



Body Scrub Pre and Post Care

Pre-Scrub

- Shower the same day as your appointment.
- Reschedule if you have any active skin infections.
- Be prepared to discuss your desired dry areas, pressure and aromatherapy preferences to customize your experience.

Post Scrub

- You may have skin irritation for a few days after your scrub.
- Apply hydrating lotion to continue your results at home.
- Scrubs are recommended every few weeks to achieve optimal results.
- Drink plenty of water after your treatment.
- Avoid hot tubs or swimming the same day as your treatment since the chlorine can irritate your skin.