

Root Revival: Pre & Post Treatment Advice

Before Your Treatment

To maximise your results and ensure your scalp is prepared for treatment:

Wash your hair on the day of treatment or the evening before.

Arrive with a clean scalp free from heavy styling products, oils, dry shampoo, or hair fibres.

Stay well hydrated by drinking plenty of water.

Inform your practitioner of any medications, medical conditions, or changes in your health.

Avoid applying scalp treatments or medicated products unless advised otherwise.

Let us know if you have any scalp irritation, infections, cuts, or open wounds.

After Your Treatment

To support scalp health and optimise results:

Continue drinking plenty of water.

Allow the scalp to breathe and remain product-free where possible for the rest of the day.

Gently brush and care for your hair as normal.

Follow any recommended homecare or scalp care routine.

Attend your recommended course of treatments for best results.

For 24 Hours After Treatment

Avoid:

Excessive heat, including saunas, steam rooms, and hot tubs.

Heavy hair products, oils, or styling sprays.

Vigorous scalp scratching or rubbing.

Hair colouring or chemical treatments.

Excessive alcohol consumption.

What Can I Expect After Treatment?

Most clients experience:

A refreshed, invigorated scalp

Improved scalp circulation

Healthier scalp condition

Stronger-looking hair over time

Support for healthier hair growth

Possible Temporary Effects

It is normal to experience:

Mild scalp warmth

Slight tingling

Temporary redness

These effects are usually mild and subside quickly.

To Achieve the Best Results

Complete the recommended treatment course.

Maintain a healthy diet and lifestyle.

Stay hydrated.

Use recommended hair and scalp products.

Be consistent, as hair growth improvements take time.

Healthy scalp, healthy hair. Consistency is key to achieving stronger, fuller-looking results.