

The Glow & The Firm

These non-invasive facials use a range of electrical currents and methods such as Galvanic, EMS, LED Light Therapy, Radio Frequency and Direct Frequency to enhance your facial tone and texture.

HOMECARE

- Avoid excessive heat, such as a sauna, for 24 hours
- Avoid touching your face or wearing makeup for the remainder of the day
- Avoid Direct UV Exposure for 7 days. SPF 30+ to be worn, as always
- Drink plenty of water

DOWNTIME

- Mild erythema (redness) which should subside over the next few hours.
- Mild skin shedding, depending on tolerance to mask or peel
- EMS is a workout for your facial muscles. Some feel a mild soreness after the facial - a bit like an ache after a gym class.

CONTRA-INDICATIONS

Pregnancy, Breastfeeding, Diabetes, Epilepsy, Pacemaker, Metal Dental Implants, Non-Removable Facial Piercings, Severe Acne, Active Herpes Simplex (Cold Sores), Undiagnosed Swelling, Undiagnosed Rash, Psoriasis, Eczema, Botox (Wait 2 Weeks), Dermal Filler (Wait 4 Weeks For The Glow, 3 Months For The Firm), Gold/Plastic Cosmetic Threads, Allergy To Glycerin, Heart Conditions, Untreated Thyroid Conditions, Keloid Scarring, Surgery In The Area (Wait 6 Months)

CONTRA-ACTIONS

Swelling, Excessive Erythema, Irritation

The Body Lift

This non-invasive procedure uses a cutting edge combination of Radio Frequency waves and Dynamic Muscle Activation to tighten skin, break down stubborn fatty deposits and tone muscle

HOMECARE

- Please try to avoid spicy foods and alcohol for 24 hours before and after treatment for optimum results
- Avoid caffeine or a heavy meal 3 hours before treatment
- Avoid aspirin or ibuprofen 2 days before or after treatment
- A stimulating lymphatic massage or dry brush in the area for 7 days after treatment will improve results
- Avoid heat e.g. hot showers or sauna for 72 hours after treatment

DOWNTIME

- Moderate to excessive erythema (redness) which should subside within an hour
- Contraction of the abdomen may bring forward the menstrual cycle
- In some cases mild tenderness, aching and bruising can occur and should subside between 2 days and 2 weeks after treatment
- Please allow 2 weeks before undertaking and IPL/Laser Treatments in the area

CONTRA-INDICATIONS

Metal Implants of Any Kind (Inc. Pins, Prothesis and Contraceptive Coil), Vascular or Cardiac Conditions (Inc. High Blood Pressure), Cancer or History of Cancer (5 Years), Hysterectomy or Caesarean Section (6-12 Months Dependant) Immunosuppressive Disease, Blood Disorders, Haemorrhagic Disease or Vascular Rupture, Epilepsy, Pregnancy, Breastfeeding, Birth (3 Months) Diabetes, Open Wounds and Abrasion, Undiagnosed Swelling, Undiagnosed Rash, Internal Bleeding and Ulcers, Kidney or Liver Disease, Menstruation, History of Deep Vein Thrombosis or Varicose Veins, Course of Anti-Coagulants/Inflammatories or Antibiotics, Long Term Steroid Use, Organ Transplant, Recent Laser Treatment in Area (2 Weeks), Under 18 Years Old, Sensory Impairment, Keloid Scarring, Gold/Plastic Cosmetic Threads in Area, Allergy To Glycerin, Surgery in Area (Wait 6 Months), Cavitation, Liposuction or Fat Freezing (3 Months)

CONTRA-ACTIONS

Swelling, Tenderness, Prolonged Erythema, Bruising

PANDORA LONG

AESTHETIC FACIALIST

Information Pack

Please read and consider this information carefully before confirming your appointment, for the following reasons:

It is important to follow the pre and post treatment homecare instructions so as to maximise results and help you to recover optimally. If you feel you are unlikely to be able to commit to the suggested homecare but still wish to go ahead with your appointment then please be aware you may need a higher number of treatments to achieve your desired results.

The downtime information will indicate what you may see and feel after treatment and how long this can last, so please take this into account if you have any special occasions in close proximity to your appointment.

Contra-indications are conditions that may prevent or restrict treatment. Please note that they don't necessarily mean that treatment cannot go ahead, however if you find yourself contra-indicated then we would have to discuss the condition in further detail to check suitability, and in some cases get permission from a doctor before proceeding.

Contra-actions are adverse reactions to treatment that, while extremely rare, can occur. In the unlikely event that you experience a contra-action, treatment may have to cease. These reactions should subside within the next few days, however in some cases medical advice may need to be sought.

If you would like any further detail or information then please do not hesitate to get in touch - the main thing is you are as comfortable and well informed as possible before your embarking on your transformation journey.

The Face Lift

This non-invasive facial uses HIFU waves to permanently tighten the skin, promote collagen production and lift the SMAS muscle that would previously be done surgically.

HOMECARE

- Avoid the use of active skincare, such as BHA's and AHA's, 3 days before treatment
- This treatment works best on hydrated skin, so adopt a gently hydrating and exfoliating skincare regime at least two weeks before and after treatment, with use of a Tyrosinase Inhibitor such as Vitamin C.
- Do not expose to direct UV for minimum 7 days pre/post treatment and wear SPF 30+ as always
- Avoid intense physical activity and Sauna treatments for 72 hours
- Avoid hot showers for 24 hours

DOWNTIME

- Generally, this treatment has minimal downtime yet instant lifting results. Mild erythema (redness) should subside within 2 hours
- In some cases mild tenderness, aching and bruising can occur and should subside between 2 days and 2 weeks after treatment
- Please allow 2 weeks before undertaking and IPL/Laser Treatments in the area

CONTRA-INDICATIONS

Pacemaker, Metal Dental Implants, Vascular or Cardiac Conditions (Inc. High Blood Pressure), Cancer or History of Cancer, Immunosuppressive Disease, Epilepsy, Pregnancy, Breastfeeding, Diabetes, Undiagnosed Swelling, Undiagnosed Rash, Kidney or Liver Disease, History of Deep Vein Thrombosis or Varicose Veins, Multiple Pigmented Nevi in Area, Open Lesions, Organ Transplant, Severe Acne, Severe Couperosis, Recent Surgery or Scar in Area (6 months), Botox (Wait 4 Weeks), Dermal Filler (Wait 3 Months), Recent Laser Treatment in Area (2 Weeks), Course of Antibiotics or Anti-Coagulants

CONTRA-ACTIONS

Swelling, Tenderness, Prolonged Erythema, Temporary Numbness, Tingling, Temporary Nerve Damage, Subcutaneous Fat Loss

The Complexion

This minimally-invasive facial uses micro needles to stamp invisible channels into the skin to synthesise collagen production and increase product penetration.

HOMECARE

- Avoid active skincare, such as retinol, BHA's and AHA's, for 3 days before and after treatment. Use gentle, hydrating products in the meantime
- Do not touch face for remainder of day and forgo evening skincare regime
- Avoid makeup for 24 hours to allow skin to breathe
- Avoid direct UV exposure for 7 days. SPF 30+ to be worn, as always
- Avoid swimming for 7 days
- Avoid intense physical activity and heat treatments for 72 hours
- Drink plenty of water to encourage hydration and healing

DOWNTIME

- Moderate to excessive erythema (redness) which should subside within 24 to 72 hours
- A mild sunburnt feeling for 24 to 74 hours
- Possible mild swelling
- Possible mild pinpoint bleeding, which will stop immediately and any remaining points will fade within 72 hours
- In some cases and depending on desired results, skin may start to shed lightly during days 3-5. Do not pick or peel the skin and allow to shed naturally, Use hydrating products on the area

CONTRA-INDICATIONS

Vascular or Cardiac Conditions, Allergy to Topical Anaesthetic, Blood-Disorders or Disease, Scleroderma, Immunosuppressive Disease, Isotretinoin (Within 3 Months), Pregnancy, Breastfeeding, Diabetes, Solar Keratosis, Open Lesions, Severe Pustular Acne, Cancer Treatment, Herpes Simplex, Undiagnosed Swelling, Undiagnosed Rash, Psoriasis, Eczema, Recent Surgery in area (6 months), Keloid Scarring, Botox (Wait 2 Weeks), Dermal Filler (Wait 4 Weeks)

CONTRA-ACTIONS

Swelling, Bruising, Tenderness, Excessive Erythema, Scarring

The Rejuvenate & The Blemish Peel

Often dubbed 'The Lunch Break Peel' due to the lack of downtime. Unique blends of Glycolic Acid, Mandelic Acid, Lactic Acid, Azelaic Acid, Salicylic Acid, Kojic Acid and Alpha-Arbutin works to brighten and renew the complexion without causing excessive peeling and pain.

HOMECARE

- Avoid active skincare, hair removal in the area and sunbeds in the week building up to treatment.
- Avoid excessive heat after treatment, such as a sauna, for 72 hours.
- Avoid touching your face or wearing makeup for 24 hours
- Avoid Direct UV Exposure for 7 days after treatment, SPF 30+ to be worn as always
- Drink plenty of water

DOWNTIME

- For most, this peel generally has very little downtime however in some cases mild erythema (redness), peeling, swelling and tenderness may occur and subside over 7 days
- During and immediately after the treatment, you may feel a slight tingling and heat in the skin

CONTRA-INDICATIONS

Pregnancy, Breastfeeding, Diabetes, Severe Acne, History of Herpes Simplex (Cold Sores), Allergy To Peel Ingredients, Undiagnosed Rash or Open Lesions, Psoriasis, Eczema, Cancer Treatment, Highly Sensitive or Irritated Skin. Patch Test Required on Fitzpatrick 5 and Above.

CONTRA-ACTIONS

Prolonged and Dark Thick Peeling for 7 Days, Delayed and Prolonged Erythema, Intense Burning Sensation