

BEFORE FACIAL

AVOID

4 weeks	Laser treatments
2 weeks	Microblading, Microneedling & Botox
1 week	All exfoliation treatments
3 days	Retinol & Prescription facial creams
1 day	Sun tanning & Waxing

AFTER FACIAL

AVOID

Washing your face the same day as Facial

1 day	Heat, hot water, sweating & sun exposure
5 days	Retinols & Gritty exfoliation

AT HOME REGIME

MAINTIAN

Hyaluronic acid	daily to keep skin hydrated & plump
Vitamin C	daily to prevent oxidizing skin & slow down the aging process, brightens dull skin, boosts collagen, battles wrinkles & fights free radical damage
SPF	daily to prevent overall aging, hyper-pigmentated sun damage, cancer, wrinkles
Exfoliate	2x a week to smooth & prevent dead skin cells build (retinol & gritty)
Rebook	Every 2-3 months to maintain skin health & address seasonal changes