

BB Glow Treatment Aftercare Guide

Pre-Treatment Guidelines

- Stay out of direct sunlight and **do not tan** (including tanning beds) for at least **1-2 weeks** before your treatment.
- Use **broad-spectrum SPF 30+** daily if you need to be outside.
- Avoid using **retinol, AHAs, BHAs, vitamin C serums, and exfoliating scrubs** for **5-7 days prior** to treatment.
- Discontinue acne treatments like **benzoyl peroxide** and **salicylic acid**.
- Do not wax, thread, or use depilatory creams on your face for **at least 7 days** before the procedure.
- If possible, avoid **aspirin, ibuprofen, fish oil, or vitamin E** for **48 hours** before your treatment to reduce bruising.
- If you have **active acne, rosacea, eczema, psoriasis, open wounds, or cold sores**, inform your therapist before the session.
- Arrive with a **clean face** and **no makeup**. Avoid applying lotions, serums, or oils. If this is not possible, don't worry, your therapist will do this during the cleansing process.

What to Expect During Your BB Glow Treatment

- Your skin will be **cleansed** thoroughly to remove dirt, makeup, and oils.
- A **customised BB Glow serum** will be applied to the skin, and a **microneedling device** will be used to **infuse the serum** into the skin. This provides an even tone and radiant glow.
- The treatment involves using **fine needles** to create micro-channels, which allow the serum to penetrate deeply and nourish the skin.
- You may feel a **slight tingling** or **prickling** sensation as the microneedling device works. This is usually mild and tolerable.
- Some areas, especially those with more sensitive skin, may feel more **discomfort**.
- Your skin may appear **slightly flushed** or **red** immediately after the procedure due to the microneedling process.
- The BB Glow serum will leave a **glowy, dewy finish** on the skin that may appear a bit **shiny**.


What to Expect After Your BB Glow Treatment

- Immediately after the treatment, your skin may appear **slightly red** and **irritated**, similar to a mild sunburn. This should subside within a few hours.
- Your skin will have a **healthy glow** and may feel **hydrated and plump** due to the BB Glow serum infusion.
- Your skin may feel **tight** or **slightly sensitive** for a couple of days.

- It's normal to feel a mild **tingling** or **warmth** in the treated areas for the first few hours.
- While the serum provides immediate glow, the full coverage from the BB Glow treatment typically appears after **2–3 days** as the serum settles into your skin.

Post-Treatment Aftercare Guidelines

- Avoid touching, rubbing, or picking at your face for at least **48 hours** to prevent irritation and the risk of infection.
- **Gently cleanse** your skin with a **mild, non-exfoliating cleanser** and **avoid active ingredients** for **5-7 days** after treatment.
- **Avoid using any harsh exfoliating products** for at least **7 days**.
- **Avoid direct sun exposure** for **48–72 hours** after treatment.
- Use **broad-spectrum SPF 30+** or higher for at least **2 weeks** post-treatment.
- If possible, stay indoors or wear a **hat** to protect your skin.
- Do not wear makeup for at least **24 hours** after the procedure to allow your skin to breathe and heal properly.
- After **24 hours**, you may apply makeup, but ensure that it is **non-comedogenic** and **mineral-based**.
- Do not engage in **strenuous activities, hot showers, saunas, or steam rooms** for **48 hours** after treatment.
- Excessive sweating and heat may irritate the skin and affect the treatment results. **Avoid intense exercise for 24-48 hours** after treatment.
- Drink plenty of **water** to help your skin stay hydrated from the inside out.
- **Avoid retinoids, AHAs, BHAs, and Vitamin C serums** for at least **5–7 days**.
- Opt for **gentle moisturisers** and soothing products containing **hyaluronic acid** or **ceramides**.
- **Avoid other facials or treatments** such as microdermabrasion, laser, waxing, threading, injectables, or harsh chemical peels for at least **2 weeks** after treatment.

 *For optimal results, it is recommended to have **2 BB Glow sessions** within the first month. After that, you can maintain the treatment every **4 weeks**, based on your skin's needs.*