

## HydraFacial

### Pre-Care:

1. Consultation: Schedule a consultation with a licensed skincare professional to discuss your skin concerns, medical history, and expectations from the HydraFacial treatment.
2. Avoid Sun Exposure: Minimize sun exposure and use sunscreen in the days leading up to your HydraFacial to reduce the risk of irritation.
3. Discontinue Certain Skincare Products: Discontinue the use of retinoids, glycolic acid, and other potentially irritating skincare products a few days before the treatment, as advised by your skincare professional.
4. Inform Your Provider: Inform your skincare professional about any recent facial treatments or cosmetic procedures you have undergone.
5. Arrive with a Clean Face: Ensure your face is clean and free of makeup or skincare products when you arrive for your HydraFacial.
6. Discuss Skin Sensitivities: If you have known skin sensitivities or allergies, discuss them with your skincare professional during the consultation.

### Post-Care:

1. Avoid Sun Exposure: Minimize sun exposure after the treatment and use a broad-spectrum sunscreen with a high SPF to protect your skin.
2. Gentle Skincare Products: Use gentle skincare products after HydraFacial, and avoid harsh or abrasive cleansers. Your skincare professional may recommend specific products.
3. Moisturize: Keep your skin moisturized to maintain hydration levels. Your skincare provider may suggest a suitable moisturizer.
4. Avoid Exfoliants: Refrain from using abrasive scrubs or exfoliating products for a few days following the treatment.
5. Stay Hydrated: Drink plenty of water to help maintain skin hydration and support the natural healing process.
6. Avoid Hot Water: Avoid hot showers or baths immediately after the treatment, as hot water can exacerbate any potential post-treatment redness.
7. Makeup Application: If you wear makeup, wait for a few hours before applying it post-treatment. Use clean brushes or applicators to reduce the risk of infection.
8. Avoid Touching Your Face: Refrain from touching your face with unwashed hands to prevent introducing bacteria to the freshly treated skin.
9. Follow-up Appointments: Schedule any recommended follow-up appointments or HydraFacial maintenance sessions as advised by your skincare professional.