

EMFACE pre-care

Face lifting and toning, no needles

Before your treatment

Please follow this guidance before each session.

Stay hydrated

Drink at least 2 litres of water a day in the days before your treatment and throughout your course. Good hydration helps the energy spread evenly through the tissue.

Skincare

You can keep using your usual skincare. There's no need to stop active ingredients unless your skin is irritated or reacting (for example, to a retinoid). If it is, please let us know before your appointment.

Avoid other facial treatments

Avoid injectables and other facial treatments for 4 weeks to 3 months before your course, and while your course is running. We'll talk you through timings at your consultation.

Arrive with clean skin

Where possible, come with clean, makeup-free skin. It speeds up preparation and helps the applicators make good contact.

Facial hair

The treatment area should be clean shaven on the day so the applicator sits flat on the skin.

Sun exposure

A tan is fine, but the treatment area should be free of recent sunburn or irritated skin.

Remove metal and jewellery

Please remove jewellery, piercings and metal accessories from the treatment area before your session.

Tell us about any changes

Let your practitioner know before treatment if anything has changed in your medical history, medication, skin or general health since your consultation.