

FRESH SKIN, GENTLE CARE

Facials

Keep care gentle after your facial. Follow personalized directions for your skin and any added treatments.

Follow your provider's personal instructions if they differ from this guide.

01 TODAY AND TOMORROW

- Use a gentle cleanser, lukewarm water, and your recommended moisturizer. Do not scrub, rub, or pick skin.
- Wait until the following day for makeup unless instructed otherwise. Use clean hands and tools. Drink water normally and keep your routine simple.

02 GIVE EXFOLIATION A BREAK

- Avoid exfoliating scrubs, acids, and retinol for 3-5 days. Wait longer if sensitivity remains; ask before restarting prescription skincare.
- Avoid waxing, another facial, chemical peels, and laser treatments on the area for 1 week. Check before adding other procedures.
- If your visit included dermaplaning, a peel, or another treatment, follow its specific sheet too. Ask your provider to resolve conflicting instructions.

03 PROTECT AND PLAN AHEAD

- Use broad-spectrum SPF 30+ daily, even on cloudy days. Reapply outdoors as labeled and use shade or protective clothing.
- Follow your esthetician's home-care plan. A facial in 4-6 weeks may be appropriate, depending on your skin. Stop products causing persistent stinging or new irritation.

WHEN TO GET HELP

Call Beauty Lab + Laser for increasing irritation, marked swelling, blisters, significant pain, spreading redness, drainage, or fever. Seek urgent care for severe symptoms or if the clinic is unavailable.

Call 911 for trouble breathing, throat or tongue swelling, or collapse.

QUESTIONS? CALL YOUR TREATMENT LOCATION.

Murray (801) 675-8954

Riverton (385) 209-1072