

## **Hydro Facial Treatment Prep & Post Care**

### **Treatment Frequency**

- For optimal results, an appointment every 4 weeks for those looking for a rejuvenating treatment.
- On average, most clients will have a hydro facial anywhere from 4-8 weeks apart and maintain this as needed.

### **Pre-Treatment**

- Continue with your home care routine as discussed in your consultation to ensure you achieve the best results possible.
- We liken the treatments and skin care to going to the dentist for a clean and then not brushing your teeth at home; 70% of the results you obtain are achieved by what you do daily and consistently at home.

### **Post Treatment**

- Avoid exercise, excessive sweating, hot showers, spas and saunas and pools for 24 hours post-treatment.
- No active ingredients to be used on the skin and 48- 72 hours post treatment; this includes AHA's, retinol, vitamin C etc.
- No exfoliating for 72 hours post-treatment.
- Apply SPF daily.
- A routine including a gentle cleanser, hydrating serum and a gentle moisturiser is recommended for the first 3 days post-treatment.