



Aftercare Advice for Microdermabrasion

- Avoid alcohol, spicy foods, heat treatments and hard physical activity for 24 hours after treatment as these are stimulants and can contribute to the initial reddening of the skin.
- Do not use any products other than those recommended by your therapist. In particular, avoid perfumed products and those containing exfoliation ingredients such as AHAs
- Avoid UV exposure and always wear a sunscreen with an SPF 20 or above.
- Avoid wearing make up for 24 hours. If wearing make up after this time, always use a clean applicator brush and try to use mineral make ups.
- Use a gentle cleansing lotion and apply plenty of moisturiser after the first 24 hours.
- Avoid further skin treatments to the area to let the skin settle down.