



IPL/LASER PRE-TREATMENT ADVICE TO CLIENTS

1. Don't expose skin to UV (sun exposure or the use of tanning beds) or self-tanners for at least 4 weeks before and/or between IPL/Laser treatments
2. Avoid using self-tanning products for 2 weeks prior to treatment.
3. Do not use Retin A/ Retinol, Differing or Glycolic Acid or any acid 2 week prior to treatment.
4. Do not have Microdermabrasion or Peels 2 weeks prior to treatment.
5. Don't do waxing, tweezing, electrolysis or threading (shaving or depilatory creams are acceptable) before and/or between IPL/Laser treatments.
6. Don't use bleaching creams, or perfumed products (e.g. Aromatherapy oils) for 24 – 48 hrs. before treatment sessions)
7. Avoid swimming in strong chlorinated water or ocean immediately before an IPL / Laser treatment session.
8. Avoid hot tub/Jacuzzi. Hot and humid weather conditions can aggravate skin in the period immediately before treatment.
9. Avoid wearing tight clothing when attending for treatment sessions.
10. Keep the area being treated clean and dry.
11. Hydrate the body by drinking plenty of water.
12. Protect the skin from sun exposure with suitable clothing and use of Sun block SPF 30+ before first treatment and between subsequent treatment sessions.
13. Do not use Sun blocking creams within 24 hrs of scheduled treatments.
14. Do not use Ibuprofen, Advil, Aspirin or Fish Oil week before the treatment. They are blood thinners and they can cause bruising.
15. Shave the treated area 24hrs before your appointment.

16. Before your appointment - avoid application of any creams, perfumes, deodorants etc. in the area being treated.