

# FACIAL *aftercare*



AVOID DIRECT  
SUN/UV LIGHTS  
FOR 5-7 DAYS



ALWAYS USE A  
MINIMUM OF SPF  
30 SUNSCREEN



AVOID WEARING  
MAKEUP FOR AT  
LEAST 6 HOURS



DRINK PLENTY OF  
WATER 6-8  
GLASSES PER DAY



AVOID DIRECT HEAT,  
SAUNA, HOT BATH,  
HAIRDRYER FOR 48  
HOURS



AVOID PICKING,  
TOUCHING, RUBBING  
TO TREATED AREA



AVOID PERFUME/  
PERFUMED  
PRODUCT WITHIN  
48 HOURS



AVOID OTHER  
FACIAL  
TREATMENTS FOR  
48 HOURS



AVOID SMOKING  
AND ALCOHOL



AVOID USING  
AHAS, BHA  
AND RETINOLS