



Facial after care

Don't wear make-up immediately following a facial for 6-8 hours. To ensure that your skin stays glowing radiantly for as long as possible, avoid wearing make-up for 6-8 hours, or ideally overnight. This will ensure that you benefit fully from the products used during the facial, as well as prevent blocked pores. If makeup is necessary, opt for mineral makeup or products specifically designed for sensitive skin.

Avoid other facial treatments for 48 hours. These may irritate or aggravate exfoliating skin.

Avoid touching the face: Keep hands away from the face to prevent transferring bacteria and dirt, which can cause breakouts or irritation.

Stay hydrated: Drink plenty of water to keep the skin hydrated from within.

Use gentle skincare products: After a facial, it's advisable to use gentle skincare products that won't irritate the skin. Avoid harsh chemicals or exfoliates for a few days, especially if the facial involved deep exfoliation.

Protect from the sun: Use sunscreen daily to protect the skin from harmful UV rays. This is particularly important after a facial treatment, as the skin may be more sensitive to sun exposure.

Follow post-facial instructions: Your esthetician may provide specific instructions for aftercare based on the type of facial treatment you received. Follow these instructions carefully to maximize the benefits of the treatment and avoid any potential side effects.

Moisturize: Use a gentle, hydrating moisturizer to keep the skin nourished and moisturized. Look for products with soothing ingredients like aloe vera or chamomile.

Avoid heat and steam: Steer clear of saunas, steam rooms, hot showers, or activities that may cause excessive sweating for at least 24 hours after a facial, as heat and steam can irritate the skin.

Be gentle with the skin: Avoid scrubbing or rubbing the skin vigorously, and pat the skin dry after cleansing rather than rubbing it with a towel.

Schedule follow-up appointments: Depending on your skincare goals and concerns, you may need to schedule regular follow-up appointments for additional facial treatments to maintain results and address any ongoing issues.