**FACIALS AFTERCARE ADVICE**

Avoid heat treatments i.e. saunas, sunbeds for the next 12 hours or until your skin settles.

Avoid exfoliating for the next 24 hours to avoid over stimulating your skin.

Avoid make-up for the next 12 hours or until your skin settles – it could block the pores in your skin and cause breakouts.

**A situation which may arise because of your treatment –**

*Erythema – reddening of your skin (which is usual after a massage)*

This is due to the blood being brought to the surface of the skin through vaso-dilation. However, if the reddening does not subside within an hour or so, it could be a sign of skin irritation. In this case apply a soothing substance to the skin, and if severe seek advice.

*Blemishes*

These can be brought to the surface of the skin by the stimulating action of a facial. Do not squeeze or pick blemishes but apply antiseptic lotion and they should clear up in time.

*Allergic reaction*

This could appear in the form of swelling, redness, itching, blistering, etc. Remove all products, apply a soothing solution and seek advice from your GP if it persists.