



ELIRA SIGNATURE FACIAL

PRE TREATMENT

- Stop Retin-A (retinol etc) products for a week before your appointment
- Avoid having any sort of chemical peel or microdermabrasion treatment within 2 weeks of your appointment unless supervised by your practitioner.
- No waxing, electrolysis, depilatory creams or shaving for a week prior to your appointment.
- There must be at least a 2-week gap between treatment and Injectables including Fillers, Muscle inhibitors and Derma needling treatments.
- Steroid creams, topical and oral antibiotics, and the use of Roaccutane will prevent treatment.
- Please advise us of any medical changes at each appointment including pregnancy and breast feeding.



ELIRA SIGNATURE FACIAL

CONTRAINDICATIONS

- Active cold sores, herpes simplex in the area to be treated.
 - Chemical allergies
 - Antibiotics
 - Pregnancy/Breastfeeding
- History of radiation therapy in the area to be treated (please make me aware)
 - Skin cancers
 - Rosacea - if inflamed.
 - Skin Infections - Pre-existing inflammatory dermatoses (e,g psoriasis) -
- Open wounds on the area to be treated.



ELIRA SIGNATURE FACIAL

POST TREATMENT

- When doing a lot of extractions to clear out bumps, sometimes not all of the lodged oil will come out, some purging can occur a day or two after a facial as the pore does its own self-cleaning.
- Do not wear makeup for 24 hours.
- Avoid the sun and sunbeds for 24 hours.
- You must wear SPF 30+ every day.
- Avoid strenuous exercise, hot tubs/sauna and hot showers for 24 hours.
- Do not undertake any other facial skincare treatments within 48 hours of having a facial.
- If possible follow the home skin care routine you have been recommended between each facial
- Maintenance facials should be carried out every 4-6 weeks.