



THE GROVE SPA

& BOUTIQUE

ESPA® Organic Facials Pre-Treatment

Are you getting your skin ready for a big event? If you've never had a facial before and don't know how your skin will respond, we recommend scheduling an appointment about six weeks in advance with a follow-up appointment closer to your event date. This way you have time to address any negative skin reactions and get the maximum results from your service. Don't have that much time? That's okay. Our experienced staff can recommend a service that will help you put your best face forward.

1 Week Before:

- Skip any strong at-home facial treatments the week before your appointment.
- Stay out of the sun and away from tanning a week before.
- You must wait 7 days after receiving any neurotoxin, filler injections, wax or laser treatments on your face.
- Avoid retinoids, Benzoyl Peroxide, AHA/BHAs, Glycolic, peel pads, and any other topical prescription facial products 3-5 days prior.

On the day of your treatment:

- Continue with your normal morning skincare routine, except for masks, peels, or deep exfoliation. It's fine to moisturize and use sunscreen, but skip any treatments as these may interact negatively with your facial.
- Drink plenty of water so you're well hydrated, but not so much that you have to run to the bathroom in the middle of your appointment!

Keep reading for more Pre-Care Instructions.



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ESPA® Organic Facials Pre-Treatment Continued

Contraindications:

- Sunburnt skin
- History of herpes simplex infections/cold sores (pre treat day before treatment)
- Steroids
- Lupus and other autoimmune disease
- History of skin cancer
- Facial fillers/neurotoxins within 2 weeks of treatment
- If pregnant or breastfeeding, always consult with your doctor first

Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com