
GLEAM SKIN THERAPY

Facial Aftercare

AVOID

EXFOLIATING YOUR SKIN

AVOID EXFOLIATING FOR A FEW DAYS AFTER YOUR FACIAL.

PICKING YOUR FACE

DON'T TOUCH OR RUB YOUR FACE, TOUCHING YOUR FACE CAN INTRODUCE DIRT AND CONTAMINATION TO YOUR SKIN.

SUN EXPOSURE & HEAT

AVOID DIRECT SUN EXPOSURE, TANNING BEDS, SAUNAS, HOT BATHS, AND HOT SHOWERS AFTER YOUR FACIAL.

HARSH SKIN PRODUCTS

YOUR SKIN IS SENSITIVE AND VULNERABLE TO IRRITATION AFTER FACIAL. AVOID RETINOL, SALICYLIC ACID AND ALCOHOL BASED TONERS.

DO

APPLY SPF DAILY

YOU SHOULD USE SUNSCREEN WITH SPF 30 OR HIGHER AFTER A FACIAL TO PROTECT YOUR SKIN FROM POTENTIAL DAMAGE

HYDRATE

DRINK PLENTY OF WATER TO HELP YOUR SKIN GLOW AND FLUSH OUT TOXINS.

MOISTURIZE DAILY

MOISTURIZE YOUR SKIN TO PROTECT IT FROM LOSING MOISTURE AND KEEP IT SOFT AND HEALTHY.

BOOK YOUR NEXT APPOINTMENT

BOOK YOUR NEXT APPOINTMENT WITH YOUR SKIN THERAPIST TO MAINTAIN YOUR SKIN'S HEALTH AND ADDRESS ITS SPECIFIC NEEDS.

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