

Pre and post treatment care

- Use an SPF daily to protect your face, especially after an advanced facial as your skin will be extra sensitive to daylight even during the winter months
- Drink plenty of water; this will help flush out toxins from your body now that the lymphatic drainage system has been boosted by your treatment
- Don't have any other facial treatment for 24-48 hours to allow your skin to recover from the treatment and benefit from the products used
- Avoid make-up for 24 hours to allow your skin to breath and to support the skin cleansing effect of the treatment
- Avoid sunbeds and UV rays
- Avoid extremes of temperatures – unnecessary exposure to wind, overexposure to central heating as this can have a dehydrating or damaging effect on the skin and your skin may be more vulnerable straight after an electrical facial
- Avoid heat treatments such as sauna etc. for 24-48 hours after treatment
- Use recommended products for your skin type and concerns that have been recommended by your skin care specialist