

## Facial Treatment Aftercare

Thank you for choosing me for your Facial treatment. To achieve maximum results from your treatment, it's essential to follow this aftercare advice.

- Your skin has been deep cleansed, stimulate and nourished during your facial so it's important not to stimulate the skin further to avoid irritation
- It is advised that you follow Post-Treatment Skincare routine ie
  - Gentle Foaming Wash
  - Toner for pH balance
  - Hydration with Hyaluronic Acid
  - Moisturing SPF 35+
  - Weekly exfoliation
- Avoid picking, squeezing or touching the area
- Avoid the temptation to apply make-up for 6-12 hours where possible
- Avoid any other exfoliating skincare products for 48 hours after treatment
- Do not have any other facial skincare treatments within 48 hours
- Avoid sunbathing or sunbeds for 48 hours after treatment
- Avoid swimming, saunas, steam and hot showers for 48 hours after treatment. Have lukewarm showers where possible
- If any redness or irritation occurs, apply a damp cotton wool compress to the area. If symptoms persist, please do not hesitate to contact me.

### General Advice For Skin Health

- Always remove all traces of make-up at the end of the day
- Always cleanse, tone and moisturise your face to prevent moisture loss, keep the skin soft and supple as well as to protect the skin from make-up
- Use the correct products for your skin type
- Avoid washing your face with soap and water as it dehydrates the skin
- Use products that contain SPF30-50
- Drink plenty of water (ideally 6-8 glasses per day)
- Eat a healthy, balanced diet with at least 5 portions of fruit and vegetables each day
- Avoid drinking large amounts of alcohol
- Avoid smoking
- For long-term results, book in for a professional facial treatment every month

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