

Mum to Be Facial Pre and Post Treatment Care

Before Your Facial

To help you get the most from your treatment:

Arrive with clean skin where possible and avoid heavy makeup if you can.

Drink plenty of water before your appointment.

Let your therapist know about any skin concerns, allergies, medications, or recent treatments.

Avoid excessive sun exposure before your facial.

After Your Facial

Your skin will be refreshed and rejuvenated, so a little extra care will help maintain the results.

Continue to drink plenty of water to support skin hydration.

Avoid touching your face unnecessarily.

Refrain from using exfoliants, or active skincare products for 72 hours unless advised otherwise.

Apply SPF daily to protect your skin.

Avoid vigorous exercise for 24 hours.

Follow any personalised aftercare advice provided by your therapist.

Healthy, glowing skin starts with consistent care. Taking care of your skin after your facial will help prolong the benefits and maintain your radiant results.