

PRE-TREATMENT GUIDELINES

What to do before your laser hair removal appointment.

Please carefully read and follow the advice outlined below prior to each of your laser hair removal sessions:

PLEASE AVOID:

- » Avoid wearing tight clothing when attending treatment.
- » Avoid alcohol or smoking the night before and on the day of the treatment.
- » Do not exercise before the treatment.
- » Do not use perfumed products, deodorant, creams or oils on the relevant area 24 hours before each treatment. Keep the area dry and clean prior to treatment.
- » Do not expose the skin to UV light (sunlight or sunbeds) or apply any self-tanning products for 8 weeks prior to treatment.
- » Do not wax, bleach, pluck, or have electrolysis throughout the duration of treatment. Shaving the area as many times as necessary is perfectly safe to do so.
- » Avoid exfoliation treatments or products containing retinol or strong AHA fruit acids 1 week prior to treatment. If using such products please advise your practitioner.
- » Use a minimum of SPF50 on exposed areas as Laser CANNOT be applied on an active tan. But do not use sun block 24 hours prior to treatments.
- » Avoid caffeine. Drinking coffee an hour or two before treatment may cause a heightened sensation whilst treating.

PLEASE DO:

- » The area of treatment should be shaved at least 12 hours prior to treatment - this is important for the effectiveness of the treatment.
- » Drink at least 1 litre of water the day before and on the day of treatment - this helps your body to regulate its temperature.
- » Use SPF50 on treated areas exposed to sunlight.
- » Repeat treatments 4-6 weeks apart depending on area/growth cycle of the hair.

IT IS REALLY IMPORTANT YOU TELL US IF YOU HAVE A CHANGE IN SKIN COLOUR BETWEEN YOUR PATCH TEST AND BEFORE YOUR NEXT APPOINTMENT AND THAT WE DO NOT TREAT ON AN ACTIVE TAN. PLEASE GET IN TOUCH IF YOU HAVE ANY QUESTIONS OR QUERIES.

KIVA SKIN
LASER HAIR REMOVAL

WWW.KIVASKIN.CO.UK