

Facials - What to Expect

Please follow these general tips for the best facial experience.

Before:

- A brief consultation is included in your first visit. If you have several questions and/or products to review, it's suggested that you have a separate consultation with your skin care expert before your facial. An effective treatment plan can then be formulated to suit your specific needs.
- Avoid excessive sun exposure for at least a week before your facial.
- Avoid getting a facial if you have a bruise or burn or any kind of allergic reaction on your face. The chemicals in the product can cause further inflammation to the area. If your questions have to do with a reaction be specific in your notes or call in prior to the appointment.
- Your esthetician will want to talk with you to find out what facial products you currently use. Be sure to also list the names of medications, supplements, or recent treatments.
- Men – If you are going to shave, please do so at least 24 hours before your appointment time to avoid stinging and/or irritation.

During:

Facials are great for maintaining skin and treating skin issues you may have such as dry skin, oily skin, or acne/blackheads. If this your first time getting a facial here are few things to expect when are receiving your treatment.

- Your skin will be examined under a bright magnifying mirror.
- We will guide you through the steps of your specific treatment.
- Lastly, we will recommend some products if needed that you can use to help maintain your new glow until your next appointment.

After:

- Follow the instruction of your esthetician; you may be advised not to wash your face until the next day. This is to allow the pores to absorb benefits of the treatments used.
- Avoid plucking your eyebrows or exposing your face to high temperatures or hot water that day.
- Use the recommended sunscreen, as harmful UV rays can cause skin damage.
- Avoid applying makeup for 3 to 4 hours after your facial. Chemicals in beauty products may cause skin reactions or infections.
- Avoid using harsh cleansers for the next 48 to 72 hours.
- If you experience any irritation or have questions, please contact your esthetician immediately.

Microdermabrasion

Post-Treatment Advice

- No make-up for up to 12 hours, this allows the natural acid mantle of the skin to be restored.
- Remember that the new fresh skin that is exposed is delicate – Use SPF 30 sunscreen to protect the skin from the harmful rays of the sun.
- Keep the skin well moisturized, using a good moisturizer day and night – this will avoid any peeling and dryness.
- Keep the skin clean with PH balancing products – that means cleanse, tone and moisturize every day.
- Do not use any exfoliating products or products containing AHA's for up to 7 days after Micro Treatment. These can irritate the skin.
- Avoid any waxing/threading/epilating for a week after Micro.
- If having Laser Hair Removal you need to wait 10 Days after your Micro – usually Laser Hair Removal on Face is done monthly so 1 Micro Session fits nicely in between your Laser sessions.
- If you have had a skin peel you need to wait minimum of 14 days before you can have Micro – otherwise the two treatments combined together can have harsh effects on the skin.
- Drink plenty of water to re-hydrate the skin.
- Avoid swimming for 24 hours.
- No sun beds or sauna for 48 hours.
- Your treatment should be repeated every 15 days until you have reached the desired result – You will attain healthier Skin after each and every treatment.
- All the above measures ensure that your Skin looks its best and you get the most out of your treatments.

Chemical Peel

Chemical peels are great for treating signs of aging, acne, discoloration and dull skin. Please follow general these tips for the best chemical peel experience.

Before:

- A consult with your esthetician is recommended so that you can be scheduled for the best course of treatment.
- Avoid sun exposure for at least a week before receiving a chemical peel. Harmful UV rays can make the skin too sensitive to withstand the invasive peeling action of a chemical peel.
- Avoid using any products that contain peeling agents (lactic, glycolic, salicylic, citric acids, etc) before your chemical peel. If you have used such products it is important that you let your esthetician know so that a safe decision can be made about whether or not to proceed with treatment. Failure to do so will result in skin damage.
- Do not manually exfoliate your skin for at least 48 hours before getting your chemical peel.

During

- Before applying the peel, your skin will be prepped. When it is ready your esthetician will apply the peel quickly and evenly.
- Your esthetician will watch your skin carefully as the peel works and when it is the right time it will be stopped and removed.
- After removal, depending on the treatment a cool compress, serum or mask will be applied to soothe the skin.
- The whole process usually takes less than 40 minutes

After:

- Use the products recommended for healing and skin moisture to avoid dryness and scarring
- Avoid picking at skin as it starts to peel. This can cause discoloration and scarring.
- Avoid using other exfoliation and/or peeling products during recovery.
- Depending on which treatment was used and the part of the body treated, expect 2 to 5 days of peeling and a week or two for complete recovery.
- Avoid sun exposure for up to 2 weeks. Use sunscreen if you must be in the sun and minimize the amount of time in the sun.
- If you experience irritation or have questions contact your esthetician immediately