

Facial Treatment After Care

After Your Treatment

- Avoid touching, picking, or exfoliating your skin for 48 hours.
- Skip saunas, steam rooms, hot tubs, and intense exercise for 24–48 hours.
- Avoid retinol, acids, scrubs, and other active ingredients for 3–5 days unless otherwise advised.
- Wear SPF 30+ daily and limit direct sun exposure.
- Keep your skincare routine gentle and focus on hydration.
- Follow your personalized home-care recommendations to maintain and enhance your results.

Avoid retinol, exfoliants, and active skincare products for 3–5 days before your treatment.

Thank you for choosing Serene Skin and Wellness Studio. We look forward to helping you achieve your healthiest skin. ✨

