

hannah·spence

AESTHETICS

POST-APPOINTMENT INFORMATION FACIALS

To ensure you get the very best results following your treatment, we recommend following the guidance below in the days after your appointment.

facials

skin consultation with facial treatment/the detox/mother to be facial/iS Clinical Harmony facial/anti-ageing lift facial

- Please avoid exercise for 48 hours following your treatment to minimise heat, sweating, and the introduction of bacteria to the skin.
- Prioritise good hygiene after your facial. Sleep on a clean pillowcase that evening, use a fresh cloth or flannel for each cleanse, and ensure makeup brushes are washed weekly and left to air dry naturally.
- Refrain from using any active ingredients, including retinol, exfoliants, or acids, for at least 5 days post-treatment to allow the skin barrier to fully recover.
- Avoid applying fragrance or perfume to the neck area for 48 hours following your treatment to prevent irritation.
- Avoid waxing, threading, or hair removal treatments for 48 hours following your treatment

iS Clinical Fire & Ice facial/advanced facial/custom skin peel

- Please avoid exercise for 48 hours following your treatment to minimise heat, sweating, and the introduction of bacteria to the skin.
- Prioritise good hygiene after your facial. Sleep on a clean pillowcase that evening, use a fresh cloth or flannel for each cleanse, and ensure makeup brushes are washed weekly and left to air dry naturally.
- Refrain from using any active ingredients, including retinol, exfoliants, or acids, for at least 5 days post-treatment to allow the skin barrier to fully recover.
- Avoid applying fragrance or perfume to the neck area for 48 hours following your treatment to prevent irritation.
- Avoid waxing, threading, or hair removal treatments for 7 days following your treatment
- You may notice some light peeling or shedding a few days afterwards. This is completely normal. Allow the skin to shed naturally and continue to support it with plenty of hydration and daily SPF.

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buccal sculpting facial

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- Prioritise good hygiene after your facial. Sleep on a clean pillowcase that evening, use a fresh cloth or flannel for each cleanse, and ensure makeup brushes are washed weekly and left to air dry naturally.
- Refrain from using any active ingredients, including retinol, exfoliants, or acids, for at least 5 days post-treatment to allow the skin barrier to fully recover.
- Avoid applying fragrance or perfume to the neck area for 48 hours following your treatment to prevent irritation.
- Avoid waxing, threading, or hair removal treatments for 48 hours following your treatment
- It's completely normal to experience some mild aching the following day, as a result of the massage and the body's natural detoxification process.