

Waxing

PRE-CARE & POST-CARE INSTRUCTIONS



PRE-CARE INSTRUCTIONS:

- Do not shave or exfoliate the day of the treatment, however, it is beneficial to gently exfoliate the skin in the areas to be waxed a day or two before your scheduled appointment. Use a soft washcloth soaked in warm water to exfoliate the skin.
- Schedule waxing appointments 5-7 days prior to active chemical exfoliation or microdermabrasion, and 14 days prior for sensitive skin.
- If you use skincare products that contain Retinol, it is recommended to temporarily stop using them at least two weeks before your scheduled waxing appointment. Retinol-based products make the skin more susceptible to injury during waxing sessions.
- Please arrive freshly showered for all waxing appointments.
- Extensive waxing including Brazilian and bikini wax may require special preparation. Please trim all hair to approximately ¼ inch in length prior to appointment for best results.
- Please arrive to your appointment without make-up, creams, gels, deodorant, or lotions on treatment areas.

POST-CARE INSTRUCTIONS:

- Cold compresses are excellent aftercare as they calm inflamed skin and reduce the appearance of red bumps and irritation.
- Wear loose and comfortable clothing that are made from light and breathable fabrics (preferably cotton). Do not wear clothing that features elastics which may irritate the skin. For waxing services within the bikini area or for a Brazilian wax treatment, wear breathable underwear to reduce friction and sweat from developing.
- When receiving Brazilian wax, avoid sexual contact for 48 hours after waxing.
- Avoid sunlight – light exposure especially without sunscreen can result in undesirable patches of changes in pigmentation and freckles. If you must be in the sun, apply SPF 30 or greater, reapply often, wear a hat, and seek shade when possible.
- Do not use exfoliating products or acne treatments or alpha hydroxy acid products for 5-7 days. After the 5-7 days, gently exfoliate with loofah, washcloth or AHA cleansers to prevent ingrown hairs between waxing sessions. It is also important to keep the skin moisturized.
- Do not re-wax over treated area for 5-7 days, or 14 days for sensitive skin.
- Avoid sensitizing products with artificial fragrances, harsh preservatives and dyes.
- If you have any questions or concerns about anything whatsoever, please feel free to contact us so we can assist you.

Dermaplaning Treatment

PRE-CARE & POST-CARE INSTRUCTIONS



PRE-CARE INSTRUCTIONS:

- Please let your skincare specialist know if you are on any medication (topical and/ or oral), have any medical conditions, or are being treated by a physician for any conditions.
- Let your skincare specialist know if you have been diagnosed with cold sores or Herpes simplex.
- No shaving, laser treatments, peels, waxing, or aggressive exfoliations one week prior to Dermaplaning treatments. You should wait 14 days after receiving botox or dermal fillers to receive Dermaplaning treatments.
- Please arrive to your appointment without make-up, creams, gels, or lotions on treatment areas.

POST-CARE INSTRUCTIONS:

- Use a gentle cleanser and apply moisturizer at least twice daily for a minimum of 7 days post treatment.
- Avoid excessive heat, tanning beds, steam rooms/saunas, and sun exposure for a minimum of 3 days post treatment. If you must be in the sun, apply SPF 30 or greater, reapply often, wear a hat, and seek shade when possible.
- Avoid vigorous activity, exercising, and hot heat for 24 hours after treatment.
- Discontinue use of AHA's, BHA's, Glycolics, Retin-A Renova, and any harsh scrubs or abrasive loofahs following your treatment for at least 3 days.
- Do not go swimming or put face under water. Also, do not take long hot showers or put face under a hot stream of water.
- Avoid facial waxing for 7 days.
- Avoid drinking alcohol.
- Avoid surfaces that could irritate your skin such as: pillows, beards, collared or turtleneck shirts.
- Do not pick or prematurely peel the skin, as this will cause hyperpigmentation and/or surface scars.
- If you have any questions or concerns about anything whatsoever please feel free to contact us so we can assist you.

Microdermabrasion Treatment



PRE-CARE & POST-CARE INSTRUCTIONS

PRE-CARE INSTRUCTIONS:

- Do not use AHA's Glycolics, Retin-A, Renova, bleaching creams, or any exfoliating products for up to 72 hours pre-treatment.
- Let your skincare specialist know if you have been diagnosed with cold sores or Herpes simplex.
- Avoid sun tanning or tanning creams/sprays for at least 1 week before treatment.
- No recent laser surgery or Accutane use within the last 3 months.
- Candidates who have had a recent microdermabrasion, chemical peel or other skin procedure, such as collagen injections, should wait at least 14 days before undergoing microdermabrasion.
- Clients should also refrain from waxing the skin to be treated for a few weeks prior to microdermabrasion treatment.
- Please arrive to your appointment without make-up, creams, gels, or lotions on treatment areas.

POST-CARE INSTRUCTIONS:

- Your skin may have a slight rosy glow for approximately 24-48 hours. It may also have a "wind-burn" sensation if your skin is extremely sensitive. This can be more common in the colder/drier months and gentle/calming products may be necessary to help with the sensation.
- Use a gentle cleanser and apply moisturizer at least twice daily for a minimum of 7 days post treatment.
- Avoid excessive heat, tanning beds, steam rooms/ saunas, and sun exposure for a minimum of 7 days post treatment. If you must be in the sun, apply SPF 30 or greater, reapply often, wear a hat, and seek shade when possible.
- Avoid vigorous activity, exercising, and hot heat for 24 hours after treatment.
- Do not use Glycolic, Alpha Hydroxy, Beta Hydroxy, Retinol, Benzyl Peroxide, or topical acne medications for 48-72 hours following treatment.
- You may resume prescription retinoid products 3-7 days after last microdermabrasion treatment, or as instructed by your Esthetician/Technician.
- Do not use harsh scrubs or abrasive loofahs following your treatment for at least 3 days.
- Do not go swimming or put face under water. Also, do not take long hot showers or put face under a hot stream of water.
- Avoid facial waxing for 7 days.
- Avoid drinking alcohol.
- Avoid surfaces that could irritate your skin such as: pillows, beards, collared or turtleneck shirts.
- Although some peeling may occur in the treated areas, moisturizer can help to minimize this. Do not pick or prematurely peel the skin, as this will cause hyper-pigmentation and/or surface scars.
- If you have any questions or concerns about anything whatsoever please feel free to contact us so we can assist you.

Chemical Peel



PRE-CARE & POST-CARE INSTRUCTIONS

PRE-CARE INSTRUCTIONS:

- Avoid extensive sun exposure, tanning beds or tanning creams/sprays for at least 2 weeks before treatment.
- No facial waxing for 7 days prior to treatment.
- If you are on an acne treatment regimen, stop the use of Renova, Differin, Tazorac, Avage, EpiDuo, or Ziana 5 days prior to treatment.
- If you are using Retinol products, stop the use of Retin-A (retinol) products or applications for 7-10 days prior to a chemical peel. High percentage alpha hydroxy (AHA) and beta hydroxy (BHA) products should be stopped 5 days before treatment.
- Always apply a broad spectrum sunscreen daily (SPF 30 or greater) and avoid the gym 24 hours prior to a chemical peel.
- Do not use Aspirin or non-steroidal anti-inflammatory (ex. Advil) for at least 7-10 days prior to a chemical peel.
- Please arrive to your appointment without make-up, creams, gels, or lotions on treatment areas.

POST-CARE INSTRUCTIONS:

- On day 3 post-peel, you may experience mild to moderate shedding depending on the depth of chemical peel, the number of layers applied, and depth of the Chemical Peel. There can be dryness and tightness of the skin. Flaking and peeling three days post peel is not uncommon, unless you had a superficial peel. Superficial peels have little to no downtime, so you may not experience shedding.
- Use a gentle cleanser and apply moisturizer at least twice daily for a minimum of 7 days post treatment. Also, avoid applying makeup on the day of your treatment because the skin needs time to stabilize and rest.
- Avoid excessive heat, tanning beds, steam rooms/saunas, and sun exposure for a minimum of 7 days post treatment. If you must be in the sun, apply SPF 30 or greater, reapply often, wear a hat, and seek shade when possible.
- Avoid vigorous activity, exercising, and hot heat for 48 hours after treatment.
- For five days after your chemical peel, do not have electrolysis, facial waxing or use depilatories.
- Avoid using Retinols and Glycolic Acids for 10 days post peel.
- Do not use scrubs, loofahs, exfoliating sponges or other means of mechanical exfoliation on your face for 7-10 days.
- Do not ice your face, go swimming, or put face under water. Also, do not take long hot showers or put face under a hot stream of water.
- If you are on an acne regimen, delay the use of tretinoin, Retin-A, Differin, Renova, Tazorac, Avage, EpiDuo, or Ziana 5 days post procedure. However, it is fine to resume using a Vitamin C serum five days after your treatment.
- It is extremely important that you DO NOT have another chemical peel until your clinician advises you to.
- Avoid facial waxing for 7 days.
- Avoid drinking alcohol.
- Avoid surfaces that could irritate your skin such as: pillows, beards, collared or turtleneck shirts.
- Although some peeling may occur in the treated areas, moisturizer can help to minimize this. Do not pick or prematurely peel the skin, as this will cause hyper-pigmentation and/or surface scars.
- If you notice increased redness, increased hyperpigmentation or crusting of the skin, contact your doctor or skincare professional.
- If you have any questions or concerns about anything whatsoever please feel free to contact us so we can assist you.

Microneedling Treatment

PRE-CARE & POST-CARE INSTRUCTIONS



PRE-CARE INSTRUCTIONS:

- Do not use topical agents that may increase sensitivity of skin: retinoids, topical antibiotics, exfoliants, acids that may be drying or irritating to the skin (such as alpha hydroxyl acid (AHA), beta hydroxyl acids (BHA), exfoliating masks, salicylic acids, hydroquinone, and benzoyl peroxide acne products) 5-7 days prior.
- Let your skincare specialist know if you have been diagnosed with cold sores or Herpes simplex.
- Do not take any anti-inflammatory medications such as ibuprofen, Motrin, Aspirin, or Advil for 3 days prior to treatment. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- No IPL/Laser procedures, unprotected sun exposure, or sunburn for 2 weeks prior.
- No waxing, depilatory creams, or electrolysis to area being treated 5-7 days prior.
- No shaving the day of the procedure to avoid skin irritation. If there is dense hair present in the treatment area, closely shave the area the day before you arrive to your appointment. Moles, warts or actinic (solar) keratosis cannot be treated.
- Please arrive to your appointment without make-up, creams, gels, or lotions on treatment areas.

POST-CARE INSTRUCTIONS:

- Do not take any anti-inflammatory medications such as ibuprofen, Motrin, Aspirin or Advil for 1 week. Use Tylenol only as needed for any soreness.
- Do not apply ice to your face.
- Avoid strenuous exercises that cause sweating, jacuzzi, sauna, or steam baths for 24 hours due to open pores, or up to 48 hours if inflammation exists.
- Avoid excessive heat, tanning beds, and sun exposure for a minimum of 7 days post treatment. If you must be in the sun, apply SPF 30 or greater, reapply every 2 hours, wear a hat, and seek shade when possible.
- A sunburn -like effect is normal. The skin will feel tight, dry, sensitive to touch. Treat skin gently washing with a gentle cleanser, cool water, using hands only and pat dry no earlier than 4 hours after treatment. Redness or sensitivity might also be present. Some small bruising is common with PRP injections and may last up to 5-7 days and swelling can last 2-4 days depending on how aggressive of a treatment you received.
- May only use Oxygenetix Make-up post procedure or Mineral makeup after 24 hours.
- Sleep on your back with head of bed elevated to minimize swelling or pain as needed.
- Peeling may start 3-5 days after treatment. You will notice skin dryness and flaking. This is due to an increased turnover of skin cells. Do not pick or prematurely peel the skin, as this will cause hyper-pigmentation and/or surface scars. Allow old skin to flake off naturally and keep skin moisturized at all times.
- You may restart your regular skin care products and Retin-A once your skin is no longer irritated.
- Many clients will see continued skin improvement for months following the last treatment.
- For best results, we recommend follow up and repeat treatments in 4-6 weeks and a series of 3-5 treatments depending on your personalized care plan.
- If you have any questions or concerns about anything whatsoever please feel free to contact us so we can assist you.

Microblading/ Permanent Make-Up



PRE-TREATMENT & POST-CARE INSTRUCTIONS

PRE-CARE INSTRUCTIONS:

- Let your skincare specialist know if you have been diagnosed with cold sores or Herpes simplex.
- Do not work out the day of the procedure.
- Do not take any anti-inflammatory medications such as ibuprofen, Motrin, Aspirin, or Advil for 24 hours days prior to treatment. These agents will interfere with the natural inflammatory process that is critical and responsible for your skin rejuvenation.
- No alcohol or caffeine on the day of the procedure.
- No waxing or tinting 3 days before.
- Please note that you will be more sensitive during your menstrual cycle.
- Please arrive to your appointment without make-up, creams, gels, or lotions on treatment areas.

Permanent makeup is NOT recommended for any clients who are or have:

- Pregnant or nursing
- Diabetes
- Undergoing Chemotherapy
- Viral infections and/or diseases
- A Pacemaker or major heart problems
- Had a organ transplant
- Skin irritations near the treated area (rashes, sunburn, acne, etc.)
- Sick (cold, flu, etc.)
- Had Botox in the past 2 months or used Accutane in the past year

POST-CARE INSTRUCTIONS:

- Keep the area clean by washing with freshly washed hands, sterile water, and a mild soap. Do not use a washcloth or sponge to remove soap. Simply splash with water. Do not use cleansing creams, acne cleansers, or astringents. Use a mild, unscented, natural soap. Allow to air dry.
- Apply the aftercare balm with freshly washed hands or a Q-tip. If the balm is too stiff to use simply warm it up in a glass of warm water or on your finger. Use the balm sparingly. Blot excess balm with a clean tissue. Never touch the procedure area without washing your hands immediately before.
- Swelling, itching, scabbing, light bruising, and a dry tightness sensation are common after application. Ice packs are a nice relief for swelling and bruising.
- Do not scrub, rub, or pick at the epithelial crust that forms. Allow it to flake off by itself. If it is removed before it is ready the pigment underneath it can be pulled out, or cause scarring.
- Do not use any makeup near the procedure area, including mascara for eyeliner procedures, for at least 3 days. Purchase new mascara and makeup if possible to avoid contamination or bacterial infection.
- Always use a sun block (SPF 30 or greater) after the procedure area is healed to protect from sun fading.
- Avoid direct sun exposure or tanning for 3-4 weeks after procedure.
- Avoid vigorous activity, exercising, and hot heat for 10 days after treatment.
- No facials, Botox, Chemical Peels, or Microdermabrasion for 4 weeks.
- Avoid sleeping on your face for the first 10 days.
- Too dark and slightly uneven appearance - after 2-7 days the darkness will fade and once swelling dissipates unevenness usually disappears. If they are too dark or still a bit uneven after 4 weeks then we will make adjustments during the touch up appointment.
- If you have any questions or concerns about anything whatsoever please feel free to contact us so we can assist you.

Laser Hair Removal/Light Based Treatment



PRE-CARE & POST-CARE INSTRUCTIONS

PRE-CARE INSTRUCTIONS:

- Area must be shaved 24 hours prior to your appointment. If it is your first time, leave a small patch of hair so that your Esthetician/Technician can examine it. (Your Esthetician/Technician shave it down before beginning the treatment).
- For bikini services, don't shave the part where you want to keep the hair. Bikini laser services will not be performed on menstruating clients.
- Stay out of direct sunlight for at least 3 days prior to your appointment.
- Do not use self-tanner or spray tan products for at least 2 weeks before your treatment.
- Avoid drinking more than 2 alcoholic beverages 24 hours prior to your treatment.
- Avoid waxing/threading/tweezing in the area for at least 4 weeks. Shaving is ok!
- Please arrive to your appointment without make-up, creams, gels, deodorant, or lotions on treatment areas.

POST-CARE INSTRUCTIONS:

- Immediately after your treatment, redness and bumps at the treatment area are common; these may last up to 2 hours or longer. It is normal for the treated area to feel like a sunburn for a few hours. You should use a cold compress if the sensitivity continues. If there is any crusting, apply an antibiotic cream. Darker pigmented skin may have more discomfort than lighter skin & may persist longer.
- Cleanse the area treated gently. The treated area may be washed gently with a mild soap. Skin should be patted dry and not rubbed during the first 48 hours.
- No makeup or lotions/moisturizers/deodorant for the first 24 hours. Keep the treated area clean and dry. If further redness or irritation persists, skip your makeup, moisturizer, and deodorant (for underarms) until the irritation has subsided.
- Dead hairs will begin to shed 5-30 days after your treatment. Stubble, representing dead hair being shed from the hair follicle, will appear within 5-30 days from the treatment date. This is normal and will dissipate quickly.
- Exfoliate to speed up hair shedding. Anywhere from 5-30 days after the treatment, shedding of the hair may occur and this may appear as new hair growth. It is not new hair growth, but the dead hair pushing its way out of the follicle. You can help the hair come out by gently exfoliating with a washcloth or shaving.
- Avoid the sun. Avoid sun exposure to reduce the chance of dark or light spots for 2 months. Use sunscreen (SPF 30 or greater) at all times throughout the treatment period, and for 1-2 months following.
- Do not pick/scratch/wax/thread/tweeze the area. Avoid picking or scratching the treated skin. Do not use any other hair removal methods or products, other than shaving, on the treated area during the course of your laser treatments, as it will prevent you from achieving the best results.
- Hair growth varies. On average, most will experience almost or complete hairlessness after 6-9 sessions.
- If you have any questions or concerns about anything whatsoever please feel free to contact us so we can assist you.