

Before

It is important to follow the pre care advice to prepare your body & skin to achieve the best possible results. Please read and follow the guidelines below closely.

<i>2 Weeks before</i>	<ul style="list-style-type: none">● Avoid sunbeds, intense sun exposure or tanning products on the areas.● Any active products on the area (retinol, AHA/BHA acids, medicated haircare, strong exfoliants).
<i>7 Days before</i>	<ul style="list-style-type: none">● Avoid fake tan in the area.● No waxing, threading or hair removal where we will be working.● Avoid hair colouring/ bleaching or harsh dyes near the treatment area.● Reduce heavy styling products (gels, sprays, waxes) so the area stays calm and clear.● Stay hydrated and avoid heavy drinking as this can make the skin more dry and sensitive.
<i>24-48 hours before</i>	<ul style="list-style-type: none">● Avoid anti-inflammatory meds (if medically allowed, such as ibuprofen, aspirin as they can increase bleeding/bruising.● Avoid alcohol and caffeine for 24 hours - will help reduce sensitivity & bleeding.● Don't shave, wax or closely trim the area to be treated, Natural growth helps me assess the natural pattern.● Limit heated styling tools near the scalp to prevent irritation.● You will feel more sensitive at certain times of the month, you can take paracetamol before if required.● Wash hair the day before your treatment.
<i>On the day</i>	<ul style="list-style-type: none">● Arrive with clean skin/scalp - no oils, serums, dry shampoo, make up or SPF on the area.● Have your hair in a simple loose style.● Eat as normal beforehand, feel free to bring water or slightly sugary drink if we're working on a large area.● Do not bring children or plus ones to your appointment

After

Proper aftercare is vital for optimal healing and the best possible results. Please read and follow the guidelines below closely.

<i>For 24 hours</i>	<ul style="list-style-type: none">● Keep the area dry.● Do not touch the area - this will help the microchannels close naturally and reduce the risk of infection.● No products for 72 hours - this allows the serum to fully absorb and work its magic.
<i>Do</i>	<ul style="list-style-type: none">● Clean gently after 72 hours - 1 week with a mild baby shampoo.● Apply aftercare ointment - if given, morning and night for 1 week.● Stay hydrated to support skin recovery.● Use spf 50 when outside after 7 days.
<i>Don't</i>	<ul style="list-style-type: none">● Touch or pick the treated area.● No swimming, saunas, steam rooms, soaking in baths or excessive sweating for at least 7 days.● Avoid sun exposure or tanning. Wear a hat at first then protect with SPF.
<i>Things to note*</i>	<ul style="list-style-type: none">● 0 - 48 hours: Mild swelling and redness appear, usually subsides within 24 hours.● If redness/ swelling lasts longer than 5-7 days stop all aftercare products and allow the skin to recover naturally.● Blistering or mild fever can occur in rare cases.● If any of these symptoms persist please contact Angela/ seek medical advice if needed.