



## **Facial Treatment Pre & Post Care**

### **Treatment Frequency:**

- Ideally we recommend Facial Treatments every 4-6 weeks for skin maintenance. Your Azalea Beauty & Skin Therapist may recommend more frequent visits initially for more deficient skins.

### **Pre-Treatment**

- Continue with your home care routine as discussed in your consultation to ensure you achieve the best results possible.
- Avoid exfoliating for 7 days prior – we will do that for you at your treatment!
- Check the correct treatment description for full details to ensure you will be fine to proceed with treatment on your appointment day.

### **Post Treatment**

- Avoid excessive sweating, hot showers, spas and saunas and pools for 24 hours post-treatment.
- No exfoliating for 72 hours post-treatment.
- Apply SPF daily.
- Avoid wearing makeup for the rest of the day, if possible, if not then we recommend the use of either Jane Iredale Mineral Makeup or Dermaviduals Deco foundation.