

The following conditions may prevent or restrict you from receiving specific services at Canton Skin Solutions. Please note that while this list covers many contraindications, there may be others not listed below that could also prevent you from receiving services, and as your skin care professional Canton Skin Solutions reserves the right to determine what constitutes a contraindication. Speak with your Esthetician and your doctor if you have any questions or concerns.

THE FOLLOWING ARE CONTRAINDICATIONS OF SERVICES AT CANTON SKIN SOLUTIONS, AND CAN PREVENT YOU FROM HAVING YOUR SERVICE WITH US:

- Use of Retinols within 7 days of service
- Use of Accutane within 8 Months of service
- Allergies to the following: Citrus, Nuts, Shellfish, Metals, Aloe
- Open Lesions or Wounds
- Pregnancy

Facial Treatment

- I. **Contraindications that PREVENT a facial treatment:** Viruses such as colds, cold sores, warts, herpes, Bacterial infections such as impetigo, boils, conjunctivitis (pink eye), styes, Fungal infections such as ringworm, blepharitis, Undiagnosed lumps or swelling, Broken bones, known sensitivity or allergy to products. Eczema, psoriasis, cold sores, fresh bruising, open sores, bleeding, tooth abscess, broken facial bone(s), facial cancer, head lice, recently consumed alcohol, under the influence of drugs, unstable blood pressure, recent head injury, recent neck injury, fever, contagious disease, recent hemorrhage, recent scarring, grade 4 severe acne
- II. **Contraindications that could RESTRICT a facial treatment:** The following conditions are contraindications that will not necessarily stop the treatment from taking place but they may mean that the treatment is restricted or may have to be adapted: Cuts/abrasions/broken skin, Bruises or swelling, Recent scar tissue (less than six months old), Eczema, Dermatitis, Psoriasis, Acne vulgaris, Acne rosacea, Skin tags, Milia, Recent sunburn, Current medication that may affect treatment needs to be disclosed, Claustrophobia, Broken capillaries/veins.
- III. **Facial treatment Immediate aftercare:** The skin has been deep cleansed, stimulated and nourished. No aftercare is needed except to leave it alone. Avoid picking, squeezing pimples or touching the area. Do not apply make-up for at least 8 hours if possible, Avoid any further overstimulation and heat treatments for at least 12 hours, Avoid highly perfumed products, No hair removal (waxing, laser or tweezing) should take place after a facial, If any rash, irritation or itching occurs just apply a cool compress to the area. Long-term and homecare advice: Regular use of homecare products will help the skin, Regular facials will help to regulate a problem skin.

Massage and Body Treatment

- I. **Contraindications that PREVENT a hot stone massage:** As in any other body work, there are contraindications. And for hot stone, here is as follows. Anyone with high blood pressure, taking any medication that might react with heat, open wounds or sores, inflamed skin conditions, diabetes, epilepsy and neuropathy, which is numbness and tingling of the peripherals. Also contraindicated is pregnancy. During pregnancy, a hormone called relaxin is increased which lengthens and softens the tissue of the body and prepares it for birth. The increased heat from the stones and the deep tissue work can further lengthen these tissues making it problematic for after birth when the tissues are trying to shorten.
- II. **Contraindications that PREVENT Paraffin:** Paraffin should not be applied to skin with fresh, deep or openly bleeding wounds. The wax could inadvertently lock in bacteria, resulting in infection. Inflamed skin is not a good candidate for the treatment, either. It could increase pain associated with burns and inflammation and cause skin damage. Certain skin conditions, including neoplasm and tumors, should not be paraffin treated. A dermatologist should be consulted for the final decision. Diabetic patients and those suffering from vascular disease or circulation problems should not use a paraffin treatment. Only a physician can decide if it is appropriate. If paraffin use results in an allergic reaction or increased skin sensitivity, further treatments should not be repeated. To do so might result in skin damage. Treatments that appear hotter or colder than it should be could be an indication of an underlying health issue. They should be suspended until a physician has cleared the patient for reuse. Children, the elderly and individuals with physical disabilities should not have paraffin bath treatments. Anyone who cannot read and understand treatment instructions should also be barred from use without assistance.

Waxing is a method of semi-permanent hair removal which removes the hair by the root. New hairs will not grow back in the previously waxed area for two to eight weeks. Almost any area of the body can be waxed, including eyebrows, face, bikini area, legs, arms, back, abdomen and feet. There are many types of waxing suitable for removing unwanted hair. Wax applies at just the right temperature and thickness for perfect results every time. Wax is applied thinly over the skin using the wax cartridge. A cloth or paper strip is then pressed on the top and ripped off with a quick movement against the direction of hair growth. This removes the wax along with the hair. It will feel like a plaster being pulled off quickly. Pain tolerance will depend on each individual client. However if you know you don't tolerate pain easily then take a couple of pain relief tablets (that you have used before and have had no reaction to previously) about an hour prior to treatment and this should reduce the pain somewhat.

- I. **Contraindications that PREVENT waxing:** Contagious skin condition – wait for the condition to clear before waxing, Thin or fragile skin – can cause bruising and tearing of the skin which may lead to infection, Use of steroid medication – this can cause a thinning of the skin. Waxing should not be done whilst using such medication, and not until 3 months after completing the treatment, Unidentified lumps or swelling, Previous allergic reaction to treatment.
- II. **Contraindications that may RESTRICT waxing:** Raised moles and skin tags. Wax should not be applied directly over them, Abrasions, bites, broken skin, bruises – avoid waxing the affected area until healed, Varicose veins – do not wax over the affected area

- III. **Waxing Immediate aftercare:** The waxed area may be red and there may be some blood spots, especially where the hairs are strong, i.e. on the bikini line or underarm. An after wax cream containing aloe vera will be applied to help cool the skin, reduce the redness and keep the skin moisturized. Aftercare for a period of 24 hours following treatment :No sunbathing or sunbeds, Avoid bathing in sea or swimming pool, Do not take a hot bath or shower, a cool one is absolutely fine, Do not use deodorant/antiperspirant, Avoid tight clothing, Do not use perfumed products on the area, No make-up or self tanning preparations, Do not keep touching or picking at the area.
- IV. **Waxing Long term care advice:** Look after your skin on your body as you would on your face, Lots of moisturizer will stop the skin becoming too dry, especially in the winter months, Sloughing the skin with a loofah in the shower will help to keep the blood circulation stimulated, bringing lots of oxygen and nutrients to the skin to keep it in good condition, Massage will help remove the build-up of toxins in the skin and keep the area both nourished and smooth, Exfoliating the skin will help to stop the hairs becoming ingrown, Gentle exercise, regular sleeping patterns and eating plenty of fruit and vegetables, whilst cutting down on smoking and alcohol and drinking lots of water, really does work and not just for the face.

Eyelash Extension and Eyebrow Tinting

- I. **Eyelash and eyebrow tinting Contraindications that PREVENT an eye treatment:** Conjunctivitis. Stye. Blepharitis. Viral infections. Bruising to the area. Reaction to a patch test for tinting and perming.
- II. **Eyelash and Eyebrow Tinting Immediate aftercare advice:** Do not touch or rub the area immediately after treatment. Cooling mild antiseptic products, e.g. witch hazel, should be applied to the area. No make-up should be applied to the area for 12 hours, as the follicles are open and infection may occur. If redness or irritation occurs apply damp cotton wool pad to the area. The effects will last approximately 4-6 weeks depending on how quickly the hairs grow out. Stray re-growth hairs can be removed at intervals to prolong the effect of eyebrow shaping. Strong sunlight will make the results fade faster.