

# HydraFacial Treatment



HydraFacial is the only hydradermabrasion procedure that combines cleansing, exfoliation, extraction, hydration and antioxidant protection simultaneously, resulting in clearer, more beautiful skin with little-to-no downtime. The treatment is soothing, moisturising, non-invasive and generally non-irritating. As with most procedures, visible results from HydraFacial will vary from person to person.

## WHAT TO EXPECT:

Your skin may experience temporary irritation, tightness or redness. These are all normal reactions that typically resolve within 72 hours depending on skin sensitivity.

You may experience tingling and stinging in the treatment area. These sensations generally subside within a few hours.

Client experiences may vary. Some clients may experience a delayed onset of these symptoms.

## AFTERCARE:

You will likely see results immediately after treatment and your skin may feel smooth and hydrated for one to four weeks with appropriate home care to maintain treatment results.

The skin is more susceptible to sunburn/sundamage. Avoid excessive exposure and use a minimum of SPF 40 sunscreen.

Avoid using aggressive exfoliation, waxing and products containing glycolic acids or retinols that are not part of the recommended take-home regimen in the treated area for a minimum of 5 days pre and post treatment.

## SKIN HEALTH & HEALTHY LIFESTYLE

Maintain your skin health by following the below recommendations:

- Drink plenty of water
- Eat a balanced diet
- Take a daily vitamin
- Get plenty of sleep
- Avoid smoking
- Avoid tanning beds
- Minimise alcohol consumption
- Maintain daily stress
- Exercise regularly
- Sun protection

Contact us if your symptoms appear to worsen or if you have any questions about your treatment!