

## **Pre and Post Care for HydraFacial/DiamondGlow Treatments**

### **Pre-Treatment Care:**

1. **Avoid Sun Exposure**: Minimize direct sun exposure or tanning for at least 3-5 days before treatment.
2. **Stop Exfoliants**: Discontinue using retinol, glycolic acid, or any exfoliating treatments 48 hours prior to your appointment.
3. **No Aggressive Treatments**: Avoid laser treatments, chemical peels, or microdermabrasion at least 1-2 weeks before your facial.
4. **Hydrate**: Drink plenty of water in the days leading up to your appointment to keep your skin hydrated.
5. **Skip Waxing/Shaving**: Refrain from waxing or shaving the treatment area for 24 hours before your treatment to avoid irritation.

### **Post-Treatment Care:**

1. **Sun Protection**: Use a broad-spectrum sunscreen (SPF 30 or higher) and avoid direct sun exposure for at least 3-5 days.
2. **Avoid Heavy Products**: Refrain from using makeup or heavy skincare products for 24 hours post-treatment.
3. **No Exfoliation**: Avoid any exfoliating products or treatments for 48-72 hours after your facial to allow your skin to heal.
4. **Hydrate and Moisturize**: Keep your skin hydrated by drinking water and applying a good moisturizer.
5. **No Sweating**: Avoid activities that cause excessive sweating, such as intense workouts or saunas, for at least 24-48 hours post-treatment.

These steps help ensure optimal results and protect the skin during the recovery process.