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**Generic Pre-Facial Information.**

It is very important that you read through this information thoroughly. If you’re unsure of anything, please contact us at hello@katycarteraesthetics.co.uk

* Check your calendar, make sure your facial doesn’t clash with any big events, with some of our treatments it’s likely you’ll be flushed for a day or two.
* Wear something comfortable. You will be asked to remove your top half before the treatment starts.
* Remove all Jewellery before your facial.
* Don’t wash your hair before your facial, it’ll only get messy!
* Remove all makeup (if possible) before you come in for your treatment.
* We do not treat anyone that uses sunbeds.
* Stop all facial acids AHA/BHA’s (glycolic, salicylic, lactic etc) for a week before your treatment.
* Stop Vitamin A (retinol, retinal, tretinoin etc) for a week before your treatment.
* Please make us aware of any medications that you may be on – We will need to make sure that the treatment can still go ahead safely.
* We cannot treat sunburnt/windburned skin.
* We cannot treat you if you have an active cold sore.
* We cannot treat you if you have cuts, bruises or scabs present on the area being treated.
* You cannot have any hair removal treatments for a week minimum post treatment (waxing, laser hair removal, electrolysis, depilatory creams etc).
* Please come to your appointment on your own.
* Children are not allowed in clinic – insurance purposes.
* If you are over 10 minutes late to your appointment, we will not be able to treat you.

**If any of these rules aren’t abided by and we can’t proceed with the treatment on the day, you will still be charged the full amount.**

**Generic Post-Facial Information.**

* You may experience a little erythema (redness) with certain treatments, this is completely normal.
* Don’t apply makeup until the skin has settled (24hrs). Please ensure your makeup brushes & sponges have been cleaned.
* SPF, not negotiable. Everyday & re-apply every 2 hours.
* Cleanse your skin before you go to sleep, you will have SPF on from your treatment.
* Do not touch or pick your skin!
* Do not wash your hair the night of treatment.
* Don’t restart any acids/retinoids for a week post treatment.
* Avoid heat treatments, steam & hot water for the next 24hrs, your skin will be more prone to irritation directly after treatment.
* Avoid Chlorine for 2 weeks.
* No waxing or face treatments for 2 weeks.

KATY CARTER AESTHETICS

[www.katycarteraesthetics.co.uk](http://www.katycarteraesthetics.co.uk)

E: hello@katycarteraesthetics.co.uk