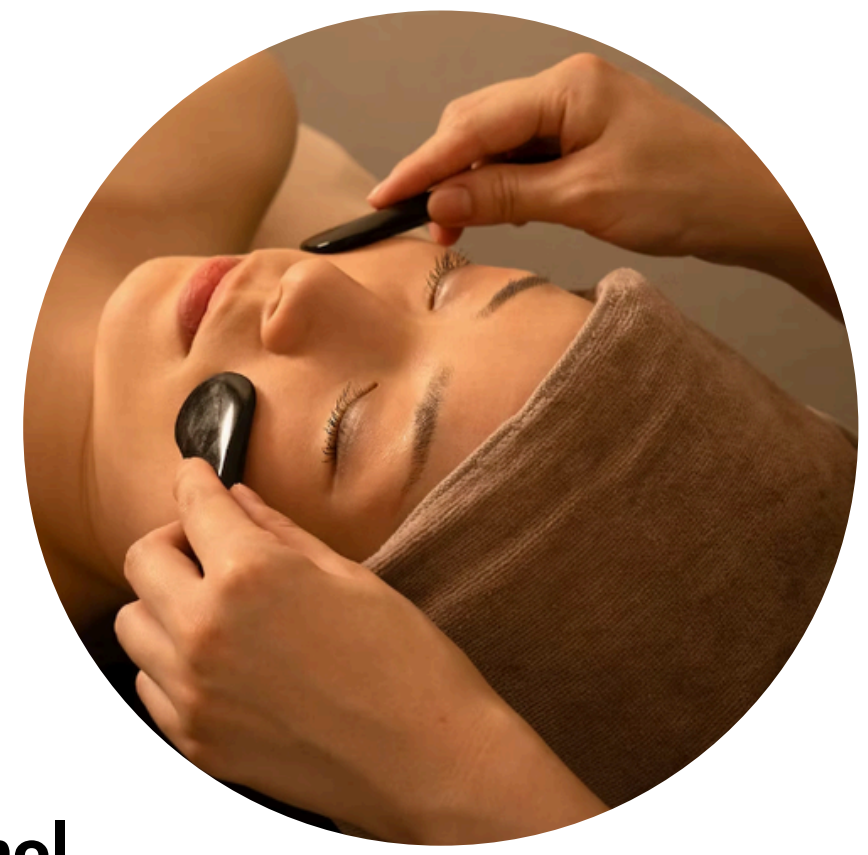


## PREP FOR FACIALS

### Instructions



#### DAY OF YOUR APPOINTMENT

##### 1. Avoid Eating Right Before Your Facial

Do not eat a heavy meal 1-3 hours before your appointment

Why:

During treatments like lymphatic drainage and sculpting, we apply pressure to the face, jaw, and neck areas.

What can happen if you eat right before:

- discomfort or nausea
- bloating during the service
- reduced relaxation

Light snacks are okay, but avoid full meals right before.

##### 2. Avoid Caffeine (Coffee, Energy Drinks, Pre-Workout)

No caffeine at least 4-6 hours before your facial/

Why:

Caffeine stimulates your nervous system and can cause tension in the face and body.

What can happen:

- harder for your face to fully relax
- increased sensitivity during the treatment
- reduced lymphatic drainage effectiveness
- possible facial twitching or tightness

For sculpting and drainage facials, relaxation is key for best results.

##### 3. Avoid Alcohol

No alcohol at least 24 hours before your facial

Why:

Alcohol dehydrates the skin and slows down your lymphatic system.

What can happen:

- puffiness and water retention
- dull, dehydrated skin
- less sculpted results
- increased sensitivity or redness

Alcohol works against the exact results we are trying to achieve.

##### The Goal

Your facial is designed to:

- sculpt and define your face
- reduce puffiness
- improve circulation
- leave your skin glowing and refreshed

Following these prep steps helps your body fully respond to the treatment.

#### Simple Aftercare

After your facial, keep your skin clean and hydrated.

- Drink plenty of water
- Gently wash your face again before bed
- Only use a light mist like our Rose Water Facial Spray

This helps your skin stay calm, clear, and glowing.

