



## **CoolGlide® Laser Hair Removal** **Pre-Treatment Instructions**

For best results, please follow these pre-treatment instructions:

- Avoid sun exposure and artificial tanning (light based or sunless tanning products) in treatment area 4 weeks prior to treatment. Use a daily sunscreen with a SPF of at least 30.
- You **MUST** avoid bleaching, tweezing, or waxing hair 2 weeks prior to treatment.
- Shave any area to be treated. A prep fee will be charged for clients who arrive unshaved.
- Avoid any irritants to your skin, such as products containing retinoic acid or benzoyl peroxide for 1 week before your treatment.
- Please discuss with the physician and/or nurse any medications you are currently taking as well as any health concerns you may have prior to your treatment.
- If having facial hair removed, please arrive for your treatment wearing no make up (if possible). Also, please avoid applying lotions or creams to treatment areas.