



POST CARE INSTRUCTIONS FOR DERMAPLANING

- You may experience slight redness and swelling, which should resolve within 24 hours.
- Mineral makeup can be worn immediately following treatment.
- Avoid heat, saunas, hot tubs and sweaty activity for 24 hours; this includes the exercise of any kind.
- Avoid products containing any exfoliating agents (retinoic acid, retinol, tretinoin, retinol, benzoyl peroxide, glycolic acid, salicylic acid, astringents, etc.) for 24 hours after treatment.
- You may resume your regular skin care routine 24 hours after treatment.

SKIN CARE 101

This is a brief explanation of skin and some primary principles that will yield the best outcomes for your skin care regimen.

- Your skin is the largest organ (yes organ) of the human body. It has many functions, primarily to protect you, so don't you think you should protect it the best you can????
- Your skin is alive, this means you can make change in your skin, even at an older age.
- Your skin is very smart, so we must "trick" it into performing and functioning the way we want it to through topicals and professional treatments.

The foundation for healthy skin is CLEANSING AND EXFOLIATING!

- Most people do NOT exfoliate enough.
- Exfoliation is both chemical AND physical. Chemical is glycolics, salicylics, retinols, Skin/Chemical Peels, etc. Examples of Physical Exfoliation are scrubs, facial brushes, Dermaplaning, Microdermabrasion and so forth. Both forms are necessary for optimal skin health. The more skin you remove, the more skin you will build.
- Re-Building Skin is MANDATORY! This means, with exfoliation, you must also re-build. You cannot do one without the other, if you do, your skin will become red, dry, irritated, may produce more oil etc. It will become a mess if you do one without the other - it's like football, you cannot win games with just the defense or just the offense - you must have BOTH!
- Topical prescriptions are NOT usually necessary and often act as a "Band-Aid" to your skin concern rather than a solution.

OTC (over-the-counter) products verses Professional Products

- We, at Glow Medspa have nothing good to say about OTC products and/or products advertised on the tv/radio.
- If you are receiving regular professional treatments from your Aesthetician, it will be in your best interest to use the professional product lines recommended to compliment the treatments and yield the best possible outcome for your skin. Also, when receiving corrective treatments, ie. peels etc., you should be working with your Aesthetician on post care and circulating your products. If you are using products outside the treatment plan and recommendations, your treatments may not yield the best results and you may have skin reactions that cannot be isolated to any ingredients due to using non-recommended products at home. All aestheticians at Glow Medspa are highly educated and certified in the professional skin care lines we carry and this is a benefit to the client and will yield positive results when directions are followed.

Improve the Integrity of Your Skin

- I recommend receiving two (2) treatments per month to improve and maintain optimal skin health. We believe that the better the health and integrity of the skin, the more resilience it will have in the fight against aging, keratosis and skin cancer.