



The Spa Lounge

Dermaplane After Care Instructions

1. Avoid sun exposure for 24–48 hours and always wear SPF 30+ when outdoors.
2. Skip makeup for the rest of the day to let your skin breathe.
3. Hold off on exfoliants and active products (like retinol, AHAs, BHAs, or vitamin C) for 3–5 days.
4. Stay hydrated by drinking water and using a gentle, nourishing moisturizer.
5. Avoid heat and sweat (saunas, hot tubs, intense workouts) for 24–48 hours.
6. Do not pick or scratch your skin—let it heal naturally.
7. These steps will help protect your skin, maximize results, and keep your glow lasting longer.

Disclaimer: Aftercare guidelines are provided for general educational purposes and may vary depending on individual skin types and conditions. If you experience prolonged redness, irritation, or discomfort, please contact your esthetician or a licensed medical professional. Always follow the specific recommendations given by your provider