

KATE TAYLOR SKIN & AESTHETICS

FACIAL TREATMENTS

PRE & POST TREATMENT CARE

Every facial is tailored to your skin, concerns and treatment plan. Correct preparation and aftercare help us treat your skin safely, support recovery and achieve the best results.

BEFORE YOUR TREATMENT

- Avoid excessive sun exposure before treatment and **do not use sunbeds**.
- Stop **retinol/retinoids, exfoliating acids, scrubs and strong active skincare 3-5 days before**.
- Avoid waxing, threading and depilatory creams for **5-7 days before**.
- Avoid peels, laser, resurfacing or other intensive facial treatments for **2 weeks before**, unless advised otherwise.
- Keep skin well hydrated and wear **SPF daily**.
- Where possible, arrive with clean skin and minimal/no make-up.
- Tell us about any changes to your **health, medication, allergies, pregnancy/breastfeeding status or skincare**.
- Let us know if you have a history of **cold sores** or have had a recent outbreak.
- Treatment may be postponed if you have an active infection, cold sore, open wound, significant irritation, inflammation or sunburn.
- Some treatments require a **patch test or additional preparation**. We will advise you if required.

AFTER YOUR TREATMENT

Depending on your treatment, skin may temporarily appear pink or red and feel warm, tight, dry or sensitive. Mild swelling, flaking or peeling can occur following some advanced treatments.

- For the first **24-48 hours**, keep skincare gentle, simple and hydrating.
- Avoid unnecessary touching, rubbing, scratching or picking the skin.
- Never pick or manually remove dry, flaky or peeling skin.
- Avoid **retinol/retinoids, exfoliating acids, scrubs and strong active skincare for 5-7 days**.
- Wear **SPF 30-50 daily**, avoid excessive direct sun exposure and **do not use sunbeds**.
- Avoid **saunas, steam rooms and very hot showers for 48 hours**.
- Avoid strenuous exercise and excessive sweating for **24-48 hours**.
- Avoid swimming and hot tubs for **48 hours**.
- Avoid waxing, threading and depilatory creams for **7 days**.
- Avoid facial devices and further professional facial treatments for **2 weeks**, unless advised otherwise.
- Avoid make-up for **24 hours following advanced treatments**, where advised.
- Use recommended post-treatment products as directed and avoid introducing new active skincare for **5-7 days**.
- Keep skin well hydrated and return to your normal recommended skincare routine after **5-7 days**, unless advised otherwise.

PLEASE REMEMBER

Every skin is different and recovery varies depending on your treatment and individual response. Your practitioner may adjust these time frames or provide additional aftercare.

If you experience an unexpected or worsening reaction, please contact us for advice. Seek medical attention for any severe or rapidly developing reaction.

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