

Facial Treatment Advice Sheet

A lack of oxygen and nutrients will result in muscle cramp/ a gradual reduction in muscle tone and elasticity, which is why facial massage is such an important aspect of any facial routine.

Treatments available:

- Facial cupping
- Facial Manual lymphatic drainage massage
- Deluxe facial treatment and massage
- Face acupuncture for cosmetic enhancement
- Radio Frequency

Radio frequency (RF) uses electromagnetic energy to tighten and firm the skin. The RF waves penetrate the skin and generate heat, which stimulates the production of collagen and elastin, resulting in tighter and smoother skin. RF can be used to treat various skin conditions, such as wrinkles, sagging skin, and acne scar.

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

*Exfoliating once or twice a week helps with appearance of the skin as dead skin cells are shed.