

Facial Treatment Aftercare

Please read the advice below relevant to your treatment(s). Please note, however, the advice is not a substitute for the advice of a medical professional, and serves as a guide to help you maximise your results and to minimise any risk of infection/ reaction and to encourage post treatment recovery.

You may experience some temporary redness, warm sensation or flushing post treatment. This passes within 24 hours. Please follow the aftercare guidelines below to avoid any adverse reactions and to maximise your treatment results.

- Avoid wearing make-up for at least 48 hours after a facial treatment with the exception of pure mineral make up.
- Do not undertake any other facial skincare treatments within 2 weeks of a facial. Including facial fillers or Botox (please check with your Injector for their advice).
- It is not advisable to have any type of exfoliating treatment for a minimum of 4 weeks post facial, including microdermabrasion/ hydra facial.
- Do not apply any other exfoliating skin care products for 1 week after any facial or until the skin feels "normal". Including, those containing AHA's/ BHA's, Retinol, Benzoyl Peroxide or Hydrocortisone. Clay masks and peel off masks should also be avoided.
- Do not squeeze, pick or peel the skin should any flaking,peeling or purging occur post treatment. It is impossible to predict if or how much of this will occur as all skins are different and may not happen at all. This is not an indication of how well the treatment has worked and will not determine the treatment results.
- Avoid sun beds/sunbathing for a minimum 2 weeks after a facial. I cannot stress this enough if you want to see results. This is vital to avoid any post treatment hyperpigmentation.
- Apply a minimum SPF30 daily and more reapply frequently if spending prolonged periods outdoors - even in winter!
- Avoid indirect heat (sauna, steam, infrared red) for 48 hours after treatment. Take care when cooking not to expose the skin to the heat. Avoid hot baths or showers.
- Do not apply perfume or perfumed products to the treated area within 48 hours
- Avoid Cardiovascular exercise, swimming, yoga or any activity that may cause you to perspire for 24 hours.
- Do not wax/ bleach any facial hair for 2 weeks. Avoid any laser hair removal for 2 weeks.
- Avoid stimulants such as caffeine, alcohol, and spicy foods immediately after your treatment.

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Aesthetics and Skincare


- Stay hydrated.

Avoid touching your face as much as possible in the first 24 hours post treatment and ONLY apply facial care as advised.

If you have any questions at all, please do not hesitate to get in touch.

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