

hannah·spence

AESTHETICS

POST-APPOINTMENT INFORMATION BODY TREATMENTS

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

body treatments

Tayla's signature full body massage/Tayla's signature full body massage & is Clinical Fire & Ice facial

- Drink plenty of water to support your body in flushing out toxins released during the treatment.
- Take time to rest and ease back into your day. Avoid rushing or overexertion.
- It's normal to feel deeply relaxed, sleepy, or slightly light-headed afterwards.
- Avoid intense exercise or heavy physical activity.
- Mild achiness in the days following treatment is completely normal.
- Please refer to our Facial aftercare as part of Tayla's Signature Full Body Massage and is Clinical Fire & Ice Facial.

exfoliation ritual/purifying back treatment

- Avoid intense exercise, saunas, sun beds, heat treatments, and hot baths/showers for at least 24 hours after your treatment.
- Avoid direct sun exposure and sun beds for 24-48 hours after your treatment, and continue daily SPF use to exposed areas, even on cloudy days, choosing a broad-spectrum sunscreen of SPF 30 or higher.
- Refrain from applying spray/fake tan and perfumed products to the treated area for at least 24 hours after your treatment.
- Avoid exfoliation, both chemical and physical, for at least 48 hours after your treatment.
- Keep the products on your skin for the rest of the day as they will continue to work to support your skin's barrier after treatment.
- Apply moisturiser daily to the treated areas.
- If you experience back acne, ensure the treated areas are kept clean and dry after exercise or showering, and avoid wearing damp or sweaty clothing.