**Brows and Beauty by Nicky B**

**Thesera.L Aftercare**

**After receiving your Thesera.L lifting treatment**

The initial -72 hours post treatment are the most critical in letting the product settle and work within the skin prolonging your results and giving glowing skin.

• Avoid using exfoliating products or retinol products

• Do not touch your face after treatment

• Do not wash your face or apply any products

• The skin may feel tingly or sensitive allow time for this to subside

• Redness on the skin will subside allow to settle

• Hydrate your body and skin by drinking plenty of water and applying a hydrating product which is soothing such as a hyaluronic based product

• When outside in the sun even on a cloudy day ensure to use a sun protection product preferably for the face but any sunscreen will be better than none

• Avoid extreme heat or cold conditions for 24 hours this includes exercising, hot tubs, spas, swimming pools, gardening, cooking over a hot stove, sitting next to a fireplace

• Avoid touching the skin for at least 24 hours post treatment and do not pick or scratch the skin

• Discontinue use of any AHA products for 72 hours, or 6 weeks if doing a treatment cycle

• Have a realistic expectation of the results

• Avoid home care products such as bleach as the vapours can cause skin irritation

• If you need advice or support contact us on **07534 363 352.**

**Name of Therapist:**

**Date:**