

Facial Aftercare Advice

To maintain your results and keep your skin healthy and glowing, please follow the aftercare advice below:

After Your Facial

Drink plenty of water to keep your skin hydrated.

Continue with a gentle skincare routine.

Apply SPF 30+ daily to protect your skin.

Allow your skin to absorb the benefits of the treatment and enjoy your natural glow.

Follow any personalised skincare recommendations provided by your therapist.

For 24 Hours After Treatment

Avoid:

Touching your face unnecessarily.

Wearing heavy makeup if possible.

Harsh exfoliants, scrubs, retinol, AHAs, and BHAs.

Excessive heat, including saunas, steam rooms, hot tubs, and very hot showers.

Intense exercise that may cause excessive sweating.

Direct sun exposure and sunbeds.

What Can I Expect After My Facial?

Most clients notice:

Brighter, healthier-looking skin

Improved hydration

A smoother skin texture

Reduced tension and facial puffiness

A natural, radiant glow

Possible Temporary Effects

It is normal to experience:

Mild redness

Slight warmth in the skin

Increased sensitivity immediately after treatment

These effects are usually short-lived and settle within a few hours.

To Prolong Your Results

Cleanse, moisturise, and protect your skin daily.

Wear SPF every day.

Stay hydrated.

Maintain regular facial treatments as recommended.

Follow a healthy lifestyle to support overall skin health.

Your skin is at its most receptive after a facial. Nourish, protect, and hydrate it to maximise your results and maintain that healthy, radiant glow