

SERENITY

TREATMENT AFTERCARE

DERMAPLANING

- Avoid sun exposure as much as possible for a minimum of 3 days post treatment. If you must be in the sun, apply SPF 30 or greater and reapply often,. Avoid excessive heat 3 days post treatment, i.e. heavy workouts, steam rooms or saunas, etc.
- Avoid chlorine for 24 hours.
- Avoid facial waxing for 7 days.
- Avoid Dermal Fillers or Botox for 2 to 4 weeks based on area.
- Do not pick, scratch, or aggressively rub the treated area.
- No scrubs, polishers, or aggressive brushes should be used for 7 to 14 days.
- Do apply serums as absorption levels will be elevated. Hyaluronic Acid is recommended for the first 7 days and your serum of choice after 7 days.
- Do not use any products that contain exfoliating ingredients like Retinol, Glycolic Acid or AHA's for 7 days

MICRODERMABRASION

We recommend that you adhere to the following advice after having a microdermabrasion treatment

- For 12 hours: do not wear heavy make up
- For 24 hours: no swimming, facial waxing or fake tan application
- For 48 hours: no sauna, sun beds or sun exposure. No Botox, collagen injections or dermal fillers
- For 72 hours: do not use any anti ageing creams, AHAs, glycolics, retinol, vitamin A or exfoliating products
- At all times during a course of microdermabrasion SPF 30 minimum must be applied and exposure to UV should be avoided. Regular moisturiser applications are vital to replenish moisture and prevent the skin for becoming dry and peeling.
- If skin feels hot, splash with cold water, pat dry and moisturise regularly with a gentle hydrating moisturiser. Skin may appear red after treatment, this is perfectly normal and any redness will generally subside within 72 hours.