



Facial Treatment Post-Care Instructions:

To ensure the best results and support your skin's healing and rejuvenation after a facial, please follow these post-care guidelines.

Immediately After Treatment:

- Your skin may appear slightly pink or flushed, and you may feel mild tightness or sensitivity—this is normal and should resolve within a few hours.
- Do not apply makeup for at least 6-12 hours post-treatment to allow your skin to breathe.
- Avoid touching or picking at your skin to prevent irritation or breakouts.

First 24-48 Hours:

- Avoid sun exposure and always wear SPF 30+, even if indoors or on cloudy days.
- Do not use retinoids, AHAs, BHAs, benzoyl peroxide, or any active exfoliants.
- Refrain from strenuous exercise, saunas, hot tubs, or activities that induce heavy sweating.
- Do not exfoliate your skin manually or with products.
- Gently cleanse your face with a mild, hydrating cleanser.
- Moisturize with a non-comedogenic, hydrating moisturizer to support skin barrier repair.
- Stay well-hydrated by drinking plenty of water.

For the First 3-5 Days:

- Avoid waxing, threading, or any hair removal treatments on the face.
- Refrain from using facial devices (such as cleansing brushes or microcurrent devices).
- Avoid harsh or abrasive skincare products until your skin feels completely back to normal.

Ongoing Care:

- Continue applying a broad-spectrum SPF 30+ daily to protect your skin.
- Maintain a gentle skincare routine with hydrating and calming products for the next several days.
- Follow up with your esthetician's recommendations for ongoing skincare treatments and homecare products to maintain your results.

Contact Us If:

- You experience prolonged redness, irritation, swelling, or any signs of an allergic reaction.
- You have any concerns about your skin's response post-treatment.