



## *Aftercare Advice for Advanced Electrical Facials (including High Frequency, Galvanic or non-surgical face lift).*

- Use an SPF on your face to protect it after any advanced facial.
- Drink plenty of water. This is to help flush out the toxins from your body now that your lymphatic drainage system has been boosted by your treatment.
- Don't have any other facial treatments for 24-48 hours to allow your skin to recover from the treatment and reap all the benefits.
- Avoid make-up for 24 hours to allow your skin to breath and to support the skin-cleansing effect of the treatment.
- Avoid touching the skin to prevent bacteria or germs from your fingers getting onto your skin.
- Avoid sun beds and UV rays.
- Avoid extremes of temperatures- wind, effects of central heating as this can have a dehydrating or damaging effect on the skin and your skin may be more vulnerable straight after an electrical treatment.
- Avoid heat treatments such as sauna etc for 24-48 hours after treatment.