



AFTERCARE INSTRUCTIONS

Skin Boosters

- Use a cold pack to reduce any swelling or redness
- Avoid physical strain or sports for 24 hours post treatment
- No further cosmetic therapies for a week post treatment
- Avoid the use of sauna, steam rooms, icy temperature or UV radiation for two weeks post treatment
- Client should drink 1-2 litres of water every day
- Microdermabrasion or chemical peels should be done 1-2 weeks post or prior to treatment