

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 regular 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.

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, decollete, 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.
- ✓ It is advisable to wear SPF daily. We apply an SPF before you leave the treatment room.

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.