



Hydrafacial Pre-Care Instructions

To ensure the best results from your Hydrafacial, please follow these guidelines:

- Avoid **retinoids, exfoliating acids, and acne treatments** (retinol, tretinoin, glycolic, salicylic, benzoyl peroxide) for **3–5 days prior**.
- Avoid **waxing, threading, laser treatments, or chemical peels** in the treatment area for **5–7 days prior**.
- Discontinue use of **isotretinoin (Accutane)** for at least **6 months** before treatment.
- Avoid **excessive sun exposure or tanning** for **3–5 days prior**.
- Arrive with clean skin if possible (no heavy makeup).

Hydrafacial Post-Care Instructions

After your Hydrafacial, your skin will be deeply cleansed and exfoliated. To maintain results:

- Avoid **retinoids, exfoliating acids, and acne treatments** for **24–48 hours post-treatment**.
- Avoid **direct sun exposure, saunas, steam rooms, hot yoga, and intense workouts** for **24 hours**.
- Wear **broad-spectrum SPF 30+ daily** and reapply if outdoors.
- Keep skin **hydrated** with gentle cleansers, moisturizers, and hyaluronic-acid-based products.
- Avoid **picking or exfoliating** the skin.
- Makeup can be applied the same day, but waiting **12–24 hours** is ideal for best results.

What to Expect

- Skin may appear slightly pink immediately after treatment but typically subsides within a few hours.
- You'll notice an **instant glow**, smoother texture, and improved hydration.