



RF Skin Tightening Prep & Post Care

To ensure the body responds well to RF at least 2 litres of water should be consumed over a 24 hour period prior to the treatment and after to ensure body is well hydrated.

Any deep peels should be avoided a week prior to and a week following your treatment.

RF heats the skin to cause retraction of the collagen fibres, so it is important not to cool it immediately afterwards as the inflammation encourages results.

An SPF 30+ should be applied immediately following your treatment and reapplied as necessary over the next 72hrs.

To achieve optimal and long lasting results it is highly recommended to invest in a good skincare range or one you trust as this will help prolong your results and less maintenance will be required.

For all Treatments [BOOK ONLINE](#) or Call 0400 592 483