

Just Pampered LED Light Therapy and EMS Toning Pre and Post Treatment Guidance

Pre Treatment

- ✓ Avoid washing your hair before a treatment if you can, we don't mind if it's not completely clean and although we can cover it with a headband/towel it may still get messy around the hairline
- ✓ Aim to arrive with little to no eye make up on so we are able to focus longer on treating the skin rather than removing the make-up
- ✓ Avoid exfoliation on the area for at least 24 hours before the treatment commences, as we do this as part of the treatment

What happens during treatment?

The treatment is available as a stand alone LED Light Therapy facial, a stand alone EMS Toning treatment or both combined. The combined treatment is explained below and for the stand alone treatment we simply skip the steps.

You will be taken in to the treatment room and given time to prepare for the treatment. The therapist will leave the room to give you privacy while you remove your T shirt and upper layers (you can leave your bra on, just slide the straps down) and get tucked in under our blanket or duvet. The bed is heated for your comfort and the main lights will be switched off with just side lamps to help you relax. We begin with a cleanse, exfoliation and removal with hot mitts. Once the skin is prepared, we apply the EMS pads for toning to the cheek area for the optimum lift. We then apply eye protector and the LED opera mask over the face and apply the settings to suit you. You will feel the muscles relax and contract in sequence throughout the treatment and see the bright light of the LED. During treatment we stay with you and carry out a hand and arm massage. Following the treatment we remove the mask and pads, apply serum to suit your skin type and finally eye cream and moisturiser. Overall, the experience is very relaxing and provides immediate results.

The treatment is also available as an upgrade to any other facial we offer and is most effective alongside microdermabrasion or skin peels.

Post Treatment

- ✓ Drink plenty of water to remain hydrated and increase the benefits
- ✓ Do not rush after the treatment, we don't want you feeling lightheaded.
- ✓ Drive home with the window slightly open to ensure you get enough fresh air
- ✓ Try not to touch the skin as it has already been deep cleansed and stimulated during the facial
- ✓ You may experience erythema, which is redness to the area due to an increase in circulation. This is completely normal and a good sign that the treatment is working. Erythema usually subsides very quickly once the treatment has ended
- ✓ Do not apply make-up or perfume for six hours, to allow the skin to breathe and for the facial products to penetrate the skin.
- ✓ Apply a face mask up to twice weekly and exfoliate the face with a specific facial exfoliator every 5-7 days. Other exfoliators would be too harsh and may damage the skin.
- ✓ Use facial exercises to help improve muscle tone, relieve muscle tension, lift the contours and reduce the appearance of lines.
- ✓ Where possible, wait at least a few hours before showering so the products can work to hydrate the skin
- ✓ For best results we recommend a course of treatments

Homecare – Your therapist will offer advice regarding homecare products to help you get the best value from your treatments and longer lasting results. There is no pressure to purchase anything, but we are always on hand to offer advice and guidance if you feel your routine at home could benefit from our assistance.

LED Light Therapy and S.A.D

What is S.A.D?

Seasonal Affective Disorder (S.A.D) affects many people in the darker months through winter. It is a form of depression which can affect sufferers in many different ways:

Lack of enthusiasm, gravitate towards staying indoors, resistant to making plans, feeling lonely even when surrounded by people, loss of appetite and sleeping more. Those who suffer with S.A.D. can fall into almost a hibernation mode and the days can seem very long and mundane.

How does LED Light Therapy help SAD?

The light is applied to the face for a twenty minute treatment, which encourages the brain to reduce the amount of melatonin it produces (the hormone which makes you sleepy) and stimulates the production and secretion of the hormone serotonin, which stimulates the body to be awake and boosts your mood.

How does LED Light Therapy help the Skin?

Our LED Light Therapy consists of visible red and blue lights to treat specific skin conditions plus to mimic the effects of natural sunlight. The red light stimulates cell activity, skin renewal and collagen production for plumper, more youthful looking skin. It gives the overall appearance of more consistent skin colouration and even complexion. The blue light is for healing and kills bacteria for conditions such as acne, blemishes, inflammatory skin conditions and acne scarring. It is possible to receive either the red or blue individually or a combination of both. The treatment is painless and relaxing.

www.sad.org.uk

The UK organisation www.sad.org.uk recommends Light Therapy for treatment as an alternative to drugs. It states that around 200 years ago 75% of the population worked outside and now less than 10% of us work in natural daylight. It is thought this plays a major contribution to how we feel in the darker winter months. Our bodies are tuned into daylight hours, which maintains our Circadian Rhythms (your internal body clock). These rhythms help regulate and control food digestion, appetite, energy levels, quality of sleep and mood. When we do not receive the correct amount of daylight it affects our Circadian Rhythms and has a negative impact on our wellbeing. A combination of seasonal changes, hectic lifestyles and poorer weather can dramatically affect how we feel.

Find out more information at the website above.

Advice for those affected by S.A.D.

Try to get as much sunlight as possible, even if this means a brief walk on your lunch break. It may feel like going outside is the last thing you want to do, but gently exercise combined with natural daylight can lift the mood. Try to sit near a window when you are indoors, eat a healthy balanced diet and where possible take steps to reduce stressful situations. Try talking to a friend as an avenue to vent or consider counselling if you often feel down.