

POST TREATMENT CARE

1. Aerobic exercise should be avoided for 24 hours.
2. Hot baths are not advised for 24 hours (quick showers are recommended).
3. If the skin is broken or a blister appears apply an antibiotic ointment and notify the spa.
4. Cold packs, Aloe Vera or any other cooling preparation may be used to ease a temporary discomfort.
5. Sun exposure is to be avoided for at least 3 weeks before treatment and then for the following 3 weeks after treatment. A total sun block, not a sun screen, should be applied.
6. If further treatment is needed a **commitment to stay out of the sun is necessary**. If there is sun exposure there are certain minor complications that may occur that should be discussed fully.
7. Makeup can be applied as long as the skin is not ruptured.
8. No waxing or plucking between treatments, only shaving or trimming is permitted.