



Facial Aftercare Advice

- Some clients experience a slight headache after facial massage. This is normal as the body detoxifies. Drink plenty of water to encourage this process and keep your skin hydrated.
- Avoid make up, perfumed products and heat to the face for 6-8 hours whilst the skin rebalances and try not to touch your face.
- Cleanse, tone and moisturise your skin twice daily using a product suited to your skin type and avoid excessive exposure to the sun as this will age your skin.
- To keep your skin looking great, invest in a regular facial, ideally every 4 weeks...you're worth it!