



## **Scalp Exfoliation Pre/Post Care**

### **Pre-Care Tips To Follow For Your Scalp Exfoliation Appointment:**

*Follow this guideline BEFORE each treatment*

- If the treatment area includes hair and/or body, remember to bathe either the night before or (ideally) the morning of your treatment.
- Drink at least sixteen ounces of water before treatment is performed.

### **Post-Care Instructions:**

*Follow this guideline AFTER each treatment*

- You may shampoo your hair the following morning after your treatment with any shampoo you wish.
- You may colour your hair three days after the treatment.
- Wearing hats/wigs/headscarves are allowed.
- Avoid sun exposure and tanning beds at least 3 days after treatment.
- Avoid saunas, hot showers, and intense cardio for 24 hours as your scalp/hair follicles have been cleared and are more open than normal.
- You may use hair tools such as hair straighteners, curling irons, blow dryers etc.
- You may use hair products such as hair spray, hair gel, hair mousse etc.. unless otherwise instructed.
- You may follow your regular hair care regime unless otherwise instructed.

Please ensure this guideline is carefully followed for optimal results. For any questions or uncertainties, please do not hesitate to contact our office for immediate assistance.

Thank you and we look forward to seeing you!

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