

Contraindications

IF YOU HAVE ANY OF THE FOLLOWING CONDITIONS, PLEASE CONSULT YOUR ESTHETICIAN PRIOR TO SCHEDULING YOUR APPOINTMENT TO INSURE YOU RECEIVE THE BEST TREATMENT POSSIBLE CUSTOMIZED FOR YOU.

Please complete this simple check list prior to **every** skincare treatment. If you check **YES** for any condition prior to any treatment: please consult your doctor prior to scheduling your treatment. Skincare by Spa C'est La Vie cares about your health and safety, and we always want to provide you with excellent treatments! Self-care is not selfish, and beautiful skin is always in!

Please check boxes for **YES** answers only. **ALWAYS notify your Esthetician if any of the information below changes between treatments.** As always, please cancel your appointment if you are ill, and reschedule as soon as you are able! Thank you!

- Viruses such as (but not limited to) colds/Flu/COVID/Fever/Cold Sore.
- Bacterial infections such as (but not limited to) Impetigo/boils/conjunctivitis.
- Fungal infections such as (but not limited to) Ringworm/Blepharitis.
- Undiagnosed lumps/swelling.
- Broken jaw, or other facial bone(s).
- Any of the following (but not limited to): Eczema, Rosacea, broken blood vessels, psoriasis, fresh bruising, open sores, bleeding, hemophilia, diabetes, HIV/Aids, Hep A/B/C, Kidney/Liver conditions, prosthetics/implants, under the influence of alcohol during any treatment, undergoing/undergone chemotherapy, chronic migraines/headaches, tooth abscess, cancer, lice, uncontrolled blood pressure, recent head/neck/back injury, contagious disease, recent hemorrhage, recent scaring, change in medication/vitamins since last visit, allergy to latex, face/body metal implants, pacemaker, port, blood glucose monitor, defibrillator, implanted pain stimulator, recent surgery/injury, any/recent tattoo(s)/piercing(s), recent cosmetic enhancements, severe active acne.
- Injections, oral/topical steroids, using any prescription skincare medication, sunburn/rash, tanning bed, or face/body waxing 72 hrs. prior to any skincare treatment? Chemical peel, Microdermabrasion, or any other resurfacing treatments 2 weeks prior to treatment?**
- Allergic to: nuts, apples, Aspirin, dairy.** Known sensitivity/allergy to ingredients in products.
- Hot/cold/loud noise sensitivities?**
- Claustrophobic?**
- Sinus/nasal problems?**
- Lactating/pregnant?**
- Any other skin conditions?**

*Contraindication(s): a condition which suggests a particular technique and/or product should not be used. This doesn't mean the treatment CANNOT be done. It simply means: PLEASE consult your Esthetician prior to your scheduled treatment. As always, when in doubt, it is important to check with your treating physician.

High Frequency

Great for all skin types, and for treating broken capillaries.

❖ **Contraindications:**

- ◆ Headaches / Migraines
- ◆ Epilepsy
- ◆ Excessive dental fillings / Braces
- ◆ Lactating/Pregnancy
- ◆ Pacemaker

LED Therapy

LED is a relaxing treatment for **all skin types**.

❖ **Contraindications:**

- ◆ Lactating/Pregnant
- ◆ Epilepsy/Seizures
- ◆ Photo/Light sensitivity
- ◆ Avoid if using Tetracycline, Retin-A, steroids, or any other photosensitive medication.

Ultrasonic Scrub

Recommended for all skin types.

❖ **Contraindications:**

- ◆ Lactating/Pregnant
- ◆ Pacemakers
- ◆ Circulation disorders
- ◆ Acute/severe infection
- ◆ Cancer patients
- ◆ Diabetes
- ◆ Blood disorders
- ◆ Heart conditions
- ◆ Seizures

Galvanic ****Must remove all jewelry prior to treatment.****

Ideal for oily skin. *NOT for clients with Couperus skin (broken blood vessels), or Rosacea.*

❖ **Contraindications:**

- ◆ Lactating/Pregnant
- ◆ Pacemakers
- ◆ Diabetes
- ◆ Diminished nerve sensibility.
- ◆ Fever/infection.
- ◆ Epilepsy/Seizures, Chronic Migraines/headaches.
- ◆ Uncontrolled blood pressure, Heart conditions.
- ◆ Metal implants: including braces.
- ◆ Active Acne / open or broken skin / recent wounds/scars.

Infrared Contraindications

- Taking Medications
- Blood thinners, diuretics, barbiturates, beta-blockers, antihistamines, Ret-A, & Steroids.
- Age
- At least 13 years old (under puberty).
- 65 and over ONLY IF NO decreased sweating ability and no other contraindications.
- Cardiovascular Conditions
- Potential to increase heart rate up to 30 beats/minute.
- Uncontrolled High Blood Pressure
- Pregnancy, or lactating
- Pacemaker / Defibrillator / Cochlear implants
- Epilepsy
- Fever/Infection / Skin rash/infection/sunburn
- Insensitivity to heat
- Recent joint injury/surgery (6 weeks).
- Chronic Conditions / Diseases associated with reduced/inability to perspire.
- Hemophilia
- Alcohol / Alcohol Abuse
- Avoid Alcohol for at least 24 hrs. prior and 48 hrs. post-treatment.
- Drink plenty of water* (Body weight/2 is the amount of water you should consume daily).
- **REMOVE ALL JEWELRY****
 - No recent piercings, tattoos (2 weeks) chemical peel, injectables, waxing (48 hours).