

THE GROVE SPA

& BOUTIQUE

Face Reality Post-Treatment

Please follow this care plan closely in order to see the best results.

On the day of your treatment:

- Drink plenty of water to keep yourself hydrated and help flush out toxins.
- Try not to touch your face or other treated areas, and skip any at-home facial massage. Your skin may be sensitive, so a hands-off approach is best.
- Avoid makeup for at least the rest of the day. While this isn't 100% necessary, applying makeup right after a facial is not ideal and may clog your recently deep-cleaned pores.
- Wait at least six hours after your treatment before you wash your face. The serums and treatments need to have time to absorb into your skin completely.
- Wait 24 hours to work out and aggressively exercise. Make the trip to the gym before your appointment so your skin has time to heal. The increased heat in the skin and sweat can be irritating to your freshly exfoliated skin.

1-3 Days After:

- Wait at least two to three days before using skincare treatments or products that could irritate your skin or increase skin sensitivity. That means no toners, exfoliants, new products, or acne treatments. You should also avoid products with vitamin C and retinol.
- Don't wax, shave, or pluck hair in the treated area for at least a few days after treatment, as this can inflame your hair follicles.

Have a question? Call us at 816-834-9100 or email us at clientservices@thegrovespa.com

