

EMFACE care guide

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.

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After your treatment

Most people go straight back to their day. A few tips help you get the most from it.

No downtime

You can go straight back to your normal day.

Mild redness is normal

You may notice slight redness or warmth in the treated area. This usually settles within 30 minutes.

Makeup

You can wear makeup straight away because the skin isn't broken, so EMFACE works well before an event.

Keep drinking water

Keep to 2 litres of water a day throughout your course.

Avoid heat

Avoid saunas, steam rooms, hot baths and other intense heat for 24 to 48 hours after treatment.

Skincare

Carry on with your usual skincare. If your skin is going through a reaction such as a retinoid response (redness, flaking, sensitivity), take a 2 to 3 day break from actives either side of each session.

Other treatments

Avoid injectables and other facial treatments while you're completing your course.

Book your next session

A course is usually four sessions, 5 to 10 days apart.

When to expect results

Many people notice a difference soon after their sessions. Results build over the course and are usually at their best around 3 months after your final session. Results vary from person to person.

Complete your course

For the best results, complete your full course and keep up any maintenance sessions we recommend.

If anything worries you after your treatment, please contact us. We're happy to help.