

# MIA BELLA

SKIN BOUTIQUE

## Guide to Post Hydra-dermabrasion and Microdermabrasion Treatment Care

### Keep the Skin Cool and Calm:

- For the First 24 Hours:
- Avoid: Hot showers, saunas, steam rooms, and exercise. These can raise your body temperature and should be avoided immediately after treatment.
- Apply: A therapist prescribed Recovery Cream to keep your skin cool and calm.

### Gentle Skincare Routine:

- Commence: A gentle skincare routine as recommended by your skin technician.
- Products to Use: Likely to include Gentle Cleanser, Calming Serum and a Sensitive Moisturiser. These products are formulated to be gentle and hydrating for post-treatment care.

### Stay Hydrated and Protected:

- Internally: Drink plenty of water post-treatment to maintain your skin's hydration.
- Externally: Use a therapist prescribed moisturiser
- Sunscreen Use: Apply SPF 50+ sunscreen every four hours, especially when outside. Post-microdermabrasion skin is more susceptible to sun damage.

### Additional Tips:

- Avoid Makeup: If possible, avoid makeup for at least 24 hours to allow your skin to breathe and recover.
- Be Gentle: When cleansing or touching your face, be extra gentle to avoid irritation.
- Monitor Skin Reaction: Keep an eye on your skin's reaction and contact your technician if you notice any adverse effects.
- Follow-Up Treatments: Stick to the recommended schedule for follow-up treatments to achieve the best results.

Remember, these instructions are tailored to ensure the best possible results from your microdermabrasion treatment and to promote safe, effective healing. If you have any specific concerns or questions, consult with your skincare professional.