



# After Care Facials

Thank you for choosing our facial treatment! To ensure the best results and maintain healthy skin, please follow the aftercare advice below.

- Avoid touching your face to prevent bacteria transfer.
- Keep your skin hydrated by drinking plenty of water and using a suitable moisturizer.
- Avoid applying heavy makeup for at least 24 hours to allow your skin to breathe.
- Use sunscreen (SPF 30 or higher) daily to protect your skin from UV damage.
- Avoid excessive sun exposure, tanning beds, and heat treatments (such as saunas and steam rooms) for at least 48 hours.
- Do not exfoliate for at least 3-5 days post-treatment.
- Stick to gentle, hydrating skincare products and avoid harsh chemicals.
- Keep skin hydrated with hyaluronic acid and a gentle moisturizer.

**Advanced Facial Treatments** - Your skin may feel slightly tight or sensitive; this is normal.

- Avoid direct sunlight and always wear SPF.
- Use a mild, hydrating cleanser and avoid exfoliation for at least 5 days.
- Avoid heat exposure (hot showers, saunas) for 48 hours.
- Keep skin moisturized and avoid using heavy makeup for 24 hours.
- Avoid using active ingredients (retinol, AHA/BHA, vitamin C) for 24-48 hours.
- Keep skin hydrated and use a gentle moisturizer.
- Avoid excessive heat exposure and sun exposure for 48 hours.
- Do not pick or scratch the skin as it heals.

## When to Contact Us

If you experience prolonged redness, irritation, swelling, or any unusual reaction, please contact us immediately.