

Facial Treatments

Advice is given to ensure the client fully understands what should and should not be done, carried out or will be experienced post treatment to achieve maximum treatment results and to prevent risk of infection.

Pre treatment advice:

- Drink lots of water as this will hydrate your skin and prepare it for your facial. Keep with your normal skincare routine so your skin therapist can see how your skin is on the daily.
- Don't drink too much alcohol a day or two before as this will dehydrate your skin and thin your blood vessels that may cause an irritation as the facial takes place.
- Please discontinue products containing any exfoliating agents (retinoic acid, tretinoin, retinol, benzoyl peroxide, glycolic acid, salicylic acid, astringents, etc.) 3-5 days before treatment.
- On day of treatment, wearing a top with straps that can be pulled down easily is best.
- If an electrical treatment is being carried out, make sure to remove all jewellery & piercings prior to coming.

IF YOU WOULD LIKE YOUR DÉCOLLETAGE AND NECK DO E PLEASE WEAR A VEST TOP OR SOMETHING SIMILAR!

Aftercare advice:

SKINCARE TREATMENT

- Avoid wearing make-up for at least 8 hours after a facial treatment.
- Always cleanse, tone and moisturise your face; to prevent loss of moisture, protect the skin from make-up and to keep the skin soft and supple.
- Always remove all traces of make-up at the end of the day.



- Drink plenty of water. This is to help flush out the toxins from your body now that your lymphatic drainage system has been boosted by your treatment.
- Do not undertake any other facial skincare treatments within 48 hours of facial.
- Avoid sun-bathing and direct heat (intense sunlight & sun beds) and indirect heat (sauna, hot bath, shower) for 48 hours after treatment.
- Do not apply perfume or perfumed products to the treated area within 48 hours.
- Do not apply any other exfoliating skincare products for 72 hours after your facial.
- Avoid unnecessarily touching the skin to prevent bacteria or germs from your fingers getting onto your skin. Studies show on average we touch our face 23 times an hour!
- A fresh pillow case will also prevent bacteria or germs from getting onto your skin.
- In addition to the potential benefits, a facial, like most other treatments, isn't without risks. For example, you might have an allergic reaction to some of the products being used or find that they increase breakouts on your skin, more on that below. Although if a reaction happens please inform me so I can advise.

The Facial Purge-

Skin sometimes purges a day or two after a facial treatment because extractions cause the skin to get rid of the toxins hanging out just below the surface, this can be a facial exfoliation, microdermabrasion treatment or galvanic desincrustation. When this happens, the skin can break out in whiteheads or pimples, and it can be inflamed and red. This is absolutely normal and should subside within a few days to a week. What comes to the surface would appear anyway, all the treatment has done is speed up the process and help get them out the skin quicker, which isn't necessarily a bad thing! Persevere and trust the process.

Extraction-

If you have extraction as part of your facial service, please be aware that you may be left with some redness, the skin can be broken and bleed but getting pustules, papules and blackheads out correctly is the best thing for your skin to prevent the spread of bacteria and cause open pores later on in life.

Add on:

COSMETIC ELECTROTHERAPY SKINCARE TREATMENTS

- Avoid extremes of temperatures such as wind & effects of central heating as this can have a dehydrating or damaging effect on the skin, your skin may be more vulnerable straight after an electrical treatment.

- **Microdermabrasion & Hydrodermabrasion -**

- After a dermabrasion treatment for 24 hours, your skin can feel slightly tight and look pink.
- You may experience signs of skin irritation such as redness, swelling, dryness and itching. This will vary according to the service application technique applied or skin type treated, some clients may also experience bruising or a burning or stinging sensation and increased sensitivity of the skin to sunlight.
- Avoid wearing make-up for at least 24 hours post treatment.
- Very slight peeling can occur post-treatment. This is because of cell renewal, this is absolutely normal so it is essential to keep your skin hydrated, drink plenty of water and follow a skincare routine, moisture is key.
- Avoid UV exposure for 7 days following treatment, wear a UV sunblock on exposure to sunlight at all times.
- Most people do not need time to recover after microdermabrasion. If a person does experience side effects, they tend to disappear after a few days.

- **Direct High Frequency & Oxygenation Injection-**

- Avoid using AHAs and BHAs – using strong acids on the skin right after high-frequency can sometimes be overly drying for the skin and cause irritation.
- Don't pick on your skin – your skin will not be irritated after direct high-frequency, but it is always a good idea to keep your hands away from your skin due to spreading of harmful bacteria. Remember how many times we touch our skin an hour!
- Avoid applying cosmetics – you should leave the skin free of makeup for several hours to a day after getting a direct high-frequency facial so you reap the maximum benefits of revitalising oxygen and antibacterial ozone on your skin.

- **Radio Frequency-**

- You may experience a slight warmth to the skin immediately after the treatment; this will fade as your skin returns to normal temperature. You may also experience a slightly flushed appearance immediately after the treatment due to the gentle heat of the wand; again, this should subside within an hour or so as the skin cools.

Galvanic, Ultrasonic, Ultrasound, Bio Lift Microcurrent, LED Light & Cryotherapy-

- I advise avoiding wearing make up for 8-12 hours to support the skin-cleansing effect.
- Following these treatment there is not specific aftercare other than the above on facials, make sure you are drinking plenty of water to stay hydrated, follow a skincare routine and use SPF daily.

Facial treatments are recommend to have every 4 weeks to achieve a noticeable result and maintain a good skincare routine at home, unless you are on a course of treatment which will be discussed with your skin therapist & specialist.

However, outcomes cannot be guaranteed as maximum results are highly dependent on age, cumulative sun exposure, health, lifestyle, genetic traits, general skin conditions, and willingness to follow recommend protocols. Be aware that many changes may occur deeper within the skin overtime and an advanced treatment may be required to achieve results.

Skincare Product Purge-

There are always risks when we change our skincare products, the purge.

Generally, purging should be over within four to six weeks of starting a new skin care regimen.

When we start a new skincare regime or change over products, especially if the products contain active ingredients, these can speed up cellular turnover can cause purging. Cellular turnover is code for natural exfoliation. Any ingredient that makes your skin exfoliates faster causing more dead cells to temporarily get trapped in your pores, bringing those pimples to the surface faster than they would have appeared on their own.

In the short term, this makes your face erupt in pimples. In the long term, it helps keep those pores clear so you won't have to deal with them again anytime soon.

Perseverance is key when it comes to converting over skincare. I'm always here if you need help or for any advice!

Please make sure that you fully understand everything, if you are unsure about anything or have any further questions please feel free to contact me by phone or email.

Suzanne Seth

Tel: 01383 871744

Email: suzanne@hiddenbeauty.info