

DETAILS

Consultation Date
Client
Therapist
Clinic

SKINSTITUT RECOMMENDATIONS

SKIN CONSULT BOOKED WITH THERAPIST

Y / N

Preparation

Shave

Shave the area 24 hours before your appointment.

Things to Avoid:

- Skin Treatments such as skin needling, chemical peels and resurfacing treatments (2-4 weeks prior)
- Direct sun exposure to the treatment area (2-4 weeks prior)
- Fake tan and tanning products such as self tanning moisturiser (2 weeks prior)
- Solarium use (4 weeks prior)
- Tanning drugs such as Melanotan II (6 months prior)
- Vitamin A/Retinol products (1 week prior)
- Application of deodorants, body oils and moisturiser (before treatment)

Aftercare

Post Care

There may be some mild heat and redness in areas that have been treated. Use your recommended Skinitut products as instructed by your therapist including Laser Aid post cooling gel.

Things to Avoid:

- Direct sun exposure to the treatment area (2-4 weeks post treatment)
- Heat-based activities, strenuous exercise, or hot showers
- Direct heat or very hot showers (1-2 days post treatment)
- Rubbing, picking or scratching at the skin

You may manually exfoliate the skin 5 days post treatment.

Frequency

Treatment Type

Date

Treatment 1	_____
Treatment 2	_____
Treatment 3	_____
Treatment 4	_____
Treatment 5	_____
Treatment 6	_____
Treatment 7	_____
Treatment 8	_____
Treatment 9	_____
Treatment 10	_____



Sk institut products are essential for before and after your laser treatments and will support your skin through your entire treatment plan. By diligently following the appropriate homecare plan, not only will your skin heal more quickly but you'll see the best results from your treatment.

Your therapist will explain the relevant requirements for your skin and will prescribe the most appropriate Homecare Pack for the area being treated.

▣ Laser Aid

A powerful anti-inflammatory and anti-bacterial gel that draws trapped heat from deep within the hair follicle. It helps to quickly quell redness and irritation and instantly cool and soothe the treated area.

How to use: Apply a liberal amount 2-3 times a day for 3-5 days after your laser treatment. You can continue using it as a lightweight daily moisturiser between treatments. Avoid using on broken skin.

Skintel: Apply to sunburn, bites, stings, itches, post-waxing or shaving. We also like to use Laser Aid as an anti-inflammatory mask or lightweight, anti-bacterial moisturiser.

▣ Glycolic Scrub 14%

This high-intensity scrub combines the powers of both physical and chemical exfoliation to digest dead skin cells while also working into the follicle to free hair and debris which helps to reduce the risk of ingrown hairs or follicular swelling.

How to use: Start exfoliating 5-7 days after treatment. For the body, apply to dry skin, massage gently, and rinse off in the shower. For the face, moisten with water, massage gently (avoid eyes), and rinse with lukewarm water. Use 2-3 times per week for the body, 1-2 times per week for the face. Avoid using on red or inflamed skin.

Skintel: Glycolic Scrub 14% doubles as an effective foot and body scrub that helps remove spray tan and can assist keratosis pilaris.

▣ Gentle Cleanser

Use this non-irritating and soothing cleansing gel when shaving prior to treatment and also to cleanse and purify treated areas following hair-removal treatments.

How to use: Mix a pea size amount with water to create a foam. Gently massage into skin and rinse with lukewarm water. Use daily as a face or body wash. It is gentle enough to use immediately after laser treatments and around the eyes.

Skintel: It's gentle enough to remove all make-up (including eyes) and doubles as a gentle body wash.

▣ Moisture Defence Normal

Lightweight daily moisturiser to hydrate, protect and soften the skin.

Skintel: Another secret weapon in this moisturiser's arsenal: Canadian Willowherb. It's an anti-bacterial and anti-inflammatory ingredient that quietly helps contain and prevent breakouts

▣ Dermalogica Dynamic Skin Recovery SPF 50

Help minimise the appearance of skin ageing with this medium-weight, emollient daily moisturiser with Broad Spectrum SPF 50. Active sunscreens protect against UVA and UVB rays.

Skintel: Antioxidant White Tea, rich in polyphenols, and a unique polypeptide help improve the appearance of photoaged skin.