

Botanica Wellness Sanctuary

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Please read through this list carefully as it contains instructions for both BEFORE and AFTER your Whitening Treatment!

- ❖ Please do not brush your teeth for at least 4 to 6 hours prior to your treatment.

Why: Brushing creates micro cuts in the gums and could increase your sensitivity/discomfort during the treatment.

- ❖ Remember to eat prior to your whitening because you should avoid eating for 2 hours after your treatment. Do not consume dark colored food and beverages for 24 hours after whitening.

Why: During the process, your teeth become more porous and remain susceptible to coloring for about 24 hours afterwards.

We recommend that you plan to consume a “white diet” (cauliflower, white fish, potatoes, tofu, milk, etc.) for a full day following your treatment.

- ❖ Please drink plenty of water BEFORE AND AFTER your treatment so that your teeth are hydrated. This will help reduce sensitivity!

Recommendations and Etiquette

You may wish to bring music and headphones to listen to during your service.

As with all of our esthetics services, leaving a gratuity for your esthetician is customary and appreciated.

Should you have any questions or need to change your appointment please contact us as soon as possible. We do hold a 24-hour cancellation policy and late cancellations are subject to a penalty fee.

* If you are more than 10 minutes late to your appointment we may have to reschedule you, as every minute is precious in the whitening process.

Thank you and we look forward to your beautiful smile!