

NORTH MEDICAL SPA

PRE + POST CARE

SKIN RESCUE FACIAL



We can't wait for you to visit North Medical Spa! In order to make sure you are fully prepared for your treatment please take a moment to review this "need to know info" below.

We want to ensure that you are fully prepared for your treatment and that you receive the very best results.

BEFORE YOUR SKIN RESCUE FACIAL

Inform our client care team if you have a history of perioral herpes (cold sores) to receive advice on antiviral therapy before treatment.

1 WEEK BEFORE TREATMENT:

- Avoid prolonged sun exposure as well as self-tanner; the treatment cannot be performed on excessively tanned or sunburned skin.

3 DAYS BEFORE TREATMENT:

- Avoid waxing, bleaching, tweezing, or the use of hair removal cream on the area to be treated.
- Avoid topical products such as Tretinoin (Retin-A), Retinols, Retinoids, Glycolic Acid, Alpha Hydroxy Acid, or other "anti-aging" products, as well as any exfoliants or scrubs.

AFTER YOUR TEEN FACIAL

IMMEDIATELY FOLLOWING TREATMENT:

- Makeup can be applied if needed, however for best results leave the face clear until the following morning.
- The products used in this facial contain many different active ingredients, if possible do not cleanse the skin for a few hours after the treatment.
- For the same reasons, avoid any activities that may cause excessive sweating immediately after your treatment.

1-3 DAYS FOLLOWING TREATMENT:

- Do not exfoliate for 24hrs.
- Sunscreen is a MUST and should be used daily beginning the day after treatment and used consistently for up to 3 months post procedure. Use a physical sunscreen with Broadband UVA and UVB protection and a SPF of 30. Ensure to reapply during sun exposure.
- Keep the skin hydrated with a home care routine full

REMEMBER THAT ONE IS A TREAT, 3 TO 5 IS A TREATMENT.

We recommend that you come every 4 weeks for a Skin Rescue Facial to see consistent and beautiful results.

Everyone's skin is different and your results and recovery time may vary. We are here for you! If you have any questions or concerns following your treatment, please let us know. Thank you for trusting us with your skin!

Love,

Your Best Friend in Skincare