

# Breathe

SKIN BODY MIND

## LED Facial Treatment Prep & Post Care

Please advise your clinician if you are on any known photosensitivity medications, are epileptic, suffer from migraines, or are claustrophobic.

### Treatment Frequency

- Treatment frequency will depend on the skin condition we are treating and will be discussed with you at your initial consultation.

### Pre- Treatment

- Continue with your home care routine as discussed in your consultation to ensure you achieve the best results possible.

- We liken treatments and skin care to going to the dentist for a clean and then not brushing your teeth at home; 70% of the results you obtain are achieved by what you do daily and consistently at home.

### What To Expect

- Your eyes will be covered to protect them from the light. Keep your eyes closed while the LED is on.

- We will then put the LED machine over your face or desired treatment area.

- Your therapist will exit the room while the LED is on.

### Post Treatment

- Avoid exercise, excessive sweating, hot showers, spas, saunas, and pools for at least 24 hours post-treatment.

- No active ingredients to be used on the skin for 48-72 hours post treatment; this includes AHA's, BHA's, Retinol and vitamin C etc.

- No exfoliating for 72 hours post-treatment.

- Apply SPF every day.

- A routine including a gentle cleanser, hydrating serum and moisturiser is recommended for the first 3 days post-treatment.