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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! Avoid washing it for 24hrs post facial too.
* 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 (apart from SkinPen – stop for 24hr before your appointment)
* Stop Vitamin A (retinol, retinal, tretinoin etc) for a week before your treatment. apart from SkinPen – stop for 24hr before your appointment)
* 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 2 weeks 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, it is unlikely that we will 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. It is your responsibility to read the Pre and Post information care provided.**

**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 50+ not negotiable. Everyday & re-apply every 2 hours.
* Cleanse your skin before you go to sleep (unless advised otherwise), 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 (unless advised otherwise).
* 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