

## Nimue Facials

What to expect:

- Mild redness or warmth for a few hours.
- Skin may feel refreshed, hydrated, and glowing immediately.

Do's:

- Use only Nimue products recommended by your therapist for 5–7 days.
- Cleanse with Nimue cleanser morning and night.
- Apply Nimue moisturiser as directed.
- Always apply Nimue SPF 40+ daily.
- Drink water to keep skin hydrated.

Don'ts:

- Avoid touching your face with unclean hands.
- Do not use products not recommended by your therapist.
- Avoid makeup for 12–24 hours if possible.
- Avoid swimming, steam rooms, and saunas for 24 hours.

⚠ When to contact the clinic:

Contact the clinic if you experience unexpected irritation, rash, or prolonged redness.

Sophistiqué Beauty Specialists | Wigton, Cumbria | Tel: 016973 49021 | [www.s-beauty-s.co.uk](http://www.s-beauty-s.co.uk)

Where skin confidence begins