



# Facials:



## Pre-Facial Prep: The Science of Glowing Skin

★ Follow these steps to maximize your results and keep your skin safe.

### ⊘ Avoid 48 Hours Before Your Facial

- **Skip Retinol, Benzoyl Peroxide & Exfoliating Acids**— These thin the skin barrier and increase sensitivity.
- **Avoid Sun & Tanning Beds**—UV radiation inflames skin and breaks down collagen.
- **Hold Off on Waxing or Hair Removal** —Prevents over-exfoliation and irritation.

### The Day of Your Facial

- **Men: Don't Shave the Same Day**—Shaving creates micro-abrasions that may sting with treatment.
- **Hydrate Well** —Plump, hydrated cells absorb nutrients better.
- **Share Skin History & Medications**— Helps us customize your treatment safely.

### ★ Science-Backed Pro Tips

- **Sleep Well** → Growth hormone boosts collagen repair.
- **Limit Caffeine & Alcohol** → Prevents dehydration & dullness.
- **Relax & Reduce Stress** → High cortisol can break down collagen.
- **Eat Antioxidants** → Vitamins C & E fight free radicals, supporting skin healing.

**Your skin is a living organ. Preparing properly helps us work with your body's natural biology for deeper, longer-lasting results.**

Skincare doesn't end with your facial—it's what you do afterward that truly counts. Post-facial aftercare plays a key role in extending the results and maintaining your glow. The steps may seem simple, but when done consistently, they help you achieve brighter, clearer, and healthier skin long-term.