




SKINCARE EDINBURGH


Treatment Aftercare Advice

IMPORTANT: READ CAREFULLY


Your treatment does not end when you leave the salon. The efficacy of your results and the health of your skin depend on how you care for it over the next 48 to 72 hours. Failure to follow these guidelines may result in adverse reactions, hyper-pigmentation, or infection, for which Skincare Edinburgh Ltd cannot be held liable.

THE GOLDEN RULES (APPLY TO ALL TREATMENTS)

 **Do Not Touch:** Avoid touching your face with your hands to prevent bacterial transfer.

 **SPF is Mandatory:** Your skin barrier is currently more permeable and sensitive to UV rays. You must wear broad-spectrum SPF 30+ or 50+ daily, even if it is cloudy or you are indoors near windows.

 **Stay Hydrated:** Drink at least 2 litres of water to help flush toxins and hydrate the skin cells from within.


 **Avoid Heat:** For the next 7 days, avoid saunas, steam rooms, hot baths, chlorinated swimming pools and intense cardio exercise that causes excessive sweating.


IF YOU HAD: Microdermabrasion or Chemical Peel


These treatments involve deep exfoliation and the removal of the stratum corneum (outer layer of skin).

 **NO Exfoliation:** Do not use scrubs, exfoliating brushes, or acids (AHAs/BHAs, Glycolic, Salicylic) for 7 days.


 **NO Retinol/Vitamin A:** Discontinue use of Retinol or Tretinoin for 5–7 days post-treatment.


 **NO Picking:** If your skin flakes or peels (which is normal), **DO NOT PICK IT**. Picking can lead to permanent scarring or hyperpigmentation.

 **Cool Water:** Wash your face with cool or tepid water only; hot water will cause inflammation.

 **Direct Sun:** Strictly avoid direct sun tanning or sunbeds for at least 7 days.

 **Avoid facial waxing, lasers, shaving, dermaplaning or fake tan application for at least 7 days.**

 **Avoid alcoholic beverages for 48 hours and avoid taking Ibuprofen or aspirin for 7 days.**

 **Apply a gentle, fragrance-free moisturiser at least twice daily.**



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IF YOU HAD: **Sculptural Face Lifting / Massage**

This treatment involves deep tissue manipulation and lymphatic drainage. Soreness is normal: You may feel "muscle soreness" in your face (similar to how your body feels after the gym). This usually subsides within 24 hours. Detox Symptoms: You may experience a "healing crisis" (slight headache, fatigue, or increased thirst) as toxins are flushed from the lymphatic system. Drink extra water to aid this process. Emotions: It is not uncommon to feel an emotional release after deep tension release in the jaw and face. Be gentle with yourself.

IF YOU HAD: **Ultrasonic or Steam Facial**

These treatments focus on deep cleansing and extractions. Breakouts: Occasionally, a "purge" may occur where the skin pushes underlying congestion to the surface. This is a good sign of deep cleaning and should clear within a few days. Don't pick!

Calming Products: Focus on hydration (Hyaluronic Acid) and barrier repair (Ceramides). Avoid heavy, perfumed creams that may clog the freshly cleared pores.

NORMAL REACTIONS

Normal Reactions: Mild redness or pinkness (erythema) for 2–24 hours, slight tingling or tightness, minor flaking (especially after peels), temporary darkening of pigmentation spots (crusting) before they flake off.

ABNORMAL REACTIONS

If you experience intense burning that does not subside, blistering, oozing, or pustules, extreme swelling (some mild puffiness is normal after microdermabrasion), hives or allergic rash. If you suspect an allergic reaction, wash your face immediately with cool water to remove any product residue and apply a cold compress. If symptoms persist, seek medical attention.

Contact Details

If you have any non-emergency concerns regarding your treatment, please contact us:

Phone/WhatsApp: 07448858651

Email: contact@skincareedinburgh.co.uk

By accepting this treatment, the client acknowledges they have received, read, and understood these aftercare instructions.



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