

# how to prepare for your appointment

## 1-MONTH PREPARATION

No chemical peels / laser treatments before your treatment.

## 2-WEEK PREPARATION

No Botox in the forehead and brow area 2 weeks prior to the appointment.

Please discontinue harsh skincare products that contain retinols, AHA, vitamin A and active skin care (anti-aging, etc.)

## 1-WEEK PREPARATION

Please avoid facials one week prior to the appointment.

This includes microdermabrasion, chemical peels, etc.

- Sheet masks and mild clay mask are acceptable.

Please avoid sun exposure one week prior to the appointment. Discontinue any facial oils in the forehead area.

## 24-HOUR PREPARATION

Please strictly avoid caffeine, alcohol or blood thinners (ex: coffee, caffeinated tea, pain killers) at least 24 hours prior.

If you are oily please exfoliate before your appointment.

Do not exercise the day of your appointment.

Minimize your water intake 3 hours before your appointment.