

Pre-care:

- Avoid excessive sun exposure at least two weeks before the treatment.
- Inform your therapist about any recent skin treatments, medications, or skin conditions.
- Avoid making drastic changes in your skincare routine 5 days prior treatment.
- Remove any makeup and clean your face thoroughly before the appointment.

Post-care:

- Follow the therapist's instructions for post-treatment skincare. Recovery cream must be used twice a day for 5 days post skin needling treatments.
- Avoid touching or picking at your skin to prevent irritation or infection
- Avoid using non-mineral makeup for a minimum of 48h post treatment. Mineral makeup can be applied 8 hours post treatment.
- Protect your skin from direct sunlight by using SPF 30 sunscreen for at least 2-weeks post treatment.
- Avoid excessive sweating, swimming and excessive heat exposure, such as saunas or hot showers, for a few days.
- If any excessive heat, irritation occurs or itching occurs please contact the clinic immediately.

Skin Needling