

Just Pampered Advanced Facials Pre and Post Care Guidance

Just Pampered Microdermabrasion Pre and Post Treatment Guidance

Pre Treatment

- ✓ Wear some comfortable clothing, we want you to feel relaxed
- ✓ 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 hair removal or exfoliation on the area for at least 24 hours before your microdermabrasion treatment

What happens during treatment?

As with a classic facial, you will be taken into the treatment room and given time to prepare for 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.

We always carry out a skin consultation prior to the treatment to ensure suitability. The treatment includes cleanse, preparation, the microdermabrasion treatment itself, followed by serum/eye cream and moisturiser for the shorter treatment. The full facial also includes a face mask for your skin type, décolleté, neck and shoulder massage.

The crystals feel slightly scratchy on the skin but pressure and flow is adjusted to maintain comfort throughout the treatment. You shouldn't feel any pain and we want you to be able to relax, so we work at a level to suit you. It can treat a whole range of skin irritations including blemishes, acne scarring, uneven skin tone, dry patches, dull skin tones, thickened skin, sun damaged areas, fine lines and wrinkles. Each customer has a new disposable tip for the machine attachment, so it is safe and hygienic.

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.
- ✓ Take your time, get dressed and take a seat in the relaxation area
- ✓ Try not to touch the skin as it has already been deep cleansed and stimulated during treatment
- ✓ 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.
- ✓ Avoid any heat treatments, saunas, steam and hot tubs for 48 hours
- ✓ Sunbeds should be avoided completely
- ✓ Avoid hair removal for at least 24 hours after treatment
- ✓ The microdermabrasion is non-invasive with minimal downtime, so you can return to your day immediately. It is possible you will experience a small amount of visible skin peeling on areas of dryness (for example the base of the nose) over the next few days but it shouldn't be noticeable to anybody else.

- ✓ Please note that although every care is taken to avoid it, hyperpigmentation may occur and could cause temporary or potentially permanent adverse effects. Please speak to your therapist about any concerns during the consultation.
- ✓ Always wear SPF daily, even on a day the sun is not visible through clouds. We apply an SPF before you leave the treatment room.

Homecare – Creating an at home regime is important to create value for money with your facial treatment programme.

Everything you do at home can complement (or quickly undo!) what we achieve for you within the salon.

You wouldn't visit a dentist and not brush your teeth in between and similarly true skin health requires consistency.

We understand it's a minefield and we appreciate everyone will have a varied budget and time to dedicate, so speak to us today about how we can help you achieve your best skin from within.

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.

Your therapist will offer advice regarding homecare products to help you get the best value from your treatments and longer lasting results.

Just Pampered Electrical Facial (Skin Revival) Pre and Post treatment Guidance

Pre Treatment

- ✓ Wear some comfortable clothing, we want you to feel relaxed
- ✓ 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 hair removal or exfoliation on the area for at least 24 hours before your electrical facial treatment

What happens during treatment?

As with a classic facial, you will be taken into the treatment room and given time to prepare for 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.

We always carry out a skin consultation prior to the treatment to ensure suitability. The treatment includes cleanse, preparation, machine time, followed by serum/eye cream and moisturiser.

It depends which elements of the skin revival facial we select (the therapist and client choose together during consultation) as to what order the treatment is performed and whether there is massage involved. For example, the Skin Yoga Lifting is a firm lifting massage using the gloves, while the microcurrent or galvanic instead follow a full face routine with probes, so there is no massage involved.

Select from Ultrasonic Peeling, Direct High Frequency, Galvanic Desincrustation, Galvanic Iontophoresis, Microcurrent, Skin Yoga Lifting, Ultrasound and LED Mask.

For the LED Mask, we apply eye protector and the LED opera style mask over the face and apply the settings to suit you. You will feel a slight warmth and see a bright light as the LED gets to work, but we stay with you throughout and overall it can feel relaxing as you imagine drifting off to a warm beach somewhere.

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.
- ✓ Take your time, get dressed and take a seat in the relaxation area
- ✓ Try not to touch the skin as it has already been deep cleansed and stimulated during treatment
- ✓ 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.
- ✓ Avoid any heat treatments, saunas, steam and hot tubs for 48 hours
- ✓ Sunbeds should be avoided completely
- ✓ Always wear SPF daily, even on a day the sun is not visible through clouds. We apply an SPF before you leave the treatment room.

Homecare – Creating an at home regime is important to create value for money with your facial treatment programme.

Everything you do at home can complement (or quickly undo!) what we achieve for you within the salon.

You wouldn't visit a dentist and not brush your teeth in between and similarly true skin health requires consistency.

We understand it's a minefield and we appreciate everyone will have a varied budget and time to dedicate, so speak to us today about how we can help you achieve your best skin from within.

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.

Your therapist will offer advice regarding homecare products to help you get the best value from your treatments and longer lasting results.

Just Pampered Skin Peel Pre and Post Treatment Guidance

Pre Treatment

- ✓ Wear some comfortable clothing, we want you to feel relaxed
- ✓ 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 hair removal or exfoliation on the area for at least 24 hours before your facial peel

- ✓ The skin must be prepped with a specialist product for at least a fortnight prior to a peel treatment

What happens during treatment?

The peel is a more clinical treatment, so it is naturally results driven with carefully selected products to suit your skin. We always carry out a skin consultation prior to the peel to ensure suitability for treatment.

As with a classic facial, you will be taken into the treatment room and given time to prepare for 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.

The peel follows strict protocol to suit the clinical nature, but we make up for it at the end of the treatment with a face mask combined with shoulder and decollete massage to bring in the relaxing element. The first part includes a cleanse, prepping solution, application of the peel and facial gauze. It will not hurt and should not sting or itch, but you are likely to feel a warmth, with a possible tingle on any blemishes you may have. We treat each skin individually, only applying what we can see your skin is comfortable with and never leave you during a treatment.

The peel is an intensified facial treatment to bring maximum results with minimal irritation. It can treat a whole range of skin irritations including blemishes, acne scarring, uneven skin tone, dry patches, dull skin tones, thickened skin, sun damaged areas, fine lines and wrinkles.

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.
- ✓ Take your time, get dressed and take a seat in the relaxation area
- ✓ Try not to touch the skin as it has already been deep cleansed and stimulated during the peel
- ✓ You may experience erythema, which is a 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.
- ✓ Avoid any heat treatments, saunas, steam and hot tubs for 48 hours
- ✓ Sunbeds should be avoided completely
- ✓ Avoid hair removal for at least 24 hours after treatment
- ✓ This peel is non-invasive with minimal downtime, so you can return to your day immediately. It is possible you will experience a small amount of visible skin peeling on areas of dryness (for example the base of the nose) over the next few days. Lower strength peels should not peel to the point where they are noticeable to anybody else but higher strength may cause more visible peeling, This will be discussed with your therapist before you move up to the higher strengths.
- ✓ Please note that although every care is taken to avoid it, hyperpigmentation may occur and could cause temporary or potentially permanent adverse effects. Please speak to your therapist before treatment about any concerns.

- ✓ Always wear SPF daily, even on a day the sun is not visible through clouds. We apply an SPF before you leave the treatment room.

Homecare – Creating an at home regime is important to create value for money with your facial treatment programme.

Everything you do at home can complement (or quickly undo!) what we achieve for you within the salon.

You wouldn't visit a dentist and not brush your teeth in between and similarly true skin health requires consistency.

We understand it's a minefield and we appreciate everyone will have a varied budget and time to dedicate, so speak to us today about how we can help you achieve your best skin from within.

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.

Your therapist will offer advice regarding homecare products to help you get the best value from your treatments and longer lasting results.

Additional Notes for Advanced Facials - Skin Peel, Microdermabrasion and Electrical Facial

Will my skin be red afterwards?

Yes it will be slightly pink afterwards, and a possible redness on sensitive areas and around blemishes. This is called erythema, where the blood rushes towards the skins surface as a result of a circulation boost. This normally subsides very quickly and is considered a good thing because it is a sign the treatment is working. Even the most sensitive of skins will recover overnight and return to normal by the following morning and for most clients it is within as little as an hour.

Will I break out after the treatment?

It is possible you may experience a break out after the treatment, but it will only bring to the surface what was already on its way anyway. It will not cause new spots to form because all of the products are non comedogenic.

Why would I choose one over the other between peels and microdermabrasion?

A peel is ideal for a client who doesn't like the feel of a mechanical exfoliation (grit on the skin) or for finer, crepey skin, and broken capillaries. Microdermabrasion is ideal for thickened skin and for clients that like the feel of abrasion on the skin. The ideal for the best results is to have both together in the same appointment. Both are excellent for skin resurfacing and rejuvenation.

How many treatments will I need before I notice a difference?

This depends on your reasons for having the treatment. If you are treating dull, dry skin which needs brightening but doesn't have many blemishes or pigmentation issues, you will notice a fresher skin with more even skin tone immediately after one treatment. To treat an underlying issue, we recommend a course of treatments.

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.