

Facial: Pre-Treatment Preparation

To ensure you receive the best possible results from your facial treatment, please follow these simple guidelines before your appointment:

Drink plenty of water in the 24 hours prior to your treatment to keep your skin hydrated.

Arrive with clean skin free from heavy makeup where possible.

Avoid excessive sun exposure and sunbeds for at least 72 hours before your appointment.

Avoid using harsh exfoliants, retinol, AHAs, BHAs, or other active skincare products for 3-5 days before treatment if your skin is sensitive.

Inform your therapist of any allergies, skin sensitivities, medical conditions, medications, or recent aesthetic treatments.

Avoid waxing, threading, or aggressive facial treatments for at least 72 hours before your appointment.

Remove contact lenses for facial massage or mask treatments.

Come prepared to relax and enjoy some well-deserved self-care.

A consultation will be carried out before your treatment to ensure your facial is tailored to your skin's individual needs.