

WHAT TO AVOID:

To ensure the proper healing environment, be certain to observe the following:

- ☞ For at least 12 hours post treatment, do NOT use any Alpha Hydroxy Acids, Beta Hydroxy Acid, Retinol (Vitamin A), Vitamin C (in a low pH formula) or anything perceived as 'active' skincare.
- ☞ Avoid intentional and direct sunlight, tanning beds, and heat exposure for 3 days.
- ☞ Do not go swimming for at least 24 hours post-treatment.
- ☞ No exercising or strenuous activity for 2 days post-treatment. Sweating and gym environments are harmful, rife with bacteria, and may cause adverse reactions.