Aster Facial

BEFORE YOUR TREATMENT

This covers **DiamondGlow** and our other exfoliating facials — dermaplaning, enzyme treatments, and light superficial-acid facials. These are the most surface-level treatments we offer, so downtime is minimal. What you do in the week beforehand still matters: skin that arrives already over exfoliated makes the treatment harder than it should.

ONE WEEK BEFORE — Let the Skin Rest

- **Stop retinoids and exfoliating acids 5-7 days before** — retinol, tretinoin, adapalene, and glycolic, lactic, salicylic or mandelic acid products. They thin the surface layer, which makes the treatment more irritating than it needs to be.
- **No other exfoliation** in the week before: scrubs, dermaplaning, waxing, or facials.
- **No sun, tanning beds, or self-tanner.** Do not arrive with a sunburn or a fresh tan- treating tanned or sun-damaged skin raises the risk of pigment.
- Wear broad-spectrum **SPF 50+ daily** between now and your appointment.

How strictly this applies depends on your skin. Skin that is well conditioned, already using retinoids, acids and regular exfoliation, is far more resilient. Pausing actives is straightforward. Reactive or unconditioned skin needs the full window. Tell us which you are and we will guide you.

TELL US BEFORE WE TREAT — Some Mean We Reschedule

- **A history of cold sores or fever blisters.** Exfoliation can trigger an outbreak, and you may need an antiviral started beforehand.
- An active cold sore, open area, sunburn, acne flare, eczema or rosacea flare in the treatment area. We will find you another date.
- **Isotretinoin (Accutane) — you need to have been off it for 6 months** before we resurface. Tell us either way and we will talk through timing.
- Very sensitive skin, rosacea, or a tendency to scar.
- A recent peel, laser, microneedling or injectable treatment.
- If you are pregnant or breastfeeding.

HAVE THESE AT HOME — Before You Come In

- A **mild, non-abrasive cleanser** and a **gentle, fragrance-free moisturizer.**
- **Mineral SPF 50+** — zinc oxide or titanium dioxide. This is the single most important thing you will do post treatment.
- Put your actives away for the week – retinol, acids, scrubs, and any at-home devices.

THE DAY OF — Appointment Day

- Arrive with clean skin and no heavy makeup if you can. We will cleanse either way.
- **Do not apply retinoids or acids that morning.**
- Men: **we recommend shaving at least 24 hours ahead** rather than the morning of as it makes the treatment more comfortable.

Most people go straight back to their day afterwards. If you would rather go home bare-faced, that is fine too.