



Aftercare



FACIAL POST TREATMENT RESTRICTIONS –

Do not scrub the skin for _____ days

Do not steam your face at home for _____

No _____ for 24 hours

_____ sunbeds and the direct exposure to the sun

Avoid _____ the face

Suffering from a headache after a facial is _____. Drink plenty of _____.

IN THE UNLIKELY EVENT OF AN ALLERGIC REACTION:

FUTURE TREATMENT RECOMMENDATIONS:

RETAIL PRODUCTS TO RECOMMEND:

PRODUCT	HOW TO USE AT HOME
MICELLAR EYE MAKE UP REMOVER	
CLEANSER	
MASK	
EYE GEL	
TONER	
FACIAL CLEANSE BRUSHES	
SPF	

LIFESTYLE RECOMMENDATIONS TO GET THE MOST FROM YOUR TREATMENTS:

Drink	8-10	glasses of water a day
Eat a	balanced	diet rich in fruit and
Stop	all	smoking – it wrinkles the skin and can cause
Reduce	sun	intake
Use	SPF 30	every day, even underneath make-up

