

# Facials Aftercare

Making sure you look after your skin following facial treatments is important, please read carefully below and follow these instructions of what should and should not be done.

- Do not apply make up, due to active ingredients in the products we use, they will still be working and to gain maximum benefits they need to be fully absorbed
- Do not use sunbeds & avoid direct sunlight as skin may be sensitive, make sure you are wearing an SPF
- Avoid caffeine, alcohol, spicy foods & smoking as these can dull the appearance as well as dehydrate the skin
- Do use the recommended products that have been suggested to you by your therapist while you were at PURE
- Do maintain a home care skin routine, which should consist of double cleansing, using a toner, serum & moisturiser twice daily
- Do exfoliate no more than 1-2 times weekly as well as using a face mask once weekly
- Do maintain regular skin care appointments (once monthly)
- Do drink plenty of water
- Do avoid facial wipes as these can dry out the skin

If you have any queries please do not hesitate to contact us.

Thank you for choosing PURE Holistic Beauty for your facial treatments....Have you booked your next appointment yet?



02380 457070



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