



Facials: Pre and Post Treatment Instructions

Pre Treatment

- Skip any strong at-home facial treatments the week before your appointment.
- Stay out of the sun and away from tanning a week before.
- Must wait 7 days after receiving any neurotoxin, filler injections, wax or laser treatments on your face. Avoid retinoids, Benzoyl Peroxide, AHA/BHAs, Glycolic, peel pads, and any other topical prescription facial products 3-5 days prior.
- Know the names of the skin care products or topical/oral prescriptions you are using at home. Having these details will help the physician/aesthetician make the right recommendations of products and treatment plan.
- Are you getting your skin ready for a big event? If you've never had a facial before and don't know how your skin will respond, we recommend scheduling an appointment about six weeks in advance with a follow-up appointment closer to your event date. This way you have time to address any negative skin reactions and get the maximum results from your service. Don't have that much time? That's okay. Our experienced staff can recommend a service that will help you put your best face forward.

Post Treatment

- Avoid picking at your skin
- Skip the heavy makeup and aggressive skin-care products. Let your pores breathe after a facial. Make sure to clean makeup brushes to help avoid any post facial breakouts.
- Use a gentle, hydrating cleanser the rest of the week and skip any harsh astringents or peel pads.

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- Wait 24 hours to work out and aggressively exercise. Make the trip to the gym before your appointment so your skin has time to heal. The increased heat in the skin and sweat can be irritating to your freshly exfoliated skin.
- Stay away from acne products and other at-home treatments (retinoids, home peels, AHA/BHAs, scrubs, enzymes) for the rest of the week.
- Stay out of the sun for a few days post facial and continue to wear sunscreen everyday.
- Postpone any wax or laser treatments on your face for 7 days.

If you have any questions or experience any side effects, please contact our office immediately.
Text us at 202.333.4445 and email us at info@helaspa.com.