



AURA
HAIR & BEAUTY STUDIO

FACIAL

PRE & AFTERCARE ADVICE

WWW.AURAHAIRANDBEAUTY.CO.UK

@aurahairandbeautystudio

contact@aurahairandbeauty.co.uk

PREPARING FOR YOUR APPOINTMENT

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By following these simple tips, you can ensure that your experience is as positive and comfortable as possible.

Particularly for those who have never had a professional facial treatment before, you may not know what to expect. Here are some helpful tips to prepare for the best facial experience.

Avoid using exfoliating products at least four days before your skin treatment:

Since most of our facial treatments include an exfoliating you don't want to over-sensitise your skin. You should avoid using any scrubs, acids, or harsh products beforehand. Note: if your skin is sunburned or any irritation is present, you should reschedule for a later time.

Perform your normal skin care routine:

Some people feel the need to come with clean skin, washed with nothing else on it. Other people apologise for having their makeup on. I prefer to have people not do anything special, and come in with what their skin would normally look like. When people prepare their skin excessively, I can't see the amount of oil or the hydration levels of the skin as much. A cleanser or washing beforehand can skew the skin analysis. Come in with or without makeup, it doesn't matter, just do your normal morning routine and don't alter it.

Turn off or silence your phone:

To ensure your best facial experience, and the time spent with your skin care professional, it's important to not just turn your phone on vibrate, but turn your phone off. There's nothing more disruptive than a phone ringing or vibrating. Certainly in some instances, people have to keep it on, for their children or emergencies. Generally, a facial room should be a no cell phone zone.

Avoid caffeine/stimulants up to four hours before your appointment:

Caffeine and other stimulants can make our lashes flutter. In addition, it can keep us from relaxing and enjoying the appointment, as we'll be too focused on staying awake.

If you wear waterproof mascara, discontinue use 3 days prior to your appointment: The compounds in these products will remain on the lashes, even after properly cleansing.

Remove your contacts: Your eyes will be closed during the treatment to avoid any discomfort, it is always suggested that contacts are removed allowing eyes to be comfortable in a natural and rested state.

Arrive a little early: Clients are always advised to come in a little early to their appointment. This gives you time to fill out any paperwork and also gives your therapist a chance to answer any questions you may have. It also means that they can start your treatment on time or sometimes even a bit early, without having to rush.

These are general guidelines to ensure a good experience for your professional facial treatment. Now settle in, relax, and be well on your way to beautiful, glowing skin!

Should you need to reschedule please get in touch at your earliest convenience. There will be a 15 minute grace period, this time will be deducted from your appointment to ensure all clients are seen on time.

FACIAL AFTERCARE ADVICE

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Keep the skin hydrated – drink plenty of water 1-2 litres per day.

Keep the skin dry – Avoid for steam for 48hours post treatment. This includes hot showers, saunas, steam rooms, steaming facials (careful with the oven).

Avoid tanning beds or sunbathing for at least 48hours post treatment. (directly sunlight too)

Avoid using heavy make-up on the face for at least 24hours – lipstick & mascara are ok.

Avoid using any perfumed products on the treated area for at least 48hours post treatment.

Avoid exfoliating or using any other retinoids for 3-5 days post treatment.

Avoid facial treatments for 2 weeks.

To establish a regular facial routine, it is recommended to schedule an appointment every 3-4 weeks

What To Do (And Not Do) After A Facial

DOS

VS

DON'TS

Drink plenty of water to keep skin hydrated

Visit the sauna or steam room

Exfoliate weekly to prevent buildup

Wax, shave or have laser hair removal

Use a Vitamin C serum to protect skin from free radicals

Spend time in the sun without proper SPF protection

Maintain balanced diet, reduce caffeine intake

Pick and prod at pimples (hands off!)

Book your next appointment (we advise monthly or quarterly facials)

Apply harsh and potentially irritating at-home peels or retinol treatments