



Post-Facial Care: How to Get the Most from Your Facial

Facials are an amazing way to help promote skin's cell turnover and give yourself a refreshed, rejuvenated look. By using cleansers, steam treatments and appropriate medical grade skin care products, your face can look as good as it feels. What most patients do not realize however is what steps to take after a facial to maximize the benefits.

Most of what is recommended post-facial deals with avoiding routines. Washing your face, and using makeup are fine when it is a regular day, but after a facial – keep it simple! The first 24-48 hours post-facial are the most essential to guaranteeing your skin has time to completely refresh itself and to breathe. Follow these tips to get the most of your facial:

Avoid Applying Heavy Makeup

Avoid applying makeup right after-and up to 4 hours -after your facial. Pores are open, and applying makeup can clog them which might lead to further breakouts. Skipping or using minimal application post-facial will further enhance your glow!

Avoid Over Cleansing and Exfoliants

After your facial your skin is clean, refreshed, and radiant. You can make it last longer post treatment by avoiding over cleansing, using harsh toners, or heavy creams. Instead, use a soap free cleanser, and a light to mid weight moisturizer. There are certain ingredients in products that should be avoided for at least 24 hours such as BHA/AHA, or Retin-A. These ingredients may cause irritation and redness.

Avoid UV Exposure

Most facials include an exfoliant or light peel to activate new skin cells which aids the treatment in giving you a fresh look. For this reason, it is very important to protect your face, and other areas by avoiding or limiting sun exposure and selecting the right sunscreen. Titanium oxide and zinc oxide are ideal ingredients in products for your skin. They work by physically blocking the UV light from being absorbed into your epidermis. Choose a minimum of SPF 30, and reapply every 80 minutes if you are outdoors.

Avoid Steam, Sauna, or Gym

During your facial steam, exfoliants, and medical grade skin care products are used. Exposing your freshly treating skin to excessive heat in a shower/sauna or working up a sweat can cause irritation, redness and breakouts. Make your pretty glow last- enjoy a cup of green tea instead!

Avoid Picking

Sometimes breakouts can appear right after your treatment. While a facial can rid your skin of congestion, often times dirt and oil are too deep under the skin to extract. When this happens, do not give into the temptation to pick, or squeeze them yourself. Picking can cause more breakouts and lead to scarring. Wait until the congestion rises to the surface and treat by visiting your medical aesthetician for extractions or products.

Following these tips will help you enhance the results you received from your facial. Remember- healthy skin is beautiful skin, and beautiful skin starts here!