

S A P P H I R E

Skin . Body . Sculpting

◆ FACIAL TREATMENT AFTERCARE

Applicable to: Luxury Facial, Aqua Pure Infusion Facial, Carbon Facial, Chemical Peel, Cryotherapy Facial, CoolLift, Dermaplane, Luxury Dermaplane, DermaDeluxe, Medik8 Facial, Radiofrequency, Microcurrent, and Microneedling

Immediately After Treatment:

- Avoid touching your face unnecessarily to prevent irritation or the introduction of bacteria.
- Refrain from applying makeup for **12–24 hours**, especially after microneedling or peels.
- Keep the skin hydrated using a gentle, fragrance-free moisturiser.
- Use a broad-spectrum **SPF 30 or higher** every day, even when indoors or if it's cloudy.

For the First 48 Hours:

- Avoid intense physical activity that causes excessive sweating.
- Do not use saunas, steam rooms, or hot showers directly on the treated area.
- Avoid exfoliating products, active ingredients (such as retinol, AHA/BHA, vitamin C), and harsh scrubs.
- Refrain from waxing, threading, or other hair removal methods on the treated area.
- For microneedling: do not apply makeup for 24 hours and avoid direct sun exposure for at least 7 days.

General Skincare Tips Post-Facial:

- Continue to use gentle skincare products for at least 3–5 days.
- Stay well-hydrated and maintain a balanced diet for skin health.
- Expect mild redness, sensitivity, or slight peeling—this is normal and typically resolves within a few days.
- If you experience prolonged discomfort, irritation, or signs of infection, please contact us immediately.

◆ MASSAGE AFTERCARE

Applicable to: All body massage treatments, including deep tissue, Swedish, and cupping therapy

After Your Session:

- **Hydrate:** Drink plenty of water to help flush out toxins released during your massage.
- **Rest:** Allow your body time to recover, especially after a deep tissue or cupping session.
- **Heat or Ice:** You may apply a warm compress to ease any residual tension or a cold compress for sore areas if needed.

For the First 24–48 Hours:

- Avoid alcohol or caffeine as these can dehydrate you and slow the detoxification process.
- Refrain from strenuous exercise to allow your body to recover fully.
- Some soreness or bruising may occur, especially after cupping or deep tissue massage—this is normal and temporary.

Cupping-Specific Notes:

- Circular red or purple marks are expected and will fade over 3–10 days.
- Keep cupped areas covered and warm for at least 24 hours post-treatment.
- Avoid exposure to cold, wind, and extreme temperatures immediately after treatment

Thank you for trusting Sapphire Skin Ltd. We look forward to seeing you again soon!