

Pre-Treatment Instructions for Facials

- Know your at-home products. Your esthetician is likely to ask you about your daily skincare routine. If you're concerned about your skin, they can give you better-informed advice about what you should be using to tackle the issue; it may be that one or more of your products isn't the best for your skin type, so it's worth having a mental checklist of what you use every day.
- Don't wax or shave (up to 48 hours) before a facial. Hair removal can make your skin feel more sensitive, so you're likely to experience discomfort (like tingling or stinging) during the treatment if you've waxed or shaved beforehand.
- If you're using an oral medication that's known to thin the skin (such as Accutane), it's recommended that you discontinue use up to 3 months before getting a facial treatment.
- Avoid sun bathing and tanning beds at least one week before your treatment. If you've got sunburn, facials are the last thing your skin wants (or needs!). Let any sun damage properly heal before booking a treatment. After a facial, your newly-exfoliated skin will be more sensitive to the sun's harmful rays too, so stay out of it for a few days. And remember: you should always apply sunscreen (yes, even to your face!) before heading out into the sun.
- Don't over-exfoliate in the two or three days leading up to it. Since most facials include an exfoliating treatment anyway, it's important not to let your skin become too sensitive before its properly buffed clean.
- Inform your aesthetic if you have Botox or Fillers.

Post-Treatment Instructions for Facials

- Avoid sun exposure and tanning beds to treated areas 2 days after treatment (we recommend this indefinitely). Daily sunscreen with an SPF of at least 30 is always recommended.
- Avoid any irritants to your skin, such as any products containing Retin-A, retinol, benzoyl peroxide, glycolic, salicylic acids, astringents or Vitamin C for 1 day after your treatment.
- Avoid using heavy makeup. After a deep cleanse, your pores will be more open, leaving them more susceptible to bacteria. Whilst it may be tempting to load on your full-coverage foundation if your face is looking a little red, you should allow your skin to settle. For best results, keep makeup off until the following day, and make sure you've cleaned your brushes and applicators thoroughly when you do apply it again.
- Avoid exercise and the sauna. Sweat can irritate freshly exfoliated skin. Similarly, saunas are a no-go post-treatment. Heating your face up and steaming it some more is likely to irritate your skin or lead to broken capillaries.