

Breathe

SKIN BODY MIND

Facial Treatment Pre & Post Care

Treatment Frequency

-On average, most clients will have a facial anywhere from 4-8 weeks apart and maintain this as needed.

Pre- Treatment

-Continue with your home care routine as discussed in your consultation to ensure you achieve the best results possible.

-Avoid exfoliants seven days prior – we will do that for you at your treatment!

-Check the correct treatment description for full details to ensure you will be fine to proceed with treatment on your appointment day.

Post Treatment

-Avoid excessive sweating, hot showers, spas and saunas and pools for 24 hours post-treatment.

-No active ingredients to be used on the skin 48- 72 hours post treatment; this includes AHA's, retinol, vitamin C etc.

-No exfoliating for 72 hours post-treatment.

-Apply SPF daily.

-A routine including a gentle cleanser, hydrating serum and a gentle moisturiser is recommended for the first three days post-treatment.