



TEN BEAUTY MICRONEEDLING REJUVENATION FACIAL – PRE-TREATMENT ADVICE

To prepare your skin for the best results and minimise any risk of irritation or side effects, please follow the advice below:

**THIS FACIAL IS NOT SUITABLE IF YOU'RE CURRENTLY USING ROACCUTANE OR
RECENTLY STOPPED IT – PLEASE LET US KNOW IF YOU'RE UNSURE.**

2 WEEKS BEFORE

- Avoid waxing, chemical peels, laser treatments, or injectables in the area to be treated.
- Do not have Botox or filler in the treatment area within 2 weeks of your facial.

3–5 DAYS BEFORE TREATMENT:

- Stop using active skincare ingredients such as:
 - Retinol/Retinoids
 - AHA/BHA acids (glycolic, lactic, salicylic)
 - Benzoyl peroxide
 - Exfoliating scrubs or enzymes
 - Avoid sunbeds and excessive sun exposure.
 - Ensure you're well-hydrated and keep your skin moisturised.

24–48 HOURS BEFORE TREATMENT:

- Avoid alcohol and caffeine (can increase sensitivity and bruising).
- Avoid ibuprofen or aspirin, if possible, unless medically necessary.

ON THE DAY OF TREATMENT:

- Arrive with clean, product-free skin (no makeup, creams, SPF, or oils).
- Let your practitioner know if you are pregnant, breastfeeding, or have any skin conditions such as rosacea, eczema, or open wounds.

ANY CONCERNS PLEASE CALL SARAH ON 07710666599