

Micro Dermabrasion

Post Care Instructions

There is no downtime from this treatment. However, here are some aftercare instructions to follow:

- Do not wash your face until the following morning after your treatment if you have not applied makeup.
- Use a good moisturiser or sunscreen with SPF 50+.
- Avoid any long periods of sun exposure for at least 48 hours.
- Continue your usual skin care routine but avoid using Vitamin A (Retinols) for at least 48 hours until things settle down.
- Refrain from using any exfoliant cleaners, such as Glycolic Acid or enzymes, for at least 48 hours after treatment.
- While you can wear a mineral-based make up after these procedures if necessary, we suggest you avoid wearing any makeup for 24 hours.
- Avoid, if possible, any strenuous exercise for 24 hours after treatment.
- Avoid heat (hot showers, saunas) for 24 hours after treatment.
- Do not have any peels (medium/deep) or laser treatments for at least two weeks after a Hydrafacial.

For optimal results, it is recommended to have monthly treatments

Should you have any queries or concerns at any time - Call 8267 2800.