



# Facial AFTERCARE

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

- Please follow the advice below at least 6 hours after your facial treatment:
- Avoid wearing make-up for. Lipstick / gloss and mascara may be worn
- Try to avoid the heat treatments (sauna, steam room, sun bed, sun) as the top layer of dead skin cells will have been removed
- Avoid swimming due to chlorine in water
- Avoid touching or rubbing the face

Please follow the advice below in-between your facial treatments:

- Always remove all traces of make-up at the end of the day
- Cleanse, tone and moisturise twice a day using suitable products for your skin type.
- Normal, Oily, Combination skin type – use lighter milky, lotion consistence products.
- Dry, Sensitive, Mature – use more creamy consistence products.
- Try and use products which contain an SPF.
- Exfoliate 1-2 times a week.
- Use a face mask once a week or in-between facials.
- Eat balanced meals, drink lots of water 6 – 8 glasses per day).
- For long term results have regular or monthly facials.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED  
TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS