

[the med spa]

Facial Post Care Instructions

1. Cleanse skin carefully. During your facial, your aesthetician will perform a deep cleanse, exfoliation, and/or extractions. While these processes are good for the skin in moderation, they can also make the skin more sensitive. No vigorous scrubbing/exfoliating for at least 48 hours.
2. Choose the right products. After a facial, your skin may be sensitive. Make sure to only use gentle products with no fragrance to avoid any irritation.
3. Do not exfoliate. You should only exfoliate your skin 2 times a week. During your facial, your aesthetician will perform a deep exfoliation; therefore you do not need to exfoliate after facial. You may resume your normal skin care regimen 1 week after your facial.
4. Avoid steam rooms/saunas. While steam can increase circulation and open your pores, too much steam can cause broken capillaries and skin sensitivity. Because you received steam during your facial, you should avoid steam for 1 week post procedure.
5. Sunscreen. Sunscreen is vital to your skin's health. Wear sunscreen with an SPF of at least 30 every day. Sunscreens with Zinc Oxide or Titanium Dioxide provide the best protection against UV rays and are recommended by our aestheticians.
6. There is no need to wash your face the night of a facial. As long as no makeup is applied (we recommend waiting 24 hours), you do not have to wash your face the evening of your facial. Refrain from touching/picking at your face at all times.
7. Do not use retinols. Because of skin sensitivity, do not use any at home retinols, Retin-A, or at home peels for 72 hours.
8. Stay hydrated. Drinking plenty of water each day will hydrate your skin from the inside out, prolonging that "glowy" effect.
9. Avoid massage. Recently treated skin is "malleable" and lying on the side of your face after a facial will dirty and imprint the skin. You may schedule a massage before your facial or 24 hours after.