



## Facials at the Health and Serenity Spa

We aim to ensure clients have the best possible advice both prior to and post-treatment. Please read the following information prior to booking an appointment in the spa.

- **Consultation Information:** to ensure you are not contraindicated to any treatment.
- **Pre-treatment Advice:** should be read prior to attending an appointment.
- **Aftercare Advice:** to be read following your appointment for best results.

### CONSULTATION

- **Local Contraindications:** treatments cannot be performed over contraindicated areas.
- **Medical Contraindications:** please seek medical advice prior to booking. In circumstances where medical permission cannot be obtained, clients must give their informed consent in writing.
- **Total Contraindications:** prohibit a treatment from taking place.

#### Local Contraindications:

- Cuts/Abrasions
- Bruises/Swelling
- Skin Conditions (Active Eczema, Dermatitis, Psoriasis)
- Acne Vulgaris
- Acne Rosacea
- Skin Tags
- Sunburn
- Broken Capillaries/Veins
- Broken Bones
- Undiagnosed Lumps Or Swelling

#### Medical Contraindications:

- Any known sensitivity or allergy to products should be disclosed. A patch test can be offered in the salon a few days prior to any appointment.
- Check any condition that is already being treated by a GP or another practitioner.
- Consult with a Doctor if you are taking any medication that may have an effect on your treatment.
- Cardiovascular Conditions (Thrombosis, Phlebitis, Hypertension, Hypotension, Angina, Pacemakers)
- Recent Scar Tissue (less than 6 Months minor operation, less than 2 years major operation)



**Total Contraindications:**

- Viruses such as Fevers, Cold Sores, Warts
- Bacterial infections such as Impetigo, Facial Boils, Conjunctivitis, Styes
- Fungal infections such as Ringworm, Blepharitis

**PRE-TREATMENT ADVICE**

- Nourishing oils will be used on your skin during your treatment. We suggest showering before your appointment so you can leave these oils on your skin as long as possible.
- Wear loose, comfortable clothing to your appointment.

**AFTERCARE ADVICE**

- Do not undertake any other facial treatments within 48 hours of your appointment
- Avoid heat treatments such as sauna, steam room for 48 hours.
- Avoid perfumed products, self-tan or heavy makeup application for 24 hours.
- Do not apply any other exfoliating skincare products for 72 hours after having a facial
- Avoid touching the area. Your skin's pores may be open and dirty fingers can cause infection.
- Drink plenty of water to flush away any toxins following massage.
- Avoid showering before bed to allow facial products maximum time to treat your skin.

**Additional Advice**

Facials are an external way to detoxify. When you detoxify, your body rids itself of toxins and impurities, oftentimes through the skin. Getting rid of toxins can boost energy and leave your skin looking luminous but before this you may first experience some pimples or rashes as toxins release through the skin. It is normal to get some mild redness immediately after treatment.

**SKINCARE ADVICE**

Your skin works hard to keep you healthy, and you can return the favour by looking after it.

**Top Tips:**

- Use an **SPF**. Sunlight contains ultraviolet (UV) rays, which are the main cause of skin ageing and can cause skin cancer. At Sutherlands Hair and Beauty, we recommend an antioxidant SPF 30 to protect your skin against UVA, UVB and environmental aggressors.
- Stop **smoking**. Smoking is one of the main environmental factors in premature skin ageing by breaking down and preventing the production of new collagen. Smoking also causes the tiny blood vessels in the skin to constrict, reducing the supply of oxygen to the skin.



- Cut down your **alcohol** consumption. When you drink alcohol, your body and skin can become dehydrated, leaving the skin looking older and tired.
- Eat a **healthy diet** and drink plenty of **water**.
- Follow a **skin care routine** to nourish and treat your skin. Ask your therapist what products would be best suited to protect and improve your skin. Cleanse morning and night. Exfoliate. Use a mask, eye cream and skin appropriate moisturiser.

If you experience a reaction to your treatment that continues for more than 24 hours please see your GP.