



## YON-KA MESOTHERAPY

### PRE AND POST CARE ADVICE

#### DO NOT EXPOSE THE SKIN TO THE FOLLOWING:

- Heat, cold, sunlight, sunbeds, chlorine, chemicals, sweating, spicy food, alcohol for *24-48 hrs.*
- Avoid AHA's the night of treatment and active products for 3-5 days (*retinol, glycolic*).
- Do not pick at any peeling skin (*Gommage 305 will help and Masque no.1*).
- Do not rub, scrub, shave, wax or touch the area treated for *24 hrs* (*Gentle cleanse, Lotion, repair and protect*).
- Do not have laser, microdermabrasion, botox or other advanced treatments (*peels, fillers etc*) for 2 weeks before and after.

#### THE DO'S

- Do keep skin hydrated, nourished and protected with *Spf 50*.
- Do use Serum Vital/Elixir, Hydra No.1 Serum Creme, Nutri Defense, Boosters, Phyto's.
- Do change pillow case and use freshly sanitised make-up applicators.
- Do drink plenty of filtered water, increase fruit and veg, Omegas, Vitamin C.