

Pre and Post-Treatment Instructions for Spa Services

1. Laser Hair Removal

- **Pre-Treatment:**
 - **Contraindications:** Avoid if pregnant, using photosensitive medications, or with certain skin conditions (e.g., eczema, psoriasis).
 - **Required Preparations:** Shave the treatment area; avoid sun exposure, tanning products, and waxing for 2 weeks prior.
 - **Post-Treatment:**
 - **Potential Side Effects:** Redness, irritation, temporary swelling.
 - **Aftercare:** Apply aloe vera or recommended soothing cream. Avoid sun exposure, heat, and strenuous activities for 48 hours. Use sunscreen daily.
 - **Duration of Results:** Expect permanent hair reduction after multiple sessions.
 - **Emergency Contact:** Contact the spa or a healthcare provider if severe redness, blistering, or prolonged pain occurs.
-

2. Teeth Whitening

- **Pre-Treatment:**
 - **Contraindications:** Not suitable for those with active cavities, gum disease, or hypersensitivity.
 - **Required Preparations:** Brush and floss teeth before the session. Avoid consuming staining foods and drinks for 48 hours prior.
 - **Post-Treatment:**
 - **Potential Side Effects:** Temporary tooth sensitivity, gum irritation.
 - **Aftercare:** Avoid staining foods and drinks (coffee, wine, etc.) for 48 hours. Use a desensitizing toothpaste if needed.
 - **Duration of Results:** Results last several months to a year, depending on diet and oral care.
 - **Emergency Contact:** If severe sensitivity or gum irritation persists, contact a dentist.
-

3. Paramedical Areola Tattooing

- **Pre-Treatment:**
 - **Contraindications:** Avoid if pregnant, breastfeeding, or on blood thinners.

- **Required Preparations:** Avoid alcohol, caffeine, and blood thinners 24 hours prior. No tanning or sun exposure.
 - **Post-Treatment:**
 - **Potential Side Effects:** Redness, swelling, minor discomfort.
 - **Aftercare:** Keep the area clean and dry. Apply recommended healing ointment. Avoid tight clothing, swimming, and strenuous activities for 10 days.
 - **Duration of Results:** Permanent with possible touch-ups over time.
 - **Emergency Contact:** If signs of infection or severe swelling occur, seek medical attention immediately.
-

4. Mesotherapy

- **Pre-Treatment:**
 - **Contraindications:** Avoid if pregnant, with active skin infections, or on blood thinners.
 - **Required Preparations:** Avoid alcohol, caffeine, and blood thinners 24 hours prior. No tanning or sun exposure.
 - **Post-Treatment:**
 - **Potential Side Effects:** Redness, swelling, bruising, minor discomfort.
 - **Aftercare:** Apply ice packs if necessary. Avoid sun exposure, strenuous exercise, and makeup for 48 hours.
 - **Duration of Results:** Several weeks to months, with a series of treatments often needed.
 - **Emergency Contact:** Seek medical attention if prolonged swelling, redness, or signs of infection occur.
-

5. BB Glow

- **Pre-Treatment:**
 - **Contraindications:** Not suitable for those with active acne, skin infections, or if pregnant.
 - **Required Preparations:** Discontinue retinoids and exfoliants 3 days prior. Avoid sun exposure.
- **Post-Treatment:**
 - **Potential Side Effects:** Redness, mild swelling, temporary dryness.
 - **Aftercare:** Avoid makeup for 24 hours. Apply gentle moisturizers and sunscreen. Avoid sun exposure and hot water for 72 hours.
 - **Duration of Results:** Lasts several months, with a series of treatments recommended for best results.
 - **Emergency Contact:** If severe irritation or prolonged redness occurs, contact a healthcare provider.

6. Advanced Clinical Facials

- **Pre-Treatment:**
 - **Contraindications:** Avoid if experiencing active skin infections or severe acne.
 - **Required Preparations:** Avoid exfoliants and strong skincare products 48 hours before.
- **Post-Treatment:**
 - **Potential Side Effects:** Temporary redness, mild irritation.
 - **Aftercare:** Use gentle skincare, avoid makeup for 24 hours, and apply sunscreen. Avoid steam, hot water, and rigorous activities for 24-48 hours.
 - **Duration of Results:** Immediate improvement with cumulative benefits over multiple sessions.
 - **Emergency Contact:** If you experience severe or prolonged irritation, consult your esthetician or a healthcare provider.

7. Microneedling

- **Pre-Treatment:**
 - **Contraindications:** Not suitable for those with active acne, skin infections, or if pregnant.
 - **Required Preparations:** Discontinue retinoids and exfoliants 3 days prior. Avoid sun exposure.
- **Post-Treatment:**
 - **Potential Side Effects:** Redness, swelling, mild discomfort, temporary dryness.
 - **Aftercare:** Avoid makeup for 24 hours. Apply gentle moisturizers and sunscreen. Avoid sun exposure, hot water, and strenuous exercise for 72 hours.
 - **Duration of Results:** Visible results in 4-6 weeks, with continued improvement over several months.
 - **Emergency Contact:** If you experience prolonged redness, swelling, or signs of infection, contact your healthcare provider.

8. Dermaplaning

- **Pre-Treatment:**
 - **Contraindications:** Avoid if experiencing active acne, rosacea, or other inflammatory skin conditions.
 - **Required Preparations:** Discontinue exfoliants and retinoids 3 days prior.
- **Post-Treatment:**
 - **Potential Side Effects:** Temporary redness, mild irritation, slight peeling.

- **Aftercare:** Avoid direct sun exposure, makeup for 24 hours, and exfoliation for a week. Use gentle skincare and sunscreen.
 - **Duration of Results:** Lasts 3-4 weeks with smooth, radiant skin.
 - **Emergency Contact:** Seek advice if you experience severe irritation or persistent redness.
-

9. Microdermabrasion

- **Pre-Treatment:**
 - **Contraindications:** Not suitable for those with active skin infections, open wounds, or severe acne.
 - **Required Preparations:** Avoid exfoliants, retinoids, and sun exposure for 5-7 days before.
 - **Post-Treatment:**
 - **Potential Side Effects:** Redness, slight swelling, mild irritation, peeling.
 - **Aftercare:** Apply post-treatment ointments, avoid sun, heat, and strenuous activities for a week. Use sunscreen daily.
 - **Duration of Results:** Immediate improvement with smoother, brighter skin; best results with multiple sessions.
 - **Emergency Contact:** Contact your healthcare provider if you experience signs of infection or severe irritation.
-

10. Chemical Peels

- **Pre-Treatment:**
 - **Contraindications:** Avoid if pregnant, using retinoids, or with active skin infections.
 - **Required Preparations:** Avoid exfoliation, retinoids, and sun exposure for 5-7 days before.
 - **Post-Treatment:**
 - **Potential Side Effects:** Redness, peeling, mild swelling, temporary dryness.
 - **Aftercare:** Apply post-peel ointments, avoid sun, heat, and strenuous activities for a week. Use sunscreen daily.
 - **Duration of Results:** Several months of smoother, clearer skin with proper aftercare.
 - **Emergency Contact:** If severe peeling, blistering, or signs of infection occur, seek medical attention immediately.
-

11. Permanent Makeup (Lip Blushing, Microblading, Eyeliner)

- **Pre-Treatment:**
 - **Contraindications:** Avoid if pregnant, using blood thinners, or with skin conditions near the treatment area.
 - **Required Preparations:** Avoid alcohol, caffeine, and blood thinners 24 hours prior. No sun exposure.
 - **Post-Treatment:**
 - **Potential Side Effects:** Redness, swelling, scabbing, mild discomfort.
 - **Aftercare:** Keep the area dry, apply ointment as directed, and avoid makeup and sun exposure for 10 days.
 - **Duration of Results:** Long-lasting with potential for minor touch-ups over time.
 - **Emergency Contact:** If signs of infection or severe swelling occur, contact your healthcare provider immediately.
-

12. Brows Enhancements

- **Pre-Treatment:**
 - **Contraindications:** Avoid tweezing or waxing for at least one week before your appointment. Not suitable if pregnant or on blood thinners.
 - **Required Preparations:** Let brows grow out as much as possible before the appointment.
 - **Post-Treatment:**
 - **Potential Side Effects:** Redness, slight swelling, mild discomfort.
 - **Aftercare:** Keep brows dry and avoid touching. Apply recommended ointment. Avoid makeup and sun exposure for 10 days.
 - **Duration of Results:** Results last several months to a year, depending on aftercare and skin type.
 - **Emergency Contact:** Seek medical attention if redness or swelling persists or if signs of infection occur.
-

13. Eyelash Enhancements (Extensions, Tinting, Perming, Lifting)

- **Pre-Treatment:**
 - **Contraindications:** Avoid if you have active eye infections, allergies, or are using certain eye medications.
 - **Required Preparations:** Remove all eye makeup and avoid waterproof mascara.
- ****Post-Treatment**

's the rest of the document:

13. Eyelash Enhancements (Extensions, Tinting, Perming, Lifting)

- **Pre-Treatment:**
 - **Contraindications:** Avoid if you have active eye infections, allergies, or are using certain eye medications.
 - **Required Preparations:** Remove all eye makeup and avoid waterproof mascara.
 - **Post-Treatment:**
 - **Potential Side Effects:** Mild irritation, temporary redness, slight swelling.
 - **Aftercare:** Avoid water, steam, and eye makeup for 24 hours. Use oil-free products only. Gently clean lashes and avoid rubbing or pulling them.
 - **Duration of Results:** Results last 4-6 weeks depending on care and natural lash growth cycle.
 - **Emergency Contact:** Seek medical advice if you experience severe irritation, redness, or signs of an allergic reaction.
-

General Disclaimer

We strongly recommend consulting with your healthcare provider before undergoing any treatments, especially if you have pre-existing medical conditions or concerns. While we strive to provide the highest standard of care, individual results may vary, and it is crucial to follow all pre- and post-treatment instructions to ensure the best possible outcome.