



About Your Facial

How to prepare for your facial

- It is advised that you do not apply make-up prior to your facial.
- If you do have false eyelashes, please let me know as I will avoid agitating this area.
- Please wear comfortable clothing. I will need access to your neck, upper chest and shoulder area as well as your arms and hands.
- Please inform Bec of any known allergies to products prior to the appointment.

What to expect

- ✓ You will have privacy to remove/adjust clothing prior to the treatment and I have blankets to keep you warm.
- ✓ I will assess your skin type and use professional vegan friendly products appropriate to your skin type.
- ✓ You will receive massage as part of your facial treatment. This will be to the face, neck, chest, shoulders, arms and hands. If you are not comfortable with any of these parts of your body being touched, please let me know prior to the treatment and I will moderate it for you.

You should not have a facial if . . .

Due to infection control, you should not attend your appointment if you:-

- Have a cold sore/herpes virus on your face at all.
- Have bacterial impetigo or any other infectious skin disease on your face, neck, chest, arms, hands or shoulders.
- Have any fungal infections on your face, neck, chest, arms, hands or shoulders.
- Have an eye infection.
- Have boils or warts.
- Have a parasitic skin infection such as scabies.

If you have any of the following, then a phone call consultation prior to the treatment needs to happen with Bec to check it is appropriate for you:-

- Cancer
- Are undergoing chemotherapy or radiotherapy
- Have suffered a neck or head injury at some point in your life
- Have medical oedema
- Have known allergies
- Have acne
- Suffer from nervous system disorders
- Are pregnant



- Have any undiagnosed lumps or pain
- Have had any recent operations

After Care

It is common to experience mild redness and outbreaks after the facial as the skin has had the top two layers removed.

If you experience extreme redness and itching, please take an anti-histamine and inform Bec as in this case, in this instance, it is likely that you are allergic to the facial products. This is very rare.

It is advised that you avoid the following for 24 hours after your facial: -

- Make-up
- Sauna's
- Swimming
- Hot tubs
- Perfumed products on the face

It is also advised that you use moisturiser with SPF in afterwards if your facial appointment is during daylight hours.

How often can I have a Facial?

This depends on your skin type. The general recommendation is to have a facial every month/4 weeks. However, most skin types would tolerate a facial every two weeks if this is what you desire.