



# **BESPOKE FACIALS**

## **Pre-& Post Treatment Instructions**

The following is a guideline, if you have any queries, please contact us.

### **Pre-Treatment Care**

- Waxing, electrolysis and laser should be avoided at least 24 hours before treatment.
- Inform your practitioner for any medication or topical creams you are using.
- Products containing Retin-A, or glycolic acid should be avoided 3-5 days prior to treatment
- To minimise the risk of hyperpigmentation, or sunspots on the treated area, please avoid extended sun exposure 1 week before the treatment.

### **Post-Treatment Care**

- Immediately after the treatment there may be slight redness and swelling because of extraction.
- Avoid picking at your skin after getting a facial as It'll be especially sensitive after all the scrubbing, extractions and pore-opening treatments and it can cause irritation – and even scarring.
- Avoid using makeup for 12 hours. After a deep cleanse, your pores will be more open, leaving them more susceptible to bacteria. You should allow your skin to settle.
- Do not exercise or go to the gym for 24-48 hours following a facial as sweat can irritate freshly exfoliated skin. Similarly, saunas are a no-go post-treatment as heating your face up and steaming it after a facial is likely to irritate your skin or lead to broken capillaries.
- Do not expose your skin to excessive UV light- do not use a sunbed, do not sunbathe, and protect your skin from the sun by wearing a hat when the sun is strong overhead. Use the SPF 30 and above daily and as instructed.
- Increase your fluid intake for the next 2 days. This will keep the skin hydrated.
- You may be advised to follow a prescribed skin care programme for optimum results and maintenance. One of the key things to remember about any treatment, is that there's no quick fix. Facials – like any other treatment – should be thought of as one part of a wider regimen. If you do not have a daily skincare routine, one facial may not be that transformative.
- You may experience a breakout in the days following a facial treatment. This is because facials pull the impurities deep within your pores to the surface; for some people, the skin becomes worse before it gets better. Ultimately though, facials detox the skin; they can remove years of built-up sebum and dead skin cells from the pores, leaving your face feeling squeaky-clean.
- For optimum results and to maintain a healthy skin, a skincare regime and a course of treatments may be prescribed for you.