



LE ROUGE DE LA VIE

MAKEUP | HAIR | EVENTS | AESTHETICS | MEHNDI

AESTHETICS CARE GUIDE

AESTHETICS CARE

HOW TO ACHIEVE THE BEST FROM YOUR TREATMENT

There are a number of guidelines listed below that we advise you to follow, during the lead up to, and following any treatment you've received. These will not help protect your skin, but also prepare it, to ensure that you're receiving the maximum benefits from all treatments.

FACIAL TREATMENTS

BEFORE YOUR TREATMENT

Avoid wearing any make-up or fragranced products on the treated area for 24 hours after a facial.

AFTER YOUR TREATMENT

Avoid the gym, sauna, steam room, UV treatments, heat related treatments, and prolonged sun exposure for 24 hours after a facial.

Avoid any other facial treatment for 48 hours after a facial.

Ensure you consume plenty of water throughout the day, and limit your intake of caffeine and alcohol, as they have a dehydrating effect on the skin.

Cleanse, tone and moisturise daily.

EYEBROW TREATMENTS

AFTER YOUR TREATMENT

It is normal for the skin around the eyebrows to appear red for a short time following a treatment, especially if you have sensitive skin.

Avoid saunas and steam rooms, applying make-up and touching the treated area, in order to prevent infection via open pores.

Avoid swimming, sun beds, and exposure to UV lights for 24 hours after an eyebrow treatment.

WAXING TREATMENTS

BEFORE YOUR TREATMENT

Please note that hair must be at least 10mm in order to adhere to the wax and be successfully removed.

AFTER YOUR TREATMENT

It is normal for the treated area to appear red, bumpy, or feel slightly sore for a short time following a treatment, and this should subside within 24-48 hours.

Avoid the gym, exercise, sauna, steam room, hot showers and baths, UV treatments, sun beds, and swimming in chlorinated pools for 24 hours after waxing.

Avoid using sprays, lotions and fragranced products on the waxed area for at least 24 hours.

Exfoliate your skin 3-4 times a week in the shower, in order to prevent ingrowing hairs, and moisturise daily.

It can take a few waxing treatments for your hair growth cycle to change, and you may therefore see some re-growth after 1-2 weeks, but please do not shave in between appointments.

NAIL TREATMENTS

AFTER YOUR TREATMENT

Avoid picking at cuticles and biting nails, and clean under them regularly. If you need to file in between appointments, only do so in one direction.

Protect your hands and nails from harsh cleaners and detergents by wearing gloves when using them.

Moisturise following every hand wash and before bedtime.