

Facial Treatment Preparation & Aftercare

Before Your Appointment

- Avoid retinol, exfoliants, and active skincare products for 3–5 days before your treatment.
 - Avoid waxing, threading, laser treatments, or chemical peels on the treatment area for at least 1 week prior.
 - Arrive with clean skin free of makeup when possible.
 - Inform your esthetician of any new medications, allergies, skin conditions, or recent cosmetic procedures.
 - Avoid excessive sun exposure and tanning for 48 hours before your appointment.
 - Stay hydrated and eat a light meal before your treatment.
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After Your Treatment

- Avoid touching, picking, or exfoliating your skin for 48 hours.
- Skip saunas, steam rooms, hot tubs, and intense exercise for 24–48 hours.
- Avoid retinol, acids, scrubs, and other active ingredients for 3–5 days unless otherwise advised.
- Wear SPF 30+ daily and limit direct sun exposure.
- Keep your skincare routine gentle and focus on hydration.
- Follow your personalized home-care recommendations to maintain and enhance your results.

Thank you for choosing Serene Skin and Wellness Studio. We look forward to helping you achieve your healthiest skin. ✨

