



*Royal Hydration Facial Pre & Post Instructions:*

### **Treatment Goals:**

Royal Hydration Facial is only hydra-dermabrasion procedure that combines cleansing, exfoliation, extraction, hydration, and antioxidant protection simultaneously, resulting in clearer, more beautiful skin with no discomfort or downtime. The treatment is soothing, moisturizing, non-invasive and non-irritating.

### **Pre-Treatment Instructions**

- Begin your PCA Skin or Hydro peptide skincare regimen 3-5 days prior to treatment. For antiaging and hydration: Hydro peptide Anti-Wrinkle, Cleaner, Power serum, Solar Defense SPF. For acne; PCA Skin Facial Wash, Clear skin Moisturizer, Weightless SPF.
- Discontinue the use of any Isotretinoin products (such as Accutane for 6 months before treatment -unless you have cleared by your doctor.
- Discontinue the use of topical Retin-A or generic tretinoin for at least 48 hours prior to your Royal Hydration Facial treatment.
- Refrain from any type of exfoliating treatments such as glycolic acid or enzymes to the area for 48 hours before your Royal Hydration Facial or treatment.
- Refrain from any medium and or deep chemical resurfacing treatment (peels) and laser treatments for 2 weeks before your Royal Hydration Facial treatment.
- Refrain from waxing and use of depilatories for 48 hours before treatment.
- Discontinue use of over-the-counter acne medication such as benzoyl peroxide and salicylic acid 48 hours before treatment.
- Avoid excessive sun exposure as well as tanning beds 72 hours before treatment.
- Wait 1 week after Botox and 2 weeks after fillers to undergo a treatment. You can do Botox or Filler the same day but after Royal Hydration treatment.
- For men shaving is not recommended on the day of treatment. If you choose to shave, please make sure 3-4 hours prior to your treatment.

### **Day Treatment Instructions:**

Inform provider of any changes in medical history and of all medications you are taking.

### **Post-Treatment Instructions:**

- Avoid excessive sun exposure as well as the use of tanning bed for 72 hours after treatment.
- Only wash your face the following morning of you of your treatment BB Cleanser or Hydra peptide cleanser.
- Apply Hyaluronic Boosting Serum every day, morning and night following your treatment for up to 30 days.
- Apply Hydra peptide tinted, non-tinted SPF 30 or greater sunscreen daily 3-5 days after treatment.
- Discontinue the use of topical Retin-A or generic tretinoin for at least 48 hours treatment.
- Refrain from waxing and use of depilatories for 48 hours.
- Refrain from any medium and /or deep chemical resurfacing (peels) treatments and laser treatments for 2 weeks after your Hydration Treatment.
- Refrain from any type of exfoliating treatments such as glycolic acid or enzymes to the area 48 hours after your Royal Hydration treatment.
- Discontinue use of over-the -counter ace medications such as benzoyl peroxide and salicylic acid for 48 hours after treatment.
- Avoid heat (hot showers, sauna, and intense cardio) for 24 hours after treatment.
- If you do not need to apply makeup for the remainder of the day it is recommended (on the of your treatment).
- Only wash your face the following morning of your treatment with one of the facial washes recommended from skin care professional. Some over – the -counter facial washes can cause to your skin after a Royal Hydration Facial Treatment.

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

Skin Care Professional \_\_\_\_\_ Date \_\_\_\_\_