

## **Hydrafacial**

### **Pre Care**

- Refrain from using products with harsh exfoliants (like retinoids, acids, or scrubs) at least 3 days before your HydraFacial.
- Avoid waxing, threading, or laser treatments at least 1-2 days before your session to prevent skin irritation.
- Drink plenty of water in the days leading up to your treatment to keep your skin hydrated and enhance the effects of the treatment.
- Try to avoid direct sun exposure or tanning beds 48 hours prior to your treatment. If necessary, wear sunscreen.
- If you're planning any Botox or dermal filler treatments, it's best to schedule them for a few days after your HydraFacial to avoid irritation.

### **Post Care**

- After your treatment, your skin will be more sensitive to the sun. Make sure to wear a broad-spectrum SPF 30 or higher for at least a week.
- For best results, avoid applying makeup for at least 4-6 hours following your HydraFacial to allow your skin to fully absorb the nutrients.
- Keep your skin hydrated by drinking plenty of water and using a gentle moisturizer.
- Refrain from hot showers, saunas, or intense workouts for 24-48 hours after your treatment, as excessive heat can irritate the skin.
- Avoid touching your face frequently, especially with unwashed hands, to prevent introducing bacteria that could cause irritation or breakouts.