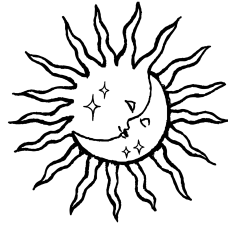


FOR HAPPY +
HEALTHY SKIN.



Sarah Moon
facial studio

Your Daphnis Facial Appointment is coming up!

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

Even though the Daphnis doesn't feature any traditional exfoliation methods and focuses on calming and hydrating the skin, we want to ensure your skin stays as comfortable as possible!

Please follow the following guidance before and after your appointment.

Pre-Facial Guidance:

- **Pause use of 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.) 2 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 perform any intense cardio workouts** (long runs, hot yoga, etc.) on the morning/day of your appointment.
- Allow at least 7 days between your scheduled appointment and any previous chemical peels, laser hair removal, dermabrasion, or neurotoxin/dermal filler injections (longer if your injector advises).
- Wait at least 4 days between waxing and your facial appointment.
- **Avoid direct sun exposure** (tanning or excessive exposure) for 2–3 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.

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 12 hours or until any sensitivity has subsided.
- Avoid **cleansing with hot water, excessive sun exposure, saunas, and swimming for ~12 hours**. If your skin is sensitive after 12 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**. If your skin is sensitive the following day, 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.
- Allow at least 4–7 days between your appointment and any laser hair removal, dermabrasion, or dermatological treatments.
- **Keep skin hydrated, moisturized, and protected with SPF.**
- **Stay hydrated.** Drink plenty of water!

See you soon!

Questions?
Reply to this email!

In the event of an emergency, please contact 911.

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