

To ensure optimal results and minimise the risk of complications after your full body exfoliation treatment, please follow these aftercare guidelines:

Hydration:

Apply a gentle, fragrance-free moisturiser to your skin to maintain hydration. Reapply as needed to keep your skin soft and supple.

Sun Protection:

Avoid direct sun exposure for 24-48 hours following the treatment. When outdoors, use a broad-spectrum sunscreen with an SPF of at least 30 to protect your skin from harmful UV rays.

Skincare Products:

Refrain from using harsh or abrasive skincare products, including exfoliants, for at least 3-5 days after the treatment. Instead, opt for gentle, soothing products that will not irritate your freshly exfoliated skin.

Showering:

Take lukewarm showers instead of hot showers for the first 24-48 hours after the treatment. Hot water can strip the skin of its natural oils, leading to dryness and irritation.

Clothing:

Wear loose, comfortable clothing made of soft, breathable fabrics to avoid irritation and friction on the treated skin.

Physical Activity:

Avoid excessive sweating or activities that may cause friction on the treated area for 24-48 hours after the treatment.

Contacting Your Practitioner:

If you experience any severe or prolonged side effects, such as intense redness, swelling, or pain, contact your practitioner immediately for advice and assistance.

It is essential that you have read all of the information available. Please do let your practitioner know if you have any questions or if you do not understand any of the aftercare instructions provided.

I confirm that I have read and understood all the information on this Form and that I have been given the opportunity to ask any questions that have come to mind throughout.