



Micro Needling & Light Therapy

Prior to Micro Needling treatment:

1. Review treatment contraindications below
2. If you're sensitive to needling then apply a recommended numbing cream 20-30 minutes just prior treatment

After your treatment:

1. You may experience redness for 2-36 hours - Aloe Vera can help soothe your skin and reduce redness
2. Avoid exercising, hot tubs and saunas for the rest of the day - sweat and heat can irritate your face
3. Stay out of the sun for the rest of the day, and consider using a Mineral Sunscreen for a week after your Micro Needling session
4. Avoid make-up for the rest of the day
5. Use Hyaluronic Acid when you feel dry and before you go to bed that night
6. Do not use facial soap today - just warm water
7. Back to your normal facial routine tomorrow
 - o Facial products have a much higher absorption rate the week after needling
 - o It can take 2 weeks to fully see results from the treatment
 - o Wait at least 4 weeks before doing another Micro Needling session, Nano Needling, however, can be done weekly

Micro Needling Contraindications

There are contraindications or times when you may not want to do the procedure, includes the following:

- Active acne (depending on the extent, active areas can be avoided during a treatment)
- Pregnancy – Nano Needling can be done but Micro Needling is to be avoided
- Local infection such as warts
- Moderate to severe chronic skin disease such as eczema and psoriasis (depending on the extent, active areas can be avoided during a treatment)
- Blood dyscrasias, or when on anticoagulant therapy or blood thinners
- Extreme keloidal tendency
- During chemo/radiotherapy
- Experiencing: Herpes zoster, blood thinners, Keloidal Scars

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Red Light Therapy

DO:

- Drink lots of water before and after a session on the mat or light

DO NOT use the light if:

- you have consumed alcohol beforehand
- you're sick or not feeling well

Red Light Therapy Contraindications

- HIGH BLOOD PRESSURE, DIABETES & HEART ISSUES:
 - Get clearance from your cardiologist or similar physician before using light therapies. Do NOT use if you have a pacemaker.
- PREGNANCY:
 - Infrared can cause fetal toxins - red light, could be safe on your face.
- CANCER:
 - Light therapies are to avoided if you have cancer in any stage.
- PHOTSENSITIVE CONDITIONS & PRESCRIPTION DRUGS:
 - Citrus essential oils as well as some prescription drugs increase photosensitivity. Also, do not use red light in cases of porphyria (skin condition).