

Bitanish
Salon

FACIAL AFTERCARE GUIDE

DO'S (What to Follow)

- Keep face **clean & hydrated**
 - Use **gentle face wash** (as recommended)
 - Apply **moisturizer regularly**
 - Use **sunscreen (SPF 30–50)** daily
 - Drink plenty of **water**
 - Follow **salon-recommended products**
 - Use **clean pillowcase & towel**
 - Let skin **heal naturally**
 - Use **soothing gel/cream** if advised
 - Do **light skincare only** for few days
 - Pat dry gently (no rubbing)
 - Keep hands **away from face**
 - Maintain **regular facial schedule (3–4 weeks)**
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DON'TS (Avoid These)

- Don't touch, rub, or pick your skin
 - Don't use **harsh scrubs/exfoliators**
 - Don't apply **active ingredients** (retinol, AHA, BHA, vitamin C) immediately
 - Don't go in **direct sunlight without sunscreen**
 - Don't use **heavy makeup** for 24–48 hrs
 - Don't take **hot steam/sauna**
 - Don't use **new/random products**
 - Don't over-wash face
 - Don't apply home remedies without advice
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FIRST 24–48 HOURS CARE (VERY IMPORTANT)

- Avoid sun exposure
 - No hot water on face
 - No facial massage at home
 - No touching/picking pimples
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SUN PROTECTION RULES

- Apply sunscreen every **3–4 hours**
 - Use **cap/scarf** outdoors
 - Avoid peak sun (12–4 PM)
 - Sun exposure can cause **pigmentation & irritation**
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MAKEUP RULES

- Use **clean brushes/sponges**
- Choose **non-comedogenic products**
- Remove makeup gently

SKINCARE RULES

- Stick to **basic routine (cleanser + moisturizer + sunscreen)**
 - Avoid actives for **2–3 days**
 - Resume normal routine slowly
 - Always patch test new products
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? COMMON FAQs

Q. Why is my skin red after facial?

- Normal due to stimulation → settles in few hours

Q. Can I get pimples after facial?

- Yes, mild purging can happen → temporary

Q. When can I wash my face?

- After **6–8 hours** or as advised

Q. Can I apply ice?

- Only if recommended (wrap in cloth, don't apply directly)

Q. Can I go out in sun?

- Avoid initially → always use sunscreen

Q. Can I use my regular products?

- Avoid strong products for 2–3 days

Q. How often should I do facial?

- Every **3–4 weeks** for best results

 **WARNING SIGNS (Contact Salon If)**

- Excessive redness or irritation
- Burning sensation
- Rashes or swelling
- Breakouts not settling in few days

 **PRO TIP**

- Gentle care + hydration + sunscreen = **glowing, long-lasting results**