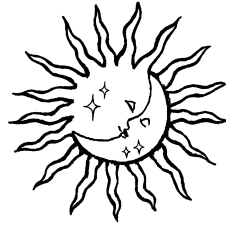


FOR HAPPY +
HEALTHY SKIN.



Sarah Moon
facial studio

Your Facial Appointment is coming up!

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

Pre-Facial Guidance:

- **Pause use of OTC Retinoids** (Vitamin A, Retinol, Retinaldehyde, etc.), **exfoliating acids** (Mandelic, Glycolic, Lactic, etc.), **or any type of scrub/source of friction** (exfoliating device or washcloth, mitt, etc.) for 3–6 days before your appointment.
- **Pause use of prescription Tretinoin** for 5–7 days before your appointment.
- **Do not ice your skin or apply any heat** to your skin on the morning/day 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 2 weeks between your scheduled appointment and any previous chemical peels, laser hair removal, dermabrasion, or neurotoxin or dermal filler injections.
- Wait at least 1 week between waxing and your facial appointment.
- **Avoid direct sun exposure (tanning or excessive UV exposure)** for 2–7 days before your appointment.
- **Do not shave within 48 hours** of your appointment (treatment area).
 - For those with facial hair, trimming with a guard is fine.

– In case of the need for extractions during your facial, **do not take any blood thinners** (Fish Oil, Flax Oil, Advil, Garlic, etc.) for 2 days before or the morning of your appointment. *If you are on prescription blood thinners, always check with your doctor before pausing any treatment.

Post–Facial Guidance:

– **Avoid sweat, heat, and friction** the day of your facial. Try not to touch your face as much as possible in the hours after your appointment. Continue to avoid excess sweating, heat, and friction for 24–48 hours or until all sensitivity has subsided.

– **If you receive a facial with enzyme or fruit–acid exfoliation, avoid intense exercise, cleansing with hot water, saunas, swimming, and consuming alcohol for 24–48 hours.** If your skin is still sensitive after 48 hours, please do not engage in any of these habits until your sensitivity has subsided.

– **No skincare actives (ie. exfoliating acids, Vitamin A, etc.) should be applied in the evening routine on the day of your appointment or for 1–2 days after.** If your skin is still sensitive after 48 hours, please do not use any active skincare products until your sensitivity has subsided. Vitamin C and certain extracts can also be stimulating on the skin, so if you have sensitivity to any of your skincare products after your facial, pause use of these products for a few days if needed.

– If flaky from exfoliation or extractions, **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 laser hair removal, dermabrasion, or dermatological treatments.

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

– **Keep skin hydrated, moisturized, and protected with SPF.** Avoid excessive sun for up to a week post–facial. (No tanning or burning)

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

See you soon!

Questions?

Reply to this email!

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