



## **Hydrating soothing mask**

This is used as a post treatment mask to help soothe and comfort the skin. It is a requirement of us that you read the appropriate before and after care instructions for the treatment you received prior to the mask. For example, if you had a micro needling please read the micro needling before and after care instructions.

## **Skin care**

- For best results after any skin treatment, we strongly recommend to use our skin care products. We use a skin care line that is value for money and will nourish your skin.
- After 24 hours wear your sunscreen SPF 30 plus or higher.

## **When to seek medical attention and call the clinic on 406 581 8032**

- Although it is very rare if blisters, crusting, oozing, and pustules occur, this may indicate an infection.
- If any other concerning skin changes occur.

## **Diet recommendations**

- Eat a diet high in omega-3 fish oil such as salmon, soups with broth, try to avoid dairy and wheat, eat fruit and vegetables. Try to avoid unnecessary sugar including fruit juices and drink at least one liter of water per day. Natural freshly squeezed juice at home is ok.

## **Other post treatment recommendations**

For hydration and to assist with redness and soreness we also offer a soothing avocado hydration mask available post treatment (except for PRF micro needling).

For destination illumination post any skin chemical peel or micro needling treatment. We do offer a post treatment illumination peel that helps to loosen and remove any dead skin cells [click here for more information](#)

If you have any concerns or questions, please don't hesitate to contact NLHB on 406 581 8032.