

Facial Aftercare Advice

Immediate Post-Treatment

- **Do Not Touch the Treated Area:** The skin is often sensitive after a facial. Avoid touching, scratching, or picking at your skin to prevent irritation or infection.
- **Stay Hydrated:** Drinking water can help flush out toxins and improve the complexion.

Skincare

- **Gentle Cleansing:** Use a gentle, non-stripping cleanser for the first few days post-treatment. Avoid using skincare products with strong active ingredients like retinol, glycolic acid, or benzoyl peroxide unless advised by your skincare professional.
- **Moisturise:** Use a light, non-comedogenic moisturiser to hydrate your skin.
- **Sun Protection:** Apply a broad-spectrum SPF 30 or higher when going outside, even on cloudy days.
- **Avoid Exfoliation:** Do not use any form of exfoliation for at least one week after your facial, unless otherwise advised by your skincare professional.

Lifestyle Changes

- **Avoid Heat:** Steer clear of saunas, hot showers, and steam rooms for at least 48 hours to prevent additional irritation or sensitivity.
- **Limit Physical Exercise:** Intense physical activity can cause sweating and may irritate the skin. It's best to avoid this for at least 24-48 hours after your facial.
- **Dietary Considerations:** Consuming a balanced diet rich in fruits, vegetables, and lean protein can support skin health. Limit the intake of sugary foods and drinks, as they may contribute to breakouts.
- **No Makeup:** Avoid wearing makeup for at least 24 hours after the facial to let your skin breathe and make the most of the treatment.

Potential Side Effects

- **Redness and Sensitivity:** Mild redness and sensitivity are common after a facial but should subside within 24-48 hours.

- Breakouts: Some people experience minor breakouts after a facial. This is usually temporary and should clear up on its own.

Next Steps

- Follow-up Appointments: Your skincare professional may recommend a follow-up appointment to assess your skin's response to the treatment and decide on the next steps.
- Home Care Routine: A professional may also suggest a tailored home care routine to extend the benefits of the facial.

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.