
after
care
ASTER AESTHETICS

Aster Facial *post-care*

WHAT TO EXPECT

Mild redness and a warm, tight, glowing feeling are normal and usually settle within a few hours to a day. Slight flaking or dryness may follow over the next few days, particularly after an acid-based facial. Your skin will feel more sensitive and drier than usual for a day or two while the surface layer recovers — that is expected, and it settles quickly. Most people are back to normal activity and makeup the same day.

THE FIRST 24 HOURS Be Gentle

- Cleanse with a **mild, non-abrasive cleanser and lukewarm water.** Pat dry — no scrubbing, no hot water.
- **Moisturize as often as you need to.** Dryness and tightness respond to moisturizer, not to leaving the skin alone.
- **Makeup is fine if you need it** — mineral is the gentlest choice. Giving the skin the evening off helps, but it is not a rule.
- Skip hot showers, saunas, steam rooms, hot yoga and vigorous exercise for the rest of the day, and stay out of pools and hot tubs.

THE FIRST WEEK Sun Is The Whole Game

- **Broad-spectrum mineral SPF 50+ every morning, reapplied throughout the day.** Freshly exfoliated skin is far more vulnerable to UV damage and uneven pigment.
- **Minimize direct sun** while the skin settles. Zinc oxide or titanium dioxide, a hat when you are outdoors.
- **Hold retinoids, acids and scrubs for 3-5 days,** or until any flaking and sensitivity have fully resolved.
- **Do not pick, scrub or peel any flaking skin.** Let it shed on its own.
- No other resurfacing (peels, waxing, dermaplaning, laser) until the skin has settled.

IF YOUR SKIN FEELS SENSITIVE It Is Meant To

- **Sensitivity for a day or two is the treatment working, not a problem.** The surface layer has been exfoliated and is rebuilding.
- Simplify rather than add. A gentle cleanser, moisturizer and SPF.
- **Stinging from a product you normally tolerate means stop using it for now** and go back to it once the skin is comfortable.
- **Resilience varies, and yours sets the pace.** Skin already conditioned to retinoids, acids and regular exfoliation typically feels little from stopping and restarting them. Skin that is not will notice both. Go by how your skin feels, not by the calendar.
- Keep water intake up and keep the skin moisturized — hydrated skin recovers faster and flakes less.

YOUR RESULT Why the Series Matters

- The change is gradual and surface-level. **One session gives you a glow; a series is what changes the skin.**
- Because the barrier recovers within a day or two, **sessions are typically spaced a couple of weeks apart,** or on the rhythm we map out for you.
- Daily sunscreen and a gentle home routine between visits extend every result.

REACH OUT WITH ANY CONCERN

Reactions to these treatments are usually mild and brief, let us know if you have any concerns.

- Redness, swelling, warmth or tenderness getting worse rather than better after a day or two. Blistering, crusting, weeping, or a spreading rash. Tingling followed by clustered blisters — that can be a cold sore flare, and we treat it quickly. Increasing pain, or any sign of infection such as pus or fever. Any change in skin color that concerns you.


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