

## **AFTER CARE INSTRUCTIONS**

- Do not wash your face tonight after your facial.
- Do not apply makeup for at least 24 hours.
- AVOID EXFOLIATING PRODUCTS ON YOUR FACE FOR A FEW DAYS.
- DRINK ENOUGH WATER TO STAY HYDRATED.
- AVOID THE SUN AND UV LIGHT FOR THE NEXT FEW DAYS.
- WHEN EXPOSING YOUR SKIN TO THE SUN, WEAR SPF 30 SUNSCREEN.
- MOISTURIZE AS MUCH AS POSSIBLE WITH A GENTLE FACIAL MOISTURIZER.
- AVOID HOT SHOWERS, SAUNAS, HOT BATHS, AND AGGRESSIVE EXERCISING FOR THE NEXT 48 HOURS.
- DO NOT HAVE ANY WAXING OR LASER TREATMENT
  ON YOUR FACE FOR THE NEXT WEEK.
- DO NOT PICK YOUR SKIN?