

FACIAL AFTERCARE ADVICE

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To help achieve the best results from your treatment and minimise the risk of irritation, please follow the advice below.

**Aftercare**

For the first 24–48 hours following your facial treatment:

- Avoid applying make-up for at least 6 hours unless otherwise advised by your therapist.
- Keep your skin well hydrated by using suitable moisturising products recommended for your skin type.
- Drink plenty of water to support hydration.
- Avoid excessive heat, including saunas, steam rooms, hot baths and direct sun exposure.
- Avoid swimming pools and chlorinated water.
- Avoid exfoliating products, retinol products, AHAs, BHAs and other active skincare products for 48–72 hours.
- Avoid additional facial treatments unless advised by your skincare professional.
- Avoid touching your face unnecessarily with unwashed hands.

**Important Information**

Following treatment, mild redness, warmth or sensitivity may occur. This is usually temporary and should settle within a few hours.

If you experience excessive irritation, swelling, blistering, signs of infection or any unexpected reaction, seek medical advice promptly.

