



Facial

AFTER CARE INSTRUCTIONS

IMMEDIATELY AFTER • AVOID TOUCHING YOUR FACE TO REDUCE BACTERIA TRANSFER AND IRRITATION. • SKIP MAKEUP FOR AT LEAST 24 HOURS TO ALLOW PORES TO STAY CLEAR. • KEEP SKIN COOL—AVOID HOT SHOWERS, SAUNAS, OR STEAM ROOMS FOR 24-48 HOURS.

FIRST 24-48 HOURS • SUN PROTECTION IS KEY – WEAR A BROAD-SPECTRUM SPF DAILY. YOUR SKIN WILL BE MORE SENSITIVE TO UV RAYS. • SKIP EXFOLIATION AND ACTIVE INGREDIENTS (RETINOIDS, AHAS, BHAS, BENZOYL PEROXIDE, VITAMIN C). STICK TO GENTLE, HYDRATING PRODUCTS. • AVOID STRENUOUS EXERCISE OR ANYTHING THAT CAUSES HEAVY SWEATING, WHICH CAN CLOG PORES. • DON'T PICK OR SQUEEZE ANY BREAKOUTS THAT SURFACE— THEY'RE PART OF THE DETOX PROCESS.

HYDRATION & HEALING • DRINK PLENTY OF WATER TO SUPPORT DETOX AND HYDRATION FROM THE INSIDE. • MOISTURIZE REGULARLY TO KEEP SKIN BARRIER HEALTHY. • USE A GENTLE CLEANSER AND NOURISHING SERUM (THINK HYALURONIC ACID, ALOE, CHAMOMILE, OR NIACINAMIDE).

LONGER-TERM • FOLLOW-UP FACIALS EVERY 2-4 WEEKS FOR BEST RESULTS. • MAINTAIN A CONSISTENT SKINCARE ROUTINE AT HOME TO PROLONG THE BENEFITS. • ADJUST SKINCARE SEASONALLY OR AS YOUR SKIN NEEDS CHANGE.