**KATY CARTER AESTHETICS**

**Cloud 9**

Pre & Post Treatment Information & contraindications

**CONTRAINDICATIONS:**

Viruses such as colds, cold sores, warts.

Bacterial infections such as impetigo, boils, conjunctivitis, styes.

Fungal infections such as ringworm, blepharitis.

Undiagnosed lumps or swelling.

Broken bones.

Known sensitivity or allergy to products.

Eczema.

Psoriasis.

Fresh bruising

Open sores

Bleeding

Tooth abscess

Broken jaw or other facial bone

Facial cancer

Head lice

Recently consumed alcohol

Under the influence of drugs

Unstable blood pressure

Recent head injury

Recent neck injury

Fever

Contagious diseases

Recent haemorrhage

Recent scarring

Severe acne

**PRE-TREATMENT ADVICE:**

* **Know your at-home products.**Your skincare specialist is likely to ask you about your daily skincare routine. If you are concerned about your skin, they can give you better-informed advice about what you should be using to tackle the issue; it may be that one or more of your products isn’t the best for your skin type, so it’s worth having a mental checklist of what you use every day.
* **Do not wax or shave (up to 48 hours) before a facial.**Hair removal can make your skin feel more sensitive, so you are likely to experience discomfort (like tingling or stinging) during the treatment if you’ve waxed or shaved beforehand.
* **Think about what you have got planned.**The fact is that your skin may be a little red immediately following any facial treatment – this is totally normal and to be expected. Any redness will clear up within a day.
* **Are you taking any medication?** If you’re using an oral medication that’s known to thin the skin (such as Roaccutane), it’s recommended that you discontinue use up to 3 months before getting a facial treatment. Please make me aware of any medication you may be on.
* **Avoid sun-bathing and tanning beds**at least one week before your treatment. If you’ve got sunburn, facials are the last thing your skin wants (or needs!). Let any sun damage properly heal before booking a treatment. After a facial, your newly exfoliated skin will be more sensitive to the sun’s harmful rays too, so stay out of it for a few days. And remember you should always apply sunscreen (yes, even to your face!) before heading out into the sun and reapply every 2 hours.
* **Don’t over-exfoliate**in the two or three days leading up to it. Since most facials include an exfoliating treatment anyway, it’s important not to let your skin become too sensitive before its properly buffed clean.

**POST TREATMENT REACTIONS:**

* **Don’t pick your skin!**This can cause post inflammatory hyperpigmentation.
* **Avoid using heavy makeup.**For at least 24hrs. Please unsure all brushes and sponges are clean.
* **Sack of the gym (and the sauna!**). Whilst it’s always good to work up a sweat, you should reschedule your gym session following a facial; sweat can irritate freshly exfoliated skin. Similarly, saunas are a no-go post-treatment. You’ve already been cleaned and steamed; heating your face up and steaming it some more is likely to irritate your skin.

One of the key things to remember about any treatment, is that there’s no quick fix. Facials – like any other treatment – should be thought of as one part of a wider regimen. If you haven’t got your daily skincare routine down, one facial won’t be that transformative.

You may experience a break out in the days following a treatment. This is because facials pull the impurities deep within your pores to the surface; for some people, the skin gets worse before it gets better. Ultimately though, facials detox the skin; they can remove years of built-up sebum and dead skin cells from the pores, leaving your face feeling super fresh.