

Fire and Ice Treatment

Pre Care

- Schedule a consultation to assess your skin type and concerns, allowing your skincare professional to tailor the treatment accordingly.
- Refrain from using retinoids, alpha-hydroxy acids (AHAs), or other exfoliating products for at least 5 days prior to your facial.
- Limit sun exposure and use broad-spectrum sunscreen leading up to your appointment to minimize skin sensitivity.
- Drink plenty of water and keep your skin well-hydrated in the days before your facial.

Post Care

- Gently cleanse your skin with a mild cleanser for the first few days to keep the area clean. Avoid scrubs and exfoliants.
- Keep your skin hydrated with a soothing moisturizer.
- Avoid Sun Exposure: Protect your skin from sun exposure immediately after treatment. Use a high-SPF sunscreen daily and avoid direct sunlight.
- Avoid strenuous exercise, saunas, or swimming for 24-48 hours post-treatment to reduce the risk of irritation.
- Schedule a follow-up appointment to assess your skin's progress and discuss ongoing skincare recommendations.