



BEYOND TRANQUILITY SPA

10411 Reserve Drive, San Diego, CA 92127
858-829-1776

Microderm Post-Treatment/Home Care

Directions

AM & PM

- Wash face with a gentle cleanser such as H2T Cream Cleanser twice daily.
- Follow with sunscreen (SPF 30 preferably) in the AM/night cream in the evening.

To promote the healing process:

- Direct sunlight exposure is to be completely avoided immediately following the treatment(including any UV light exposure and tanning beds). If some sun exposure cannot be avoided, make sure to apply an SPF 30 or greater 30 minutes before going out in the sun. Although sunscreen should be a part of your daily skin care, for a minimum of two weeks, a sunscreen with at least a SPF of 15 must be applied.
- Avoid aerobic exercise or vigorous physical activity until all redness has subsided.

In the event that you may have additional questions or concerns regarding your treatment or suggested home care, please do not hesitate to call your esthetician at 858-829-1776.