



BANBURYS BEAUTY SPA

Pre & Post Treatment Advice

(CACI) ULTRA/SYNERGY, (DERMALOGICA) FACIAL AND BODY TREATMENTS

PRE CARE ADVICE ▼

- Avoid wearing make-up prior to your treatment.
- Do not exfoliate your body/face prior to the treatment, for best results.
- Wear loose, comfortable clothing.
- Remove all jewellery.

POST CARE ADVICE ▼

- Always wear a sun protection factor of at least SPF 15 during the day to protect skin.
- Try to avoid make-up after treatment for 12/24 hours.
- Carry out facial exercises daily (therapist will assist you with routine).
- Carry out a skincare regime daily by cleansing, toning and moisturising twice a day.
- Exfoliate as recommended.
- Ensure products are left on the skin as long as possible to prolong the effects of the treatment.
- Do not use sunbeds or carry out strenuous exercise for 24 hours.

MAKE-UP

PRE CARE ADVICE ▼

- Exfoliate your face two days before your appointment.
- Cleanse, tone and moisturise prior to having your make-up application.
- Arrive with no make-up on.
- Wear a shirt that can be unbuttoned or unzipped.

POST CARE ADVICE ▼

- Try not to touch your face.
- Reapply make-up as required throughout the occasion using powder, lipstick, blusher, etc.

MASSAGE TREATMENTS

Hot Stone / Lava Shell / Warm Bamboo / Aromatherapy / Hot Salt Poultice / Indian Head Massage / Sports Massage / Swedish Massage / Deep Tissue Massage / Thai Foot Massage / Japanese Hand Massage / Manual Lymphatic Drainage for Pregnancy Massage see next section

PRE CARE ADVICE ▼

- It is preferable to bathe or shower prior to attending for a treatment as the skin will be hydrated and more efficient at absorbing the oils used in the treatment. It is important that no bath oils or lotions are used, and no body lotions, gels, creams, etc. be applied to the skin as this will hinder the oil's absorption. (The use of an underarm deodorant is acceptable.)
- It is important to drink plenty of water before and after treatment to maintain adequate hydration and to aid the removal of waste from the body.
- If you have any serious medical conditions it is wise to consult your GP prior to treatment. The information asked for during your consultation should reveal any problems and your therapist may advise you to seek the permission of your GP before treatment can commence.
- We advise you to exfoliate your body prior to the treatment.
- Allow time to relax before having the treatment.
- Try to avoid caffeine prior to treatment.
- Wear loose, comfortable clothing.

POST CARE ADVICE ▼

- Allow yourself time after your treatment to rest and/or sleep, so avoid strenuous exercise/activities. This will allow your body to repair and re-energise.
- In order to gain maximum benefit from your massage, it is wise to avoid using any skin preparations, bathing or showering for the next eight hours. This will allow the oils to thoroughly penetrate your skin.
- Drink plenty of water, herbal tea and fresh fruit juice to aid this process. Eat a well balanced diet. Reduce your intake of caffeine and alcohol, and avoid smoking for as long as possible after your treatment.
- Occasionally, some people experience nausea and/or headaches after treatment. This is perfectly normal and will pass. Drinking plenty of water and resting will help.
- Fresh air will help alleviate drowsiness.
- Relaxation produced during a massage can help to reduce challenging behaviour by reducing anxiety and stress.
- You may experience going to the toilet more frequently.
- Some essential oils can enhance the effects of alcohol, and therefore care should be taken if driving or working. You will be advised if this applies to you.
- It is wise to avoid direct sunlight and sun beds for 24 hours after treatment. Certain oils can cause skin irritation when exposed to sunlight.
- In the unlikely event of experiencing any skin irritation after your treatment, wash the area immediately with warm water.
- Massage can help to revitalise, relax and de-stress without producing any detrimental side effects.
- Massage can be used to facilitate open communication, helps to build positive relationships, and improves self-esteem.
- Massage can have an immediate effect on reducing cortisol levels (the hormone released in stressful situations).
- Massage can help to boost immunity. Many essential oils have antibacterial, antifungal, and antiviral properties.
- The use of specific essential oils over time can help to relieve aching joints and enhance mobility and skin integrity.
- Massage can have a positive role in managing fatigue, insomnia, anxiety, nausea and pain.
- Aromatherapy can be continued at home by using a specific bath blend or certain oils in an aromatherapy oil burner. Your therapist will advise you accordingly.

PREGNANCY MASSAGE

PRE CARE ADVICE ▼

- Please seek the advice of your GP or midwife to ensure that massage treatment is suitable for you. Massage can only be administered from the second trimester onwards and treatment will be very gentle and light.



You should avoid having a pregnancy massage if:

- **Your midwife or doctor has advised against it**
- **You're experiencing nausea or headaches that you haven't yet discussed with your medical practitioner**
- **You have a high risk of premature labour**

POST CARE ADVICE ▼

- Your baby may be more active after your session because of increased blood flow, due to increased delivery of nutrients to the baby, or simply responding to you being so relaxed and calm.
- Your baby may also be really calm too. Enjoy the calm but remember to tune in to your baby's movements especially over a 24-hour period.
- Massage engages the parasympathetic nervous system, which reduces levels of the stress hormones (adrenaline and cortisol) and increases levels of feel-good hormones such as dopamine and serotonin.
- You may feel emotional after a massage and this is perfectly normal.
- Drink more water than you might ordinarily; massage stimulates the lymphatic system and can leave you feeling thirsty. You may also experience more frequent urination, and to compensate for this it is advised that you stay hydrated by drinking plenty of water, particularly in the hours following your massage.
- You may feel faint after a massage due to relaxing and experiencing a drop in blood pressure. This may also make you feel cold. If you do feel faint, drink plenty of water, have a light snack to ensure your blood sugar doesn't drop and sit quietly until you feel better. Consult your doctor if these symptoms persist.
- It is advisable not to consume heavy meals after a massage due to any increases in circulation that may occur.
- Avoid natural stimulants too as these will act as diuretics and decrease the natural benefits of massage therapy.

SPRAY TANNING

PRE CARE ADVICE ▼

- We recommend you obtain a patch test, if you have never used any self-tanning products before or have sensitive skin.
- Do not use any other self-tanning products one week before treatment.
- Wax/shave 24/48 hours prior to treatment to allow the pores time to close. Dotting in pores may appear if this rule isn't followed.

- Paint nails and toenails, especially if they are acrylic or similar.
- On the day of your treatment DO NOT wear any make-up, deodorant, perfume, body oils or lotions as these may react with the tanning agents in the spray tan.
- Wear loose dark clothing and flip flops or loose fitting shoes. The tan will wash out of most clothing, but may stain lighter coloured items, especially nylon. Tight clothing will cause the tan to rub off during the developing stage.
- Exfoliate regularly especially the night before the tan. Pay particular attention to knees, elbows and other dry areas.
- Refrain from eyelash/brow tinting. Allow 24/48 hours to pass as there may be a reaction with the tanning solution.
- It is advisable to remove contact lenses before the tan as they may become stained and contaminated.
- Bring swimwear/dark underwear to wear during treatment.

POST CARE ADVICE ▼

Your spray tan will take 6-8 hours to develop its full colour strength. We recommend you sleep in the tan overnight. Therefore please follow these guidelines:

FOR THE NEXT 6 HOURS

- Loose fitting, dark clothing should be worn.
- Avoid touching all tanned areas with your hands.
- Traces of tanning solution can be transferred onto clothing and bed sheets; however, this can be easily removed in the wash.
- Do not wear tight fitting garments as this may rub away some of the tan.
- Do not shower, swim or exercise as excessive perspiration may cause the tan to break down quicker & more unevenly.
- Do not sit on light coloured or leather fabrics as the tanning solution may cause discolouration.
- Do not apply any products over the developing tan; try to avoid other beauty/hair treatments while the tan is developing.
- Drink hot beverages through a straw as contact with a hot cup can strip the colour from around your mouth. Toothpaste can also strip colour while your tan is developing.
- Remember that the tan does not have an SPF factor and will not protect you from UV rays.

AFTER THE FIRST 8-10 HOURS

Rinse off remaining colour guide with warm/hot water. Once the water runs clear, gently wash yourself with a mild soap, pat dry with a soft towel.

DAILY

With regular moisturising, your tan should last from 5-7 days, depending on your skin type, skin colour and the extent of your normal bathing routines. We recommend using an oil-free moisturiser, to prolong the length of your tan.

AFTER THE 4TH DAY

To enhance and extend the life of your tan, and in addition to your daily moisturising, we strongly recommend full exfoliation on the 4th/5th day with either a top-up tan or applying a tan extender any time after. For full exfoliation, we recommend using a body polish as the best method for exfoliation. Once exfoliated, the use of a tan enhancing lotion will keep your tan nicely topped up.

EYEBROW AND EYELASH TINTING

PRE CARE ADVICE ▼

The lashes or brows are dyed to make them stand out. Tint and peroxide are traditionally used to achieve this, therefore a patch test is required prior to treatment.

- A patch test will be required no less than 48 hours before treatment.
- Please arrive free from eye make-up.

POST CARE ADVICE ▼

After your eyelash treatment, to prolong the colour of your newly tinted lashes:

- Avoid touching/rubbing your eyes straight after the tint application.
- No swimming/saunas/tanning for 24 hours.
- Do not apply make-up or receive any other eye treatments for at least 24 hours after your treatment.
- Try to use oil-free facial products around the eye area to prolong the colour.
- If any redness or irritation occurs, apply a damp cotton wool compress. If symptoms persist for more than 24 hours seek medical advice.

EYELASH EXTENSIONS

PRE CARE ADVICE ▼

- Please avoid wearing eye make-up on the day of the treatment.
- Don't wear contact lenses.
- If you have any medical conditions, it is wise to consult your GP prior to treatment. The information asked for during your consultation should reveal any problems and your therapist may advise you to seek the permission of your GP before treatment can commence.
- We advise having an eyelash tint before having eyelash extensions as this helps to enhance the finished effect.

POST CARE ADVICE ▼

- Do not allow water to come into contact with the lashes for first 48 hours.
- Try to keep the lashes dry for 24 hours. Do not use a sauna, steam face or swim.
- Do not rub or pull on the lashes.
- Do not use oil-based creams or make-up removers on the lashes.
- Gently cleanse the lashes regularly with foaming lash and lid cleanser.

- Mascara is not required with Nouveau Extend lashes, but if needs must, Nouveau mascara can be applied. If mascara is applied, only use oil-free products to remove.
- Constant application of heavy eye make-up, especially mascara and eyeliner, can reduce the lifespan of your extensions and may require more frequent touch-ups.
- Do not tint or perm the lash extensions.
- Do not use heated curlers.
- If you want your extensions removed, please schedule an appointment to do so. NEVER attempt to remove the extensions on your own.

Please treat your new lashes with care; eyelash extensions will come out as your natural lashes fall out. You will need to book for infills every few weeks.

LVL LASH TREATMENT

PRE CARE ADVICE ▼

- Please avoid wearing eye make-up on the day of the treatment.
- Don't wear contact lenses.
- Ensure you have had a patch test at least 24 hours before having the treatment.

POST CARE ADVICE ▼

- Do not allow water to come into contact with the lashes for the first 24 hours.
- Use Nouveau Lash Conditioning Serum on the lashes regularly.

WAXING (HAIR REMOVAL)

PRE CARE ADVICE ▼

It is recommended that for your first waxing treatment that you wear loose garments for optimum comfort following the service.

Please AVOID the following activities before waxing:

- Direct exposure to sun or a tanning bed within the previous 24 hours.
- Excessive exfoliation or scrubs in the area within 48 hours.
- Shaving the area or using hair removal products within the previous two weeks.
- Applying lotion in the areas to be waxed.
- Consumption of alcohol or caffeinated beverages within several hours.

For Brazilian and Hollywood waxing please AVOID the following in conjunction with the above activities:

- Sexual activity within 24 hours.
- Trimming the pubic hair less than ¼ inch long.

POST CARE ADVICE ▼

Please AVOID contact with these products and activities immediately following waxing services:

- Tanning beds or sunbathing for 24 hours.
- Spray- or self-tanners (especially on the bikini area).
- Exfoliation and topical acidic products for several days.

- Hot showers, chlorinated pools, spas and saunas.

To prevent ingrown hairs it is recommended to:

- Dry-brush daily, which exfoliates the skin and allows new hair growth without it becoming ingrown.
- Hydrate the skin with a soothing moisturiser.

To reduce redness and irritation after waxing we use:

- After wax soothing oil with tea tree.

ELECTROLYSIS

PRE CARE ADVICE ▼

- Apply moisturising cream every day, twice a day on the area to be treated.
- Avoid caffeine prior to treatment, as it "wakes up" nerve endings making you more sensitive.
- Avoid rushing prior to your appointment as it can make you tense and nervous. Arrive early to allow yourself ample time to relax.
- Avoid wearing deodorant prior to an underarm treatment.

POST CARE ADVICE ▼

- Don't touch the area treated for at least 4 hours.
- After treatment, a regenerating cream/gel will be applied.
- Depending on individual skin types, you may display redness and a small amount of swelling after treatment. This is normal. If any other manifestations occur, it is temporary and will disappear shortly with proper care.

Do not aggravate the treatment area. Please follow these instructions:

- Do activities that keep you cool.
- Avoid sun tanning, working out, hot tubs, etc., which can increase swelling until treatment area has completely healed.
- Keep treated area clean until treatment area has completely healed.
- For electrolysis treatment on the face, try not to apply make-up for at least 24 hours.
- If you must wear make-up, put an antibiotic ointment on first.
- For electrolysis treatments on the underarm, avoid wearing deodorant for at least 48 hours. Deodorant clogs the pores and dries out the skin, increasing the healing time.
- Wear sunscreen at all times. If the treatment area is unprotected while healing, hyperpigmentation may occur.
- Apply a soothing moisturiser twice a day for two or three days or until treatment area has healed.

ACRYLIC / GEL / SHELLAC / (OPI MANICURE / PEDICURE TREATMENTS)

PRE CARE ADVICE ▼

- We advise you to wear loose flip-flops or sandals prior to having a pedicure.

POST CARE ADVICE ▼

- Always use gloves when washing up, cleaning or gardening, as household chemicals will strip the nails and skin of natural oils, thus affecting its look and condition.
- Use cuticle oil every night just before going to bed. This will nourish the root of the natural nail, allowing it to produce stronger, more flexible and non-flaking natural nail.
- Moisturise your hands every time after washing them. This will allow the skin to stay smooth and youthful.
- Never use your nail extensions as tools; treat them the way you would your natural nails.
- Always use a base coat under nail polish to avoid yellowing of nail enhancements or natural nails.
- Use non-acetone nail polish remover for acrylic and gel nails.
- Take care around extreme heat or naked flames as nail extensions may melt.
- Do not pick off the extensions as this will remove the upper layer of your natural nails, thus causing damage. Have them removed professionally with an appropriate remover (acrylic or soak-off gel) followed by a manicure to keep natural nails in good shape.
- If lifting can be seen please contact us for an appointment as water and dirt can get underneath and cause an infection.
- If any adverse reaction occurs: rash, redness, inflammation of any kind around the nails, please contact your GP immediately.
- Tinted lotions, suntan creams and hair products can discolour your nail extensions, so wash your hands thoroughly after use or wear gloves to protect them.
- Do not miss your regular maintenance appointments to ensure your nails stay looking at their best. It is advised to carry out infills every 2 to 3 weeks, otherwise the product will become weaker (due to wear and tear and incorrect structure) and the chances of breaking the nails are higher.
- Do not try to do home repairs or remove extensions/Gel/Shellac yourself; this could cause a lot more damage than you realise and cause bacterial infection.

REFLEXOLOGY

The effects of reflexology are unique to each person. Most people experience a sense of well being and relaxation, others find it uplifting and energising.

PRE CARE ADVICE ▼

- Do not apply moisturisers to hands or feet prior to treatment.
- It is important to drink plenty of water before and after treatment to maintain adequate hydration and to aid the removal of toxins from the body.
- If you have any serious medical conditions it is wise to consult your doctor prior to the treatment. The information asked for during your consultation should reveal any problems and your therapist may advise you to seek the permission of your GP before treatment can commence.

POST CARE ADVICE ▼

In order to ensure the full benefits of a treatment, clients are usually asked to carry out the following advice for 24 hours following treatment:

- Drink lots of water as this will help hydrate the body, flush out toxins and improve energy levels.
- Try to rest after the treatment as this will help the treatment work to its full potential and will allow your body to focus on healing.
- Avoid tea, coffee and alcohol as these are stimulants and will reduce the effectiveness of the treatment.
- Eat a light and healthy diet to allow your body to put its energy into healing.
- Reflexology is a detoxifying and cleansing treatment so you may experience going to the toilet more frequently.
- Occasionally some people experience nausea and/or headaches after treatment. This is part of the detoxifying process and will pass.

PIERCED EARS

PRE CARE ADVICE ▼

We will advise if the ear lobes are suitable for the piercing procedure.



It is essential that anybody under the age of 16 is accompanied by a parent during treatment.

POST CARE ADVICE ▼

ALWAYS wash your hands before coming into contact with pierced ears or earrings.

Using cotton pads, cleanse the front and back of the ears three times a day with ear care lotion. Rotate the ear piercing earrings 2 or 3 times - 180° left and 180° right, i.e. half turns only, thus avoiding hair wrapping around the post at the back of the lobe. Clean ear lobes for 6 weeks. In between cleansing the ear should be kept dry. CONSTANTLY check the piercing area for any signs of infection/embedding. Look out for redness, soreness, inflammation, discharge or the earring/butterfly sinking into the ear lobe. Should any of these conditions present themselves, seek medical attention IMMEDIATELY. Do not remove the earring before seeking medical attention. Failure to properly follow after-care procedures or to seek immediate medical advice should a problem occur may result in permanent scarring to the ear.

- Leave earrings in ears for the first 6 months; post-style earrings **MUST BE WORN AT ALL TIMES**. After 6 weeks, if you choose to change the earrings over, they should be changed immediately to other post-style earrings. Do not leave earrings out for any length of time as this may increase the risk of the hole closing up. The post should be surgical stainless steel or another hypoallergenic material.

- DO NOT fiddle with the earrings during the healing period.
- NEVER use fish-hook style earrings, heavy or dangling/hanging styled earrings on ears even after the healing period as this could lead to complications or injury to the ear.

HOW TO REMOVE YOUR LARGE BUTTERFLY BACKS

ALWAYS wash your hands before coming into contact with pierced ears or earrings.

1. Using your nails, grip under the earring decoration (the stud) with one hand and grip the butterfly with the other hand.
2. Twist both the stud and butterfly in opposite directions a few times at 180°, i.e. half turns only and give both the stud and the butterfly a good strong pull, ensuring they are pulled apart in a straight line, not at an angle.
3. If the butterfly is stiff or has some build-up, soak a cotton pad with ear care solution and hold it around the butterfly for 4-5 mins.
4. Follow steps 1-3 again and the butterfly should come away with ease.
5. When changing earrings over, please ensure they are changed immediately to other post-style earrings. Do not leave earrings out for any length of time as this may increase the risk of the hole closing up.