

Nimue Homecare

What to expect:

- Skin may 'purge' slightly in the first 7–10 days as it adjusts.
- Some mild dryness or tingling can occur initially.

Do's:

- Follow your therapist's prescribed routine morning and night.
- Always cleanse, condition, moisturise, and apply SPF daily.
- Store products away from heat and sunlight.
- Be consistent—Nimue works best with regular use.

Don'ts:

- Do not add in non-Nimue products unless approved by your therapist.
- Avoid using harsh scrubs or exfoliants alongside active Nimue products.
- Do not stop/start treatment suddenly—follow therapist's instructions.

⚠ When to contact the clinic:

Contact the clinic if you experience persistent stinging, allergic reactions, or sensitivity that doesn't settle.

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Where skin confidence begins