



Relaxation Centre

Pre Care for your Hydro-Gen Facial

The Hydro-GEN is Suitable for everybody, especially for people who suffer with congested skin, the Hydro-Gen helps with improving dull and tired skin at the same time as decongesting pores and improving acne prone skin.

Drink at least 2 litres of water daily during facial course for improved results.

Contraindications – please advise if any are present, some are manageable during treatment, although some will mean you are unable to go ahead and an alternative treatment will be offered where possible.

- Those with thin skin or broken blood vessels on face
- **Do not use any vitamin A products within 24 hours before and after treatment**
- **Facial hair removal within the last week**
- Sunburn
- Bacterial infections such as impetigo, boils, conjunctivitis, styes, fungal infections such as ringworm, blepharitis, cold sores
- Undiagnosed lumps or swelling
- Known sensitivity or allergy to products
- Eczema, psoriasis
- Bruising, open sores, bleeding, tooth abscess
- Facial/Skin cancer
- Recent scarring
- Pregnancy, recent pregnancy or breast feeding
- Heart conditions including pacemaker thrombosis or thrombophlebitis
- Anticoagulant medication
- Skin thinning medication
- History of cancer
- Metal prosthesis or implants (Area Specific)
- Diabetes
- Epilepsy
- Auto-immune conditions
- Active acne (Roaccutane wait 6 months)
- Severe Acne

Absolute Contra-indications which will mean you are unsuitable for this facial

Pregnancy, Recent pregnancy or breast feeding Heart Condition including pacemaker Thrombosis or Thrombophlebitis Anticoagulant Medication History of cancer, Metal prosthesis or implants (area specific) Diabetes (sometimes), Epilepsy (sometimes), Auto Immune Conditions (sometimes) Skin Thinning Medication Inflammation or infection in the treatment area

Any relevant conditions, please let us know?

Allergies• Heart conditions• Pacemaker• Muscular condition• Viral or bacterial infection• Alcoholism• Auto Immune condition• Multiple Sclerosis• Kidney disorders• Asthma/COPD• Hormonal disorders• Metal Implants/Screws• Silicone implants• Hypoglycaemia• Pregnancy or recent• Pregnancy/breast feeding• Fillers/Botox injections• Claustrophobia• Hysterectomy• Smoking• Epilepsy•Lack of normal skin sensations• Previous surgery• High/low blood pressure• Arthritis• Recent illness• Skin disorders/conditions• Thrombosis or Phlebitis• Transplant• Water retention• Thyroid disorders• Systemic diseases• Anticoagulant medication• Varicose veins• Immunosuppression• Hernia/mesh• Burns/skin grafts• Diabetes/diabetic neuropathy• Hirsutism• Port wine hemangioma• Shingles• Steroid or hormonal therapy• Thyroid hormone deficiency• Polycystic ovarian syndrome• Acne•Cancer (or radiation/chemotherapy)• Herpes (or cold sores)• Keloid formations/scars• Melanoma/moles• Psoriasis• Skin pigmentation• Vitiligo

Ultrasound – possible side effects are redness and skin sensitivity Keloid scar tissue Active acne, pustules and papules

Deep Cleanse/Exfoliation – possible side effects are bruising, skin sensitivity and redness Contagious or blood transmitted diseases Skin thinning medication Photosensitive medication Haemophilia Skin irritation or rash

Radio Frequency – possible side effects are skin sensitivity, redness, scabbing, blistering History of Keloid scarring Photosensitive medication Skin thinning medication Recent skin peeling Active acne, pustules and papules

After Care

Do not cleanse your skin in the evening of your treatment

Do not tan or use a tanning booth for at least 7 days

Do not have electrolysis, waxing, threading or any other form of hair removal for 7 days post treatment.

Do not use retinoic acid, AHA or BHA for 7 days post treatment

Do not have laser hair removal, photofacials, chemical peels or microdermabrasion for 7 days post treatment

Do not use hot tubs, steam rooms, saunas, and/or excessively hot showers for 2 days post peel.

Do not go swimming or exercise excessively for 2 days post peel.

participate in aerobic exercise for 2 days post peel.