



Avoid exercise for 24hrs after.



Avoid swimming for 72 hours.



Apply sunscreen to your face



Avoid AHAs, BHAs, Retinols, salicylic.



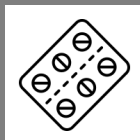
Don't use make up for 24 hours



Avoid the direct sunlight for 72hours



You may get a headache  
Take Paracetamol if you need



Avoid hot tubs and saunas for 24hours.



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