



TREATMENT PAIRING GUIDE

When to use WellFit booth treatments with other amenities and services

Amenity/Service	Use	Guidance	Recommended Treatment
Spray Tan	Before	Oils, lotion, and residue can keep color from developing evenly. Use a toner mitt to prep a clean canvas for a smoother, longer-lasting tan.	Toner Mitt
Spray Tan	After	Use Hydrate to restore moisture and support longer-lasting, even-looking results.	Hydrate
Workout/Fitness	After	Sweat depletes electrolytes and amino acids the skin needs. Recover replenishes and rebalances skin after exertion. Use a toner mitt wipe-down before stepping in if needed.	Recover
Red-Light Therapy	Before or After	Red light supports cellular activity but does not deliver hydration. Use Lift before to help aid in collagen regeneration. Follow with Hydrate to replenish moisture and support the skin barrier.	Lift Hydrate
Sauna/Steam	After	Heat depletes moisture and can leave skin unbalanced. Balance restores the skin's barrier and supports comfort after heat. Balance is also a strong option for reactive skin.	Balance
Cryotherapy	After	Cold exposure can constrict and dry the skin. Recover replenishes and supports smoother, more conditioned skin post-treatment.	Recover
Pool/Hot Tub	After	Chlorine and water exposure dry the skin. Use a toner mitt to remove chlorine residue first. Hydrate restores moisture. Recover is ideal after saltwater.	Hydrate (chlorine) Recover (saltwater)
Massage/ Body Treatment	After	Use to reset skin following oils and product residue. If oils were used, apply a toner mitt first, then Lift for the full benefit of the firming actives.	Balance Lift (post-oil w/toner mitt)
UV Tanning	Before	Condition and prep skin before UV exposure.	Hydrate or Lift
Shower	After	Hydrate restores moisture lost during cleansing and supports skin barrier balance.	Hydrate
Makeup Routine	Finishing Step	Lift firms and tightens skin as a finishing touch before an event or day out. Hydrate is great for makeup setting spray.	Lift or Hydrate

* Use a toner mitt to remove excess oils, chlorine, or residue before any WellFit skincare treatment.