help you get ready for your upcoming treatment preparation.

1. Keep Your Skin Calm

Avoid active skincare ingredients such as retinoids, AHAs/BHAs, benzoyl peroxide, and exfoliating scrubs for 14 days before treatment. Keep your routine gentle: think hydrating cleansers, moisturizers, and SPF. It is advised to use medical grade cosmeceutical products for best results.

2. Protect Your Skin from the Sun

Avoid direct sun exposure and tanning beds for 14 days prior. Use SPF 40-50 daily to prevent irritation and reduce the risk of post-treatment pigmentation.

3. Pause Certain Treatments

Avoid waxing, threading, laser treatments, or other resurfacing procedures for 4 weeks before your appointment. Do not use self-tanning products on the face during the week leading up to treatment.

4. Hydrate Well

Drink plenty of water in the days leading up to your appointment. Well-hydrated skin responds better and heals more efficiently.

5. Health & Medication Considerations

Inform your practitioner of any medical conditions, recent changes in medication, or if you are prone to cold sores. Some medications or topical treatments may need to be paused before your session.

6. Arrive With Clean Skin

Come to your appointment with no makeup, SPF, or heavy skincare products. If you're coming from work or another appointment, a gentle cleanse will be provided.

7. Ask Questions Anytime

Your comfort and confidence matter. If you're unsure about anything products, timing, or what to expect reach out before your appointment. Preparing well helps ensure your treatment is safe, effective, and tailored to your skin's needs.