

**THINGS TO REMEMBER AFTER  
YOUR FACIAL TREATMENTS**

1. BE SURE TO ICE YOUR FACE, IF DIRECTED BY YOUR ESTHETICIAN, 2-3X A DAY TO BRING DOWN SOME OF THE SWELLING AND REDNESS .
2. YOU MAY HAVE SOME BROWN SPOTS DUE TO EXTRACTIONS THAT WERE DONE DURING YOUR TREATMENT. BE AWARE THAT THEY WILL GO AWAY IN A COUPLE OF DAYS.
3. DO NOT USE ANY EXFOLIANTS (i.e. vitamin a, scrubs, benzoyl peroxide, etc.) FOR 1-3 DAYS AFTER YOUR TREATMENT, UNLESS DIRECTED BY YOUR ESTHETICIAN TO DO SO.
4. IF AT ANY TIME YOUR SKIN BECOMES TOO DRY OR IRRITATED, YOUR SKIN IS MOST LIKELY BEING TOO OVER PROCESSED OR DRIED OUT DUE TO SOME OF THE PRODUCTS. IF THIS IS THE CASE DISCONTINUE USE OF B.P., VITAMIN A, AND/OR SCRUBS FOR A DAY OR TWO AND BE SURE TO USE A MOISTURIZER. IF YOU ARE NOT SURE, CALL US AND ONE OF OUR ESTHETICIANS WILL GUIDE YOU IN WHAT TO DO.
5. BE SURE TO WEAR YOUR SUNSCREEN DAILY. BY HAVING TREATMENTS AND USING CERTAIN PRODUCTS YOUR SKIN IS MORE SENSITIVE TO THE SUN. BROWN SPOTS MAY OCCUR IF NOT USED.
6. DEPENDING ON THE STATE OF YOUR SKIN, A FACIAL TREATMENT IS RECOMMENDED EVERY 1 -4 WEEKS. CONSULT WITH YOUR ESTHETICIAN AND SHE WILL RECOMMEND HOW OFTEN A FACIAL TREATMENT IS NEEDED FOR BEST RESULTS.
7. REMEMBER, FOR BEST AND QUICK RESULTS YOU **MUST ALWAYS** STAY LOYAL TO YOUR SKIN CARE REGIMEN, OTHERWISE, IT WILL TAKE LONGER TO CLEAR UP YOUR SKIN AND ACHIEVE THE RESULTS YOU WANT.

MORNING CARE

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2. \_\_\_\_\_
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4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_

Mask \_\_\_\_\_

Generally apply 5-10 minutes 1-2 times a week (am or pm)

EVENING CARE

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2. \_\_\_\_\_
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4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_



# Personalized Skin Care

*Healthy skin tips  
&  
Regimen*



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## CLEANSERS

May be used up to 2-3x per day. Its purpose is to remove dirt, make up and bacteria. Some remove more and others leave a moisture coating for more dry and sensitive skin.

## SCRUBS

All scrubs MUST be used in a gentle circular motion. They are made to remove dead skin cells and allow the new cell to produce in a healthier state.

## TONERS

Toners are water like consistencies, They are designed to produce better product penetration, hydration and/or skin protection from the environment. Be careful not to get into the eyes.

## MASKS

Masks are similar to giving your own mini facial treatment, they can enhance and speed up the process to better looking skin. They can be used 1-7x a week, depending on the type of mask. In general, apply 5-15 minutes. Longer is not necessary better– start with 5 minutes as you get to know your skin better you can progress to longer time. Consult your esthetician for best results.

## EXFOLIANTS

Exfoliants are Vitamin A, Glycolic Acid, Salicylic acid etc. They give the skin a little push to help speed up the cell rejuvenation process & slough off some of the dead skin cells. Exfoliants are a must to maintain healthy skin. They may be used 1-7x per week. In some cases 2x per day. Consult your esthetician. Always use in gentle circular motion. Over use may cause irritation and sensitivity.

## SERUMS AND BRIGHTENERS

Serums and brighteners can be boosters, antioxidants, repairers, balancers, antiagers ,protectors, and/or firmers for the skin. They can help the skin to look smoother, healthier & give the skin a beautiful glow. Apply after cleansing and always before moisturizer. If using multiple applications, wait 30 seconds between layers.

## BLEMISH FIGHTERS

Blemish fighters are to help reduce imperfections such as blemishes, bumps, and break-outs. May be used as a mask or overnight. Benzoyl Peroxide (which is in many blemish fighters) will bleach any fabrics. Blemish fighters tend to be drying– use caution– skip a day if necessary . Always avoid eye area, nose creases, irritated areas and laugh lines.

## MOISTURIZERS

Depending on the weather and the skin, the skin may need a moisturizer to look and feel plump and conditioned. Depending on the skin's needs, moisturizers can be used in the morning and night.

## EYE CARE

The skin around the eyes is more sensitive and should be treated with care. Utilizing a gel during the day and a cream at night will help cover puffiness during the day and dryness at night.

## SUNSCREENS

If you are serious about healthy skin then you must always protect your skin from the sun. Sunscreen should be used on a daily basis, even if it is overcast. Sunscreen should be last layer of skin care and before make up. Allow at least 30 minutes before sun exposure.

- UV exposure is strongest between 10 a.m. and 4 p.m. It is also greatest in the summer, at higher altitudes, and near the equator.
- Up to 80% of the sun's rays can penetrate light clouds, mist, and fog.
- Fresh snow reflects back about 85% of the sun's rays; water reflects back about 5%; and concrete reflects back 10–12% of the sun's rays.
- Protecting your skin during the first 18 years of life can reduce the risk of some types of skin cancer by up to 78%.

\*NOTE– Information provided is not making medical claims and you must consult with your doctor if you are taking any special medication.

