



# *Facial Care*

**Pre/Post Treatment Instructions:** Please follow the instructions below to prepare for your treatment.

Your compliance to your pre and post instructions will greatly affect the outcome of your treatment.

## Before you make an appointment

- Do not schedule if you are pregnant or nursing
- Have active Herpes simplex virus
- If you are under the care of a Physician or taking prescription medication or topicals please consult your Physician before making an appointment

## Before your treatment

- Do not have another facial or peeling treatment, unless recommended.
- Avoid any irritants to your skin: including retinoids and retinol, glycolic, salicylic acids, benzoyl peroxide, astringents, and Vitamin C.
- Do not wax, tweeze, or use depilatory creams.
- Do not tan or have prolonged sun exposure.

## The day of your treatment

You will not need to apply anything to your skin other than the SPF you have continued to wear for the last 2 weeks prior to your treatment. If you are wearing makeup, it can easily be removed.

## After your treatment – Home care instructions

The week after your treatment your skin will continue to feel very tight. The top layers of skin are dehydrating. You may look like you have an uneven sunburn/tan. You may still feel comfortable in public today. By the end of the day your skin may begin to flake. Sun damaged spots will turn darker prior to peeling. Rinse your face with only water today. Use your hands only and cool or tepid water generally feels best. **DO NOT PEEL THE SKIN.** If any area is irritated, a mild hydrocortisone cream 1% can be used. Do not use Vaseline or Neosporin.

**DO NOT** use retinoids, retinol, acids, astringents or vitamin C. You must completely avoid the sun during this time.

If peeling occurs, most of the peeling takes place between days 3 and 4. Continue with cleansing and moisturizing as recommended. Some areas will have completely peeled and other areas may have not peeled at all.

## Between week 1 and week 2:

You may resume waxing, tweezing or depilatory creams during this week. By the end of the second week, you should be able to tolerate glycolic, salicylic, vitamin C, and retinol, retinoid products. Remember, daily sunscreen with an SPF of 30 is recommended to maintain your improved skin. Follow up with your regular recommended Products.

## Facial care

If you have never had a facial before or it has been a while since you have, you may not know what to do the week before your appointment or even the day of then appointment. It is not a difficult process to prepare for your facial, but there are a few tips you should follow to ensure you get optimum, long-lasting results from your facial treatment.

1. Wear clothing that is comfortable. We recommend wearing clothing that is easy to change in and out of.
2. Wear your make-up. Or do not wear make-up it is okay. Your esthetician will cleanse your skin as part of any of our facial treatments.
3. Skip any strong at-home facial treatments the week before your appointment and any exfoliation treatments a few days prior. Your esthetician will be providing this crucial step as part of your facial treatment.
4. Stay out of the sun and away from tanning for five days before your facial. Sun damage and skin do not mix and should always be avoided, but especially before your service.
5. Know the names of the skin care products you are using at home. Bring a list if you need to so you can discuss it with your esthetician. Having these details will help the esthetician make recommendations products you may want to add or delete from your at-home routine.
6. Let your esthetician know any medications, medical conditions, and/or past skin conditions you may have had. Even over-the-counter medications can affect your skin, so it is good for them to know what may be contributing to your concerns and the way your skin reacts to certain products.

7. Are you getting your skin ready for a big event? If you have never had a facial before and don't know how your skin will respond. Your licensed estheticians recommend scheduling an appointment about six weeks in advance. Also, schedule 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. Do not have that much time? That is okay. Your experienced esthetician can recommend a service that will help you put your best face forward.
  8. Be prepared to discuss your skin concerns and what your goals might be. Your esthetician is a licensed expert in skin and skin care so they will help you with a specific regime of treatments and products to achieve your goals.
- 

## **What to Expect Upon Arrival:**

We will have you fill out a short health questionnaire to help guide your esthetician in choosing the best products for your skin type. You will meet your esthetician and will then be escorted to your treatment area. You will get a robe to cover up with so you can take off as much clothing as you are comfortable with. Your esthetician needs access to your face, neck, and shoulders, so removing your shirt is needed to perform services. If you are wearing a bra, you can leave it on just make sure to pull your straps down. Amira's Vanity provides neck and shoulder massage as part of the facials. We want to make sure you get the full effect. It is relaxing!

Enjoy, be calm and relax because a facial removes stress. Do not miss out because you do not follow these tips completely. The tips are recommendations to make sure you get the best treatment while you are with us. Enjoy!

If you are not sure what facial to choose, it is okay. Amira's Vanity will offer a complimentary 15-minute skin consultation to help determine which of our services will work best for you.

---

## **What to Do and Not Do After Facial**

Spa facials have major benefits for your skin's health. They remove impurities, promote new cell turnover, and support your skin's moisture barrier. Plus, facials leave you with a seriously covetable glow. The question is: How do you keep that glow going? Follow these dos and don'ts to prolong the life of your next facial treatment.

# What to Do After A Facial

The immediate effects of a facial typically last between five and seven days. During this time, skin looks and feels plump, hydrated, and radiant. To extend your results, keep these aftercare steps in mind:

## 1. Keep Skin Hydrated

Proper hydration is key to maximizing the benefits of your facial. Be sure to drink lots of water afterward. Staying hydrated will prevent dehydration, flush out toxins and leave you with a healthy, glowing complexion.

When you are sufficiently hydrated, your skin cells function more effectively and are better able to eliminate toxins, absorb nutrients and help you retain your post-facial radiance. In addition to drinking plenty of water, increase your intake of fresh fruits and vegetables and apply a daily moisturizer to maintain your glow.

## 2. Exfoliate Weekly

Exfoliating immediately after your facial is recommended. Adding this step to your weekly skin care routine continuing to exfoliate at home will keep your skin soft and smooth. It will prevent oil and dead skin from building up and dulling your complexion. Be delicate with your freshly buffed skin: Wait two to three days before exfoliating and choose a gentle scrub.

## 3. Use A Vitamin C Serum

Extreme temperatures, stress and air pollution can make your new skin lifeless by contributing to dullness, dehydration and the development of fine lines and wrinkles. To protect the effects of your facial adding a Vitamin C serum to your skin care routine is a helping aid to prolong health. It will boost collagen and brighten skin.

## 4. Follow Your Esthetician's Advice

A quality home care routine is essential for boosting the life of your facial. If you follow up at home with a great routine designed by your esthetician, it will extend the results of the facial. Schedule time to work with your esthetician to develop a skin care routine that is customized for your specific skin type, concerns, and skin care goals. Following their expert advice can do wonders for maintaining your skin's health between spa appointments.

## 5. Book Your Next Appointment

The best skin care routines pair at-home products with in-spa treatments. It is normally recommended by your esthetician booking facials between four and six weeks apart to take advantage of the skin's natural turnover cycle.

# What NOT To Do After Facial

While there is plenty of good you can do for your skin after a facial, there is also the potential to do some damage. To keep your skin glowing, it's prudent to avoid a few common post-facial pitfalls. Here are some options to guide you to what not to do after a facial:

## ***1. Do not visit the Steam Room***

A trip to the steam room may seem like the perfect way to round out a blissful spa day, but your best bet is to steer clear. Your skin has already been exposed to plenty of steam during your facial and adding on could lead to irritation and broken capillaries. Hitting the gym is another no-go: Increased heat and sweat can also irritate your freshly exfoliated skin, causing redness and inflammation. Instead, take advantage of spa amenities pre-facial and leave steam management to your esthetician.

## ***2. Wax, Shave or Have Laser Hair Removal***

Hair removal and facials do not mix. While it may be convenient to book a wax, shave, or laser treatment along with your facial, it's best to spread out your appointments. Most facials involve deep exfoliation with professional peels to shed old skin cells and bring new cells to the surface. Having a hair removal treatment immediately after your facial runs the risk of over-exfoliating and burning your fresh complexion. To avoid discomfort and damage, experts advise spacing your hair removal appointments between 24 and 48 hours before or after your facial treatment.

## ***3. Sunbathe***

While we strongly recommend protecting your skin from UV rays every day (yes, even in winter), it is especially true after a facial. Your freshly scrubbed skin is particularly susceptible to sun damage post-treatment and its vulnerable surface can easily burn. Exposing your skin to the sun puts you at risk for melanoma and accelerates the development of fine lines and wrinkles. After a facial, always apply a sunscreen or moisturizer with SPF 30 or higher to minimize potential damage.

## ***4. Pick At Your Skin***

It may be tempting to pop and pick your pimples, but it's best to keep your hands off post-treatment. Every time you squeeze or touch a blemish, you run the risk of spreading bacteria and scarring your complexion. During your facial, your esthetician will have performed necessary extractions to clear blackheads and pustules. If any blemishes are left behind, it is because they are not close enough to the surface to extract safely. Further picking and prodding will only do damage; your best course of action is to leave them be and book a follow-up appointment with your facialist for further extractions.

## ***5. Use At-Home Peels or Retinol***

Give your skin a week to heal before using potent at-home treatments like peels and retinol-based products. Your skin is particularly sensitive after a facial, and harsh, potentially irritating products can do more damage than good. Rest assured that your esthetician has exfoliated your skin to the max and focus instead on protecting your skin's moisture barrier with nourishing facial oils, rich moisturizers and deeply hydrating mask treatments. Our pick: Blend Rosehip Triple C+E Firming Oil with Coconut Age Corrective Moisturizer for long-lasting moisture.