Preparing You For Treatments

Many of our treatments are much more enjoyable when you know what to expect and know how to prepare for them.

The number one rule for all treatments is to keep yourself well hydrated. This helps you to not only feel hydrated and able to concentrate but also keeps your skin in good integrity and helps speed up the healing process.

Keeping well nourished and well hydrated will help you to avoid feeling unwell during your treatment.

Although exercise is great for your personal health, it is advised that you do not exercise excessively on the day of treatment as this can cause aches and pains, increase blood flow and causes excessive sweating. This may cause the treatment to be uncomfortable for you and may not give the best results.

We ask that all clients attend their appointment ‘au naturel’ or as close as possible. Meaning no or very little makeup and no heavy products on the skin.

Always wear comfortable clothing. Dark clothing is recommended for some treatments where products or bodily fluids may transfer. Remove jewellery or piercings that you may have in the treatable areas. You may be asked to lay down and turn in different positions so it is important that you will be comfortable.

Avoid alcohol and caffeine up to 24 hours before your appointment as this can increase bruising and swelling. We would like for you to have an enjoyable experience.

Thank you and we hope you enjoy your experience with us. See you soon.