

Treatment Summary

You have just received a **Galvanic Facial** treatment, which uses a gentle electric current to cleanse the skin, stimulate circulation, and improve product absorption. This treatment helps remove impurities, balance the skin, and promote a smoother, more radiant appearance.

Aftercare is essential to maximise results and minimise any temporary side effects.

What to Expect After Your Treatment

It is normal to experience some of the following immediately after your galvanic facial:

- Slight redness or warmth in the treated area
- Mild tingling or tightness
- Temporary sensitivity or dryness

These effects should settle within a few hours. Your skin may appear more radiant and feel smoother within 24 hours.

Aftercare Advice

To achieve the best possible results and prevent irritation, please follow these guidelines:

For the Next 24–48 Hours

- Avoid touching or rubbing the face unnecessarily
- Keep the skin clean and hydrated using gentle products
- Use a light moisturiser to maintain skin hydration
- Apply SPF 30+ daily to protect the skin from UV exposure

Avoid for at Least 48 Hours

- Do not use exfoliating scrubs, acids, or retinol-based products
- Avoid saunas, steam rooms, and hot showers

- Refrain from direct sun exposure or tanning treatments
- Avoid heavy makeup or occlusive products
- Do not undergo any additional facial or laser treatments

Ongoing Skincare Recommendations

- Continue to cleanse, tone, and moisturise twice daily
- Schedule regular galvanic facials (every 4–6 weeks) for best results
- Drink plenty of water to support skin hydration and detoxification
- Maintain a balanced diet rich in antioxidants and vitamins for healthy skin

When to Contact Your Practitioner

Please contact your practitioner immediately if you experience:

- Persistent redness or swelling lasting more than 48 hours
- Burning, itching, or pain
- Rash, blistering, or unusual sensitivity

I confirm that I have read and understood the above aftercare advice and have had the opportunity to ask questions.

I understand that failure to follow aftercare instructions may affect my treatment results and increase the risk of complications.