



Clinical facials

Before your treatment

- Avoid being in direct sun / tanning 5 days before treatment
- Do not use any strong facial products at home such as peels and strong acids the week of your appointment
- Know the names of your home facial products as your therapist will need to know
- Avoid waxing 24 hours before your treatment
- Please ensure your forms are filled out prior to your appointment - they will be sent to you via SMS

Day of your treatment

- Avoid wearing makeup if possible
- Please ensure your forms are filled out prior to your appointment - they will be sent to you via SMS 48 hours ahead of your appointment
- Please arrive 10-15 minutes early to ensure all documents are filled and skin analysis can be performed

Post treatment care

To enhance treatment results, we ask that you read and understand the following instructions:

- **On the night** of your treatment, avoid touching your face, showering and washing hair.
- Avoid wearing makeup until the following day.

For **48 hours post treatment**, please ensure you do **NOT**:

- Consume seafood
- Exercise
- Have a hot shower or use a sauna
- Wash hair (hair products may interact)
- Use active skincare brands (products containing AHA's, BHA's etc)
- Use skincare products containing Vitamin C or Vitamin A
- Have anti-wrinkle injections (Botox) or Laser Treatments

DO ensure you drink plenty of water and continue your recommended homecare to maintain results.