

# BEFORE YOUR TREATMENT

---

## NOTABLES

- *Come prepared in a space where you will not be interrupted. Have pen and paper handy and a list of questions.*
- *Bring with you any foods, spices, teas, skin care and personal care products that you would like to review with Elisha.*
- *Be prepared to share any relevant history with your skin and nutrition, along with any other relevant medical history.*
- *If you are meeting me in person for a skin care or wellness treatment, the address will be shared once booking is confirmed.*
- *This is your time so make the most of it. You are in a safe space to share as much as you would like to disclose so that we can find solutions on deeper levels. Please make sure to come to the table with realistic goals and expectations and Elisha will review what some of that will look and feel like. As well, make sure to communicate your goals so we can discuss how to best achieve them and in what amount of time.*

---

All services take place online or in our Santa Monica Beach Studio. House calls are also available. Please contact us to inquire on availability & pricing ~ 424.361.8100

---