



Shrinking Violet Body Wrap 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 salon.

- **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:

- Varicose veins
- Bruising
- Cuts/Abrasions

Medical Contraindications:

- Check any condition that is already being treated by a GP or another practitioner.
- Thyroid Problems
- Asthma
- Claustrophobia

Total Contraindications:

- Soya Bean Intolerance
- Sunburnt or Wind Chapped Skin
- Active Skin Conditions (Eczema, Dermatitis, Psoriasis)
- Recent Surgical Operations
- Inflammation or Swelling
- Low/High Blood Pressure
- Pregnancy
- Breastfeeding



- Chemotherapy
- Claustrophobia
- Lymph Gland Removal

PRE-TREATMENT ADVICE

- Do not consume a large meal prior to the treatment.

AFTERCARE ADVICE

- Have a light diet
- Drink plenty of water (at least 8 glasses a day)
- Limit salt, sugar, caffeine, alcohol, cigarettes and processed foods.
- Leave the oil on the skin (just rinse lightly in shower, but don't wash off with soap or shower gel apart from armpits, feet, and groin) as it will continue to assist with lipolysis for the next 24 hours
- Consult a nutritionist if necessary for advice on calorific requirements and possible food intolerances (wheat for can often cause bloating)
- Take regular exercise (just half an hour 3 – 4 times a week can be a great body/mood booster)
- Dry brushing before showering will improve skin texture and tone (body brushes are available at the spa for home use)
- Retail is available at the salon to help increase results
- Ideally have a course of body wraps (you should see an improvement after the first one, but it may take up to 3 treatments to achieve optimal results).