



# CARBON FACIAL PRE & POST CARE

## PRE CARE - PLEASE READ FULLY

Your Pre Care is an important step in achieving the desired results. As we are working with living tissue, ensuring the skin is in optimum condition is vital to our results. Please ensure you fully read the below and agree to follow these steps.

### PRE CARE:

Avoid retinol, exfoliating acids, and strong active skincare for 5 days before treatment.  
Avoid sun exposure and tanning for at least one week.  
Do not undergo waxing, threading, or chemical peels in the treatment area for 7 days.  
Arrive with clean skin and no makeup.  
Inform your practitioner of any active skin infections or irritation.

## ON THE DAY OF YOUR TREATMENT

You must be in good health  
Any medical conditions should have been discussed at the time of your booking. .  
Ensure you allow plenty of time for your appointment.

## POST CARE - PLEASE READ FULLY

Mild redness may occur for several hours following treatment.  
Skin may feel smoother and brighter immediately after treatment.  
Avoid heat treatments, saunas, and intense exercise for 24 hours.  
Avoid exfoliating products and retinol for 3-5 days.  
Apply gentle moisturisers and SPF daily.  
Avoid direct sun exposure while the skin is healing.

Questions or concerns?

Please don't hesitate to contact your practitioner about your treatment or healing process,  
we are always here to help

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