

# Gizel

Atlanta  
AESTHETIC WELLNESS BOUTIQUE

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Welcome Message  
to our VIP Members

Your Transformation | The Gizel Promise





## Your Transformation | The Gizel Promise

Dear Valued VIP Member,

Welcome to Gizel Atlanta, where your journey to radiant skin begins. We are honored to have you as part of our exclusive community of individuals dedicated to nurturing both their inner and outer beauty. At Gizel Atlanta, we believe in the power of self-care, and we're thrilled to accompany you on your skincare journey.

Whether you have signed up for one of our tailored packages or are enjoying the benefits of a membership, rest assured that The Gizel Promise is at the heart of everything we do. Our promise to you is that we will provide a luxury experience tailored to your unique needs. The expert team at Gizel Atlanta is committed to delivering top-tier care and results, helping you achieve your skincare goals with the utmost dedication and personalized attention.

Here, we don't just treat your skin—we encourage you to be a part of a supportive community, where we grow and thrive together. Our goal is to foster an environment that uplifts and inspires each other through every step of your skincare journey. You're not just a guest at Gizel Atlanta; you are part of a community that celebrates progress, self-care, and beauty.

Inside this welcome packet, you'll find detailed pre- and post-care instructions to ensure you make the most of your treatments, as well as a house rules sheet to help guide you through the experience. We invite you to read through these materials, as they are designed to maximize your experience and ensure that you have the most beneficial results.

Thank you for choosing Gizel Atlanta. We are excited to embark on this transformative journey with you and look forward to seeing the amazing progress you'll make with us.

Warmly,

  
FOLASADE OYEFESO, MSN, RN  
CEO, Gizel Atlanta

**gizel**  
Atlanta  
AESTHETIC WELLNESS BOUTIQUE



# House Rules

**Welcome to Gizel Atlanta**, your luxury destination for premium skincare and relaxation. To ensure that all of our guests enjoy a seamless, professional, and relaxing experience, we expect you to adhere to the following house rules during your visits.

- 1 Professionalism Always**  
Please be respectful and courteous to staff and fellow guests. Help us maintain a serene and tranquil atmosphere at all times.
- 2 Adults Only**  
To preserve our peaceful environment, children are not permitted in the spa.
- 3 Attendance Policy**  
Please arrive on time and give at least 48-hour notice for cancellations to avoid fees. Late arrivals may result in shortened sessions.
- 4 Treatment Care**  
Follow all pre- and post-treatment guidelines for best results. Our team is happy to answer any questions.
- 5 Health & Safety First**  
Inform us of any allergies, conditions, or sensitivities. If unwell, please reschedule for your safety and ours.
- 6 Keep Valuables Safe**  
Leave valuables at home. We are not responsible for lost or stolen items.
- 7 Quiet Zone**  
Keep voices low and devices silent. Phone calls should be taken outside treatment areas.
- 8 Phone Use**  
Set phones to silent and avoid photography in treatment rooms to respect everyone's privacy.
- 9 Spa Etiquette**  
Arrive 5 minutes early to unwind and complete any forms. Late arrivals may shorten your appointment.
- 10 Respect Our Space**  
Please treat all spa facilities and equipment with care to help us maintain a premium experience for all.

Thank you for helping us keep Gizel Atlanta a welcoming, luxurious space. We're here for any questions you may have.





## Pre & Post Care Instructions

Aerolase Era & Neo Elite  
Laser Treatment

Aerolase Era Elite  
Reverse

HydrafacialMD  
Treatment

Laser  
Hair Removal

Medical Peel  
Treatment

Microneedling  
with Skin Pen



## Pre Care Instructions

Preparing properly for your **Aerolase Era Elite laser treatment** is crucial to ensure optimal results and minimize potential side effects.

### 1. Sun Exposure:

- Avoid direct sun exposure, tanning beds, and spray tanning for at least 1 to 2 weeks before your treatment. This helps reduce the risk of complications and ensures the laser targets the intended areas effectively.
- Apply a broad-spectrum sunscreen with SPF 30 or higher daily to protect your skin from UV damage.

### 2. Skincare Products:

- Discontinue the use of products containing retinol, glycolic acid, salicylic acid, benzoyl peroxide, and other exfoliating agents at least one week prior to the procedure. This includes over-the-counter products.

### 3. Medications and Health Conditions:

- If you have a history of cold sores (herpes simplex virus), inform your provider. Preventative antiviral medication may be prescribed to reduce the risk of an outbreak following treatment.

### 4. General Guidelines:

- Arrive at your appointment with clean skin, free of makeup, lotions, or other topical products.
- Stay hydrated and maintain a healthy diet to support your skin's natural healing process.

# Aerolase Era Elite Laser Treatment



## Post Care Instructions

Proper post-care following your **Aerolase Era Elite laser treatment** is essential to ensure optimal results and minimize potential side effects.

1. You can return to your daily activities, excluding working out, hot yoga, or anything that would cause you to sweat for the first four days.
2. Immediately after treatment, you should apply a basic moisturizing ointment. **YOU MUST KEEP THE SKIN MOIST AT ALL TIMES. DO NOT** apply makeup or any type of skincare product or lotion to the treated area while the skin regrowth occurs - ask your practitioner for specific guidance on the timing. Reapply the ointment at least 4 times daily to keep the skin moist while healing. Wash the area gently with warm water but gentle cleanser recommended by the practitioner.
3. If your full face is treated, you should sleep on your back the first night.
4. Avoid extended sun exposure or tanning for at least 6-8 weeks post-treatment.
5. After the skin has fully regrown, it is very important to use a broad-spectrum UVA/UVB sunscreen with a minimum of SPF 45. Remember to reapply throughout the day for at least 12 weeks.
6. If any scabbing or crusting of the skin occurs, **DO NOT** pick or scratch. Apply the moisturizing ointment and let the scab or crust fall off on its own.
7. To achieve the best results, complete the full treatment schedule at the intervals your laser practitioner recommends.



## Pre Care Instructions

Preparing adequately for your **Aerolase Neo Elite laser treatment** is essential to ensure optimal results and minimize potential side effects.

1. **Avoid Sun Exposure:** Limit direct sun exposure, tanning beds, and spray tanning for at least 1 to 2 weeks before your treatment. Use a broad-spectrum sunscreen with SPF 30 or higher daily to protect your skin.
2. **Discontinue Certain Skincare Products:** Stop using products containing retinol, glycolic acid, salicylic acid, and benzoyl peroxide at least one week prior to the procedure. Check all skincare products, including over-the-counter items, for these ingredients.
3. **Medications and Supplements:** Inform your provider about any medications or supplements you're taking, especially those that increase photosensitivity. You may need to pause certain medications before the treatment.
4. **Cold Sores:** If you have a history of cold sores, notify your provider as soon as possible. They may prescribe prophylactic treatment to prevent an outbreak.
5. **Shaving:** If the treatment area involves hair removal, shave the area 2 to 3 days before the procedure, leaving small 2 to 3mm stubs of hair.
6. **Skin Condition:** Ensure the treatment area is free from open wounds, infections, or active skin conditions. Notify your provider if you develop any skin issues before your appointment.
7. **Hydration:** Maintain good hydration by drinking plenty of water in the days leading up to your treatment. Hydrated skin responds better to laser treatments.
8. **Smoking:** If you smoke, try to reduce or quit smoking before and after the procedure to minimize the risk of delayed or impaired wound healing.

# Aerolase Neo Elite Laser Treatment



## Post Care Instructions

Proper post-care is essential to maximize the benefits of your **Aerolase Neo Elite laser treatment** and ensure a smooth recovery.

1. **Immediate Aftercare:** Refrain from applying any products to the treated area for at least 15 minutes post-treatment to allow the skin to cool naturally.
2. **Sun Protection:** Apply a broad-spectrum sunscreen with a minimum SPF of 30 to the treated area 15 minutes after the procedure. Continue using sunscreen daily to protect your skin from UV damage. Also, avoid direct sun exposure and tanning beds for at least one week following treatment. If sun exposure is unavoidable, wear protective clothing and reapply sunscreen as needed.
3. **Skincare Products:** Avoid using products containing retinol, glycolic acid, salicylic acid, benzoyl peroxide, or other harsh ingredients for 48 to 72 hours post-treatment. These substances can irritate the skin during the healing process. Hence, maintain a gentle skincare routine, incorporating hydrating and soothing products to support skin recovery.
4. **Physical Activity and Heat Exposure:** Avoid hot showers, saunas, and intense workouts for the first few days after your Aerolase treatment, as excessive heat can cause irritation.
5. **Makeup Application:** You may apply makeup on the same day as your treatment. Ensure that any products used are non-irritating and that you follow proper hygiene practices during application.
6. **Monitoring for Adverse Reactions:** It's normal to experience slight discomfort, redness, or swelling at the treatment site immediately after the procedure. These effects typically subside within one to three days. If you experience prolonged redness, swelling, blistering, or signs of infection, contact us promptly.



## Pre Care Instructions

Preparing properly for your **Aerolase Era Elite Reverse** is crucial to ensure optimal results and minimize potential side effects.

### 1. Sun Exposure:

- Avoid direct sun exposure, tanning beds, and spray tanning for at least 1 to 2 weeks before your treatment. This helps reduce the risk of complications and ensures the laser targets the intended areas effectively.
- Apply a broad-spectrum sunscreen with SPF 30 or higher daily to protect your skin from UV damage.

### 2. Skincare Products:

- Discontinue the use of products containing retinol, glycolic acid, salicylic acid, benzoyl peroxide, and other exfoliating agents at least one week prior to the procedure. This includes over-the-counter products.

### 3. Medications and Health Conditions:

- If you have a history of cold sores (herpes simplex virus), inform your provider. Preventative antiviral medication may be prescribed to reduce the risk of an outbreak following treatment.

### 4. General Guidelines:

- Arrive at your appointment with clean skin, free of makeup, lotions, or other topical products.
- Stay hydrated and maintain a healthy diet to support your skin's natural healing process.

# Aerolase Era Elite Reverse



## Post Care Instructions

Proper post-care following your **Aerolase Era Elite Reverse** is essential to ensure optimal results and minimize potential side effects.

1. Proper post-care following your Aerolase Era Elite Reverse is essential to ensure optimal results and minimize potential side effects. Below are the recommended post-care instructions:

2. You can return to your daily activities, excluding working out, hot yoga, or anything that would cause you to sweat for the first four days.

3. Immediately after treatment, you should apply a basic moisturizing ointment. **YOU MUST KEEP THE SKIN MOIST AT ALL TIMES. DO NOT** apply makeup or any type of skincare product or lotion to the treated area while the skin regrowth occurs - Consult with us for specific guidance on the timing. Reapply the ointment at least 4 times daily to keep the skin moist while healing. Wash the area gently with warm water but gentle cleanse recommended by the practitioner.

4. If your full face is treated, you should sleep on your back the first night.

5. Avoid extended sun exposure or tanning for at least 6-8 weeks post-treatment.

6. After the skin has fully regrown, it is very important to use a broad-spectrum UVA/UVB sunscreen with a minimum of SPF45. Remember to reapply throughout the day for at least 12 weeks.

7. If any scabbing or crusting of the skin occurs, **DO NOT** pick or scratch. Apply the moisturizing ointment and let the scab or crust fall off on its own.

8. To achieve the best results, complete the full treatment schedule at the intervals your laser practitioner recommends.

Adhering to these post-care instructions will support the healing process and enhance the effectiveness of your Aerolase Era Elite Reverse.



## Pre Care Instructions

To ensure optimal results and minimize any potential risks or irritation, please follow these guidelines prior to your **HydraFacialMD treatment**:

### One Week Before Treatment

- Avoid facial waxing, laser treatments, or IPL (intense pulsed light) on the face. Discontinue the use of retinoids (e.g., Retin-A, Renova, Differin) or other Vitamin A products. Refrain from chemical peels or microdermabrasion treatments. Avoid overexposure to the sun or tanning beds. Use SPF 30 or higher daily.

### 3-5 Days Before Treatment

- Stop use of exfoliating products, including scrubs, glycolic acid, salicylic acid, and enzymes. Also, avoid injectables such as Botox, Dysport, or dermal fillers in the treatment area.

### 24 Hours Before Treatment

- Do not use any products containing benzoyl peroxide, alpha hydroxy acids (AHAs), or beta hydroxy acids (BHAs). Avoid alcohol consumption to prevent dehydration. Stay well-hydrated—drink plenty of water. Do not shave your face on the day of your appointment (men).

### Day of Treatment

- Arrive with a clean face—no makeup, lotions, or sunscreen. If you are experiencing an active breakout, open wounds, sunburn, or have had recent facial surgery, please inform your provider before treatment.

### Important Notes:

- HydraFacial is **not recommended** for those who are pregnant or nursing, or for individuals with certain skin conditions (such as rosacea flare-ups, cold sores, or severe acne). Please consult with us.
- If you're unsure about any medications or skincare products, bring them to your appointment or contact us beforehand.

## HydrafacialMD Treatment



## Post Care Instructions

To maximize the benefits of your **HydraFacialMD treatment** and promote healthy skin recovery, please adhere to the following guidelines:

### Immediate Post-Treatment Care (First 24 Hours)

- Refrain from touching your face to prevent introducing bacteria and reduce the risk of irritation. It's advisable not to apply makeup on the day of your treatment to allow your skin to breathe and heal without potential irritants. Use a mild, non-exfoliating cleanser to wash your face. Avoid toners or products containing alcohol that may cause dryness.
- Avoid hot environments such as saunas, hot showers, or intense workouts that can lead to excessive sweating and irritate sensitive skin.

### Short-Term Care (First Week)

- After 24 hours, you may resume your regular skincare routine, but avoid products with retinol, alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), benzoyl peroxide, or salicylic acid for at least one week. Protect your skin by applying a broad-spectrum sunscreen with at least SPF 30 daily. Minimize direct sun exposure, especially during peak hours, to prevent hyperpigmentation and other sun-related damages.
- Refrain from waxing, laser treatments, chemical peels, or other exfoliation procedures for at least one week post-treatment to prevent skin irritation. If possible, schedule workouts before your HydraFacial appointment. If you choose to exercise afterward, be mindful of activities that induce excessive sweating, as this can irritate freshly exfoliated skin.

### General Recommendations

- Maintain skin hydration by drinking plenty of water and using moisturizers that we recommended.
- It's normal to experience mild redness or sensitivity immediately after the treatment, which should subside within a few hours. If you notice persistent irritation or other concerns, contact us.



## Pre Care Instructions

To ensure the best possible results and reduce the risk of side effects, follow these **Laser Hair Removal** pre-care guidelines:

**1. Avoid Sun Exposure:**

- Stay out of the sun and avoid tanning (sunbathing, tanning beds, or self-tanners) for at least 2-4 weeks before your treatment. Use a broad-spectrum SPF 30+ sunscreen daily on the area being treated.

**2. Do Not Wax, Pluck, or Use Depilatory Creams:**

- Avoid waxing, plucking, or using hair removal creams for 4-6 weeks prior to your treatment. Shaving is allowed and recommended 48 hours before your appointment.

**3. Shave the Area:**

- Shave the treatment area 48 hours prior to your appointment to reduce discomfort and allow the laser to target the follicle effectively.

**4. Avoid Skincare Products on Treatment Area:**

- Do not apply lotions, oils, deodorants, perfumes, or makeup on the treatment area the day of your appointment.

**5. Avoid Blood-Thinning Medications:**

- Refrain from taking aspirin, ibuprofen, or other blood thinners at least 48 hours prior (unless prescribed by your physician).

**6. Avoid Photosensitizing Medications:**

- Inform your provider of all medications and supplements you are currently taking, especially antibiotics or Retin-A products, as some may increase sensitivity.

**7. Consultation for Medical Conditions:**

- Let us know if you have a history of cold sores (for facial areas), diabetes, or any skin disorders.

# Laser Hair Removal



## Post Care Instructions

Proper aftercare is essential to minimize side effects and achieve optimal results:

**1. Redness and Bumps Are Normal:**

- Redness, swelling, and small bumps are common and typically resolve within **24–48 hours**.

**2. Apply a Cool Compress:**

- Use a cool compress or aloe vera gel to soothe the treated area as needed.

**3. Avoid Sun Exposure:**

- Continue to avoid sun exposure and use **SPF 30+ sunscreen** daily to prevent pigmentation changes.

**4. Do Not Pick or Scratch:**

- Let any scabs or crusting fall off naturally. Avoid picking or scratching to prevent scarring.

**5. Avoid Hot Showers and Activities That Cause Sweating:**

- For the first **24–48 hours**, avoid hot showers, saunas, steam rooms, and strenuous exercise.

**6. Avoid Irritating Products:**

- Refrain from using active skincare products (like glycolic acids, retinoids, or exfoliants) on the treated area for **3–5 days**.

**7. Shedding of Hair:**

- Treated hair may take **7–21 days** to fall out. This is normal and part of the treatment process.

**8. Multiple Sessions Required:**

- Laser hair removal is most effective in the active growth phase. Expect **8-10 treatments spaced 4–6 weeks apart** for best results.

**9. Monitor for Unusual Reactions:**

- If you notice blistering, prolonged redness, swelling, or signs of infection, contact your provider immediately.



## Pre Care Instructions

Preparing your skin properly before undergoing the **Medical Peel treatment** is essential to achieve optimal results and minimize potential side effects.

1. **Discontinue Certain Skincare Products:** If you are currently using retinoids or products containing glycolic or lactic acids, stop using them at least 10 days before your peel. This helps reduce skin irritation.
2. **Avoid Sun Exposure:** Limit direct sun exposure and avoid tanning beds for at least two weeks prior to your treatment. Sunburned or tanned skin can increase the risk of complications.
3. **Protect Against Cold Sores:** If you are prone to cold sores, consult your provider about taking antiviral medication before the peel to prevent outbreaks.
4. **Refrain from Waxing:** Avoid waxing the treated area for at least 7 days before the peel to prevent skin irritation.
5. **Avoid Chlorine Exposure:** Refrain from swimming in pools or exposing your skin to chlorinated water for at least 7 days prior to the treatment.
6. **Consult About Current Skincare Routine:** Discuss your daily skincare regimen with us, especially if you use products like retinoids. You may be advised to discontinue certain products before the peel to minimize irritation.
7. **Schedule the Peel Appropriately:** Plan your peel when you can avoid excessive sun exposure and other activities that might irritate your skin during the healing process.

## Medical Peel Treatment



## Post Care Instructions

Proper post-care following the **Medical Peel treatment** is crucial for optimal healing and results.

### First 6 Hours (Day 1)

- Keep the peel solution on your skin for at least 6 hours. During this period, avoid washing, touching, or applying makeup to the treated areas. After 6 hours, if you experience excessive irritation, apply the Post-Peel Moisturizer (included in your Patient Home Care Kit) 2-3 times daily.
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### Morning and Evening Care (Days 2-6)

#### Morning:

- Gently cleanse and dry your face. Apply the first Post-Peel Towelette provided in your kit. Allow the solution to dry thoroughly, then apply Mineral Perfection SPF 30 sunscreen.

#### Evening:

- One hour before bedtime, cleanse and dry your face. Apply the second Post-Peel Towelette. Leave the solution on overnight. If irritation occurs, apply a small amount of Post-Peel Moisturizer 2-3 times daily.

### Days 3-6 (Peeling Phase)

- Peeling typically begins on Day 3. Continue applying the Post-Peel Moisturizer 2-3 times daily to manage peeling and skin tightness. Avoid activities that cause excessive sweating, such as heavy exercise, saunas, or hot tubs, as they can irritate the skin. Allow the skin to peel naturally; do not pick, rub, or pull at peeling skin to prevent scarring.

### Sun Protection

- Apply Mineral Perfection SPF 30 sunscreen every 2 hours during sun exposure. Reapply sunscreen after swimming or sweating.

### General Recommendations:

- Resume normal activities immediately post-peel. Avoid waxing, electrolysis, laser treatments, or other chemical peels during the healing process.
- If you have a history of cold sores, consult with us about antiviral medication to prevent outbreaks.



## Pre Care Instructions

Preparing properly for your **SkinPen Microneedling** can significantly enhance its effectiveness and minimize potential side effects.

### 1. Discontinue Certain Skincare Products:

- Stop using products containing exfoliating agents such as retinoic acid, tretinoin, retinol, benzoyl peroxide, glycolic/salicylic acids, and astringents 24 hours before treatment.

**2. Avoid Specific Skin Treatments:** 1-2 weeks prior, refrain from treatments that may irritate the skin, including waxing and depilatories. Avoid direct sun exposure, self-tanners, tanning beds, and ensure consistent use of sun protection.

**3. Manage Herpes Simplex Virus (HSV) Risk:** If you have a history of cold sores, it's advisable to start a course of antiviral medication both before and after the treatment to prevent outbreaks.

### 4. Inform About Medical Conditions and Medications:

Notify us if you have any of the following:

- Active skin conditions like eczema, psoriasis, or rosacea.
- Chronic health issues such as diabetes or cardiac abnormalities.
- Use of medications like isotretinoin (Accutane) within the last six months.
- Presence of metal implants in the treatment area.
- Use of cardiac devices such as pacemakers or defibrillators.

### 5. Timing with Other Aesthetic Treatments:

- **Before Treatment:** Wait at least 48 hours after Botox injections. Allow a minimum of one week after fillers like Juvederm or Restylane. Postpone microneedling for at least one month after laser treatments or chemical peels.

**6. Day of Treatment:** Arrive with clean, makeup-free skin. Ensure you have eaten a light meal and are well-hydrated before the appointment.

# Microneedling with Skin Pen



## Post Care Instructions

Proper post-care following your **SkinPen microneedling** is essential to ensure optimal healing and results.

### Immediate Care (First 24 Hours)

- For the first 24 hours post-treatment, cleanse your skin with cool water only. Gently pat dry with a soft towel. Avoid using any cleansers, scrubs, or washcloths. Do not apply any products, including makeup, sunscreen, or moisturizers, for the first 24 hours. After this period, you may begin applying a gentle cleanser and a light moisturizer.

### Sun Protection

- Avoid unprotected sun exposure for at least two weeks post-treatment. Apply a broad-spectrum sunscreen with SPF 30 or higher daily. Reapply every two hours during prolonged sun exposure.

### Activity Restrictions

- Refrain from vigorous exercise and activities that induce sweating for at least 48 hours post-treatment. Avoid hot tubs, saunas, and swimming pools for 72 hours following the procedure.

### Skin Care Routine:

- After 24 hours, you may introduce a gentle cleanser and a light moisturizer. Avoid using active ingredients such as retinoids, vitamin C, or exfoliating products for at least one week post-treatment. It is advisable to avoid makeup for at least 48 hours post-treatment to minimize the risk of irritation or infection.

### Healing Process:

- Mild redness and swelling are common and should subside within 1-3 days. Light flaking or peeling may occur as the skin heals. Do not pick or peel the skin manually; allow it to shed naturally.

### 6. Additional Precautions

- Steer clear of products or treatments that may irritate the skin, including waxing, depilatories, and harsh chemicals, for at least one week post-treatment.
- If you have a history of cold sores, consult your provider about antiviral medications to prevent outbreaks post-treatment.