



HydraFacial Aftercare Instructions

Your skin may appear more hydrated, refreshed, and radiant immediately after your HydraFacial. To maintain and extend your results, please follow the aftercare guidelines below.

Immediately After Treatment

- Mild redness, tightness, or sensitivity is normal and typically resolves within a few hours.
- Makeup may be worn the same day if desired, but allowing the skin to breathe is recommended.
- Avoid touching your face with unclean hands.

For the First 24 Hours (Avoid the Following)

- Excessive heat (saunas, steam rooms, hot yoga)
- Intense workouts or heavy sweating
- Sun exposure and tanning beds
- Exfoliating products (scrubs, acids, retinoids, benzoyl peroxide)
- Waxing, threading, or laser treatments on the treated area

Skincare Routine (First 24–48 Hours)

- Cleanse gently using a mild, non-exfoliating cleanser
- Apply a hydrating serum and moisturizer as recommended
- Use a broad-spectrum SPF 30 or higher daily
- Avoid harsh or active ingredients unless directed by your provider

Makeup & Products

- Mineral makeup is preferred if applying makeup the same day
- Avoid new or active products for at least 24–48 hours
- Resume retinol, exfoliants, or acids after 48 hours unless otherwise instructed

Sun Protection

- Your skin is more receptive post-treatment; daily sunscreen is essential
- Reapply SPF every 2 hours when outdoors
- Wear hats or seek shade when possible

Results & Maintenance

- Results are immediate and continue to improve over several days
- For optimal skin health, HydraFacials are recommended every 4–6 weeks
- Consistent skincare and sun protection will prolong results

When to Contact Us

Please contact us if you experience prolonged redness or irritation beyond 48 hours, unusual swelling, discomfort, sensitivity, or have any concerns regarding your skin's reaction.