

SERENITY

TREATMENT AFTERCARE

MASSAGE

The following advice should be taken following a massage:

- Avoid alcohol for at least 24 hours, as massage is a detoxifying treatment
- Drink plenty of water to assist in the elimination of toxins from the body
- Eat a light diet to assist the detoxification and healing process
- Get plenty of rest. You may feel tired after treatment
- Gentle exercise – postural exercises can help with muscle tension as well as exercises that will assist with mobility. Yoga is a suitable and gentle option.

PROSKIN & SERENITY FACIALS

- Avoid wearing make-up for the rest of the day after the treatment
- Always follow the aftercare advice of your therapist following on from your treatment to get optimum results
- Always remove all traces of make-up at the end of the day
- Drink plenty of water (recommended 6-8 glasses per day)
- Avoid direct heat (intense sunlight & sunbeds) and indirect heat (sauna, hot bath, shower) for 48 hours after treatment
- Do not apply any other exfoliating skincare products or retinol for 72 hours after facial