

PHI NESSE

POST TREATMENT CARE

PREVENT YOUR SKIN FROM AFTER MAKE-UP EFFECTS:

- YOU MAY PUT ON YOUR MAKE-UP IN THE MORNING AND KEEP IT ON FOR THE ENTIRE DAY BUT IT'S ABSOLUTELY CRUCIAL TO REMOVE THE MAKE-UP BEFORE YOU GO OFF TO SLEEP. LAYERS OF MAKE-UP CLOG YOUR SKIN PORES, RESTRICTING YOUR SKIN FROM BREATHING, WHICH COULD LEAD TO PIMPLES OF SKIN.
- WASH YOUR FACE WITH A SOAP-FREE, pH-BALANCED CLEANSER TO REMOVE ALL THE MAKE-UP AND CLEAR THE PORES. IF YOU HAVE OILY SKIN, GO FOR THE FOAM OR GEL-BASED ONES FOR BETTER RESULTS. WIPE YOUR FACE AND APPLY TINY DROPS OF NIGHT CREAM OR MOISTURIZER ALONG THE CONTOURS OF YOUR FACE. GENTLY MASSAGE YOUR FACE IN A CIRCULAR MOTION WITH YOUR FINGERTIPS. THIS WILL HELP ABSORB THE MOISTURIZER FASTER.
- CLEAN YOUR FACE WITH A CLEANSER WHICH IS DESIGNED FOR YOUR SKIN TYPE. CLEAN THE SKIN PROPERLY BECAUSE NEWLY DESIGNED MAKE UPS LIKE HIGH DEFINITION MAKE UP, AIR BRUSH MAKE UP HAVE GRANULES WHICH GO DEEP IN THE PORES, SO TO CLEANSER YOUR FACE 2 OR 3 TIMES WITH CLEANSER AND NON-FRAGRANCED WET WIPES. USE A SOFT FLANNEL TO REMOVE THE CLEANSER, MAKE-UP AND OTHER IMPURITIES FROM YOUR FACE.
- TO REMOVE THE EYE MAKE -UP ALWAYS USE A GOOD REMOVER WITH FEWER CHEMICALS, MASSAGE THE EYES PROPERLY TO GET RID OF DARK CIRCLES. TO PREVENT PATCHY AND DARK SKIN UNDER YOUR EYE PUT ALOVERA GEL AND MASSAGE IT WITH RING FINGER IN CLOCKWISE OR ANTI CLOCKWISE MANNER. TO GET A REFRESHING FEELING YOU CAN PUT GREEN TEA ICE BAGS WHICH WILL CLEAN THE IMPURITIES THOROUGHLY AND DO THE NOURISHMENT OF THE SKIN. PUT EYECOOOL DROPS OR ROSEWATER TO GET THE RELAXATION AND PREVENT THE EYES FROM CHEMICALS.
- PAT YOUR FACE DRY WITH A SOFT TOWEL. DON'T RUB MADLY - YOUR FACIAL SKIN IS NOT ONLY SENSITIVE, IT TELLS THE WORLD WHETHER YOU ARE HEALTHY OR NOT. CLEANSER REMOVES MAKE-UP AND DIRT BUT YOU THEN NEED TO USE A TONER TO CLOSE THE PORES.
- NOWADAYS PEOPLE USE LONG LASTING LIPSTICKS WHICH STAYS FOR 9- 12 HOURS, SO CLEANSING OF THE LIPS SHOULD BE TAKE CARE OF. PROPER CLEANSING OF THE LIPS IS A MUST; REMOVE THE LIPSTICK WITH MILD CLEANSER AND DAMP COTTON OR WET TISSUES. AFTER REMOVING THE MAKE- UP MASSAGE THEM IN UPLIFTING MANNER, APPLY SOFT COAT OF GLYCERIN OR VASELINE GELLY TO MAKE YOUR LIPS SMOOTHER.
- REGULAR USE OF MAKE- UP GIVES ALLERGY TO YOUR FACE THUS PREVENT YOUR SKIN FROM ALLERGY BY KEEPING IN MIND SOME EASY THINGS LIKE TAKE AN ANTI-ALLERGIC TABLETS, PUT SENSITIVE SKIN TYPE COSMETICS, NEVER RUB TOO MUCH WHILE REMOVING MAKE- UP, REMOVE IT WITH MILD OILS OR BABY OILS OR MILK. IF THE ALLERGY HAS SPREAD ALL OVER THE FACE THEN PUT PURE ALOVERA GEL OR COOL PACKS WITH ROSE WATER AND YOU CAN KEEP WET TISSUES DIPPED IN ROSE WATER AND KEEP ON PUTTING ON THE AFFECTED AREAS.



BY

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