



Facial Pre and Post Care Instructions

FACIAL PRE CARE:

- It is ideal that you remove your makeup before arriving, especially if you wear full coverage. If you must wear makeup, I can remove your makeup, but please be advised this will take approximately 5 minutes off your facial time.
- Do not arrive with a freshly washed and blow-dried hair style as your hair will be covered with a turban. While I will make every effort protect your hair from wetness, there is a possibility your hairline and/or hair might get wet.
- Let me know if you'd like to leave your mascara on. Some clients feel naked without any mascara on, especially if they have errands to run after their appointment.
- After the facial, you will want to take it easy the rest of the day. A facial is a relaxing treatment, and it is nice to extend this relaxing time for the rest of your day.

FACIAL POST CARE:

After a facial treatment, the skin can be a little sensitive. The following advice will ensure you continue to benefit from your treatment.

- Avoid touching the skin to prevent bacteria or germs from your fingers getting onto your skin.
- Wear sunblock to protect your skin from UV rays.
- Avoid direct heat (intense sunlight & sunbeds) and indirect heat (sauna, hot bath, and shower) for 48 hours after treatment.
- Avoid makeup for 24 hours to allow your skin to breathe and to support the skin-cleansing effect of the treatment.
- Don't have any other facial skincare treatments within 48 hours of your facial to allow your skin to recover from the treatment and reap all the benefits.
- Do not apply any other exfoliating skincare products for 72 hours after facial.
- Always cleanse, tone, and moisturize your face; to prevent loss of moisture, protect the skin from makeup and to keep the skin soft and supple.
- Always remove all traces of makeup at the end of the day.
- Do not apply perfume or perfumed products to the treated area within 48 hours.
- Drink plenty of water (recommended 6-8 glasses per day). This is to help flush out the toxins from your body now that your lymphatic drainage system has been boosted by your treatment.
- Don't have any other facial treatments for 24-48 hours to allow your skin to recover from the treatment and reap all the benefits.

POST CARE AFTER ADVANCE TREATMENTS

- Use sunscreen on your face to protect it after any advanced facial.
- Avoid extremes of temperatures- the wind, effects of central heating as this can have a dehydrating or damaging effect on the skin and your skin may be more vulnerable straight after an electrical treatment.

MAINTAINING RESULTS AFTER TREATMENT

- Increase your water intake to 8 glasses a day.
- Decrease alcohol and smoking to keep skin healthy.
- Follow your home care routine.
- Use products as advised by your beauty therapist – these should be specific for your skin type, concerns and budget.
- Use a sunscreen daily.
- Always wear a good sunscreen as this prevents ageing and protects your skin.
- If you have any adverse reactions please contact us as soon as possible.
- Protect your skin in harsh climates e.g. cold winds and hot sun.
- For long term results get regular facials, at least once a month.
- Eat balanced meals.
- Get plenty of beauty sleep.
- For long-term results and as a preventative measure, book your facial once every 6 weeks (the ideal scenario) or once every 3 months (the least).

If you experience any pain, redness or irritation, contact your technician immediately.