



Advice Sheet for Facials

After a facial treatment the skin can be a little sensitive. The following advice will ensure you continue to benefit from your treatment.

- Keep make-up and other skincare products to a minimum for 24 hours after having a Facial
- Avoid smoking and alcohol
- Do not undertake any other facial skincare treatments within 48 hours of having a Facial
- Do not apply perfume or perfumed products to treated area within 48 hours of having a Facial
- Stay away from direct sunlight/sunbeds and heat e.g. saunas for 48 hours after having a Facial
- Do not use exfoliating products for up to 72hrs after a facial
- Always wear a good sunscreen as this prevents ageing and protects your skin
- Follow your homecare routine.
- Use the recommended products for your skin type.
- If you have any adverse reactions please contact us as soon as possible.
- Protect your skin in harsh climates e.g. cold winds and hot sun
- For long term results get regular facials, at least once a month.
- Drink water every day - aim for 2ltrs.
- Eat balanced meals
- Get plenty of beauty sleep

Please note: This information is offered to help and support. It is not intended to be compulsory, comprehensive or replace medical advice. If you have any particular concerns following treatment please call us on 0121 233 0600.