



After Care Treatment Suggestions

Icing

- 1- wrap piece of ice in a paper towel, leaving one end exposed
- 2- apply exposed side of ice to skin and rub over entire face for one minute or until ice is melted
- 3- ice 2 to 3 minutes especially over problem and breakout areas

Purpose: besides helping skin feel great, icing takes down the swelling of breakouts allowing medications and products to penetrate deeper into the skin. It also stimulates blood circulation which increases healing and is extremely therapeutic.

* We recommend icing 1 - 3 times a day!

Back and Chest Treatments

- 1- Scrub area with *Buffed Head to Toe* or *Powerfully Clean* using dampened back brush or shammy
- 2- Rinse thoroughly, apply *Blemish Arrest Me* to back and shoulders nightly and let product dry (medication will bleach fabrics – ie – clothing and bedding).
- 3- During the day you may use *Resurface Me Head to Toe* - this product will not bleach fabrics

Spot Treatment

- 1- apply *Blemish Arrest Me* to tips of inflamed lesions or razor bumps (not surrounding skin)
- 2- apply *Lerosett Mask* over spots and allow product to dry before retiring to bed. (at least 30 minutes)

NOTE: DO NOT spot treat with *Resurface Me* or *Pores No More

“Picker Rules”

- Lights off in the bathroom
- Arms length away from mirror
- No sitting on the counter
- Set timer for 3 minutes max time allowed in the bathroom
- Be nice to yourself - picking is NOT nice!

Post Treatment Care (after care)

1 – for the next **5 to 10** days after your treatment appointment only use cleanser, moisturizer, and sunscreen. When washing and drying your skin, **be gentle!** Lightly pat dry, no rubbing or scrubbing. Leave scabs and flakes on the skin as long as possible.

2- after **5 to 10** days, when skin has healed from your treatment, you can start working back into your normal home routine.

“Love, Love, Love you.”
~Laurelle Fillmore

