

Gentle Skincare Routines

A gentle skincare routine consists of

A gentle cleanser, AM & PM

A gentle moisturizer, AM & PM

A mineral SPF, AM

Here are some specific options, and you can find specific recommendations on the Overview sheets for your service(s)

<p>AnteAGE, Gentle Skincare Routine (recommended for Nano-needling and required for Microneedling)</p> <ul style="list-style-type: none"> • Cleanse (AM/PM): AnteAGE Cleanser (or H&H Quiet Wash) • Treat & Moisturize (AM/PM): AnteAGE Serum & Accelerator • Moisturize (AM/PM): AnteAGE Moisturizer (as needed) • Protect (AM): Hale & Hush's or Lira's mineral SPF 	<p>Hale & Hush, Gentle Skincare Routine (recommended for most Level 2 services)</p> <ul style="list-style-type: none"> • Cleanse (AM/PM): H&H Quiet Wash • Moisturize (AM/PM): Hush Hydrate/Vital Lipid/Saffron Meristem • Protect (AM): Hale & Hush's or Lira's mineral SPF
<p>Lira Clinical, Gentle Skincare Routine (recommended for Level 2 Lira peels, required for Level 3 Lira Peels)</p> <ul style="list-style-type: none"> • Cleanse (AM/PM): Lira BIO Enzyme Cleanser • Treat (AM/PM): Lira BIO Hydra C Serum • Treat and Moisturize (AM/PM): Lira BIO Lift Crème • Protect (AM): Lira Solar Shield (Classic Tint or Oil Free) 	<p>Drugstore brand, Gentle Skincare Routine (this will do in a pinch, but is not ideal)</p> <ul style="list-style-type: none"> • Cleanse (AM/PM): Cerave Facial Cleanser (Foaming for oily/acneic skin OR Hydrating for normal to dry skin) • Moisturize (AM/PM): Cerave Moisturizing Cream • Protect (AM): <u>Mineral</u> SPF 30+ (AM)

Hot/red/dry/itchy/flaky skin concerns?

If you have redness or heat for the first few hours after your treatment you can use cool compresses and/or Hale & Hush's Hush Hydrate Gel (it's is fantastic for cooling overheated skin).

If you have post-treatment-related, or if you generally have, a dry/itchy skin, here are some product options depending on your needs and skin type:

- H&H Soothe Essence Serum: Soothes, hydrates, fortifies cells, and supports barrier function.
 - Apply to cleansed skin as often as desired. Always apply a moisturizer and mineral SPF as a protective barrier.
- H&H Hush Hydrate Gel: Moisturizes, soothes, cools, and reduces inflammation and redness.
 - Spot Treat: 1 pump mixed with a dash of the Relief Bio Powder can be used as a spot treatment anytime.
 - Gel Hydrate: Gently apply over cleansed skin as a cooling and hydrating (acne safe) moisturizer (if you require a thicker moisturizer for dry/mature skin, you can use your normal moisturizer right over top). For daytime use, top with a mineral SPF.
 - Mask: Gently Massage Hush Hydrate over cleansed skin and leave on as a mask for up to 20 minutes (may add Relief Bio-powder for extremely stressed skin).
- *H&H Relief Bio Powder: Combats itchiness and helps to restore the barrier.
 - Dry Use: Apply Relief Bio-Powder as you would any loose powder, with a brush, sponge or cotton ball.
 - Paste: Mix with a small amount of water to form a spot treatment paste for itchy/inflamed areas- apply to cleansed skin with clean applicator of choice; Let skin dry. Reapply as often as needed to soothe.
 - May also be added to Hush Hydrate Gel for a powerful anti-itch, anti-inflammatory, and cooling hydration.
- *H&H Mist Me: Refreshes, hydrates and nourishes sensitive skin with healing antioxidants.
 - Spritz onto area any time of day (cover eyes for application to face).

*Acne Safe