



Facials

Pre & Aftercare Guide

Thank you for choosing **Kristi PMU & Wax** for your facial treatment.

Facials are professional skincare treatments designed to deeply cleanse, exfoliate and nourish the skin. They support healthy cell renewal, improve hydration and enhance your natural glow.

To achieve the best possible results, a little preparation and the right aftercare make all the difference.

Before Your Treatment (Pre-Care)

In the Days Before

Avoid Excess Sun Exposure

Sunburned or overexposed skin can become overly sensitive and may limit the treatments that can be safely performed.

Use Gentle Skincare

- Cleanse gently
- Avoid harsh exfoliants and abrasive scrubs
- Do not over-exfoliate

This helps prevent irritation and protects the skin barrier.

Stay Well Hydrated

Drink plenty of water in the days leading up to your facial. Well-hydrated skin responds better to treatment and maintains results longer.

Please Avoid

Retinol & Active Ingredients

Avoid retinol, resurfacing acids and strong actives for several days before your appointment.

These ingredients increase sensitivity and may cause irritation.

Facial Hair Removal



Do not wax, thread, shave or use hair removal creams on the face for **24–48 hours** before your facial.

Other Intensive Skin Treatments

Avoid scheduling chemical peels, laser treatments or advanced resurfacing procedures close to your facial appointment.

Heavy Make-Up

Arriving make-up free is ideal and allows your therapist to begin treatment immediately.

What to Expect After Your Facial

Your skin has been deeply cleansed and stimulated, so mild sensitivity is completely normal.

You may notice:

- Slight redness
- Warmth
- Mild tightness
- A healthy glow

These effects usually settle within **24–48 hours**.

The First 24–48 Hours After Treatment

Your skin is more delicate and absorbent during this time.

Please Avoid:

- Touching your face unnecessarily
- Heavy make-up
- Hot showers or baths
- Steam rooms and saunas
- Swimming pools
- Intense exercise causing perspiration
- Direct sun exposure

Heat and sweat can irritate freshly treated skin.

Skincare After Your Facial

Keep It Gentle

- Cleanse with lukewarm water
- Pat dry — do not rub
- Use gentle, hydrating products only
- Avoid scrubs and exfoliants



Avoid Active Ingredients

For at least **5–7 days**, avoid:

- Retinol
- AHAs / BHAs
- Strong resurfacing products
- At-home chemical peels

Your skin has already been exfoliated professionally.

Hydration Is Essential

- Drink plenty of water to support skin recovery
- Eat fresh, nutrient-rich foods
- Apply moisturiser regularly to maintain softness and glow

Well-hydrated skin retains your results for longer.

Sun Protection

Freshly treated skin is more vulnerable to UV damage.

- Avoid direct sunlight
- Apply SPF 30+ daily
- Wear a hat and sunglasses in strong sun

Sun exposure can cause irritation, pigmentation and premature ageing.

Treatments to Avoid

For **24–48 hours before or after** your facial, avoid:

- Waxing or facial hair removal
- Laser treatments
- Tanning or sunbeds

Combining treatments too closely can over-sensitise the skin.

Hands Off

Avoid picking or squeezing blemishes.

Your therapist has safely performed any necessary extractions. Touching the skin can spread bacteria and cause scarring.



Ongoing Skin Maintenance

Gentle Exfoliation

Resume light exfoliation **2–3 days** after your facial.

- Exfoliate 1–2 times per week
- Choose gentle exfoliants suitable for your skin type

This keeps skin smooth and prevents dullness.

Protect Your Results

Environmental stress can affect your complexion.

Adding a **Vitamin C serum** to your routine can help:

- Brighten dull skin
- Support collagen
- Protect against environmental damage

Follow Professional Advice

Your treatment was tailored specifically to your skin.

Following your therapist's recommended home-care routine will:

- Extend results
- Improve skin health
- Support long-term goals

Booking Your Next Facial

Professional treatments work best alongside home care.

For optimal results, facials are recommended every:

4–6 weeks

Regular treatments support your skin's natural renewal cycle and maintain visible results.

If You've Had Advanced Treatments

Some facial treatments work deeper within the skin and may involve a longer recovery period. Your therapist will always advise you if this applies to your treatment.



Microneedling – Understanding the healing and collagen process

Microneedling is a collagen-induction treatment designed to rejuvenate the skin from within.

During the procedure, ultra-fine sterile needles create tiny micro-channels in the skin. These controlled micro-injuries trigger your body's natural repair response — stimulating the production of **collagen and elastin**, which are essential for firm, smooth, youthful-looking skin.

How Your Skin Repairs Itself

Your body responds in three key phases:

Inflammation Phase (First 24–48 Hours)

- Skin may appear red and feel warm or tight
- This is a normal healing response as blood flow increases
- Micro-channels begin closing and repair signals are activated

Proliferation Phase (Days 3–14)

- Fibroblast cells begin producing new collagen and elastin
- Fresh skin tissue starts forming beneath the surface
- You may notice dryness or light flaking

Remodelling Phase (Weeks 4–12+)

- Collagen fibres strengthen and reorganise
- Skin becomes firmer, smoother and more even in tone
- Fine lines, pores and texture gradually improve

Visible improvements often begin around **4–6 weeks**, with continued skin enhancement for several months.

Why Collagen Matters

Collagen is the structural support system of your skin. Increasing collagen levels helps to:

- Improve firmness and elasticity
- Smooth fine lines and wrinkles
- Refine skin texture
- Reduce the appearance of pores
- Promote a healthier, more radiant complexion

Microneedling improves not just the surface of the skin, but its underlying strength and quality.

What to Expect After Microneedling

It is normal to experience:



- Redness (similar to mild sunburn)
- Sensitivity or tightness
- Mild swelling
- Light dryness or flaking

These effects usually settle within a few days.

Aftercare Is Essential

To protect your results and support collagen production:

- Keep skin clean and hydrated
- Avoid make-up for at least 24 hours
- Avoid heat, steam and intense exercise for 48 hours
- Do not use retinol, exfoliating acids or active skincare for 5–7 days
- Avoid direct sun exposure and wear daily SPF

Your skin is working hard beneath the surface — gentle care allows it to repair beautifully.

Treatment Courses

For optimal results, microneedling is usually recommended as a course of treatments:

3–6 sessions spaced 4–6 weeks apart

This allows collagen production to build progressively with each session.

Your therapist will advise the best plan based on your skin goals.

If you have any questions or concerns after your treatment, please contact us — we're always happy to help.

Thank you for trusting **Kristi PMU & Wax** with your skin