

High Frequency Facial: Pre-Treatment Preparation & Aftercare

Before Your High Frequency Treatment

To ensure the safest and most effective treatment, please follow these guidelines:

Arrive with clean skin free from makeup, heavy skincare products, or self-tan where possible.

Avoid using retinol, prescription vitamin A products, AHAs, BHAs, or exfoliating products for 24-48 hours before treatment.

Avoid excessive sun exposure and sunbeds for at least 48 hours before your appointment.

Keep your skin well hydrated in the days leading up to treatment.

Inform your practitioner of any medications, medical conditions, allergies, or recent aesthetic treatments

Remove any metal jewellery from the treatment area before treatment.

Avoid facial waxing, threading, or aggressive exfoliation for 48 hours before treatment.

After Your Treatment

To maximise results and protect your skin:

Apply SPF 30 or higher daily.

Keep your skin hydrated with a gentle moisturiser.

Drink plenty of water to support skin health and healing.

Continue using your recommended skincare products as advised by your practitioner.

Allow your skin to rest and recover naturally.

For 24-48 Hours After Treatment

Avoid:

Direct sun exposure and sunbeds.

Strong exfoliants, retinol, AHAs, BHAs, and other active skincare ingredients.

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

Harsh scrubs or abrasive skincare treatments.

Picking or squeezing any blemishes.

What Can I Expect After Treatment?

Most clients experience:

A brighter, fresher complexion

Reduced redness associated with blemishes

Improved skin clarity

Less congestion

A healthy glow

Calmer, more balanced skin

Possible Temporary Reactions

It is normal to experience:

Mild redness

Slight warmth in the treated area

Temporary dryness in some clients

Mild tingling immediately following treatment

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

Acne Clients

If your treatment was performed to help manage acne-prone skin:

Continue following your prescribed or recommended skincare routine.

Avoid touching your face unnecessarily.

Change pillowcases regularly.

Clean mobile phone screens frequently.

Be consistent with treatment appointments for the best results.