



### Pre-Treatment Instructions for Our Luxury Spa Facials

- Skip any strong at-home facial treatments the week before your appointment.
- Stay out of the sun and away from tanning a week before.
- Make the trip to the gym before your appointment so your skin has time to heal. The increased heat in the skin and sweat can be irritating to your freshly exfoliated skin.
- Must wait 2 weeks after receiving any neurotoxin, filler injections, wax, or laser treatments on your face. If you would like to schedule any facial before other aesthetic treatments, please call our office to adjust your appointment.
- Avoid retinoids, Benzoyl Peroxide, AHA/BHAs, Glycolic, peel pads, and any other topical prescription facial products 3-5 days prior.
- Know the names of the skin care products or topical/oral prescriptions you are using at home. This will help the aesthetician make the right recommendations for products and treatment plans.

Are you getting your skin ready for a big event?

826 Main Street, Klamath Falls, OR, 97601

541-887-8229

[Almondaesthetic.com](http://Almondaesthetic.com)



**If you've never had a facial before and don't know how your skin will respond, we recommend scheduling an appointment about 2 weeks in advance to your event date. This way you have time to address any negative skin reactions and get the maximum results from your service.**

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### Post-Treatment Instructions for Our Luxury Spa Facials

- Avoid picking at your skin
- Skip the heavy makeup and aggressive skin-care products. Let your pores breathe after a facial. Make sure to clean makeup brushes to help avoid any post-facial breakouts.
- Use a gentle, hydrating cleanser the rest of the week and skip any harsh astringents or peel pads.
- Wait 24 hours to work out and aggressively exercise.
- Stay away from acne products and other at-home treatments (retinoids, home peels, AHA/BHAs, scrubs, enzymes) for the rest of the week.
- Stay out of the sun for a few days post facial and continue to wear sunscreen every day.
- Postpone any wax or laser treatments on your face for 7 days.

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