

HydraFacial Aftercare Guide

Pre-Treatment

- Limit direct sun exposure and **avoid tanning beds** for at least **1 week before** treatment.
- Always wear **broad-spectrum SPF 30+** if outdoors.
- Stop using **retinoids, AHAs, BHAs, vitamin C serums, and exfoliating scrubs** at least **5 days before** treatment.
- Avoid strong acne treatments such as benzoyl peroxide.
- Do **not** wax, thread, or use depilatory creams on your face for at least **48 hours before** your HydraFacial.
- If you shave, do so **at least 12 hours** before the treatment.
- If you have **rosacea, eczema, open wounds, active acne, or a history of cold sores**, let your therapist know in advance.
- Drink plenty of water before your appointment to keep your skin well-hydrated and maximise results.

What to Expect During the HydraFacial Treatment

- The treatment begins with a **deep cleanse** to remove dirt, oil, and makeup.
- You may feel a **slight tingling or warm sensation**, but it is typically comfortable.
- Some areas, like the **nose and chin**, may feel more sensitive due to congestion.
- As the **hydrating serums are infused**, you may feel a **cool, refreshing sensation**.
- A **vacuum-powered suction tool** is used to extract blackheads, whiteheads, and clogged pores.
- Unlike traditional extractions, this process is **gentle and painless**, though you may feel **mild suction** on the skin.
- A customised **hydrating serum infused with antioxidants, peptides, and hyaluronic acid** is applied to restore moisture and nutrients.
- Your skin will feel **instantly plump, hydrated, and refreshed**.
- The treatment concludes with **LED light therapy** (if included) to target concerns like acne or aging.
- A **soothing moisturiser and SPF** are applied to protect the skin.


What to Expect After Your HydraFacial Treatment

- **Immediate Glow:** Your skin will look **brighter, smoother, and more hydrated** right after the treatment.
- **Mild Pinkness:** Some redness or slight sensitivity may occur, but it usually fades within a few hours.
- **Increased Absorption:** Your skin will absorb skincare products more effectively, so avoid using harsh ingredients for the next **48 hours**.
- **Minimal to No Downtime:** You can resume normal activities immediately, but it's best to **avoid excessive heat, sweating, or sun exposure** for 24 hours.

- **Instant Hydration & Plumping:** Your skin will **feel plumper and more hydrated**.
- **Continued Improvement:** Your skin will continue to improve over the next **several days**, with a noticeable boost in hydration and radiance.

Post-Treatment Aftercare

- Use a **hydrating moisturiser** daily to lock in moisture.
- Drink plenty of **water** to keep your skin looking plump and radiant.
- Your skin may be more sensitive to the sun, so avoid direct sun exposure for at least **48 hours**.
- Apply **broad-spectrum SPF 30+** daily and reapply every **2 hours** if outside.
- Avoid **retinol, AHAs, BHAs, scrubs, and chemical peels** for at least **5 days** post-treatment.
- Use a **gentle, non-exfoliating cleanser** instead.
- Refrain from **hot showers, steam rooms, saunas, and strenuous workouts** for 24 hours, as sweating can irritate freshly treated skin.
- Let your skin breathe and absorb the nourishing serums before applying makeup.
- If necessary, opt for **light, mineral-based makeup**.
- Avoid **harsh chemical peels, laser treatments, or microdermabrasion** for at least **1–2 weeks** after your HydraFacial.
- Stick to **hydrating, non-irritating** products.
- If your skin feels dry, use **hyaluronic acid serums** to boost moisture levels.

 **Note:** To maintain your results, **rebook your next HydraFacial in 4-6 weeks** for continued skin hydration and rejuvenation.