



Relaxation Centre

MESSOTHERAPY / MEDICAL MICRONEEDLING PRE CARE/AFTER CARE

Following treatment, it is important not to wash your face until the next day to allow the serums applied during treatment to continue dispersing into the skin.

USING YOUTH MASK/EYE MASK at home:

Cleanse skin (we recommend Skin Perfusion Cleansing Oil or Micellar Water). Peel open the HA Youth Mask packet and remove the folded mask. Carefully unfold and take off the square mesh. Lay the mask on to the face, white side down. Peel off the Blue top layer of the mask and adjust to sit comfortably on the skin. Leave for 15-20 minutes. Remove mask and discard. Do not rinse.

FIRST DAY AFTER TREATMENT: Evening:

Following your neck and/or eye treatment, in some cases there may be some redness and papules (small intentional bumps in the skin) may remain for up to 24 hours around the eye, or 48 hours in the neck. You may also notice, small pin prick marks and possibly scratches following treatment. A 'tight' feeling is very normal. Your specialist will apply post treatment cream which should not be removed until the next day.

When you remove it, you should use a gentle face wash (Cleansing Oil) or Micellar water, wiping gently to avoid irritation.

HEMECARE ROUTINE with FILLMED from the next day.

Cleanse skin (we recommend Skin Perfusion Cleansing Oil or Micellar Water).

Apply the supplied B3 Recovery Cream as your daily moisturiser.

Follow with SPF and apply make up on top if you wish.

For the Eye area we recommend using a hydrating and lifting eye cream (HXR Eye Cream) or B3 Recovery Cream if some redness or papules are still visible.

For the Neck, we recommend our Nutri Neck Cream, designed specifically to work in combination with this treatment.

Following treatment:

- DO NOT touch your face or neck, you wash your hands before leaving the clinic.
- DO NOT apply make up on the day
- DO NOT apply skincare designed to irritate the skin, such as Retinol

- DO NOT wear a scarf or anything including jewellery around your neck
- DO NOT spray perfume directly onto the skin (we advise you always avoid this)
- DO NOT exercise for a minimum of 24 hours
- DO NOT extreme temperatures including bath/shower, sun/sunbeds for a minimum of 24 hours,
- DO NOT swimming in chlorinated water for a minimum of 24 hours.
- DO NOT apply abrasive skin treatments for 5 days following treatment.

Things you SHOULD do following treatment:

- Sanitise your phone and (sun)glass before wearing/using them
- Change your pillowcase for a clean fresh one
- Use a clean or new disposable face mask if wearing one For Bio Nutri Neck
- Drink plenty of water
- Ensure SPF of at least 50 is worn on exposed areas daily.
- Consider anything else that touches the treated area as a possible contaminant and sanitise or avoid.
- Ensure you moisturise and use recommended serums following your treatment to nourish and heal the skin.

If you have any reaction or are concerned following your treatment, please contact the clinic as soon as possible or Pharmacist/GP or A&E in the event of serious reaction.

Ensure you return and complete the protocol of treatments suggested by your Skin Expert to fulfil your skin goals!

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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