



YOUTHFUL YOU

AESTHETICS & ACADEMY®

EMFACE®

Post-Treatment Guidelines

- **Hydration:** Continue to drink plenty of water to aid in muscle stimulation and skin rejuvenation.
- **Skin Care:** Use a gentle cleanser and moisturizer. Avoid exfoliants, retinol, and acids (e.g., AHAs, BHAs) for 48 hours post-treatment.
- **Makeup:** You may apply makeup immediately after treatment if desired. Use clean tools to avoid irritation.
- **Sun Protection:** Apply a broad-spectrum SPF 30 or higher daily, and avoid direct sun exposure for at least a week.
- **Avoid Heat:** Refrain from hot showers, saunas, or intense workouts that cause excessive sweating for 24-48 hours.
- **No Facial Treatments:** Delay additional facial treatments, including massages, for one week.

Disclaimer: These instructions are provided to ensure optimal treatment results and reduce the risk of complications. **Failure to follow the guidelines may result in undesirable outcomes.**

What to Expect

Immediate Effects:

- Mild warmth or tingling sensation during and immediately after the treatment.
- The skin may appear slightly flushed for up to an hour post-treatment.

Gradual Improvements:

- You may begin to notice improved facial muscle tone and skin tightening within a few sessions.
- Full results typically develop over a few weeks as collagen remodeling occurs.

Minimal Downtime:

- Emface is a non-invasive treatment with no downtime, allowing you to resume daily activities immediately.

