



Facials

AFTERCARE

1. **Avoid putting on makeup or other facial products for at least 6 hours** after your treatment. Your skin contains lots of pores to help it “breathe”, and applying makeup or piling on facial products like moisturizers or serums right after a facial not only undermines the effects of the facial, but will also clog your pores and congest your skin.
2. **Avoid picking** at your skin or using abrasive skincare products like scrubs for at least 72 hours after your treatment. It is normal to experience slight redness after a facial, or itching after an extraction
3. **Stay away from direct heat for up to 48 hours** after your treatment.
4. **Only go for one facial or skincare treatment at a time**– This is crucial, regardless of the areas of your skin that are treated. Besides letting your skin breathe, setting a reasonable window of time between facial treatments of at least 48 hours is important. Avoid direct sun exposure: Avoid exposing the treated area to direct sunlight or tanning beds for at least two weeks after the procedure. Sun exposure can cause the pigment to fade or become discolored.
5. **Refrain from smoking or drinking alcohol for up to 72 hours** after your facial.
6. **Avoid strenuous activities:** Avoid activities that may cause sweating or irritation to the treated area, such as exercise or hot showers, for at least a day after the facial.
7. **Avoid makeup:** Avoid wearing makeup on the for at least a day after the facial. If you must wear makeup, be sure to use a gentle, oil-free formula or mineral makeup.

SKINCARE DOESN'T JUST STOP AT A FACIAL – IT CONTINUES EVEN AFTER YOU HAVE HAD ONE, AND AFTERCARE CERTAINLY HELPS IN PROLONGING THE BENEFITS OF YOUR FACIAL FOR YOUR SKIN. THE STEPS MAY LOOK SMALL AND MENIAL, BUT IF DONE REGULARLY AND CONSISTENTLY, YOU CAN SAY HELLO TO BRIGHTER, CLEARER AND BETTER SKIN FOR THE LONG HAUL.