

After your High Frequency Facial treatment, please follow these aftercare instructions to ensure optimal healing and results:

Avoid Sun Exposure: For at least 24-48 hours after your treatment, try to stay out of the sun. The facial can make your skin more sensitive to the sun's harmful rays. If you have to go out, wear a hat and apply sunscreen with an SPF of at least 30.

Hydrate: Keep your skin well-hydrated by drinking plenty of water and using a high-quality moisturiser. This will help your skin recover and maintain the benefits of the facial.

Avoid Harsh Products: Avoid using exfoliating products or other harsh skincare products for at least 48 hours after your facial. Your skin may be more sensitive after the treatment, and these products can cause irritation.

Gentle Cleansing: Cleanse your face gently using a mild, non-abrasive cleanser. It is important not to aggravate the skin while it is still sensitive from the treatment.

Healthy Diet: A well-balanced diet can support skin health. Foods rich in antioxidants and vitamins, like fruits, vegetables, and whole grains can promote glowing skin.

No Makeup: Avoid applying makeup for at least 24 hours after your treatment to let your skin breathe and recover.

No Touching: Resist the urge to touch your face frequently. This can introduce bacteria to your skin, leading to breakouts.

No Saunas or Hot Tubs: Stay away from heat treatments like saunas and hot tubs for at least 48 hours. These can irritate and dry out your skin, and you want to keep your skin as hydrated and calm as possible.

Regular Treatments: High frequency facials can provide better results when done on a regular schedule.

Follow-up with Your Practitioner: If you notice any unusual reactions or if your skin feels excessively irritated even after following these guidelines, contact your practitioner right away.

It is essential that you have read all of the information available. Please 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.