

# BESPOKE

## SKIN HEALTH

### Post needling treatment advice

Gently wash the treated area on the same day but very gently, with tepid warm water, not hot, no need to scrub the face. Pat with clean, dry towel.

Refrain from touching the skin with your hands, no PICKING or PULLING.

Redness should subside over a 24-48 hour period.

Use an intense moisturiser or serum - skin may well feel drier and tighter after this treatment and this is perfectly normal.

Apply sunscreen with an spf 30+ daily

Avoid fragranced facial products for 3 -5 days after skin needling as this can irritate

Do not sunbathe, steam or sauna for a period of 10 days – 2 weeks after treatment.

Avoid waxing/bleaching/electrolysis/laser hair removal at least 3 days after skin needling treatment.