



TRACIE GILES AFTERCARE

01 CLEAN

3-4 hours after your treatment wash the area very gently with tepid water and a gentle soap. Blot dry with a clean cotton pad.

02 CLEANSE & SOOTHE

For 7 - 10 days after treatment use our PTSC Spray to clean the area.

Every morning & evening spray the PTSC spray onto a clean cotton pad and gently wipe the area with a smooth, light motion in one direction.

03 MOISTURISE

Once the area is dry, apply a thin layer of Crème Rescue Serum to the treatment area and the entire face and neck.

Apply up to 4 x per day for 3 days after your treatment. Then 2 x per day after cleansing morning & night.

Continue this routine every day for ongoing skin maintenance and powerful anti-ageing.

04 HEAL

- Try to avoid getting the area wet for 7-10 days, other than the cleansing protocol.
- Avoid excessive exercise or spas for 7-10 days.
- Stay out of direct sunlight for 7-10 days.
- No facials or aesthetics for 14 days.
- If going on holiday, use a waterproof SPF 50+ sunscreen.