

# hannah·spence

AESTHETICS

## POST-APPOINTMENT INFORMATION FACIALS

### buccal sculpting 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
- 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.