

Hydrafacial™

Take-Home Guidelines



Thank you for choosing Serenity to perform your Hydrafacial experience

Hydrafacial™ is the only hydradermabrasion treatment that combines cleansing, extraction and hydration simultaneously, resulting in clearer, more beautiful skin with no downtime. The treatments are soothing, moisturizing, non-invasive and generally non-irritating. As with most treatments, visible results from Hydrafacial will vary from person to person

What to Expect During and Immediately After Treatment

Your skin may experience temporary irritation, tightness, or redness. These are all normal reactions that typically resolve within 72 hours depending on skin sensitivity. You may experience tingling and stinging during the treatment area. These sensations generally subside within three hours of treatment. Client experiences may vary. Some people may experience a delayed onset of the previously mentioned symptoms. Contact us immediately if any unusual side effects occur or if symptoms worsen over time.

Next Steps

You will likely see results immediately after treatment and your skin will feel smooth and hydrated for 1-4 weeks. For improved, longer lasting results, consider take-home products and monthly Hydrafacial treatments. The treatment area is more susceptible to sunburn, sun damage and hyperpigmentation. Avoid direct sun exposure and use a minimum of SPF 40 sunscreen. Aggressive exfoliation, waxing and products containing acids should be avoided in the treatment area for a minimum of two weeks pre- and post-treatment. Avoid the use of Retin-A type products for 3 days pre- and post-treatment.

- Drink plenty of water
- Eat a balanced diet
- Take daily vitamins
- Exercise regularly
- Get plenty of sleep
- Avoid smoking
- Avoid tanning beds
- Minimize alcohol consumption
- Manage daily stress

If you have any questions, please contact Reception on 01707 651512