



After-care Instructions

You just had a facial and your skin feels like butter. The color is better than it has been in years and you love it. What you can expect in the next few days might surprise you.

Depending on what was done during a facial and what your skin was like prior to the facial, your skin might go through some changes that you didn't expect.

With a basic facial, most likely your Esthetician will use products that will aid in the dead skin cells sloughing off more rapidly. This is one of the main reasons why we get facials and go to a professional Esthetician. Our basic home care products that we use daily are not enough to thoroughly desquamate (slough off) the dead skin. Estheticians are allowed to use active products that contain ingredients that will be more aggressive than the products you use at home. You and the Esthetician will discuss and decide what products are used during a facial to achieve the skin that you desire. Basic scrubs are used on the skin to buff away the dead skin cells. This polishes the stratum corneum <the top of the skin> and only removes that layer of dead skin cells that could be causing a dull appearance. After your facial with only using a scrub, your skin should feel softer to the touch and appear more radiant for a few days. If you are looking for something more and are concerned with "flaws" on the skin or are looking for a more correctional facial, you will need to go deeper into the epidermis than a typical scrub can go. To achieve a deeper exfoliation, your Esthetician has many options and each option might go slightly further into the skin. There are enzymes, microdermabrasion, dermaplaning, and peels to name a few, and each option has a slightly different outcome.

Enzymes and most peels digest the dead skin cells over the course of the next few days. Immediately following your facial, your skin will most likely look and feel amazing. After a few days, the enzyme or peel that was used will have digested dead skin cells deeper than the top of the epidermis. I personally always tell my clients that there is no need to exfoliate during the next few days. Desquamation of the dead skin cells will continue to happen over these few days and the skin can be blotchy, slightly irritated, tight and dry feeling, uneven skin texture and tone, appear older than before the facial, and/or peeling and/ or flaking. This outcome can last approx. 7 to 10 days. This can take the client by surprise and there are several things you will want to do and several that you will want to avoid completely.

Immediately after your facial, you will want to avoid sweating, steam rooms and saunas, extreme temperature changes or over exertion. Main reason being, your skin will be susceptible to possible further irritation or reaction if dirt, debris or sweat sits on top of that fresh baby skin. Secondly, you will want to make sure and use what your Esthetician prescribes to you to the T. You wouldn't go to the Dr. to get an antibiotic and just take it when you feel like it and as much as you would like or even worse go take something else that you might have in your medicine cabinet that may or may not have expired and has nothing to do with healing your concern...right?! Your Esthetician will suggest you purchase products to use from here on out to benefit and be safe for the skin for the remainder of that season. After a day or so has passed, if you feel like the skin has an uneven skin texture, you may then exfoliate the skin with a polish or mild scrub to begin to remove those desquamated skin cells. At this point hydration and protection are a must. Protecting the barrier of the skin with a protective barrier cream will allow the skin to heal properly. The final protection step that you will not want to skip at home is.....SPF. This is the case every day, but more so after a facial that has exfoliated the skin deeply. UVA rays are always out even when we are indoors and can continue to cause damage to that fresh skin. Your Esthetician will give you specific instructions and it is important to stick to those

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instructions and respect the RX given. This also applies to the products that you use on the skin. Some products are a contraindication to what has been done to the skin and you will want to stick to the products that you purchase or are given by your Esthetician to avoid a possible irritation or reaction.

Peels, enzymes and deeper exfoliation techniques are very important, especially to those that are wanting to see correction in the skin. Estheticians are educated in these treatments and that needs to be appreciated and respected!

If you have any questions, please contact me!