



HydroFacial Aftercare Guide

Follow these tips for the best results
after your treatment.

For the first 24–48 hours:

- **Avoid heat and sweat:** Skip saunas, hot showers, intense workouts, and sunbeds to prevent irritation.
- **No swimming:** Chlorinated water can be harsh on freshly treated skin.
- **Hold off on makeup:** Let your skin breathe for at least 6 hours post-treatment

For the first 5–7 days:

- **Skip active skincare ingredients:** Avoid retinol, tretinoin, AHAs/BHAs, and exfoliants to prevent sensitivity.
- **Use gentle, hydrating products:** Stick to fragrance-free moisturisers and cleansers. Look for ingredients like hyaluronic acid and ceramides.
- **Apply SPF religiously:** Your skin is more vulnerable to UV damage. Use a broad-spectrum SPF 30+ daily, even if it's cloudy

Additional Care Tips:

- **Stay hydrated:** Drink plenty of water to support your skin from within.
- **Avoid touching your face:** This helps prevent breakouts and irritation while your skin is healing.

Continue with HydroFacials monthly to help manage oil production, prevent signs of aging and maintain a bright complexion.

Supporting skincare products will be recommended by your practitioner.

If you experience prolonged redness, irritation, or unexpected symptoms, please contact your provider immediately.

