



LED Facial Treatment Prep & Post Care

Please advise your clinician if you are on any known photo sensitivity medications, are epileptic, suffer from migraines, or are claustrophobic.

Treatment Frequency:

- Treatment frequency will depend on the skin condition we are treating and will be discussed with you at your initial consultation.

Pre- Treatment:

- Continue with your home care routine as discussed in your consultation to ensure you achieve the best results possible.
- We liken treatments and skin care to going to the dentist for clean and then not brushing your teeth at home; 70% of the results obtained are achieved by what you do daily and consistently at home.

What To Expect:

- Your eyes will be covered to protect them from the light. Keep your eyes closed while the LED is on.
- We will then put the LED machine over your face or desired treatment area.
- Your therapist will not exit the room while the LED is on.

Post Treatment:

- Avoid exercise, excessive sweating, hot showers, spas, saunas, and pools for at least 24 hours post-treatment.
- No active ingredients (AHA's, BHA's, Retinol etc) to be used on the skin for 48-72 hours post treatment.
- No exfoliating for 72 hours post-treatment.
- Apply SPF every day.
- Avoid wearing makeup for the rest of the day, if possible, if not then we recommend the use of either Jane Iredale Mineral Makeup or Dermaviduals Deco foundation.