



Relaxation Centre

Before The Consultation – we put 4 shots into hair free areas you are considering.

- Please DO NOT shave the area prior to appointment as we like to assess the colour, thickness and density of hair growth.
- Tanned skin can be patch tested provided the tan is not active. Therefore, avoid direct sun exposure to the area being treated for at least 3 days prior to consultation. Sensitive or sunburned skin will not be tested.
- If you use tanning creams, we need to find an area un tanned or discontinue 2 weeks prior..
- You must avoid the use of essential oils for 48 hours prior to treatment.
- If you have been on antibiotics, we ask that you leave 2 weeks between finishing the course and having a consultation.

Before The First Treatment

- The area to be treated must be clean and free from all topical solutions. Please shave the area 2-12 hours prior to treatment. Shaving immediately prior to treatment may cause extra sensitivity to the skin and we advise to allow plenty of time prior to appointment.
- Do not use coconut oil in the area for 48 hours.
- Tanned skin can be treated provided the tan is not active. Therefore, avoid direct sun exposure to the area being treated for at least 3 days prior to treatment. Sensitive or sunburned skin will not be treated.
- The use of tanning creams must be discontinued 2 weeks before treatment.
- You must avoid bleaching, plucking or waxing hair for 4 weeks prior to treatment and do not wax, epilate or pluck or remove hair by any other means than shaving during the course of the treatment.
- You must avoid the use of essential oils for 48 hours prior to treatment.
- Do not use depilatory creams 1 week prior to treatment.
- If you have a history of cold sores you may take your usual medication 5 days before and 5 days after treatment.
- If you have been on antibiotics, we ask that you leave 2 weeks between finishing the course and having a SMARTDiode treatment.
- A broad spectrum (UVA/UVB) sunscreen of SPF30+

After The Treatment

- In the unlikely event you experience any redness or swelling after your treatment, apply a soothing lotion such as aloe vera or cool pack at home if required.
- We advise that you do not shave or apply deodorants /perfumes to the treated area for 24- 48 hours post treatment.
- We advise that you avoid very hot baths, saunas, hot tubs/jacuzzi, massage treatments or athletic activities for 2-3 days after treatment.

- Your skin may have increased sensitivity to the sun and we recommend that you use a factor 30+ sunscreen and avoid direct sun exposure on the treated area and sunbeds for at least 4 days after your treatment.
- If you experience (rarely) itching in the treated area, avoid scratching the skin. You can take an antihistamine e.g. Piriton to alleviate the irritation.
- We advise not using any skincare that contains AHA, Glycolic Acid, Salicylic Acid or Retinoic Acid (e.g. Retin A) for 3-5 days following treatment.
- We recommend that you always maintain a good skincare routine with frequent hydration or moisturisation on a daily basis.

CANCELLING - If you need to cancel/amend your appointment for any reason we request a minimum of 24 HOURS NOTICE. In the event, you need to cancel less than 24 hours before or you miss your appointment, 100% of the treatment cost will be required. At our discretion, If we manage to fill your appointment slot at short notice, we may add part or all of the cancellation fee charged as a voucher to be used at a later date.

Contact us:

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