

## **Pre- and Post-Treatment Guidelines for Skincare and Resurfacing Treatments**

THE INSTRUCTIONS, GUIDELINES, AND CONSIDERATIONS PRESENTED IN THIS INFORMED CONSENT SHOULD BE REVIEWED AND FOLLOWED EVERY TIME YOU RECEIVE ANY SKINCARE AND RESURFACING TREATMENTS.

### **Facials and Resurfacing Skincare Treatments**

A facial is a treatment that is not only relaxing but helps to improve the condition of your skin by addressing such issues as tone, texture, aging, dehydration, fine lines and wrinkles, loss of collagen and elasticity, acne, large pores, rosacea, sensitivity, scars, sagging, dull, or dreary skin, and much more. A facial typically includes a cleanse, exfoliation, customized treatment mask, and finishing product. It may also include things such as microcurrent, Nanotechnology, Acupressure, CryoTherapy, and enzyme or chemical peels for even more targeted results. Products rife with botanicals, antioxidants, and minerals reduce the effects of the environment and encourage healthy skin. Specialized treatments for the eyes, neck and chest, back, hands, and feet can also be enjoyed for similar benefits.

Our Licensed Esthetician / Certified Fasciologist also specializes in releasing tight fascia of the face, providing incredible lift and life to the skin of the face, neck, and chest. No facial is complete without a complete scalp massage.

More information can be found in the [services descriptions](#) as well as the [Resources](#) page on our website.

### **Number of Treatments**

Each person's skin is different with a unique physiology, health and injury history, diet and exercise lifestyle, etc. The number of treatments to achieve goals and maximum results cannot be definitively set. If you're getting facial and skincare treatments to address specific issues, more than one session is usually needed. To achieve your goals and maximum results, it may take several treatments over several months, including the proper use of recommended home care products. The therapeutic effects of facials are cumulative, so the more often you get a treatment, the better you will feel and the more quickly your skin will respond. If desired, your esthetician will work with you to establish a treatment plan that fits your time and money budgets.

### **Possible Discomfort**

There may be some degree of discomfort during the treatment. Depending on the particular treatment and the condition of your skin, you may experience some temporary redness, stinging, or warm flushing, pin-prickling, itching, heat, dryness, tightness, or purging (blemishes). These reactions may begin during the treatment or a few hours after the treatment and may last for a few minutes up to a few days.

### **Inform Your Therapist**

Please inform your therapist if you need or want to change anything during your session. This could include such things as: turning the table warmer on or off, wanting an extra blanket, adjusting the lighting or the music volume, needing to use the restroom, etc. We want you to feel as comfortable and relaxed as possible during your entire session. MOST IMPORTANTLY: During treatment, immediately notify your esthetician if you experience any discomfort or pain.

### **Right-to-Know**

You have the right to ask questions and receive an explanation of any techniques or procedures that the esthetician performs and any products or tools that the esthetician uses during your treatment. In fact, we believe that the more information you have and the more you understand, the more effective your results will be.

### **Photographs**

Photographs may be taken for the exclusive purpose of monitoring treatment effect and result. Any pictures taken will be kept strictly confidential unless a marketing waiver has been agreed to and signed by you.

### **Guest's Right to Change or End Session**

You have the right to request at any time that the treatment be modified or stopped, and your therapist will do so immediately.

### **Therapist's Right of Refusal**

We reserve the right to refuse service to anyone for reasons we deem necessary, including contraindications to scheduled services. Inappropriate conduct or language during a service will result in immediate termination of the service with full payment required. We reserve the right to define inappropriate conduct or language.

### **Adherence to Instructions**

The Professional Resurfacing Treatment is an enzyme or superficial peel (or something similar such as microdermabrasion) designed to improve the texture and appearance of your skin. It is important that you strictly adhere to all instructions provided by your treatment specialist. Depending on the condition of your skin or your current health conditions, we may not use any enzymes or acids, but it is still important to keep these guidelines in mind and comply with all pre- and post-care instructions provided to you.

### **IMPORTANT:**

### **Adverse Reactions**

Facials and skincare treatments may lead to adverse reactions in certain situations or when used with certain conditions or medications. The esthetician will evaluate your health-history intake and ask questions to make sure it is as safe as possible for you to receive facial and skincare treatments. Please provide complete details of all medical conditions, skin issues, medications, and current products to your esthetician on the health-intake form and during the pre-session consultation. Failure to disclose all relevant information may place you at increased risk for adverse reactions.

Depending on the treatment performed and your individual skin health, the following reactions may occur in some individuals: prolonged redness, irritation, flakiness, dryness, sensitivity, and in rare instances severe allergic reactions. These reactions can occur even if you have never had such a reaction in the past.

### **Cognitive or Sensory-Altering and Pain-Dulling Substances**

- The use of illegal drugs and alcohol make it unsafe for a guest to receive massage and bodywork.
- Taking pain medications (prescription or over-the-counter) dulls the body's ability to feel sensation. If taken just prior to receiving massage or bodywork, the session may need to be modified.

### **Thermo- (Heat) or Cryo- (Cold) Therapy**

Many treatments include heat and cold therapy in various forms and may need to be modified or withheld for certain conditions. Notify your therapist if you:

- Have general heat or cold sensitivity / intolerance
- Are taking medications that make you heat or cold sensitive
- Have had past heat exhaustion stroke
- Have Raynaud's Disease or Phenomenon
- Have neuropathy or impaired sensation
- Have severe or uncontrolled diabetes
- Have uncontrolled high blood pressure
- Are pregnant

### **Ingredients**

Many treatment products contain botanicals, nuts, seaweed (iodine), and wheat, etc. Please ensure that you have disclosed ALL known allergies and health conditions.

### **Skin Reactions**

A patch test is used to determine whether specific products result in skin irritation or an allergic reaction. For the test, a small amount of the substance or product is applied to the skin and left on for a certain amount of time to see if a reaction develops.

Please note: As with any kind of skin test, patch testing is not 100% accurate. A patch test may return a "false positive" result, indicating a contact allergy when you do not have one, or a "false negative" result, not triggering a reaction to a substance that you are allergic to.

If you would like to patch test any products to be used in your treatment, please let your esthetician know at least seven days prior to your appointment.

### **What to Expect from Treatment**

- This treatment is a cosmetic treatment only and no medical claims are expressed or implied.

- Results vary. No guarantee is expressed or implied as to the precise results, peeling time, or discomfort. (There are many variables that contribute to these aspects, such as: age, condition of skin, smoking, climate, etc.)

- Some treatments may result in a light flaking or slight surface peeling of the skin. For most individuals, if this is going to happen it begins within 48 to 72 hours. It is impossible to predetermine how much peeling will occur or how long it will last, but the shedding process generally subsides in 2 to 7 days, depending on the type of treatment performed.

- If you are receiving a treatment that generally results in peeling for most people, you personally may only experience light flaking or slight peeling or maybe nothing at all. Lack of flaking or peeling is NOT an indication that the treatment was unsuccessful. You're still receiving all the benefits of the treatment, such as improvement of skin tone, texture, and appearance of fine lines and hyperpigmentation. (There are a number of reasons why some people may not experience peeling, such as severe sun damage, having peels regularly with short intervals between treatments, and frequent use of Retin-A, Retinol, or AHAs.)

- Dark spots may appear darker after a treatment. This can happen as the dark spots rise through the layers of the skin to the surface, where they will eventually slough off. As you continue with your recommended home care and treatment regimen, you will see the dark spots begin to lighten.

### **INDIVIDUALS WHO SHOULD NOT GET THIS TREATMENT**

This section outlines individuals who SHOULD NOT receive Professional Resurfacing Treatments or who should have a signed release from their treating doctor in order to have these treatments performed.

- Certain treatments SHOULD NOT be performed on active cold sores or warts, open wounds, sunburn, excessively sensitive skin, dermatitis, or inflammatory Rosacea in the area to be treated, diabetics, individuals with cancer or who are undergoing treatment for cancer, or autoimmune diseases such as psoriasis. (Relaxing, gentle treatments can generally be performed for most people. More corrective treatments may also sometimes be performed with certain conditions with a signed release from your doctor.) Inform your esthetician immediately if any of these or similar issues apply to you so we can discuss the best course of action.
- You SHOULD NOT have certain resurfacing treatments if you have a history of allergies, rashes, or other skin reactions, cancer, or may be sensitive or allergic to any components of this treatment. Inform your esthetician immediately if any of these issues or similar apply to you.
- Certain treatments are NOT RECOMMENDED if you have taken Accutane (or its generic form) within the past year or have received chemotherapy or radiation therapy. Tell your esthetician immediately if any of these or similar apply to you.
- Most resurfacing treatments SHOULD NOT be administered to pregnant or breastfeeding (lactating) women. If this applies to you, inform your esthetician immediately to make sure we stick with a gentle, relaxing treatment.
- Inform your esthetician immediately if you have a history of herpes simplex (cold sores or fever blisters) or are allergic to aspirin.
- Certain treatments SHOULD NOT be performed if you have had any other chemical peel or resurfacing treatment within 14 days (in some cases much longer) of this treatment. Inform your esthetician if you have had a chemical peel or resurfacing treatment of any kind within the LAST 3 MONTHS, especially if it was at another facility.
- Certain treatments SHOULD NOT be performed if you have engaged in tanning activities in the 14 days prior to treatment. If you have been tanning in the 14 days prior to treatment, inform your esthetician immediately.

### **Pre-Treatment Guidelines**

*This section outlines procedures, products, and ingredients to avoid prior to your treatment, as well as steps to take to ready your skin for Professional Resurfacing Treatments.*

- One week prior to treatment avoid waxing, electrolysis, or Laser Hair Removal in the areas to be treated. If you have had any of these or similar treatments done less than a week before your resurfacing treatment, immediately notify your esthetician.

- Prescription retinoids/retinoid-like compounds (Retin-A, Renova, Differin, Tazorac, etc.), products containing Retinol, AHAs, BHAs, Benzoyl Peroxide, or any exfoliating products that may be drying or irritating must be stopped 5 to 10 days prior to treatment. If you have not stopped these types of products in time for your treatment, tell your esthetician immediately.

- Individuals who have medical cosmetic facial procedures must wait until skin sensitivity completely resolves before having a facial treatment.

- You must wait at least two weeks after receiving facial fillers or botox to receive Professional Resurfacing Treatments. If you have had either of the above less than two weeks before your scheduled treatment, inform your esthetician immediately.
- Do not shave the areas to be treated the day of the appointment.

### Post-Treatment Guidelines

*This section outlines steps to take after your treatment to help your treatment be as successful as possible.*

- Although complications are rare, they do sometimes occur, resulting in the need for prompt treatment. In the event of complications, it is imperative that you immediately contact your esthetician.
- Direct sun exposure is not recommended for 24 to 48 hours after any enzyme, AHA, or BHA treatment and is **STRICTLY PROHIBITED** for a minimum of 72 hours following a single resurfacing treatment or for the entire duration of a treatment series and a minimum of 72 hours following. In some cases, sun exposure needs to be avoided for 2 to 6 weeks post treatment. For **BEST RESULTS** wait the full 6 weeks. If you cannot avoid being exposed to the sun, remember to apply your mandatory sunscreen liberally and often, according to the manufacturer directions.
- Use of tanning beds or tanning outdoors is not recommended for at least 24 to 48 hours after any enzyme, AHA, or BHA treatment and is **STRICTLY PROHIBITED** for 72 hours following a single Resurfacing Treatment. If having a series of treatments wait a minimum of 14 days following the end of the treatment series. For **BEST RESULTS** wait 6 weeks before tanning post treatment.
- For best results, it is important that you use the products recommended to you by your esthetician to heal and protect the skin. This includes mandatory daily sun protection with a minimum SPF of 30.
- Use of a broad-spectrum sunscreen with a minimum SPF of 30 is recommended for all treatments and **MANDATORY** before, during, and after certain resurfacing treatments.
- Avoid any direct source of heat on or in the skin for a minimum of 72 hours following treatment and until all signs of feelings of sensitivity have completely subsided. Ex. strenuous exercise, saunas, steam rooms, sun, tanning bed, etc.
- If you have received a treatment that you are expecting to peel from, once your skin begins to flake and/or peel, it is imperative that you do not pick, pull, or scratch at any loose skin. The loose skin is attached to living tissue. Picking or pulling at it can seriously damage the surrounding skin, resulting in scarring or hyperpigmentation. (FYI: this is also true of a sunburn as it begins peeling.) **NEVER PICK OR PULL OR SCRATCH.** Note: Regular facials do not generally cause this. This point is if you have received a more corrective treatment that typically involves a chemical peel.
- If your skin is sensitive or if flaking and peeling begins to occur: When cleansing, use the pads of your fingertips in gentle motions. Do not use a washcloth or any other items - only your fingers. **NEVER SCRUB.**
- Use only the products recommended by your esthetician for post treatment. Wait until all flaking and peeling is completed before returning to your regular home care routine or having additional professional treatments. You will be given a Post Treatment Expectations and Care Sheet after your treatment that will give you more details.
- If you have received anything other than a gentle, relaxing treatment, do not shave the treated area for at least 24 hours post treatment. When you do shave do so very gently in the direction of hair growth. Do not shave closely and do not shave on any abraded areas. Follow these instructions until all sensitivity is gone and skin is fully healed.
- If you are under a doctor's care or taking medication, discuss your facial treatment plan with him or her.
- Immediately notify your treatment esthetician of any concerns or questions you may have.