

Before Your Facial

A one-page checklist for getting more from your appointment

Print it, fill in the middle, and take it with you.

Ease Up the Week Before

- ☐ Pause scrubs, exfoliating acids and retinol for a few days. Ask first if yours is a prescription.
- ☐ Leave new products for another week.
- ☐ Stay out of the sun. If you're sunburned, call and move the appointment.

Write It Down Before You Go

What I want from this hour: ☐ time to rest ☐ help with a skin concern ☐ a bit of both

My main concern: _____

What I use in the morning: _____

What I use at night: _____

(Or take a photo of your products with the labels facing out.)

Prescriptions, recent treatments, allergies: _____

Speak Up on the Bed

All of these are fine to say: *"A little less pressure, please."* *"That's stinging more than I expected."* *"I'd love a quiet hour today."*

Ask Three Questions Before You Leave

1 What did you notice about my skin today?

2 If I changed one thing at home, what should it be?

3 When would you like to see me again, and what for?

Go Gently for 48 Hours

- ☐ Keep it plain: gentle cleanser, moisturizer, sunscreen.
- ☐ Hold off on scrubs, acids and retinol until your esthetician says to start again.
- ☐ Skip the sauna, hot yoga and hard workouts today, and keep your hands off your face.

Professional insight, translated for real life.



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