

# Facial Post-care Checklist

## Next 24 hours:



**No hot showers, pools, hot tubs, or jacuzzi**

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**No lotions, fragrances or irritants(e.g. retinols, make-up)**

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**Avoid excessive scrubbing or sweating**

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## Next 2 weeks:



**Avoid direct sun exposure**

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**Apply SPF 30+ daily. Use Vitamin C serum or gentle moisturizer**

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**No waxing on treated area**

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**Anagenesis**  
Beauty Clinic & Spa