

# What is Dermaplaning?

### <u>Dermaplaning Equals Exfoliation & Hydration Optimization</u>

Hydration isn't just about applying moisturizers. Exfoliation is essential to healthy, hydrated skin. When the skin is dry, there is a buildup of dead skin cells, which block moisture and other skin-enhancing ingredients from penetrating the skin and reaching their cellular targets. Exfoliation clears dead skin cells to optimize product performance and allow moisture to enter the skin.

## **Dermaplaning:**

- Delivers gentle physical exfoliation with no downtime
- Is an excellent alternative to chemical peels in the Summer
- Creates the perfect canvas for spray tanning
- Removes peach fuzz and improves the appearance of skin texture
- Can be safely performed on all Fitzpatrick types
- Is a pregnancy-safe treatment option\*
- Is social media gold for beautiful summer selfies

### Dermaplaning Dos and Don'ts:

#### Do.

- Schedule your dermaplaning appointment a week before when you want results. Your skin will need about a week to see the full results.
- Delay exposure to excessive heat, saunas, steam rooms, and heavy workouts for 24-48 hours after treatment.
- If you must be in the sun, wear a hat, seek shade, apply and reapply SPF every two hours.
- Follow all homecare instructions, including the purchase of required homecare products\*

#### Don't:

- Spray tan before your appointment; the treatment will remove it.
- Head to the beach or pool after treatment and soak up the sun.
- Assume that the SPF in your makeup is enough to protect your freshly exfoliated skin.

\*Due to the personalized nature of our treatments, required homecare products are not included in the treatment price.

Results vary

<sup>\*</sup>When products used in the facial are pregnancy-safe