



POST-CARE INSTRUCTIONS FOR CUSTOM HYDRAFACIAL

Thank you for choosing Esprit for your HydraFacial treatment! To ensure optimal results and maintain the health of your skin, please follow these post-care instructions:

1. Immediate Post-Treatment Care:

- Avoid applying makeup for the rest of the day to allow your skin to breathe and absorb the benefits of the treatment.
- Do not use any exfoliating products, such as scrubs or peels, for 48 hours post-treatment.

2. Sun Protection:

- Your skin may be more sensitive to sunlight after the treatment. Apply a broad-spectrum sunscreen with **at least SPF 30** before going outdoors. Reapply every two hours if you are spending extended time outside.
- Avoid direct sun exposure, tanning beds, and saunas for **at least 72-hours** post-treatment.

3. Moisturization:

- Keep your skin well-hydrated by using a gentle, hydrating moisturizer twice daily. This will help maintain the benefits of the HydraFacial.

4. Avoid Heat and Sweating:

- Refrain from engaging in intense exercise or activities that cause excessive sweating for **at least 24 hours** post-treatment.

5. Skin Care Products:

- Use gentle skincare products without active ingredients like retinol or alpha-hydroxy acids for the next 48-hours unless otherwise directed by your provider.
- Resume your normal skincare routine **after 48-hours**, or as advised by your skincare specialist.

6. Additional Tips:

- Drink plenty of water to keep your skin hydrated from within.
- If you experience any unexpected side effects, such as prolonged redness or irritation, please contact our office for further advice.

7. Follow-Up:

- For best results, we recommend scheduling your next HydraFacial treatment in 4-6 weeks. Regular treatments can help maintain clear, healthy skin.

If you have any questions or concerns following your treatment, please do not hesitate to contact us. We are here to help you achieve your skincare goals.

Thank you for trusting us with your healthy skincare needs!