



# Facial



# AFTERCARE

- 1. Give your skin a break from makeup and heavy products for at least 6 hours** after your facial. Your pores are more open and receptive following a treatment, and applying makeup or layering products too soon can clog them, leading to congestion and dulling your results. Let your skin breathe and fully absorb the benefits of your facial before applying anything else.
- 2. Avoid picking at your skin or using harsh exfoliants for at least 72 hours** post-treatment. It's completely normal to experience mild redness or slight itching after extractions, but resist the urge to touch or scrub your skin. Your skin is in a delicate, healing state, and aggressive products or picking can cause irritation, inflammation, or even scarring.
- 3. Stay away from direct heat for up to 48 hours** after your treatment.
- 4. Space out your skincare treatments and protect your skin post-facial.**  
Give your skin time to heal and rebalance by avoiding multiple facials or advanced treatments within a short period. It's best to **wait at least 48 hours between services**. Also, avoid direct sun exposure for 72 hours after your facial—your skin is more sensitive, and UV exposure can lead to irritation, discoloration, or compromised results.
- 5. Refrain from smoking or drinking alcohol for up to 72 hours** after your facial.
- 6. Skip strenuous activity and heat for at least 24 hours** post-facial.  
Sweating from exercise, hot showers, saunas, or steam rooms can irritate freshly treated skin and disrupt the healing process. Give your skin time to calm and rebalance by avoiding heat and heavy perspiration for at least a day after your treatment.
- 7. Hold off on makeup for at least 24 hours** post-facial.  
Let your skin fully absorb the benefits of your treatment without interference. If makeup is absolutely necessary, opt for a lightweight, oil-free, or mineral-based formula to minimize the risk of clogging pores or causing irritation.

Skincare doesn't end with your facial—it's what you do afterward that truly counts. Post-facial aftercare plays a key role in extending the results and maintaining your glow. The steps may seem simple, but when done consistently, they help you achieve brighter, clearer, and healthier skin long-term.