



Pre and after care for Intimate Brightening Treatment

Pre-treatment:

- Use AHA/BHA Masque as directed for 3 consecutive days, follow with Bikini Bottom in A.M. and Hoo Haa Brite Lotion in P.M.
- Avoid any type of hair removal session 5-7 days prior to treatment day.
- If you have a history of herpes simplex viral infections in the area being treated, you will need to take a prescription antiviral medication to prevent an outbreak. This medication should be started 3 days prior to the treatment and continued for 5 days post-care.
- Wear loose clothing to treatment.

After treatment:

- Remove AHA/BHA Masque 4 hours after treatment; apply Arnica Calming Gel then Hoo Haa Brite Lotion.
- Use Arnica Recovery Gel the first two to three days to help calming traumatized skin and will assist in the healing process.
- Use Hoo Haa Cleanser every day to help digesting the dead skin and prevent itching. Use Hoo Haa Lotion moisturizes after cleansing; it hydrates, decreases the itch, and continues to brighten.
- AHA/BHA Refining Masque Used three consecutive days post-treatment continues the brightening effects and inhibits melanin production.
- After day three, there will be some noticeable dryness and minor to major sloughing of the skin. **Do Not Pick!**
- Abstain from any indoor or outdoor activities that cause friction to the treated area, including intimacy, tight clothing, hot yoga, hot saunas, and long durations of hot water submersion. Not following this advice may cause (PIH) Post Inflammatory Hyperpigmentation, which will make it very difficult to have optimum results.
- Schedule another treatment in 14 days; 3 consecutive treatments are recommended for optimal results.