

## **Classic 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 Classic Facials lasting between 30 and 50 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 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 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 5-7days. 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 – 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.

## **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, décollete, 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.

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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.

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## **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.

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#### 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](http://www.sad.org.uk)

The UK organisation [www.sad.org.uk](http://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.

## **Just Pampered Swedish Back or Body Massage Pre and Post Treatment Guidance**

### **Pre Treatment**

- ✓ It is good to take a few moments to unwind before a massage 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

### What happens during treatment?

The Swedish Full Body massage lasts approximately 60 minutes and includes back, neck, shoulders, waist, hips, backs of legs, feet, fronts of legs, abdomen (optional), arms and scalp. The 30 minute version includes back, neck and shoulders and the 45 minute treatment also includes upper arms, decollete and scalp. We have a range of oils to suit ailments but if you have something particular in mind please speak to your therapist.

You are fully covered with a towel at all times apart from the one area being massaged.

We respect your modesty at all times

Massage has many benefits which include relaxing muscle tension, relieving stress, promoting a good night sleep, boosting circulation, improvement in digestive health and aiding the removal of toxins from the body.

### **Post Treatment**

- ✓ Drink plenty of water to remain hydrated and increase the benefits
- ✓ Do not rush to get off the treatment bed. 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
- ✓ Keep warm and try to relax for the rest of the day
- ✓ Avoid strenuous exercise
- ✓ Where possible, wait at least a few hours before showering so the oils can work to hydrate the skin
- ✓ Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage
- ✓ 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 massage is working. Erythema usually subsides very quickly once the treatment has ended

### "I never lay down and relax at home"

If this is the case then this treatment is perfect for you. All you are asked to do is to lay back and close your eyes. The ambience is set perfectly for you to unwind. The lights are on low, the bed is warmed, the room is warm and soft music is playing in the background. You are sure to relax in this tranquil room during the massage.

### How Massage Helps with Sleep:

- Massage improves blood circulation around the body
- Soothes aches and pains
- Relieves underlying stress
- Soothes nerve endings
- Lowers the heart rate
- Helps quieten the mind
- Raises serotonin levels (the happy hormone)

Just thirty minutes of massage factored in to your hectic schedule can help you relax and achieve a better night's sleep

## **Bespoke Fusion Back or Body Massage Pre and Post Treatment Guidance**

### **Pre Treatment**

- ✓ It is good to take a few moments to unwind before a massage 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

### What is Bespoke Fusion? I haven't heard of it before?

Bespoke Fusion is created by us, named by our therapists. It is a combination of all of our years of massage experience and qualifications, combining Deep Tissue (for chronic tension), Myofascial (release of tension), Lomi Lomi (forearms), Shiatsu (acupressure), Sports Massage, Aromatherapy, Lymphatic Drainage, Pressure Point and all of the moves we have learned along the way through advanced training.

If you are suffering with a particular issue or have a build up of tension, the Bespoke will provide more results than a relaxing Swedish Massage. Our expert therapists will tailor a massage for exactly what your body needs on the day, with the perfect intensity and pressure for you.

### What happens during treatment?

The full body versions include back, neck, shoulders, waist, hips, backs of legs, feet, fronts of legs, abdomen (optional), arms and scalp, as a regular 60 minute or extended 70 minute version. In the extended, we spend even more time focusing on the areas of tension. The back, neck and shoulder massage is available as a 30 minute or extended 40 minute.

You are fully covered with a towel at all times apart from the one area being massaged. We respect your modesty at all times

Massage has many benefits which include relaxing muscle tension, relieving stress, promoting a good night sleep, boosting circulation, improvement in digestive health and aiding the removal of toxins from the body. These advanced massages all have their own benefits but are ideal for those who want more than a massage purely for relaxation purposes. They work well for clients suffering with postural issues due to work life or driving for long periods of time. They are also ideal after sports or regular exercise.

### **Post Treatment**

- ✓ Drink plenty of water to remain hydrated and increase the benefits
- ✓ Do not rush to get off the treatment bed. 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
- ✓ Keep warm and try to relax for the rest of the day
- ✓ Avoid strenuous exercise
- ✓ Where possible, wait at least a few hours before showering so the oils can work to hydrate the skin
- ✓ Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage. Reduce caffeine intake (tea, coffee, soda) to aid the removal of toxins
- ✓ 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 massage is working. Erythema usually subsides very quickly once the treatment has ended

“Will this not hurt?”

The treatment is designed to work deeper but this does not necessarily mean pain. The treatment still needs to be comfortable and enjoyable so we will work with you and obtain feedback for what you are feeling in order to work at the optimum level without working too deeply. Before we apply pressure, we warm the muscles correctly and sink into them, so you will feel only a gradual build of pressure, completely within your comfort zone.

‘How will I feel afterwards?’

It is possible you will feel sleepy, lethargic, have a slight headache or even feel nauseous as the body works hard to find a balance. This is known as the healing crisis, where the body has to react in order to heal and you may feel some negative symptoms temporarily. Overall this is a great sign that the treatment is working and in general you should get an overall sense of well being and relaxation as a result of the treatment.

## **Just Pampered - Our Signature Treatments Pre and Post Treatment Guidance Black Mud Back Facial, Algologie Body Treatment, Tired Legs Treatment, Ache Away Leg and Hip Massage, Body Exfoliation, Body SOS Treatment, Hydrating Body Mask**

### **Pre Treatment**

- ✓ It is good to take a few moments to unwind before a massage 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
- ✓ Bring an extra layer ie cardigan or jumper to keep you warm after the treatment

### What happens during treatment?

We offer various signature treatments here at Just Pampered which you may not have heard of before at another salon. This is because we created them ourselves based on client demand.

For each treatment, you are taken into the room for a consultation and shown how to prepare. You will be left in private to undress the necessary clothing and get comfortable on the bed under a towel.

You are fully covered with a towel at all times apart from the one area being massaged. We respect your modesty at all times and throughout the treatment we will ensure you are comfortable and warm enough, with plenty of towels and blankets on hand to wrap you up warm.

Black Mud Back Facial - This treatment is performed laying down with your head in the face hole as if you were having a back massage. We will ensure you are warm with a fleece blanket and heated bed (in cooler months). You do not need to do anything other than relax. You may place your arms wherever is comfortable, above your head, out over the bed or at the side of your body. If we need to move them we will gently guide them into place.

Algologie Body Treatment - This treatment begins laying face down with your head in the face hole ready for your back massage. The ritual begins with a foot exfoliation and mask, pressure points to the back of the body and a back, neck and shoulder massage. Mid way through the treatment you will be assisted in turning over, before further pressure points to the front of the body, a leg and foot massage and a head and scalp massage to complete the treatment. You may place your arms wherever is comfortable, above your head, out over the bed or at the side of your body. If we need to move them we will gently guide them into place.

Tired Legs Treatment – This treatment is performed face down to the lower leg and foot. Mid way through the treatment you will be asked to turn over and given a knee support cushion for the remainder of the treatment on the lower leg and foot. The treatment includes exfoliation, hot mitts, pressure points and massage to soothe tired, aching legs. Particularly ideal after sports, in hot weather and after flying. During pregnancy we adapt the treatment to remain face up throughout.

Ache Away Leg and Hip Massage – This treatment is performed face down to the hip, thigh, leg and foot. Half way through you will be asked to turn over for the remainder of the treatment. The treatment itself includes the Ache Away muscle oil and is a fairly stimulating and vigorous massage to soothe aching hips, stimulate sluggish circulation, provide relief after sports and for general fatigue.

Body Exfoliation - Our exfoliators are a sugar, salt and oil based, which provide deep nourishing benefits to the skin but also mean we can remove effectively with hot mitts, meaning you do not need to stop halfway through the treatment for a shower. The treatment included a body brush, exfoliation, buffing mitt, removal and a body lotion to complete the process.

Body SOS Treatment – This treatment combines a snippet of our most popular treatments for a top to toe body massage treat. It begins laying face down for body exfoliation, massage and tired legs treatment, then face up for body exfoliation, massage, mini reflexology, cleansing facial, eye treatment and scalp massage. Ideal for overall relaxation and to really feel pampered.

### **Post Treatment**

- ✓ Drink plenty of water to remain hydrated and increase the benefits
- ✓ Do not rush to get off the treatment bed. 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
- ✓ Keep warm and try to relax for the rest of the day. Your body temperature will drop as you relax, so apply another layer to keep warm
- ✓ Avoid strenuous exercise
- ✓ Wait as long as possible before showering (preferably overnight) so the oils and creams can work to hydrate the skin and give the maximum benefits of the treatment
- ✓ Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage. Reduce caffeine intake (tea, coffee, soda) to aid the removal of toxins
- ✓ 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 massage is working. Erythema usually subsides very quickly once the treatment has ended
- ✓ Aim to moisturise the skin after each shower or bath to maintain skin condition

### “What can I do at home that's quick but helps keep my skin soft?”

Body brushing with a wooden brush or exfoliating gloves helps remove dead skin cells, free ingrown hairs, boost circulation, stimulate drainage to the area, help reduce the appearance of cellulite and give the skin a healthy glow. Everyone should exfoliate with a body brush or buffing mitt regularly, perhaps 2-3 times a week but as often as daily to maximise results. Your skin would benefit from a weekly body scrub at home and daily moisturise.

## **Just Pampered Holistic Treatments Pre and Post Treatment Guidance**

### **Just Pampered Hot Stones Back or Body Massage Pre and Post Treatment Guidance**

#### **Pre Treatment**

- ✓ It is good to take a few moments to unwind before a massage 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

#### What happens during treatment?

The Hot Stones Full Body massage lasts approximately 70 minutes and includes back, neck, shoulders, waist, hips, backs of legs, feet, fronts of legs, abdomen (optional), arms and scalp. The 45 minute version includes back, neck and shoulders with scalp. We have a range of oils to suit ailments but if you have something particular in mind please speak to your therapist.

You are fully covered with a towel at all times apart from the one area being massaged. We respect your modesty at all times

We use 'placement' stones, which are applied to the body on certain areas (for example along the spine) to warm the muscles in preparation for massage. In addition to this we work with 'working' stones, which means holding the stones in our hands to massage the body.

The stones will not burn you because we test them and they have to be comfortable enough for a therapist to hold for a long period.

Hot Stones are used because one stroke with the stones provides the same warming and relaxing benefits as repeating the stroke ten times with just our hands.

Massage has many benefits which include relaxing muscle tension, relieving stress, promoting a good night sleep, promoting a feeling of well being, quietening of the mind, boosting circulation, improvement in digestive health and aiding the removal of toxins from the body.

#### **Post Treatment**

- ✓ Drink plenty of water to remain hydrated and increase the benefits
- ✓ Do not rush to get off the treatment bed. 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
- ✓ Keep warm and try to relax for the rest of the day
- ✓ Avoid strenuous exercise
- ✓ Where possible, wait at least a few hours before showering so the oils can work to hydrate the skin
- ✓ Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage
- ✓ 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 massage is working. Erythema usually subsides very quickly once the treatment has ended

#### "I never lay down and relax at home"

If this is the case then this treatment is perfect for you. All you are asked to do is to lay back and close your eyes. The ambience is set perfectly for you to unwind. The lights are on low, the bed is warmed, the room is warm and soft music is playing in the background. You are sure to relax in this tranquil room during the massage.

## **Just Pampered Head Massage Pre and Post Treatment Guidance**

### **Pre Treatment**

- ✓ It is good to take a few moments to unwind before a massage 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 we're going to mess it up anyway

### What happens during treatment?

We offer two kinds of head massage; the Relaxing Shoulder and Scalp (laying down on the couch similar to a facial) and the Seated Indian Head (seated in line with the Indian tradition). Both are 30 minutes and the same price.

Although both treatments work the same areas, the relaxing (laying) focuses more on the neck, shoulders and scalp. The Indian (seated) focuses more on the upper back, upper arms and scalp. It is complete personal preference as to which one you should book for. Some people can't imagine sitting for a treatment would be relaxing, but are pleasantly surprised when they have it and others prefer to lay down flat. If you ever get the opportunity to try both (not on the same day), we would recommend it because each experience is very different.

With either method your comfort is a priority and we keep you warm and cosy throughout. We have a range of oils to suit ailments but if you have something particular in mind please speak to your therapist.

Head massage has many benefits which include relaxing muscle tension, relieving stress, promoting a good night sleep, boosting circulation, soothing for the eye muscles, conditioning the hair and scalp, improving headaches and restoring balance in the body.

### **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
- ✓ Keep warm and try to relax for the rest of the day
- ✓ Avoid strenuous exercise
- ✓ Where possible, wait at least a few hours before showering so the oils 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
- ✓ Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage
- ✓ 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 massage is working. Erythema usually subsides very quickly once the treatment has ended

### What if I don't want oils in my hair?

If you do not wish to have oils applied to your hair, we can offer a conditioner or mud pack instead, or carry out the massage with clean, dry hands. The oils are hydrating and conditioning for the scalp but we understand not everyone would enjoy them, if you have



the opportunity to have the oils and go straight home afterwards, we do highly recommend them.

## **Reflexology Pre and Post Treatment Guidance**

### **Pre Treatment**

- ✓ It is good to take a few moments to unwind before a massage 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

### What happens during treatment?

The treatment is carried out on the couch in a semi reclined position, with your ankles and knees supported. Reflexology applies pressure point therapy to the feet to help the body restore an equilibrium from imbalances. Throughout the treatment we may find an area of discomfort or varying textures, in which case we will make a note to discuss at the end.

You are welcome to ask questions throughout the treatment, or simply relax and enjoy the treatment, saving any questions for the end. We really don't mind either way.

The treatment itself includes some relaxation stretches, followed by a routine on each foot which covers the 'whole body' on the foot map, a recap over any problem areas and areas of concern and finally a foot massage to finish.

### **Post Treatment**

- ✓ Drink plenty of water to remain hydrated and help flush out the toxins
- ✓ Do not rush to get off the treatment bed. 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
- ✓ Keep warm and try to relax for the rest of the day
- ✓ Avoid strenuous exercise and where possible avoid being faced with stress for the remainder of the day
- ✓ Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage
- ✓ It is possible you will feel sleepy or have a slight headache as the body works hard to find a balance. This is known as the healing crisis, where the body has to react in order to heal and you may feel some negative symptoms temporarily. Overall this is a great sign that the treatment is working.

### "How will I feel after treatment?"

This completely depends on what is going on within your body and how many ailments you are suffering from. It is possible if the body is particularly unbalanced that you may feel lethargic, slightly nauseous or even tearful at first. This will be a very temporary side effect, a way for the body to eliminate toxins and negativity. Overall, you should feel a general feeling of wellbeing and relaxation.

## **Just Pampered Ear Candle Treatment Pre and Post Treatment Guidance**

### **Pre Treatment**

- ✓ We want you to be relaxed, so arrive a couple of minutes early and take a seat in our waiting area
- ✓ Wear some comfortable clothing, we want you to feel relaxed
- ✓ Please remove earrings and necklaces prior to treatment

### What happens during treatment?

We place an ear candle (a hollow linen tube infused with herbs) into the ear to provide benefit to those suffering with blocked sinuses, excessive ear wax, headaches, migraines, hayfever and more.

It works by creating a chimney effect to draw out impurities

The therapist will ask you to lay on your side, with your ear facing straight up to the ceiling. The candle is applied to this ear, with a protective disc to prevent any ash falling on your clothing.

The candle takes approximately 10-15 minutes to burn down and during this time nothing is required from you other than to lay still and relax. We keep you comfortable with blankets and cushions.

Once the candle has burned down, you turn over so we can repeat the process on the other ear.

At the end of the treatment we apply some drainage movements and look into the candles to analyse results

### **Post Treatment**

- ✓ Drink plenty of water to remain hydrated and increase the benefits
- ✓ Do not rush to get off the treatment bed. 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
- ✓ Keep warm and try to relax for the rest of the day
- ✓ Keep out of cold winds and draughts
- ✓ Help loosen wax by applying 1-2 drops of warm oil to the ear
- ✓ Avoid toxins such as smoking, alcohol and caffeine
- ✓ Avoid swimming for 24 hours

### How will I feel afterwards?

Most clients enjoy this treatment because it is so relaxing and they have an immediate feeling of their head being lighter or clearer than when they arrived for the appointment. It is also recommended before and after flying or diving, to help prevent the onset of pain or pressure to the ears or blocked ears.

## **Maternity Massage Pre and Post Treatment Guidance**

### **Pre Treatment**

- ✓ Before arriving for your treatment, ensure you have eaten a light meal to curb any nausea.
- ✓ Feel free to bring snacks with you just in case you begin to feel unwell.
- ✓ Wear some comfortable clothing, we want you to feel relaxed.
- ✓ On arrival at the salon, take a visit to the ladies room but don't worry, if you need to use the toilet during treatment we have a robe and slippers ready for you at any point.

### What happens during treatment?

The full body massage lasts approximately 60 minutes but you will move from one side to the other and in a semi reclined position with your comfort in mind at all times. Treatment includes décolleté, arms, neck, shoulders, scalp (optional, please say if you do not wish to include your scalp), back, waist, hips, thighs, lower legs and feet.

The back massage is approximately 30 minutes and we position you on the side (switching half way) for maximum comfort.

The therapist will assist you into a comfortable position and we apply oils designed specifically for use in pregnancy.

The face and body treatments are designed for pregnancy or post baby, with specialised techniques and products, carried out by our pregnancy trained therapists.

### **Post Treatment**

- ✓ Drink plenty of water. We know we say this to everybody, but this is even more important during pregnancy to remain hydrated
- ✓ Do not rush to get off the treatment bed. 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
- ✓ Keep warm and try to relax for the rest of the day
- ✓ Avoid strenuous exercise
- ✓ Where possible, wait at least a few hours before showering so the oils can work to hydrate the skin

### How is it different to regular massage?

The maternity massage is carried out by therapists that have completed specialist training in how to safely administer massage during pregnancy. It includes various positions designed for your comfort as a priority. Please speak to your therapist if you have any concerns.

### Other Maternity Treatments:

We can adapt most treatments on our menu including manicures, pedicures, waxing, facials etc, but there are some restrictions. For example, we wouldn't do a chemical peel or introduce highly active skincare ingredients during pregnancy, or perform a treatment that has a high risk or reaction. Feel free to get in touch if you have any questions.

## **Just Pampered Hair Removal Pre and Post Treatment Guidance**

### **Warm Waxing Pre and Post Treatment Guidance**

#### **Pre Treatment**

- ✓ Do not shave or use other methods of hair removal prior to the treatment. For body waxing the hair should ideally be the length of a grain of rice.
- ✓ Ensure the skin is clean and dry
- ✓ Avoid applying body creams and deodorants to the area you wish to remove hair from as this may form a barrier and lead to less effective results
- ✓ For bikini waxing, wear comfortable, cotton underwear
- ✓ During facial waxing it is best not to wear make up but if you do arrive with foundation on we will need to remove from the area to be waxed.
- ✓ Please be aware if you have fake tan on the wax will remove it. Please wait until after (minimum 24 hours after) the wax treatment to apply fake tan.

#### What happens during treatment?

We have two kinds of wax here at Just Pampered; the warm strip wax and the hot non strip sensitive wax for intimate areas. The warm wax is tea tree based for antiseptic benefits and is used on large areas, for example legs.

Once the skin is prepared, wax is applied to the area. We then remove the wax with a paper strip, which pulls the hair from the root, leaving a smooth finish. The treatment may feel slightly uncomfortable but the sensation is momentary and the whole treatment is over fairly quickly. After the treatment, we apply an after wax lotion to soothe the skin and you are left in private to get dressed.

Please note if this is your first wax on this area or if the hairs are too short, you may find not all the hairs will be removed and that it takes a couple of regular wax visits to synchronise hair growth.

#### **Post Treatment**

- ✓ Avoid hot showers, baths, jacuzzi, sauna and steam for 24 hours
- ✓ No sunbathing or sunbeds for a minimum of 48 hours
- ✓ You may experience a redness to the skin. This is known as erythema and is completely normal. The effects will subside within a few hours
- ✓ Do not apply any lotions or perfumes to the area for 24 hours
- ✓ Avoid applying makeup to the area for a minimum of six hours
- ✓ Fake tan should not be applied until the next day
- ✓ Avoid wearing tight clothes for the remainder of the day as it may irritate the skin

#### Will it stay smooth for my holiday?

If hairs have experienced other methods of hair removal (for example shaving), it could take a while for the hairs to grow in the same cycle and provide a smooth result for longer. For example, if you usually shave weekly, but grow your leg hairs for a wax, it will all depend on how long the hairs have been left to grow and whether they are all long enough to be waxed. What you may find during your first wax is that most hairs are removed, at the root, and will therefore take 3-6 weeks to grow back through. Some hairs, though, may be too short to wax or be just coming through, so over the first couple of weeks you will notice these hairs growing through.

It could take a few wax cycles to train all the hairs to grow together and therefore be removed together and provide a longer result, therefore we recommend at least 2-3 waxes leading up to a holiday or event.

## **Just Pampered Intimate Waxing Pre and Post Treatment Guidance**

### **Pre Treatment**

- ✓ Do not shave or use other methods of hair removal prior to the treatment. The hair should ideally be the length of a grain of rice.
- ✓ Ensure the skin is clean and dry
- ✓ Avoid applying body creams and deodorants to the area you wish to remove hair from as this may form a barrier and lead to less effective results
- ✓ Wear comfortable, cotton underwear

### What happens during treatment?

We have two kinds of wax here at Just Pampered; the warm strip wax and the hot non strip sensitive wax for intimate areas. You will be given a consultation in the treatment room to discuss which intimate wax you would like; from Brazilian, Playboy or Hollywood. Your therapist will take time to answer any questions you have. You will then be left alone to get on to the treatment bed with a towel over your lap and the choice of disposable knickers or to keep your own on.

The strip wax is only used on the upper thigh and outer bikini areas, while the hot wax is used on all intimate areas.

Once the skin is prepared, wax is applied to the area in small sections before it is removed one section at a time. As it is removed, the hair is pulled from the root leaving a smooth finish. The treatment may feel slightly uncomfortable but the sensation is momentary and the whole treatment is over fairly quickly. After the treatment, we give you aloe vera gel to apply to soothe the skin, then leave you in private to get dressed.

Please note if this is your first wax on this area or if the hairs are too short, you may find not all the hairs will be removed and that it takes a couple of regular wax visits to synchronise hair growth.

### **Post Treatment**

- ✓ Avoid hot showers, baths, jacuzzi, sauna and steam for 24 hours
- ✓ No sunbathing or sunbeds for a minimum of 48 hours
- ✓ You may experience redness to the skin. This is known as erythema and is completely normal. The effects will subside within a few hours
- ✓ Do not apply any lotions or perfumes to the area for 24 hours
- ✓ Avoid applying makeup to the area for a minimum of six hours
- ✓ Fake tan should not be applied until the next day
- ✓ Avoid wearing tight clothes for the remainder of the day as it may irritate the skin

## **Facial Threading Pre and Post Treatment Guidance**

### **Pre Treatment**

- ✓ Do not tweeze or use other methods of hair removal prior to the treatment.
- ✓ Ensure the skin is clean and dry. It is best not to wear make up but if you do arrive with foundation on we will need to remove from the area to be threaded.
- ✓ If you are looking to achieve a complete reshape for your brows, please leave them as long as possible so we have something to work with
- ✓ If you are considering a tint to go alongside a brow thread, please also arrange a patch test

### What happens during treatment?

You will be taken through to the treatment room to get comfortable on the couch. Once the skin is prepped, we remove the hairs with the thread. It is the loop in the thread that twists and pulls the hair from the root. You will be shown where to hold or what facial expressions to pull to assist the treatment along with minimal discomfort. The treatment may feel slightly uncomfortable but the sensation is momentary and the whole treatment is over fairly quickly. After the treatment, we apply an aloe vera gel to the area to soothe the skin,

### **Post Treatment**

- ✓ Avoid hot showers, baths, jacuzzi, sauna and steam for 24 hours
- ✓ No sunbathing or sunbeds for a minimum of 48 hours
- ✓ Avoid touching the treated area for 2-4 hours
- ✓ You may experience a redness to the skin. This is known as erythema and is completely normal. The effects will subside within a few hours
- ✓ Do not apply any lotions or perfumes to the area for 24 hours
- ✓ Avoid applying makeup to the area for a minimum of six hours
- ✓ Fake tan should not be applied until the next day
- ✓ If you experience any form of irritation, apply a cold compress to the area to soothe the skin

### “What is the difference between facial threading and facial waxing?”

It mainly comes down to client preference. Some people prefer the sharper finish on the brows that can be achieved with threading. In general threading is ideal for heat sensitive areas or those who go red easily after waxing because with threading there is no heat or any products involved. Some clients prefer the speed of waxing. Both methods remove hair from the root, so the finished result would last a similar time frame. However, some clients do feel threading lasts slightly longer on their skin, mainly because it can pick up smaller, finer, shorter hairs that may be missed through waxing.

## **Just Pampered Eyelash Tinting, Eyebrow Tinting and Definibrow Pre and Post Treatment Guidance**

### **Pre Treatment**

- ✓ The eyes are a sensitive area so we need to carry out a patch test at least 24 hours before the treatment commences. The patch test takes just a moment and is placed behind the ear or in the crease of the elbow. It can be carried out any time but please call ahead or book it as an appointment so we can be sure somebody is available for you
- ✓ Your eyes and your health are an absolute priority and we are therefore strict on this policy. If you have not received a patch test from us for the service in the last six months we will need to carry out a new test.
- ✓ Assuming you have no reaction within the 24 hours, we are ready to go ahead with the treatment. (A reaction would include severe itching, swelling and redness and other signs of discomfort. If this occurs please contact us immediately)
- ✓ Please arrive at your appointment with no eye make-up on. The treatment is most effective on dry lashes and will provide better results if we do not need to use makeup remover immediately beforehand

### What happens during treatment?

The treatment is fairly relaxing, and all that is required from you is to lay down with your eyes closed and relax. We can cover you with a blanket to keep you warm and enjoy the heated bed in the cooler months.

**Eyelashes:** If you can keep your eyes closed and still, you will achieve the best possible results. We apply a protective barrier to the skin around the eyes to prevent staining on the skin and an under eye pad before applying the tint to both the bottom and top lashes from root to tip. We have a selection of colours to suit all hair types; blue black being the darkest. Once applied we cover with an eye pillow and stay beside you while the tint develops for 8-12 minutes. We remove all excess product, cleanse the eyes and then give you pads to wipe yourself

**Eyebrows:** We apply a tint to suit your hair colour and the results you wish to achieve to the brows. The hairs on the brows take much quicker, so for a first timer or someone who does not want the brows too dark, we apply and remove almost immediately. You are shown in the mirror and the tint is reapplied and removed until you are happy with the depth of colour. Once we have done your brows we will know your depth of colour next time and gauge the timing accordingly to suit you. Once happy with your colour we cleanse the brow and move on to the shape if you have requested this.

**Definibrow:** This combines the tinting process with hair removal, eyebrow threading and waxing. In addition it includes measuring and trimming to create maximum definition to the brows.

### **Post Treatment**

- ✓ After your eyes have been closed for some time, it will take a moment for them to refocus so please take your time to sit up and refocus before getting down from the couch
- ✓ We provide cold compress to rinse the eyes in case they are feeling at all gritty or blurry from being closed for so long. If after you get home you feel they need a rinse, simply apply cool water to cotton wool, squeeze the excess water and gently rub or blink onto the lashes
- ✓ The brows tend to fade quicker than the lashes due to daily cleansing, more direct sun exposure, sweat and so on. We recommend a brow tint every 2-4 weeks

- ✓ The eyelash tint fades with cleansing and grows out with your lash growth cycle. We recommend an eyelash tint around every 4-6 weeks.

#### What is the age limit for tinting?

We are not able to offer tinting services to anybody under aged sixteen. For any customer under the age of eighteen, we require a parent to attend the appointment to sign a form and remain on the premises during the first appointment of each new treatment to give full consent

### **Just Pampered Lash Lift and Eyelash Perm Pre and Post Treatment Guidance**

#### **Pre Treatment**

- ✓ The eyes are a sensitive area so we need to carry out a patch test at least 24 hours before the treatment commences. The patch test takes just a moment and is placed behind the ear or in the crease of the elbow. It can be carried out any time but please call ahead or book it as an appointment so we can be sure somebody is available for you.
- ✓ Your eyes and your health are an absolute priority and we are therefore strict on this policy. If you have not received a patch test from us for the service in the last six months we will need to carry out a new test.
- ✓ Assuming you have no reaction within the 24 hours, we are ready to go ahead with the treatment. (A reaction would include severe itching, swelling and redness and other signs of discomfort. If this occurs please contact us immediately)
- ✓ Please arrive at your appointment with no eye make-up on. The treatment is most effective on dry lashes and will provide better results if we do not need to use makeup remover immediately beforehand

#### What happens during treatment?

The treatment is fairly relaxing, and all that is required from you is to lay down with your eyes closed and relax. We can cover you with a blanket to keep you warm and enjoy the heated bed in the cooler months. If you can keep your eyes closed and still, you will achieve the best possible results. We apply a shield or rod to the eyelids and temporarily stick the lashes back on to them. This is the part that takes the most time and will make or break the treatment, so we really take our time making sure your lashes look perfect. Then, we apply the specialist products to set the lashes in place before unsticking them and removing the shields/rods. The treatment includes an eyelash tint and altogether takes approximately 50 minutes from start to finish.

#### **Post Treatment**

- ✓ After your eyes have been closed for some time, it will take a moment for them to refocus so please take your time to sit up and refocus before getting down from the couch
- ✓ We provide cold compress to rinse the eyes in case they are feeling at all gritty or blurry from being closed for so long. If after you get home you feel they need a rinse, simply apply cool water to cotton wool, squeeze the excess water and gently rub or blink onto the lashes
- ✓ It is fine to wear eye make up after the treatment but you will find you probably won't need to day to day and will maybe only want to for a special occasion or night out
- ✓ Day to day you will find combing through some clear mascara or petroleum jelly will keep them looking glossy and healthy
- ✓ The treatment is perfect for holidays because it is low maintenance
- ✓ If, after sleeping, the lashes appear to criss cross it may be from your pillow. Take a brow comb and gently comb the lashes to bounce them back to life.



- ✓ The lift or perm will eventually grow out with your own lash cycle after approx. 8-10 weeks. We recommend a lift or perm no more frequently than this but you may have an eyelash tint in between to keep the results looking noticeable

What is the difference between Lash Lift and Eyelash Perm?

They both use similar products but with different methods, so the results last a similar amount of time. A lash lift is a root lift, giving the illusion of wider eyes and longer lashes, where the lashes appear long and straight. An eyelash perm has been around a lot longer than a lash lift and gives a curl to the lashes for a more subtle lift, which is still favoured by some clients.

What is the age limit for Lash Lift and Eyelash Perm?

We are not able to offer these services to anybody under the age of sixteen . For any customer under the age of eighteen, we require a parent to attend the appointment to sign a form and remain on the premises during the first appointment of each new treatment to give full consent

## **Just Pampered Mens Back and Chest Waxing Pre and Post Treatment Guidance**

### **Pre Treatment**

- ✓ Do not shave or use other methods of hair removal prior to the treatment.
- ✓ The hair should ideally be the length of a grain of rice
- ✓ Ensure the skin is clean and dry
- ✓ Avoid applying body creams and deodorants to the area you wish to remove hair from, as this may form a barrier and lead to less effective results
- ✓ Where possible wear light or cotton clothing to avoid irritation

### What happens during treatment?

You will be taken through to the treatment room to get comfortable on the couch. We will leave you to undress in private and the therapist will explain exactly what to do. They will ask you to remove T shirt and top half, loosen belt on trousers but you may keep jeans/trousers on. You will be provided with a towel to tuck in to your waistband to protect your clothing.

Once the skin is prepped, we will apply the wax and remove with the strips in sections. The treatment may feel slightly uncomfortable but the sensation is momentary and the whole treatment is over fairly quickly. After the treatment, we apply an after wax lotion to the area to soothe the skin,

### **Post Treatment**

- ✓ Avoid hot showers, baths, jacuzzi, sauna and steam for 24 hours
- ✓ No sunbathing or sunbeds for a minimum of 48 hours
- ✓ Avoid touching the treated area for 2-4 hours
- ✓ You may experience a redness to the skin. This is known as erythema and is completely normal. The effects will subside within a few hours
- ✓ Alongside erythema the area may also feel warm, which is also completely normal and will subside fairly quickly
- ✓ Do not apply any deodorant, creams or aftershaves to the area for 24 hours
- ✓ If you experience any form of irritation, apply a cold compress to the area to soothe the skin
- ✓ After 2-3 days use a soft buffing mitt or glove to gently exfoliate the area and reduce the chances of ingrown hairs. Repeat every 2-3 days.

### “How long will the wax last before the hair grows back?”

If it is your first wax or first visit in a while, you will notice some growth after a couple of weeks due to the naturally staggered hair growth cycle. This growth is usually less than a third of the overall hair growth. With regular waxing appointments, the regrowth will come through between 3-6 weeks and you can rebook accordingly to suit your own growth.

## **Just Pampered Manicure and Gel Polish Hands Pre and Post Treatment Guidance**

### **Pre Treatment**

- ✓ The only thing required before a manicure really is to leave your nails alone as much as possible. If they are usually short and you wish to grow them, keep them hydrated with nail oil and resist the temptation to file them yourself beforehand. It is good to have a little bit of length to get the best out of filing and shaping
- ✓ If you have a particular outfit or colour in mind, it may be an idea to bring the clothing with you to colour match the nails.
- ✓ It is important to let the salon know at time of booking if you have any form or acrylic, gel, gel polish etc on your nails. We need to allow an additional appointment for removal and if we are not prepared for this it may mean we are not able to fulfil the manicure or gel polish service.

### What happens during treatment?

Depending on which service you select, the manicures range from a simple file and paint to a full treatment to soften the cuticles, nourish the nails and hydrate the hands and arms. The manicures include a polish with Vinylux, which involves two coats of colour and an application of top coat. The base coat is built into each colour so there is no separate base coat application. The colour sets in 8.5 minutes.

The gel polish treatment includes a full preparation of the nails and cuticles before application of the gel polish in the colour of your choice, from either CND Shellac or Halo. Between each coat the hand is placed in a special lamp to set the polish. At the end of the application the nails are wiped over and nourishing solar oil is applied. The nails are completely set and smudge proof immediately, so there is no drying time.

With the extra hand washing and use of hand sanitiser, it is difficult to determine how long the gel polish will last and will depend on the homecare carried out. On average, it lasts between 5-14 days.

Even amongst our team of staff we have some who have up to ten days wear and others who are lucky to get three days. The results will greatly depend on the natural structure and condition of the nail, how naturally oily the nail plate is, the level of chemicals used, the amount of hand washes they experience in a typical day and so on. Please bear this in mind when planning your manicure for a special occasion. We cannot guarantee the longevity of a gel polish on hands, but you can help it last longer by massaging a nail oil in daily.

### **Post Treatment**

- ✓ Apply solar oil daily to keep the nails nourished, maintain the cuticles and prolong the life of your polish (both Vinylux and gel polish)
- ✓ Take care to avoid acetone based products as this will remove the colour
- ✓ Use gloves when cleaning to protect the nails
- ✓ Take care not to use your nails as tools (for example to lift a ring pull on a tin)
- ✓ The Vinylux top coat is available to purchase at £11.95. By adding a further layer of top coat after a few days it can prolong the life of your manicure. The Vinylux colour is also available to pre-order.
- ✓ We recommend a manicure appointment at least monthly, with a top up file and polish in between either with your polish at home or as an in salon appointment.
- ✓ If you chip the gel polish nail or see it beginning to lift, please do not pick or pull as this could cause trauma to your nail. Instead, smooth over gently with a file or pop in for a repair

- ✓ Take care not to use your nails as tools as it could lead to lifting of the gel polish or breakage of your own nail
- ✓ Take care when on holiday as some insect repellent products or sun protection may contain ingredients which affect the colour and condition of the polish.

#### Is there no Base Coat?

The Vinylux system does not require a base coat because it is built into the colour coat. The colour anchors the keratin of the nail and forms a barrier to prevent pigment staining.

#### Why Solar Oil?

Solar Oil uses only the highest grade Jojoba Oil (revives and repairs), Sweet Almond Oil (restores and moisturises), Rice Bran Oil (softens and contains anti-ageing properties) and Vitamin E (antioxidant and protects against cellular damage). By using it daily we can nourish the nails and cuticles, aid the healing of damaged nails, strengthens brittle and peeling nails, and prolong the life of your nail service. In addition to this it has many other uses; including hydrating the lips, frizz free hair serum, non greasy serum for stretch marks, healing cracked or sore knees and elbows, strengthening for eyelashes and eyebrows, stop itching from bites and stings, relief from sunburn and more. If in doubt, get the solar oil out. Available in two sizes for £8.95 and £12.95, take yours home today.

#### Gel Polish Aftercare

Please note, we have noticed that with the volume of hand washing and increased use of alcohol hand sanitisers and cleaning products, that we have seen a disruption to the longevity of gel polish hand treatments since 2020. Even amongst our team of staff we have some who have up to ten days wear and others who are lucky to get three days. The results will greatly depend on the natural structure and condition of the nail, how naturally oily the nail plate is, the level of chemicals used, the amount of hand washes they experience in a typical day and so on. Please bear this in mind when planning your manicure for a special occasion. We cannot guarantee the longevity of a gel polish on hands, but you can help it last longer by massaging a nail oil in daily.

## **Just Pampered Pedicure and Gel Polish Toes Pre and Post Treatment Guidance**

### **Pre Treatment**

- ✓ Try to resist cutting your toenails before treatment, we will do that for you and ensure they are cut safely and neatly
- ✓ If you are having a pedicure with normal polish, remember to bring your flip flops or to allow plenty of drying time after the treatment

### What happens during treatment?

Depending on which service you select, the pedicures range from a simple file and paint to a full treatment to soften and reduce hard skin from the soles and nourish the feet and lower legs. All pedicures include toenail cut, file and buff and the full pedicures all include cuticle treatment. The service includes a polish with Vinylux, which involves two coats of colour and an application of top coat. The colour sets in 8.5 minutes.

The gel polish treatment includes a full preparation of the nails and cuticles before application of the gel polish in the colour of your choice, with the option to upgrade to a full pedicure. Between each coat the foot is placed in a special lamp to set the polish. At the end of the application the nails are wiped over and nourishing solar oil is applied. The toes are completely set and smudge proof immediately, so footwear can be put back on. . If you wish to have Vinylux on toes and gel polish on hands to match, please speak to your therapist before treatment. The majority of our colours are available in both but there are a small handful only available in gel polish.

### **Post Treatment**

- ✓ Apply solar oil regularly to keep the nails nourished, maintain the cuticles and prolong the life of your polish (both Vinylux and gel polish)
- ✓ You will normally find the colour on toes lasts much longer than fingers, because toenails grow at a much slower pace and there will be less wear and tear from washing, hand sanitiser and use of cleaning chemicals/food preparation/typing etc.
- ✓ The Vinylux top coat is available to purchase in the salon at £11.95. Applying a further top coat after a week or so can help prolong the life of your colour. The colour is also available to purchase by pre-order.
- ✓ We recommend a pedicure every 4-6 weeks to keep up with hard skin and toenail growth
- ✓ Take care when on holiday as some insect repellent products or sun protection may contain ingredients which affect the colour and condition of the polish.
- ✓ Use a foot file between appointments to smooth hard skin on the soles, especially during flip flop season
- ✓ Apply a foot cream regularly to hydrate the feet, followed by a pair of socks to allow the cream to soak in and not transfer to the floors
- ✓ If you catch a nail, gently smooth over with a file but try to avoid cutting the toenail too short as this could cause discomfort.
- ✓ After swimming, bathing or showering, be sure to dry the feet and toes carefully, to avoid the risk of an infection.

### Is there no Base Coat?

The Vinylux system does not require a base coat because it is built into the colour coat. The colour anchors the keratin of the nail and forms a barrier to prevent pigment staining.

### Why Solar Oil?

Solar Oil uses only the highest grade Jojoba Oil (revives and repairs), Sweet Almond Oil (restores and moisturises), Rice Bran Oil (softens and contains anti-ageing properties) and Vitamin E (antioxidant and protects against cellular damage). By using it daily we can

nourish the nails and cuticles, aid the healing of damaged nails, strengthens brittle and peeling nails, nourish dry areas on the tips of your toes and prolong the life of your nail service. In addition to this it has many other uses; including hydrating the lips, frizz free hair serum, non greasy serum for stretch marks, healing cracked or sore knees and elbows, strengthening for eyelashes and eyebrows, stop itching from bites and stings, relief from sunburn and more. If in doubt, get the solar oil out. Available in two sizes for £8.95 and £12.95, take yours home today.

## **Just Pampered Spray Tanning Pre and Post Treatment Guidance**

### **Pre Treatment**

- ✓ Carry out any hair removal (waxing, shaving, tweezing etc) a minimum of 24 hours before the spray tan treatment. If it is carried out too soon before treatment, the follicles will be raised and the tan may grip to the hair follicle and appear patchy and freckle-like
- ✓ Perform a full body exfoliation using a body scrub or exfoliating mitts to gently slough away dead skin cells. This should be carried out the day before your tan. Following the exfoliation, moisturise all over
- ✓ On the morning of your tan, shower but do not moisturise as it acts as a barrier so the tan may not develop.
- ✓ On the day of your tan, do not apply deodorant as it may discolour the tan. If you forget and arrive with deodorant, inform the therapist and remove any traces before the spray tan commences
- ✓ Arrive at your appointment in comfortable and loose clothing. It is advisable not to wear tight fitting socks as this could cause a gathering of pigment where the elastic sits tightly against the skin.
- ✓ Although the tan should wash out of any material, we still advise that you refrain from wearing white or light coloured clothing to your appointment

### What happens during treatment?

The therapist will help you select the best colour to suit your skin tone and prepare the booth for you.

You will be sprayed by the therapist while you stand in the booth, wearing a choice of our disposable knickers or your own underwear (if this makes you more comfortable). We will show you how to stand and what to do to achieve the perfect coverage.

The mist will feel cool on the skin but will only take around 10-12 minutes to complete the full body. Following the treatment, the therapist applies warm air to dry the tan and check the coverage. They will also assist you out of the booth and advise when it is safe to get dressed.

### **Post Treatment**

- ✓ Immediately after the tan your guide colour will be visible but your own tan develops underneath. The guide colour ensures the perfect coverage but will wash off in the shower, leaving your tan on the skin
- ✓ Your therapist will advise you how long to keep the tan on the skin before showering and it will depend on the brand and colour applied. As a rough guide we recommend 6-8 hours. For nervous clients or those looking to achieve only a subtle glow, we advise less time and for those looking for the deepest overall colour, you could sleep with the tan on and rinse the next day
- ✓ Avoid activity which may cause perspiration for 12 hours
- ✓ No swimming for 12 hours (chlorine will bleach the colour)
- ✓ Avoid other beauty treatments until the tan has developed
- ✓ Avoid touching the skin during development as it may lead to staining on your hands or patches on the body
- ✓ Once your tan has developed for the adequate time, rinse thoroughly in the shower. Use only water and wait until the water runs clear before applying any shower gel or soap. This ensures the guide colour has been fully removed
- ✓ Your tan can be maintained by moisturising daily with an oil free moisturiser to prolong the results and ensure an even fade
- ✓ Exfoliate every other day after your tan to gently remove any dead skin cells and to maintain your gorgeous glow. Pay particular attention to the crease of your arm, elbows, hands & feet.

- ✓ Exfoliating and hydrating moisturising products are also available to buy and use alongside your tan in order to prolong the best results

#### How long with the Spray Tan last?

The tan will last on average 5-7 days but this will depend on how dry your skin is and how well you maintain the tan. If you exfoliate every other day and moisturise daily it will ensure even fading and longer lasting results.



## **Just Pampered Collagen PIN Microneedling 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 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 48 hours before your microneedling treatment
- ✓ Ensure you don't have to rush off anywhere straight afterwards and consider booking the appointment on a day when you won't be exposed to pollution and excessive sunlight afterwards.

### What happens during treatment?

As with a classic facial, you will be taken into the treatment room and given time to prepare for treatment on the bed. We always carry out a skin consultation prior to the treatment to ensure suitability. Please highlight your concerns such as pigmentation, ageing lines, acne scarring, to the therapist so they know which areas to focus on.

You will be offered a topical numbing agent to numb the skin beforehand. A majority of patients report little to no pain at all during the treatment while others find it sensitive. You will feel scratches as the PIN itself consists of 36 micro needles that create micro channels of controlled injury to the skin, which in turn stimulates the skins collagen production for healthier, younger looking skin.

The treatment time varies depending on the level of depth and speed we set the machine, how quickly the skin reacts, the skin concerns you have and how long the numbing agent takes to activate (if you have it). The treatment includes special cleansing and prepping solutions. We apply enriching formulas and serums to push into the skin as the pin gets to work. The whole face is treated with extra focus on the areas of concern and depth can be varied in sensitive areas. Please allow up to an hour.

### **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.
- ✓ Try not to touch the skin as it has already been very stimulated during treatment
- ✓ You will likely 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.
- ✓ Your skin will feel warm and possibly give a similar effect to when the face has been in the sun (redness, warmth, slight tingling is possible, slight tightness is possible)
- ✓ There may be some minimal swelling, but this will resolve quickly
- ✓ You may experience some peeling to 'problem' areas such as the forehead area, around the nose area or congested areas with blemishes or dry skin. This is an excellent sign of healing and skin rejuvenation and will last 2-5 days.
- ✓ Do not apply make-up or perfume for 24 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 72 hours
- ✓ Sunbeds should be avoided completely
- ✓ Avoid hair removal for at least 48 hours after treatment

- ✓ 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 – If you are making this kind of investment to your skin with the Microneedling treatment, it wouldn't make much sense to very quickly undo all the hard work at home. 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.

#### How long will it take to see results?

Most patients see a result after just one treatment. Individual results will depend on individual skin health but most see a difference 1-2 weeks after the first treatment. You can expect to see plumper, brighter, healthier looking skin within a couple of days and the visible signs of repair and regeneration continue for two to six weeks following the treatment. We recommend a course of three treatments, spaced 4-8 weeks apart).

#### How does it work and how long do these results last?

Collagen P.I.N. produces results through the stimulation of growth factors and collagen, thereby promoting new skin cells to the surface. As our skin ages our collagen production naturally slows down. The overall result will last longer with the recommended home skincare regime. New collagen and elastin has been documented from just one treatment as much as one year later.

## **Just Pampered Cryopen Pre and Post Treatment Guidance**

### **Pre Treatment**

- ✓ Book your essential consultation with the therapist. Consultation and visual assessment are essential prior to treatment but if the lesion is suitable you can have treatment on the same day.
- ✓ Your therapist will require you to sign a consent form specifically for Cryopen
- ✓ Your therapist will need to take a photo of the lesion before treatment commences.
- ✓ Avoid booking at a time when the area may be exposed to sunlight (a facial or arm lesion especially shouldn't be treated in the height of Summer or just before a sun holiday).
- ✓ Winter is the ideal time for facial lesions to be treated for this reason

### What happens during treatment?

Cryopen delivers Nitrus Oxide (N<sub>2</sub>O) directly to the lesion and not the healthy surrounding tissue. There will be a pain sensation similar to the feeling of a ballpoint pen being pushed onto the skin when the N<sub>2</sub>O reaches the bottom of the lesion.

Your therapist will prep the area and select the right applicator tip to suit the size and shape of your lesion. The applicator is held as close as possible to the lesion and moved quickly towards and away from the area. Depending on the lesion size and depth, the treatment could be 1 to 30 seconds in the first freeze cycle.

After the first freeze cycle, the tissue will be allowed to thaw for about thirty seconds.

For body (and some face) lesions, a second freeze cycle will be administered and the tissue will freeze faster than during the first cycle.

### **Post Treatment**

- ✓ There may be a light residual stinging for a few minutes after treatment
- ✓ Occasionally a blister might form and persist for a few hours
- ✓ Keep the lesion out of the sun (always but especially for the 48 hours after treatment)
- ✓ Try not to touch the area as it has already been stimulated during treatment and you do not want to risk infecting the lesion
- ✓ Do not apply make-up or perfume to the lesion area until it has completely healed
- ✓ Avoid any heat treatments, saunas, steam and hot tubs for 72 hours
- ✓ Sunbeds should be avoided completely
- ✓ You can return to normal activity after treatment but protect the area from damage or abrasion. Swimming and showering is not a problem.
- ✓ Book a follow up session (included in the price) for 2-4 weeks after the initial treatment, at the advice of your therapist. Any further top ups after this follow up will be chargeable.
- ✓ Other low risk but possible side effects include pigment changes, nerve damage, shards of frozen ice may contact healthy skin (although we do protect the surrounding skin), hair follicle damage. Please discuss any concerns with your therapist.