



# Skin Prep Guide – Before Your Facial

To get the best results from your facial, please follow these simple skin prep steps:

## 1. Avoid Active Products

Please stop using retinol, exfoliating acids (AHA/BHA), benzoyl peroxide, or strong actives **3–5 days before your appointment**. This helps prevent irritation and ensures your skin is calm and receptive to treatment.

## 2. No Waxing Or Hair Removal

Avoid waxing, threading, laser, or depilatory creams on the face **at least 5–7 days before your facial** to prevent sensitivity or skin lifting.

## 3. Skip Exfoliation

Do not use scrubs, peels, or exfoliating tools for **3 days prior** to your treatment.

## 4. Arrive With Clean Skin

Please arrive with little to no makeup if possible. If not, don't worry — your skin will be cleansed thoroughly at the start of your facial.

## 5. Stay Hydrated

Drink plenty of water in the days leading up to your appointment. Well-hydrated skin responds better to treatment.

## 6. Inform Us Of Any Changes

Let us know before your facial if you:

- Have started new skincare or medication
- Have had recent sunburn, breakouts, or irritation
- Are pregnant or have medical skin conditions

This allows us to tailor your treatment safely and effectively.

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✨ **Following these steps helps ensure the best results and a relaxing, glowing experience.**

If you have any questions before your appointment, please don't hesitate to get in touch.

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