

The Ivey Garden of Wellness

Facial Rejuvenation Self Care Guidelines

Remember: Results are more subtle than what would be expected from a facelift or other cosmetic procedures.

Required 8-10 sessions over 5-10 weeks.

Lifestyle Factors

Smoking, sun exposure, alcohol and sugar intake, and dehydration all play an impact on your skin's appearance. For optimal results, please keep in mind these lifestyle factors when partaking in facial rejuvenation.

During this protocol, please **do not** receive any other facial treatments from other practitioners.

Daily Self Care Guidelines

Jade roller and Gua Sha (preferably before bed)

- Clean the tools with soap and water, pat dry.
- Clean your face with a cleanser of your choice.
- Gua Sha lines/wrinkles like a pencil eraser (as demonstrated in first visit)
 - Avoid any areas with breakouts
- Jade Roll in the motion demonstrated in first visit
- Make sure to use tools in a lifting motion.
- Apply moisturizer of your choice.

Suggested Supplements & Topicals

- Vitamin C topical
- Collagen
- Biotin

Cautions and Contraindications

Facial Rejuvenation should not be received if you are pregnant or think you are pregnant.

Facial Rejuvenation is cautioned with those who are on blood thinners. The risk of bleeding and bruising is greatly increased.

People with damaged, leathery skin will not experience optimal results.