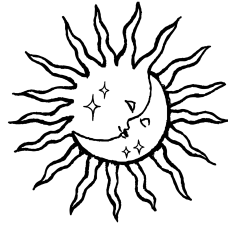


FOR HAPPY +
HEALTHY SKIN.



Sarah Moon
facial studio

Your Acne Program Treatment is coming up!

Please review the following Pre and Post Treatment Guidance to ensure the best results possible.

Pre-Treatment Guidance:

- Do not use your custom regimen actives (Acne Med, Acid serums, Vitamin A serums, Sulfur Spot Treatment, or Bacteriostat Cleanser) **the night before OR the morning of** your Acne Program Treatment.
- Do not ice the morning of your appointment.
- Do not take your EFA supplement or any blood thinners (Fish, Flax, Advil, Garlic, etc.) **the night before and the morning of** your appointment.
- Do not drink alcohol within 12 hours of your appointment.
- **Do not perform any intense cardio workouts (long runs, hot yoga, etc.)** on the morning/day of your appointment.
- Allow at least 7-10 days between your scheduled appointment and any previous chemical peels, lasers, dermabrasion, or dermatological procedure.
- Avoid direct sun (tanning or excessive UV exposure) for 3-7 days before your appointment.
- Wait at least 5-7 days between waxing and your appointment.
- **Do not shave the treatment area within 48 hours of your appointment.** For those with facial hair, please trim closely with a guard.

Post-Treatment Guidance:

After your enzyme, light peel, and/or extractions your skin may be tight, red or pink (flushed), itchy, slightly discolored, rough, swollen, bumpy, flaky, and/or dry for several days post-treatment. This usually dissipates within 1–72 hours, though more sensitive skin may experience for longer. Minor dusting, flaking, and dryness are typical for up to 7–10 days after treatment. Please take this into account if you have any important events planned!

Also, please note that your skin will not visibly peel in sheets after a light chemical peel. It may not even flake. This does not mean your peel's exfoliation was not successful.

Linder Health Peel Specific Guidance:

- If you receive a Linder Health peel, you will be instructed on when to cleanse your face for the first time after leaving the studio. Either that night before bed or first thing in the morning, if instructed to wear overnight.
- When washing off your Linder Health peel, please do so with a gel or foaming cleanser and using cool or room temperature water to fully remove the peel formula from your skin. After thoroughly cleansing, rinse completely with cool or room temperature water.
- If you have any questions regarding wear time for your specific treatment, please confirm with your Esthetician.
- If you've discussed wearing overnight with your Esthetician at the time of your treatment, but experience symptoms such as increased tingling, itching, burning, or heat, wash your face before bed or as soon as your symptoms become uncomfortable or irritating. Do not attempt to wear overnight in this instance.

Post-Treatment Guidance:

- **Avoid sweat, heat, and friction for at least 24–48 hours.** Try not to touch your face as much as possible. If you receive a peel, please keep your skin dry for at least 4–6 hours after your appointment (longer if directed by your Esthetician).
- **Avoid exercise, excessive sun exposure, cleansing with hot water, saunas, swimming, and consuming alcohol for 12–48 hours.** If your skin is still sensitive after this time, please do not engage in any of these habits until your sensitivity has subsided.
- **Do not do any intense workouts where your face will considerably flush (hot yoga, cycle, sprinting, etc.) for 2–5 days after your appointment.**
- If your face typically or regularly flushes from alcohol consumption, please avoid alcohol for at least 12 hours after your appointment.

– Skincare Guidance:

- No skincare actives (Acne Med, Active Serums/Exfoliants, Sulfur, Vitamin A, Bacteriostat) should be applied in the evening on the day of your treatment OR the day after. Only cleanse and hydrate with recommended products.

– If you receive a peel, please do not apply foundation or concealer for 12–24 hours. If you need a sample of Tinted SPF, one can be provided for you upon request.

– In the absence of any irritation/sensitivity after treatment, resume your custom regimen after ~36 hours. If experiencing sensitivity, please only use your recommended 'hydrating-only routine' of cleanser, hydrator, moisturizer, and SPF for 2–7 days as needed.

– **Do not scratch, pick, or abrade the treated skin.** This can lead to scarring and pigment formation.

– Allow at least 7–10 days between your appointment and any dermatological procedure, laser, chemical peel, or dermabrasion treatment.

– Allow at least 5–7 days after treatment before waxing or shaving of the treated area.

– **Keep skin clean, hydrated, moisturized, and protected with SPF.**

– **Stay hydrated! Drink plenty of water.**

See you soon!

Questions?

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