Facial Aftercare Information

We hope you enjoyed your treatment with us today. To get the most out of your treatment it’s essential you follow the aftercare advice given by your therapist and the advice listed below.

If you have any questions regarding this or any reactions after your treatment please contact your therapist.

Eat a healthy diet containing plenty of fresh vegetables, fruit and fibre. Foods containing vitamin A, B and C are particularly important for healthy skin.

Drink plenty of water – this helps to hydrate the skin and eliminate toxins from the body

Get enough Sleep – the rate of skin cell repair and replacement increases when we are asleep. Tiredness and exhaustion deprive the skin of the energy it needs to recover and regenerate

Cleaners, tone and moisturise the skin morning and evening

Exfoliate the skin and apply a face mask on a weekly basis

Protect the skin – balanced skin can easily become dry if it’s not protected from the weather, extremes of temperature, central heating, sunlight, pollution and cosmetics. Wear a moisturiser to create a barrier between the skin and external elements.

Exercise regularly as activity will stimulate the flow of blood and supply of oxygen to the body tissues: regular exercise also speeds up cell division and helps to build collagen.

Avoid pulling or stretching the skin. Be gentle when washing the face and using skincare products. Blood vessels are very near the surface or the skin and can be easily damaged.

Do not smoke. Besides being extremely hazardous to general health smoking produces gases which are carried around the body in the blood stream in preference to oxygen, as a consequence, the cells do not receive the nourishment they require. Other chemicals produced in the body by smoking interfere with the protein fibres in the skin and deplete body’s vitamin C supplies which as essential for healthy skin.

Control alcohol intake, as alcohol raises the blood pressure and causes the capillaries to dilate. Over a period of time, this can cause the walls of the capillaries to rupture and become permanently damaged. In the short term, alcohol produces chemicals in the body which dehydrate the skin. In the long term, tissues become puffy, the skin texture coarsens, lines and wrinkles deepen and chronic redness of the skin can occur.

Consider having monthly facials with a professional therapist to keep your skin looking its best.

From the age of 25

Consider using an eye gel or cream nightly to protect the delicate eye area. The eyes are the first area to show signs of aging.

Use a night cream and or/neck cream as part of your evening routine. Night creams tent for me more nourishing that day moisturisers and appear thicker in consistency.

If you have any concerns, questions or queries please contact us in the first instance.   
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