



## **TEN BEAUTY MICRONEEDLING REJUVENATION FACIAL – AFTERCARE ADVICE**

Your skin may feel slightly warm, tight, or pink following treatment. This is completely normal and will settle within 24–72 hours.

### **FIRST 24–48 HOURS**

- Avoid touching, rubbing, or applying makeup to the treated area.
- Do not use any active skincare (retinol, acids, scrubs, or vitamin C).
- Use only a gentle cleanser, hydrating serum (e.g. hyaluronic acid), and barrier cream.
- Avoid sun exposure and always wear SPF 30+ once you resume your routine.
- No sauna, steam room, swimming, or gym workouts.
- Avoid alcohol and caffeine for 24 hours after treatment.

### **DAYS 3–7:**

- You may resume normal skincare if your skin feels fully recovered.
- Continue applying SPF daily.
- Do not exfoliate or pick at any flaking or dry patches.
- Avoid intense heat, sunbeds until at least 7 days post-treatment.

### **GENERAL NOTES:**

- For best results, regular treatments are recommended.
- Skin regeneration and collagen production continue for up to 4–6 weeks post-treatment.

**ANY CONCERNS PLEASE CONTACT SARAH ON 07710666599**