

Facials aftercare guidelines

- Avoid heat treatments such as saunas, steam rooms, hot showers, baths and strenuous exercise 12-24 hours before and after any of these facials
- Avoid wearing any make up for six hours afterwards
- Avoid touching the face
- If you have had Botox or fillers, it's best to wait four weeks before having any of these facials
- Avoid direct sun exposure and wear a sunscreen with SPF 30+
- A good daily skincare regime is always recommend to achieve long term results, otherwise it's like going to a gym once a year and hoping for a six-pack
- You will see instant effects from the facials, but advise having a series of them for long term results, particularly before a special occasion

Skin Peel care guidelines

Facial peels can improve skin's texture, even skin tone, smooth open pores, minimize fine lines, and clear up acne by unclogging pores. During the treatment you may experience slight tingling, burning, redness, itching or irritation but they should subside quickly. When you've had a facial peel, it is normal to experience different side effects or downtime as your skin goes through a post peel renewal. As this is a very mild peel any downtime should be minimal-tightness, flaking or peeling is completely normal although some people experience none of these. As your skin goes through this process, within a few days your skin will look more radiant as skin cell renewal processes are kick started and new skin comes up to the surface. Whilst your skin goes through this process the above facial care guidelines are recommended as well as keeping your skin well hydrated and using cool water when washing your skin as you'll find this more soothing than warm water.