

Hydro/Micro-Dermabrasion Preparation

How to prepare for your appointment with us

- Arrive relaxed and ready to Relax! The best way to prepare is to come into the appointment feeling relaxed. This means avoiding any stressful situations in the hours leading up to your treatment and taking some time for yourself before heading to the salon
- The aesthetician will be using steam machines to open the pores on your face before applying resurfacing products, so they must have access to all parts of your face during this process. Please remove all Necklaces and facial jewellery.
- You should also avoid exfoliating 24 hours before getting treatment because these procedures use suction devices which may cause abrasions if any dead skin cells are blocking them from being effective.
- You must NOT have recently had laser surgery or used Accutane
- Candidates who have had a recent chemical peel or other skin procedure, such as collagen injections, should wait two to three weeks before undergoing microdermabrasion.
- Do not wax, pluck, use depilatory creams or undertake electrolysis for 2 weeks prior to treatment, and in between treatments.
- Do not use prescription strength exfoliant creams (Retin-A and Alpha Hydroxy) for 2 weeks prior to treatment.
- Drink plenty of water! Your aesthetician will be using steam machines and powerful suction devices during your hydro facial treatment, which means that the skin on your face will be more vulnerable to dehydration. Your skin might feel dry or tight after a facial if its moisture content isn't at normal levels so drinking lots of water can help restore this balance quickly. You should also avoid drinking caffeinated beverages before getting a hydro facial as these drinks may dehydrate you even further due to their diuretic properties. If possible, stick with green tea before getting the treatment so you'll have plenty of antioxidants in your system.
- Avoid Smoking! Smoking is bad for your skin in general, but it's especially harmful before a hydro facial treatment. The smoke from cigarettes contains toxins that can aggravate the skin and lead to problems like premature wrinkles and age spots. In addition, smokers often have smaller blood vessels than non-smokers, which means that the products used during a hydro facial treatment won't be able to reach as many of the cells in the treated area. If you're unable to quit smoking completely, try cutting down on how much you smoke before your appointment day. If possible, try to abstain from smoking for at least 24 hours before getting a hydro facial because this will the aesthetician more time to work their magic and improve the appearance of your skin.

If you have any questions or concerns, please don't hesitate to reach out to us!

See you soon!

Larissa and the team at Riss' Beauty Bar + Hair x