

SUTHERLANDS

HAIR & BEAUTY

Facial

Pre-Treatment Advice

1. Think about what you have planned after your facial. It is best not to book a special occasion or go to the gym directly after your facial, so to allow your skin to benefit from the oils and balms used during your treatment.
2. Don't wax or shave (up to 48 hours) before a facial.
3. Don't over-exfoliate in the two or three days leading up to your facial appointment. Your facial will include an exfoliating treatment tailored specifically to suit your own personal skin care needs.
4. Know your at-home products. Your skincare specialist is likely to ask you about your daily skincare routine.

Aftercare Advice

1. Adopt a good skincare routine, ask your skincare specialist for the best home care advice for your skin.
2. Do not undertake any other facial procedure within 48 hours of your appointment.
3. Avoid heat treatments such as saunas and steam rooms for 48 hours after your appointment.
4. Avoid self-tan, perfumed products, heavy make up and swimming for 48 hours after your appointment.
5. Do not apply any exfoliating products to your skin for 72 hours following your facial treatment.
6. Avoid touching your face after your appointment. Your pores may still be open and this can lead to infection.
7. Drink plenty water to flush out all toxins.
8. Avoid showering before bed to allow facial products maximum time to treat the skin.

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Additional Advice

Facials are an external way to detoxify. When you detoxify your body rids itself of toxins and impurities, often through the skin. Getting rid of toxins can boost energy and leave skin luminous but before this you may experience some pimples or rashes as your body expels toxins through the skin. It is normal to experience some mild redness straight after treatment.

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