

## Facial Pre and Post Treatment Guidance

### Pre Treatment

- ✓ It is good to take a few moments to unwind before a facial so wherever possible arrive a few minutes early and take a seat in our relaxation area
- ✓ Wear some comfortable clothing, we want you to feel relaxed
- ✓ Avoid washing your hair before a treatment, we don't mind if it's not completely clean and (if you let us) we're going to mess it up anyway
- ✓ 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

### What happens during treatment?

We offer a wide variety of facials lasting between 30 and 70 minutes, across various brands. The best thing to do is book a free consultation to discuss the best range and facial with your therapist based on how your skin is feeling.

The skin also changes through life events and stressors, and from season to season so what works for you in the Winter may not be suitable in the Summer and vice versa. We offer a free consultation at any time.

Regardless of the facial, you will be taken in to 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 and the main lights will be switched off with just side lamps to help you relax.

All facials include a cleanse, exfoliation of some kind (either with a manual scrub or a peel or microdermabrasion), a face mask, an element of massage (the duration and areas massaged depends on how long the facial is) and facial cream/serum/SPF. If you are happy for us to do so, each facial includes a scalp massage (this can be with or without oil).

The benefits of a facial extend to overall relaxation, improving wellbeing, reducing stress, regulates breathing to relieve tension, calming of the mind, soothing a headache or head tension and promoting a good nights sleep as well as the physical benefits of improving skin tone, reducing the appearance of blemishes/fine lines/pigmentation/dry patches, toning for facial muscles, rejuvenating and improving skin health.

### 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
- ✓ 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 and scalp. Before showering, apply shampoo to your dry hair to allow it to soak up the oil. Oil and water don't mix very well, so if you wet your hair in the shower first you may find the oils remain in the hair and it appears greasy. Shampooing first ensures the oil is properly removed and your hair will look and feel soft and radiant

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.

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