

BEFORE AND AFTERCARE

BEFORE A TREATMENT MAKE SURE YOU HAVE A GOOD REST AND THINK IF THERE IS ANY PLANS OR EVENTS HAPPENING AS THERE MIGHT BE SOME DOWNTIME LIKE BRUISING OR SWELLING. SEEK MEDICAL ASSISTANCE IF IN RARE EVENT YOU ARE EXPERIENCING SIGNS OF ANAPHYLAXIS, ALLERGY OR DIFFICULTY BREATHING, BLURRED VISION, BLOOD IN URINE, NUMBNESS THAT DOESN'T GO AWAY. PLEASE INFORM US PRIOR TREATMENTS IF THERE'S ANY CHANGE IN YOUR CIRCUMSTANCES, LIKE MEDICATION, INJURY, PREGNANCY.. ETC
FOR ALL TREATMENTS BEFORE AND AFTER MAKE SURE YOU FOLLOW OUR GUIDANCE

DON'T DO IT LIST FOR ALL TREATMENTS :

TANNING(AT LEAST 2 WEEKS PRIOR AND AFTER, SOME TREATMENTS MORE), HOT BATHS AND SAUNAS(3DAYS PRIOR AND AFTER , SOME TREATMENTS LONGER)

ABOUT 2 WEEKS PRIOR AND AFTER AVOID CREAMS WITH ACTIVE INGREDIENTS LIKE ALPHA ACIDS, RETINOL, HYDROQUINONE, ACNE CONTROL OR STEROID CREAMS ..ETC

ALCOHOL AND SPICY FOOD(48 HOURS)

STRESS, GYM AND EXERCISE THAT CAUSE SWEATING(48 HOURS)

DON'T USE SCRUBS OR SHAVING BLADE 3 DAYS PRIOR AND AFTER IF NEEDED JUST DO A ROUGH SHAVE NOT EFFECTING THE SKIN 48HOURS PRIOR FOR LASER TREATMENTS

NO SWIMMING IN CHLORINE WATER, SWIMMING POOLS

AVOID HAVING BOTOX, DERMA FILLERS, PEELS 2 WEEKS BEFORE AND AFTER ON THE AREA TO BE TREATED.

MUST DO LIST FOR ALL TREATMENTS :

AREA TO BE TREATED TO BE SHOULD HAVE LOOSE CLOTHING AND SOFT FABRIC, HAVE TESTED FOR ALLERGIES IF IN DOUBT, DRINK PLENTY OF WATER, USE ARNICA CREAM IF AREA FEELS BRUISED OR TENDER, APPLY ALOE VERA GEL IF SENSITIVE, CONTACT US IF SYMPTOMS LAST MORE THAN 48HRS. USE SUN PROTECTION FOR 2 WEEKS PRIOR AND AFTER TREATMENT

WAXING- BEFORE TREATMENT TRIM AREA IF NEEDED , AVOID EXCESSIVE EXERCISE TO REDUCE OVERLOAD ON SWEAT GLANDS, USE TALC IF NEEDED, MAKE SURE AREA HAVE NOT BEEN EXPOSED TO VARIOUS CREAMS THAT CAN CAUSE SENSITIVITY(RETINOL, BLEACHING CREAMS..) USE LOOSE CLOTHES AVOID BATHS AND SOAP OR CREAMS WITH ACTIVE INGREDIENTS . FOR INTIMATE WAXING AVOID SEXUAL INTERCOURSE FOR 48 HRS, REDNESS AND SOME FOLLICLE RED DOTS CAN BE NORMAL REACTION AND SHOULD SETTLE IN 24HRS

FACE TREATMENTS - AVOID USING ABRASIVE SCRUBS , STEROID CREAMS , TANNING OR HOT FOOD AND ALCOHOL, AVOID WEARING HEAVY MAKE UP OR BEING EXPOSED TO SUN BEFORE AND AFTER . AVOID MAKE UP FOR 48 HOURS, AND BE CAREFUL REMOVING MAKE UP FOR ABOUT 1 WEEK, JUST TAP TISSUE , DON'T DRAG. MAKE SURE YOU TAKE CARE OF EYE WEAR OR LENSES THROUGHOUT THE TREATMENT, EYELASH EXTENSIONS CAN BE EFFECTED AND PREFERABLY SHOULD NOT BE PRESENT DURING TREATMENT. AVOID HAVING HAIR COLOUR OR ANY HAIR TREATMENTS AS IT MAY LEAK ON THE FACE AND CAUSE REACTION. SOME REDNESS AND SWELLING CAN BE NORMAL ESPECIALLY IF WE USE MICRO NEEDLES , EXTRACTION TOOLS, BREASTFEEDING AND PREGNANCY IS A CONTRAINDICATION FOR ELECTRICAL TREATMENT LIKE RF UL HIFU, MC.. ETC

MASSAGE - PLEASE MAKE SURE YOU DON'T DO SUDDEN MOVEMENTS AND ALLOW MUSCLES TO RELAX BEFORE YOU GET UP , DON'T EXPOSE YOURSELF TO A DRAFT OR START HEAVY PHYSICAL ACTIVITY WITHIN 24 AFTER MASSAGE , DRINK LOTS OF WATER, MUSCLE PAIN AND HEADACHE CAN BE A SIDE EFFECT AS TOXINS ARE CLEARING OUT, AND LACTIC ACID IS RELEASED FROM A MUSCLE , HAVE A HOT BATH AND REST

BODY AND FACE SHAPING:

RADIOFREQUENCY IPL LASER TIXEL CRYO HIFU CAVITATION

FOR LASER TREATMENTS WAXING OR PLUCKING SHOULD STOP 2 WEEKS BEFORE, IF ANYONE REDNESS AFTER TREATMENT APPLY ICE PACK, IF ANY PIGMENTATION APPEARS USUALLY IS TEMPORARY AND WILL GO IN 3-4 WEEKS, APPLY VIT E OIL AND 2WEEKS AFTER EXFOLIATE. ANTIBIOTICS IS A SERIOUS CONTRAINDICATION, PLEASE INFORM US.

AVOID SCRATCHING OR PICKING ON DRY SKIN AFTER LASER RESURFACING TREATMENT, SKIN TAGS AND MOLES SHOULD BE LEFT TO HEAL, DO NOT ENCOURAGE TO PEEL IF SKIN NOT READY AND AVOID SUN BECAUSE OF PIGMENTATION. IN ALL LASER CASES SUN EXPOSURE NOT ALLOWED 3 WEEKS PRIOR AND AFTER.

MAKE SURE AREA HAD NO CREAMS WITH ACTIVE INGREDIENTS FOR 14 DAYS AND SAME AFTERWARDS, NO SELF TANNING LOTIONS (FOR LASER 8WEEKS PRIOR AND 3WEEKS AFTER), MAKE SURE YOU COMPLY TO GO WITH TREATMENT BY FILING UP A FORM OF QUESTIONS THAT GIVES MORE DETAILED INFO ON YOUR MEDICAL CONDITIONS. ANY ELECTRICAL TREATMENTS NOT ALLOWED IF YOU ARE PREGNANT OR IF YOU HAVE ELECTRICAL IMPLANT DEVICE(PACEMAKER, DEFIBRILLATOR)

CRYO TREATMENT CAN BE DONE AT LEAST ONE MONTH APPART ON THE SAME AREA SO INFORM YOUR THERAPIST WHICH AREA WAS LAST WORKED ON. AFTER PREGNANCY HAS TO BE AT LEAST 5 MONTHS TO UNDERGO TREATMENT, IF YOU ARE PRONE TO BRUISING OR TAKE BLOOD THINNERS PLEASE SPEAK TO YOUR THERAPIST, ALSO IF ANY OTHER HEALTH ISSUES, LIKE FROST SENSITIVITY, TATTOOS IN AREA, SURGERIES, LIKE C SECTION, OVARIES TREATMENT, IBS... ETC

USE ALOE VERA GEL OR VASELINE IF AREA FEELS TENDER OR DRY. REDNESS OR TEMPORARY DISCOLORATION CAN STAY FOR FEW MONTHS, SUN EXPOSURE AND TANNING LOTIONS SHOULD NOT BE USED 4WEEKS PRIOR AND AFTER TREATMENT. IF YOU HAVE DEEP LINES OF STRETCH MARKS, MEDICAL ISSUES OR TATTOO ON THAT AREA WE MIGHT NOT BE ABLE TO DO THE TREATMENT.

HIFU AND HEAT TREATMENTS CAN'T BE DONE IF THREADS HAVE BEEN IMPLANTED WITHIN LAST 6 MONTHS. DERMA FILLERS/BOTOX CAN ALSO BE EFFECTED BY HEAT FACIAL TREATMENTS. PLEASE INFORM US.

INJECTABLES /IV DRIP

AVOID TOUCHING AREA FOR AT LEAST 4 HOURS AFTER, NO HEAT EXPOSURE, NO ACTIVE COSMECEUTICAL PRODUCTS, NO MEDICATION LIKE IBUPROFEN OR ASPIRIN

BRUISING IS NORMAL AND SHOULD STOP IN 10DAYS, USE ARNICA TABLETS, CREAM. AVOID BLOOD THINNING MEDICATION, UNLESS IT'S A PRESCRIPTION, STAY UPRIGHT FOR AT LEAST 4 HOURS IT STOPS BOTOX FROM SPREADING TO OTHER MUSCLES, DO NOT USE ANY PRESSURE ON THE AREA(GOGGLES, HEAD BANDS) SLEEP ON YOUR BACK IF YOU CAN FOR 3NIGHTS . DON'T BEND DOWN AND DON'T EXERCISE FOR 3DAYS. ANY TREATMENTS LIKE WAX, LASER OR MASKS SHOULD NOT BE USED AT LEAST A WEEK BEFORE AND AFTER. HAIR GROWTH WILL BE REDUCED ON THE AREA TREATED.FOR MESSO/MICRO NEEDLES IS IMPORTANT TO CHOOSE THE CORRECT SERUM FOR BEST RESULTS. AVOID DRINKING ALCOHOL THE DAY BEFORE, OR GO TO GYM JUST BEFORE TREATMENT, ALSO DEPENDS ON YOUR MENSTRUAL CYCLE, AS IT CAN CAUSE EXTRA BLEEDING WHEN WORKING WITH NEEDLES. IF YOU FEEL UNSURE ABOUT NUMBING CREAM EFFECT PLEASE COME FOR A PATCH TEST. PATCH TEST CAN BE DONE FOR ANY OTHER PRODUCT IF YOU HAVE ANY DOUBTS.

IF YOUR HEALTH CODITION HAVE CHANGED ITS YOUR RESPONSIBILITY TO INFORM YOUR THERAPIST AND DO AN ADDITIONAL CLIENT RECORD CARD. FOR EXAMPLE PREGNANCY, OPERATIONS, DEVELOPED ALLERGY, ANTIBIOTICS.. ETC

Thank you