



# THE GROVE SPA

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& BOUTIQUE

## ESPA® Organic Facials Post-Treatment

Please follow this care plan closely in order to see the best results.

### **On the day of your treatment:**

- Drink plenty of water to keep yourself hydrated and help flush out toxins.
- Try not to touch your face or other treated areas, and skip any at-home facial massage. Your skin may be sensitive, so a hands-off approach is best.
- Avoid makeup for at least the rest of the day. While this isn't 100% necessary, applying makeup right after a facial is not ideal and may clog your recently deep-cleaned pores.

Have a question? Call us at 816-834-9100 or email us at [clientservices@thegrovespa.com](mailto:clientservices@thegrovespa.com)