Contours Beauty Ink

Facial Aftercare

Thank you for visiting us. Keep your skin care gentle and follow the personalized instructions provided for your treatment.

FIRST 24 HOURS

Avoid unnecessary touching, rubbing, picking, or squeezing your skin. Use clean hands and a fresh pillowcase.

Avoid strenuous exercise, heavy sweating, saunas, steam rooms, and hot showers. Use lukewarm water.

If you received extractions or exfoliation, avoid makeup for 12-24 hours, or as directed. Wait longer if skin remains irritated.

FOR THE NEXT 3-5 DAYS

Cleanse gently with a mild cleanser and your fingertips. Apply a gentle moisturizer; use a hydrating serum only if recommended.

Pause scrubs, cleansing brushes, exfoliating acids (AHAs/BHAs), retinol, and other irritating active products. Resume only when skin is calm and your provider advises. Ask your prescriber before changing prescription skin treatments.

Do not pick or pull flaking skin. Avoid waxing, additional exfoliation, or other facial treatments until your provider confirms an appropriate interval.

PROTECT YOUR SKIN EVERY DAY

Apply broad-spectrum SPF 30 or higher. When outdoors, reapply approximately every 2 hours and after swimming or sweating, following the label. Seek shade and wear a wide-brimmed hat.

Avoid tanning beds and minimize direct sun, especially during the first 48 hours and while skin is sensitive.

WHAT TO EXPECT & WHEN TO GET HELP

Mild temporary redness or sensitivity may occur, especially after extractions or exfoliation, and should gradually improve. Some treatments may cause mild dryness or flaking. New breakouts are not automatically "purging"; contact us about any unusual reaction.

Contact us promptly for worsening or persistent redness, itching, burning, swelling, or unexpected breakouts. Seek medical care for severe pain, blistering, spreading redness, warmth, drainage, or other concerning symptoms. Call 911 for trouble breathing or swelling of the lips, tongue, or throat.

Spa contact: 714-312-9483 | Contoursbeautyink@gmail.com.

These are general instructions for routine cosmetic facials. For chemical peels or other specialized services, follow the separate treatment-specific aftercare provided. Recovery time varies by service and skin response.