

Facial Aftercare Advice

- **Avoid wearing make-up for at least six hours after a facial treatment.**
- **Always cleanse, tone and moisturise your face. To prevent loss of moisture, protect the skin from make-up and to keep the skin soft and supple.**
- **Always remove all traces of make-up at the end of the day.**
- **Drink plenty of water (we recommend 6-8 glasses per day).**
- **Eat a healthy, balanced diet - include at least five portions of fruit and vegetables.**
- **Do not undertake any other facial skincare treatments within 48 hours of having a facial.**
- **Avoid sunbathing for up to 12 hours.**
- **Avoid direct heat, such as saunas, hot baths, showers or a hot hairdryer.**
- **Do not apply perfume or perfumed products to treated area within 48 hours of having a facial.**
- **Stay away from direct sunlight/sunbeds and heat e.g. saunas for 48 hours after having a facial.**
- **Do not apply any other exfoliating skincare products for 72 hours after having a facial.**
- **Always use an SPF sunscreen to block ultraviolet B rays.**
- **Avoid smoking and alcohol.**