

## FACIAL

### AFTERCARE INSTRUCTIONS

#### Maximize the benefits of a facial treatment:

By taking care of the aftereffects of the treatment on your skin, you are giving it time to adapt to the treatments and ingredients, thereby boosting the effectiveness of the treatment in restoring your skin's health.

#### Things to avoid:

- Avoid direct heat, such as a sauna, hot bath, shower or hot hairdryer (For next 24 hrs)
- Avoid wearing make-up.
- No tanning (sunbathing, sunbeds, or fake tan).
- Avoid scratching or touching the treated area with unwashed hands.
- Do not apply perfume or perfumed products to the treated area. (For next 48 hrs)
- Do not have any other facial skincare treatments. (For next 48 hrs)
- Avoid swimming in chlorinated pools.
- Do not apply any other exfoliating skincare products for 72 hours after.
- Avoid picking at your skin.
- Refrain from smoking or drinking alcohol for up to 72 hours after your treatment.

#### Tips for super skin:

- Hydrate! The more water you drink, the better your skin can eliminate toxins, retain moisture and stay looking youthful. (6-8 glasses water)
- Limit alcohol and intake of stimulants. Alcohol in particular dilates the blood vessels in the skin, and excessive drinking leads to chronic dilation of the capillaries, causing a permanent flush on the face.
- Have a fantastic diet, basing it around fresh organic fruit and vegetables and the foods known to encourage healthy aging.
- Moisturize regularly, using organic ingredients to nurture and feed your skin.
- Keep calm and avoid excess stress. Stress promotes an increase of free radicals in the body, a major cause of premature aging.

#### Takeaway:

Skincare doesn't just stop at a facial - it continues even after you have had one, and aftercare certainly helps in prolonging the benefits of your facial for your skin. The steps may look small and menial, but if done regularly and consistently, you can say hello to brighter, clearer and better skin for the long haul.

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