



Fire & Ice Facial: Pre and Post Treatment Instructions

Pre Treatment

- Please advise your hēla medical aesthetician if you are pregnant or breastfeeding prior to your Fire & Ice facial treatment.
- You should avoid waxing or any other laser usage on skin for about 72 hours prior to the treatment.
- Stop using any of your daily skin care products that contain vitamin A/retinol, glycolic acid, or any other ingredient that is used for resurfacing and exfoliating. Such products must be stopped from being used three to five days prior to the treatment.
- Please advise your hēla medical aesthetician about any medications that you're taking. Use of some medications won't allow you to get this treatment.

Post Treatment

- "Fire & Ice Facial" has no downtime. This means you won't experience any skin shredding, redness, inflammation or irritation at all.
- It is expected that after the treatment your skin may seem flushed, but this effect will wear off within the next 4 to 6 hours.
- It is recommended that you wear sunscreen with a minimum SPF of 30-50 daily.

If you have any questions or experience any side effects, please contact our office immediately.
Text us at 202.333.4445 and email us at info@helaspa.com.