



NonSurgical Facelift Microcurrent

AFTERCARE

1. **You will be continuing to build collagen and elastin (The 2 major dermal components for skin firming & tightening) after your treatment for up to 7 days.** So it's important to understand how to protect as well as what will cause a digression in these two major components. So here's how to get maximum benefits from your treatment & bootcamp.
2. **Wear Professional SPF 30 (or Higher)** if you see sunlight, you are being exposed to UV radiation
3. **Keep hydrated – drink plenty of water plus at least one electrolyte –** limit your alcohol & coffee. Keep your skin hydrated with a professional Moisturizer
4. **Try to avoid starch and sugar as much as possible;** eating clean is always the best option.
5. **Take a hair, skin and nails vitamin or a daily vitamin.**
6. **Increase your intake of antioxidants!!**
7. **Use a retinol serum** (Vitamin A derivative, an amazing anti- aging ingredient) or firming cream
8. **Avoid excessive steam showers or saunas**
9. **Maintenance: keep treatments on your calendar at about every 4 weeks** (depending on age/condition of skin/muscle). For Deeper lines and wrinkles, make sure to do a bootcamp treatments– a treatment once a week for 7-10 weeks and then start your maintenance of every 4 weeks.

IT IS IMPORTANT TO FOLLOW THE SPECIFIC AFTERCARE INSTRUCTIONS PROVIDED TO ENSURE THE BEST POSSIBLE HEALING AND RESULTS. IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT THE AFTERCARE PROCESS, BE SURE TO ASK YOUR PRACTITIONER FOR MORE GUIDANCE.