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## FACIALS AFTERCARE

The following aftercare advice is essential to help reduce the risk of treatment complications, to improve your comfort/healing and to help achieve the best possible results from treatment. Please follow the aftercare advice for Facials.

- Avoid any perfumes, fake tan or other harsh chemicals for 24 hours after treatment.
- Avoid any makeup for 6 hours after treatment.
- Avoid rubbing or picking the treated area.
- Avoid any skin exfoliation for 72 hours following treatment.
- Avoid strenuous exercise, saunas, sunbeds and exposure to heat for 48 hours after treatments. These can cause sweating which can irritate the skin.
- It is important to use a regular moisturising cream around two to three times a day on the treated area. Use more regularly if you feel the skin dry or peeling.
- Avoid any products that contain alpha hydroxy acids, retinol, and glycolic acid for 72 hours after treatment.
- Avoid any excess alcohol or caffeine for 48 hours after treatment.
- Drink plenty of fluids after treatment, you should aim for 2 litres per day.
- Wear SPF 30 or greater sunscreen to block UV rays.
- Do not undertake any other facial skincare treatments within 48 hours of having a facial.
- You must contact me on 07397 754834 as soon as possible if you notice any other unwanted side effects.

I hope you have found your treatment beneficial and would really appreciate it if you would follow me on [Instagram](#) or [Facebook](#) and review your experience on [Google](#). Thank you.