

Laser Hair Removal Post-Care Checklist

Avoid sunbathing or artificial tanning 2 weeks after your appointment

No working out, sweating, hot showers or saunas for 1-2 days after treatment. Lukewarm water showers okay.

Exfoliate 1-2 times per week after your treatment.

Avoid BHAS, AHAS, Retinol and Benzoyl peroxide for 1 week. Avoid botox, microneedling, chemicals peeling, and fillers 2 weeks after your appointment.

Apply sunscreen (SPF 50+) and use daily throughout treatments.

Apply Vitamin E(Aloe Vera ,etc.) to the treated area to soothe the skin. Avoid potential irritants like deodorant.



Anagenesis

Beauty Clinic & Spa