**Nia Sola Beauty Aftercare Guide**

Protect Your Investment & Maintain Beautiful Results

**Facial & Skin Aftercare**

**Facials & High-Frequency Treatment:**

• Avoid touching your face for at least 24 hours.

• Stay away from direct sunlight and always wear SPF 30+ daily.

• Avoid makeup and heavy skincare products for 24 hours.

• Drink plenty of water to keep your skin hydrated.

• Use a gentle cleanser and moisturizer.

**Chemical Peel:**

• Expect mild redness and peeling for a few days.

• Avoid sun exposure and wear SPF 50+ daily.

• Do not pick or peel flaking skin—let it shed naturally.

• Use a gentle, hydrating moisturizer to soothe the skin.

• Avoid exfoliants, retinol, and active ingredients for at least a week.

**Lip & Eye Treatment:**

• Keep the treated area moisturized with a recommended balm or cream.

• Avoid harsh products and exfoliation around the eyes/lips for 24 hours.

Red Light Therapy:

• Wear SPF daily to maintain results.

• Continue using hydrating and collagen-boosting skincare.

**Lash & Brow Aftercare**

**Lash Lift & Tint:**

• Keep lashes dry for the first 24 hours—no water, steam, or sweating.

• Avoid mascara or lash curlers for at least 48 hours.

• Brush lashes daily with a clean spoolie to maintain their shape.

**Eyelash Extensions (Classic, Hybrid, Volume):**

• Do not get lashes wet for 24 hours after application.

• Avoid oil-based products around the eyes.

• Gently clean lashes daily with a lash-safe cleanser.

• Do not rub, pull, or pick at your extensions.

• Schedule refills every 2-3 weeks to maintain fullness.

**Brow Shaping & Tinting:**

• Avoid touching or applying makeup to the area for 24 hours.

• Keep brows dry for at least 12 hours.

• Use a brow serum or oil to nourish and maintain color.

**Body Treatment Aftercare**

**Back Facial:**

• Avoid excessive sweating, hot showers, and tight clothing for 24 hours.

• Use a gentle cleanser and moisturizer on the treated area.

• Exfoliate 2-3 times per week (after 48 hours) to prevent breakouts.

Waxing Aftercare

• Avoid hot showers, saunas, and excessive sweating for 24 hours.

• Do not touch or scratch the waxed area.

• Exfoliate the area 2-3 times per week (after 48 hours) to prevent ingrown hairs.

• Moisturize daily with a fragrance-free lotion.

• Avoid sun exposure and use SPF on exposed areas.

**Makeup Aftercare**

• Keep skin hydrated and prepped with a lightweight moisturizer.

• Avoid touching your face to prevent smudging.

• Remove makeup gently with a cleansing balm or micellar water.

• Clean your brushes regularly to prevent breakouts.

**Nail Services Aftercare**

**Manicures (Regular, Gel, Builder Gel, Dip Powder, Acrylic, Extensions, Gel-X):**

• Keep hands moisturized with cuticle oil daily.

• Avoid using nails as tools to prevent lifting or chipping.

• Wear gloves when cleaning or using harsh chemicals.

• Schedule fills every 2-3 weeks for gel, dip, or acrylic sets.

**Pedicures:**

• Allow polish to fully dry before wearing closed-toe shoes (if not gel).

• Moisturize feet daily and exfoliate weekly to prevent dryness.

• Wear proper footwear to protect your nails from damage.

**Nail Art & Enhancements:**

• Avoid excessive water exposure to maintain longevity.

• Handle 3D and detailed designs with care to prevent breakage.

Following these aftercare steps will help you maintain beautiful, long-lasting results! If you have any concerns, feel free to contact Nia Sola Beauty for personalized guidance.