

Pre Treatment Care

Please arrive 5-10 minutes early for your appointment in order to fill out a consultation form.

Waxing/Threading/Electrolysis

Let hair grow to minimum a ¼ of an inch long.

Avoid exposure to the sun or sunbeds for 48 hours prior to your treatment.

Keep the area clean and free of moisturisers, deodorants and makeup where possible.

Please let your therapist know if you are on any oral or topical medication such as Roaccutane or Cortisone or Retinol or microdermabrasion treatments as this may mean you are contra-indicated to the treatment.

For bikini waxing we have disposable underwear available. For the quickest, most pain free and most thorough results for Brazilians/Hollywoods we recommend removing underwear, however we do have disposable underwear available if you prefer. We also have freshening wipes set out in our treatment rooms.

Lash Lift/Lash Tint/Brow Tint

Patch tests are essential at least 24 hours in advance to lash lifting or tinting if you haven't had it done in the salon before, or you've not had the treatment in the past 12 months. You can pop into the salon at any time for this. If any redness, itching or irritation occurs, then you cannot receive the treatment.

To ensure the effectiveness of a lash lifting/lash tinting, please come into the salon with clean, makeup free lashes. We cannot guarantee results for anyone with traces of mascara or lash glue on their lashes. Removing eye makeup at your appointment eats into your treatment time and using eye makeup remover or wipes directly before your treatment can cause a barrier and means we cannot guarantee effective results.

Please remove contact lenses for lash treatments before your appointment where possible.

Lash Extensions

Patch tests are essential at least 24 hours in advance to lash extensions if you haven't had it done in the salon before, or you've not had the treatment in the past 12 months. You can pop into the salon at any time for this. If any redness, itching or irritation occurs, then you cannot receive the treatment.

To ensure long lasting extensions, please come into the salon with clean, makeup free lashes. We cannot guarantee results for anyone with traces of mascara or lash glue on their lashes. Removing eye makeup at your appointment eats into your treatment time and using eye makeup remover or wipes directly before your treatment can cause a barrier and means we cannot guarantee effective results.

We cannot infill or remove lashes which were originally done at another salon.

Please remove contact lenses before your appointment where possible.

Gel nails

Do not apply hand cream prior to your treatment. This can prevent the gel from properly adhering to the nails and we cannot guarantee the best results.

We cannot infill or remove gel nails which were originally done at another salon.

Manicures/Pedicures/Shellac

Do not apply hand cream prior to your treatment. This can prevent the Shellac or polish from properly adhering to the nails and we cannot guarantee the best results.

If you need us to remove your current Shellac as part of your manicure/pedicure, please let us know at time of booking.

We cannot remove gel polish/Shellac which was originally done at another salon.

If you are having a polish pedicure, please remember to bring a pair of flip flops along to your appointment to give the toe nails time to dry.

To help to prevent smudging, we normally request to process your payment before we start a manicure with nail polish.

Facials

Avoid exposure to the sun or sunbeds for 48 hours prior to your treatment.

Avoid facial waxing treatments for at least 24 hours prior to your facial as skin may be sensitive.

Please let your therapist know if you are on any oral or topical medication such as Roaccutane or Cortisone or Retinol treatments or if you have recently had any other facial treatments.

Cool Peel facials require a patch test at least 48 hours in advance and for a minimum of 3 weeks usage of Environ moisturiser at home. Please contact the salon to arrange this.

It is essential for us to be provided with a doctor's note before we can provide any massage treatments during pregnancy.

We cannot provide massage treatments in the first 3 months of pregnancy.

Tanning

Leave a minimum of 24 hours after shaving or having any waxing, or an eyebrow tint before having a tanning treatment.

Wear loose dark clothing to your appointment.

Exfoliate your skin the day before your tan treatment to maximise results.

Please arrive at your appointment with clean skin. Do not apply deodorant, perfume or moisturisers on the day you are getting your tan as this can affect the results.

IPL Hair Removal and Skin Rejuvenation

Please contact the salon for a full consultation and patch test if you are considering IPL treatments.

Shrinking Violet Wrap

Please arrive for your appointment with clean skin free of moisturisers, perfumes or deodorants.

Makeup

Please arrive with clean, makeup free skin. You can apply your regular moisturiser.

Consider looking online for makeup looks that you like and save them to your phone so we have an idea of what you would like or we can advise if you are unsure.

For those having a wash and blow dry with us after their makeup, please arrive earlier so we can wash the hair before we apply makeup.

Pregnancy/Under 16s

Please contact the salon to discuss which treatments are suitable.

It is essential for us to be provided with a doctor's note before we can provide any massage treatments during pregnancy.

We cannot provide massage treatments in the first 3 months of pregnancy.

Under 16s can receive many of our treatments at the therapist's discretion and with the permission and signature of a parent or guardian.

Post Treatment Care

Waxing/Threading/Electrolysis

After waxing, the skin will be a little more sensitive than usual, so it needs to be treated delicately.

Avoid exposure to the sun for 24 hours.

No saunas, sunbeds, steam rooms or swimming pools for 24 hours

Try to avoid touching the treated area for 24 hours to keep it clean.

No exfoliating or applying makeup or perfumed lotions to the treated area for 24 hours.

(Tea tree lotion or aloe vera gel can be applied to soothe and cool the skin.)

To assist in preventing ingrown hairs, you can exfoliate or use a dry body brush on the skin from 1 week after you have had the area waxed. We recommend Lycon Ingrown-X-It Solution.

Lash Lift

After a lash lift, your therapist will apply a nourishing oil to keep your lashes hydrated. This needs 24 hours to work effectively, so it is important not to get the lashes wet and to avoid moisture, excess heat or wearing mascara for 24 hours (eg; steam room, swimming pool, sauna).

We recommend Nouveau Lashes Lash and Brow Conditioning Serum.

Lash Extensions

For best results after lash extensions, it is important not to get the lashes wet and to avoid moisture and excess heat for 48 hours (eg; steam room, swimming pool, sauna). This is to allow the adhesive to set properly so the lashes last for as long as possible.

Avoid rubbing or picking the lashes and make sure to gently pat dry after you shower.

It may be necessary to gently brush your lashes at home to ensure they are separated and sit in the desired position, especially if you sleep on your side. Your therapist can provide you with a disposable mascara wand if needed.

To keep the lashes lasting for as long as possible avoid using eye makeup remover, mascara or oil based makeup around the eyes because this can break down the adhesive which bonds the extension to the natural lash.

Lashes should be cleansed with a gel designed specifically for lash extensions. We recommend Nouveau Lashes Lash and Lid Cleansing Gel.

We recommend infilling semi- permanent lashes every 3weeks.

Express lashes should last for around 2 weeks before we recommend an appointment for removal.

Gel nails

Treat your nails as jewels not tools - try not to use your nails as tools for example using them to open cans etc as this will cause them to break.

If you break a nail please do not glue it back on yourself - this can cause bacteria to get stuck between your nail and the gel. Please call the salon and we will book you in for a gel nail repair.

Use solar oil to help hydrate the nail and cuticles, this prevents the nail from becoming dry and also helps to prevent lifting in your nail enhancements.

Manicures/Pedicures/Shellac

Please allow yourself 15 minutes drying time after a Vinylux Polish manicure or pedicure.

Protect the nails by wearing gloves when doing jobs such as household cleaning or gardening.

To keep the nails, we recommend applying CND Solar Oil twice every day.

Shellac usually lasts for around 2 weeks on the hands, and can last longer on the toes.

Filing or cutting the nails will break the seal and will cause your Shellac to lift quickly.

Do not try to remove the Shellac by picking it from the nails as this will cause damage to the natural nail plate.

We offer appointments for Shellac removal which include buffing and shaping the nails with an application of cuticle oil and moisturiser to keep the nails in top condition.

If you have any problems with your Shellac within 7 days of application, please contact the salon.

Facials

Make sure to drink plenty of water to keep the skin hydrated.

Try to leave the products to sink in to the skin and avoid wearing makeup for the rest of the day to get the maximum benefits from your facial treatment.

Avoid having any other facial or exfoliating treatments for a minimum of 3 days after your facial.

Avoid excess heat for 48 hours (eg; steam room, sunbathing, sunbed, sauna)

Follow your therapist's skin care advice for continued results.

Always protect the skin from the harmful effects of the sun by wearing an SPF.

Massage/Reflexology/Reiki/Indian Head/Hot Stones/Hopi Ear Candles

Make sure to drink plenty of water to help to eliminate toxins from the body.

Avoid alcohol or caffeine because having a massage can accelerate their affects.

Try to have a restful day after your treatment to get the full benefits of the treatment.

After a Hopi Ear Candles treatment, it is important to avoid using cotton buds in the ear, any remaining residue from the candles will gently wash away in the shower.

Tanning

Avoid lightly coloured or tight clothing, or lightly coloured linen or furnishings immediately after having a false tan so as not to cause the colour of the tan to transfer.

Avoid lash or brow tinting for 24 hours.

Avoid waxing after your treatment because this will remove your tan.

Avoid getting your skin wet (eg; bathing/showering/swimming/sweating) or rubbing your skin with your hands for up to 8 hours to allow your tan to develop. Please follow your therapist's advice for best results.

To keep your tan for as long as possible, pat rather than rubbing dry after showering and moisturise your skin daily.

Begin gently exfoliating your skin after 3 or 4 days to assist in an even tan removal.

IPL Hair Removal and Skin Rejuvenation

No saunas, steam rooms or swimming pools for 24 hours to avoid irritating the skin.

Try to avoid touching the treated area for 24 hours and avoid wearing tight clothing to your appointment as this can be uncomfortable.

Use cool water when washing and pat dry, rather than rubbing.

No exfoliating or applying makeup or perfumed lotions to the treated area for 24 hours.

Leave any temporary skin responses such as redness, crusting or darkening of pigmentation or thread veins, to subside naturally, if you are worried you can always call the salon directly with any queries.

Do not touch, pick scratch or otherwise irritate the treated area.

Aloe vera or a cool flannel can be applied to soothe the area. Do not use ice on the skin for at least 24 hours.

False tans cannot be worn when you are receiving IPL treatments. This puts you at risk of pigmentation.

You may experience bruising or swelling, which can last up to 2 weeks. Ice packs can be applied to the area to reduce swelling and anti - histamines can be taken.

It is important to wear SPF on the treated area whenever you are in the daylight, even if it's not sunny.

If you experience blistering after your treatment, keep the area clean and dry and allow it to heal naturally. Do not apply any lotions to or pick the blistered area.

Shrinking Violet Wrap

We advise you not to shower for 24 hours after the treatment to allow the oil to continue to penetrate the skin.

Avoid moisture and excess heat for 48 hours (eg; steam room, swimming pool, sauna, sunbathing, sweating, showering)

Make sure to drink plenty of water to help to eliminate toxins from the body.

Avoid caffeine and alcohol for 24 hours after the treatment.

Maintain a healthy, balanced diet and exercise regularly for continued results.