

# BESPOKE

## SKIN HEALTH

Preparing for your facial

Should I wash my face before appointment –

You really don't need to, I will be cleansing thoroughly as part of your facial treatment, however, if you are booked in for a skin consultation it is a good idea so I can assess your skin, but if you don't I will still cleanse skin.

Facial Requirements –

No hair removal treatments i.e waxing before facial treatments – this can make skin ultra sensitive.

Avoid using strong exfoliants, retinols or strong aha's/bha's a week or so before facial.

Do not burn your face before facial (sunbeds/excessive sunbathing) , I will be unable to perform a facial treatment and you will still be charged.