

Your Pre-Care Checklist



Skip the self-tanner, tanning beds, and sunbathing for 3 weeks prior to your laser session



Put the tweezers down! No waxing, threading, or plucking for 4 weeks prior to your laser session (shaving only!)



Give yourself a smooth shave the night before or the morning of your appointment



No heavy makeup or tinted lotions (like MAC, etc.) for 3 days before. They like to hang out in your pores, and we don't want that!

Your Post-Care Checklist



Soothe the skin! Apply aloe or laser enzyme gel to calm any redness



Cool It off! No saunas, hot yoga, beach days, or tight clothes until the next day



Hair may take up to 2 weeks to work its way out. Gentle exfoliation after 1 week helps, but keep it soft and easy.

Pro Tip: Consistency = Results! Stick to your treatment plan to see up to 75–90% hair reduction and long-lasting results

We're here to keep it safe, effective, and yes...smooth.