

FACIAL PRE CARE:

- 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.

HIGH FREQUENCY POST CARE

- Use an SPF on your face to protect it after any advanced facial.
- Avoid extreme 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.

DERMAPLANE POST CARE

- Avoid aerobic exercise or vigorous physical activity until all redness has subsided.
- Avoid direct sunlight exposure immediately following the treatment (including any strong UV light exposure or tanning beds).
 - Cleanse the treated area twice daily and follow up with SPF 30+ sunscreen.
 - Although SPF 30+ should already be a part of your daily skin care, after dermaplaning, SPF 30+ must be applied daily to the treated area for a minimum of two weeks.

ULTRASONIC POST CARE

- Use an SPF on your face to protect it after any advanced facial.
- Avoid extreme 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.

CHEMICAL PEEL POSTCARE

- Avoid aerobic exercise or vigorous physical activity until all redness has subsided.
- Use an SPF of 30 or greater.
- Avoid direct sunlight exposure immediately following the treatment (including any strong UV light exposure and tanning beds). If some sun exposure cannot be avoided, first apply sunscreen with an SPF of 30 or greater. Sunscreen (with at least a SPF of 15) should become a part of your daily skin care regimen as your skin will become more sensitive to the sun as a result of this treatment.
- Cleanse your face with water or a mild soap substitute such
- Moisturize your face
- Do NOT apply any type of glycolic acid or exfoliation products as this can severely damage or irritate the skin during the entire healing process.
- DO NOT peel, rub, or scratch your skin at any time, whatsoever. This WILL cause damage and compromise your results as well as possibly cause severe scarring.
- If you experience painful areas of the face, please contact us immediately.
- In the event that you may have additional questions or concerns regarding your treatment or suggested home product/post-treatment care, contact us immediately.

MAINTAINING RESULTS AFTER TREATMENT

- 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.
- 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.
- Avoid 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.
- Always wear a good sunscreen as this prevents ageing and protects your skin.
- 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, schedule regular treatments.