



# SERVICE OVERVIEWS

## All Services, alphabetically

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## Brow/Lash Tinting

### WHAT IS BROW/LASH TINTING

Eye brow and eyelash tinting is a beauty procedure where semi-permanent dye is painted onto your eyebrows or eyelashes. The purpose is to make them appear thicker, darker, and fuller. The procedure lasts for 15 minutes, but the color stays on for about 3-6 weeks.

### BENEFITS

Fuller looking brows/lashes.

### RISKS

Although every precaution will be made to ensure your safety and well-being before, during and after your tinting application, please be aware of the possible risks below.

- Tinting lashes or brows has some inherent risk of irritation to the orbital eye area, including the eye itself, and could result in stinging or burning, blurry vision and potentially blindness should the tint enter into the eye.
- If the tinting agent, developer, or mixture of both accidentally comes into contact with the eye, the eye will be flushed with water and medical attention may be required.
- Some irritation, itching or burning may occur to the skin which comes in contact with the tinting agent.
- There may be some residual dark staining left on the skin following the tinting process of either lashes, brows or both. This will fade and go away within a short time.
- While every attempt will be made to provide me with the chosen color, everyone's hair absorbs color differently and the final results may not be the color initially wanted.
- Over the course of several weeks, the tint will gradually lighten and fade. Re-tinting will be required to keep the new color fresh. Most clients need to re-tint every 3-4 weeks

### CONTRAINDICATIONS & IMPORTANT CONSIDERATIONS

- First time lash/brow tinting- please notify your service provider
- Prior allergic reaction to any form of tint (including hair dye)
- Active acne lesions in the treatment area Any sign of eczema, infection, cuts or scabbing in the brow area
- Any sign of bacterial, fungal, parasitic and viral infections
- For lash tinting – if you have eye inflammation, **infection**, or have had laser eye surgery in the past 3 months

### PRE-TREATMENT GUIDELINES

A patch test is recommended 24-48 hours prior to treatment for first-timers

Contacts cannot be worn during your service- you may want to bring your glasses with you for your departure

### POST TREATMENT GUIDELINES

Keep your brows looking beautiful by following these tips after your brow tint service!

- Keep Your Brows Dry for 24 Hours (no water, no swimming, no sweat)
- Avoid rubbing or touching for 24 hours post-tint, and don't over-brush between your brow tinting appointments
- Do not apply makeup for 24 hours to the treated area
- Avoid oil-based skincare and makeup products to preserve the color
- Be aware that sun and chlorine generally can cause the tint to fade faster
- No self-tanner for 3 days before/after

If you follow these aftercare tips, your brow tint should last between two and three weeks. This may vary depending on how quickly your hair grows out.

# Service Overview

## Dermaplane

This is a **LEVEL 2** Service on the Pre & Post Treatment Guidelines

### WHAT IS DERMAPLANE

Dermaplaning is a form of mechanical exfoliation in which a sterile blade is stroked along the skin at an angle to gently “shave off” dead skin cells from the epidermis. Dermaplaning also temporarily removes the fine vellus hair of the face, leaving a very smooth surface. \*Due to the contours of the face, certain areas of the face (such as the eyelids and nose) are not treatable using this method.

### BENEFITS

As with any type of exfoliation, the removal of dead skin cells allows for better product penetration and enables home care products to be more effective. With regularly scheduled treatments it may reduce the appearance of fine lines, even skin tone and assist in reducing milia, closed and open comedones, and minor breakouts associated with congested pores.

Dermaplaning can be an effective and safe exfoliation method for clients with limited exfoliation options, like those who are pregnant or have couperose skin (tiny blood vessels near the surface of the skin), sensitive skin, or allergies.

### RISKS

Possible risks include

- Mild redness and irritation after the procedure
- Breakouts from irritation are a possibility
- Getting cut by the blade, which could scar
- Risk of infection

### CONTRAINDICATIONS & IMPORTANT CONSIDERATIONS

Immediately notify your service provider if you have any of the below conditions (Advanced Exfoliation Services should not be performed if any of these conditions apply):

- Hemophilia
- Oral blood thinner medications
- Terminal (thick, wiry) facial hair should not be Dermaplaned
- Vascular lesions (Hemangiomas, Vascular Malformations, and Pyogenic Granulomas) will be avoided during the service
- General contraindications that apply to all services can be found [HERE](https://www.skincandyme.com/docs-and-forms) (<https://www.skincandyme.com/docs-and-forms>)
- Keloidal tendency (your skin forms hard, raised scars)
- Uncontrolled diabetes

### PRE-TREATMENT and POST-TREATMENT GUIDELINES

Since some topicals and activities should be stopped as much as a week before treatment, you are advised to review the full treatment guidelines **when you book** your appointment. These guidelines will minimize any potential risks and complications and help you gain the most benefits from your services- you can find them [HERE](https://www.skincandyme.com/docs-and-forms) (<https://www.skincandyme.com/docs-and-forms>).

#### HOME CARE

- Day 1 (the day of), before bed, follow a recommended **Gentle Skincare Routine**
- Days 2+, continue gentle skincare AM & PM
- You may resume your normal skincare routine around day 4 or 5 (after any irritation, flaking and peeling is complete)

#### GENTLE SKINCARE ROUTINE- Hale & Hush is the recommended **Gentle Skincare Routine**

- Cleanse: H&H Quiet Wash
- Moisturize: H&H Hush Hydrate/Vital Lipid/Saffron Meristem
- Protect (AM): Hale & Hush’s or Lira’s mineral SPF
- For more routines and for calming/healing options, view [HERE](https://www.skincandyme.com/docs-and-forms) (<https://www.skincandyme.com/docs-and-forms>)

# Service Overview

## Facials

This is a **LEVEL 1** Service on the [Pre & Post Treatment Guidelines](#)

### HOW OFTEN?

The general recommendation for facials is every three to four weeks to optimize cellular turnover. As infants our turnover cycle lasts 3-5 days, as teens it's 10-21 days, and by our 40's it takes 45-60 days! By maintaining an average skin rejuvenation cycle of 28-days, your skin will appear smoother and more youthful.

Between professional sessions, you can support healthy skin by making healthy food choices, staying hydrated, limiting sun exposure, wearing sunblock and maintaining an informed skincare routine.

### BENEFITS

- **Increased Circulation:** Facials decrease waste beneath the skin that can cause ruddiness, puffiness, and fluid accumulation by manipulating the lymphatic system that lies just under the skin, aiding the detoxification of your skin.
- **Deep Cleansing:** Similar to a good dental cleaning, professional facials clean the pores on a much deeper level than even the best at-home care. It helps to maintain clear skin and may help maintain or improve pore size.
- **Anti-Aging:** With the combined use of exfoliation, massage, and the penetration of nutrients and antioxidants, facials help to reduce the visible signs of aging (puffiness, fine lines, uneven skin tone, skin laxity).
- **Stress Relieving:** facial massage can activate the parasympathetic nervous system to reduce anxiety levels and uplift your mood.

### RISKS

Most typical side effects of a facial are redness and blotchy skin. This might be related to the warm environment, exfoliation pressure and any extractions or substances used during the operation. This should clear up within a few hours of your facial. Breakouts and dry skin are another possibility which can be controlled by following the recommended Post Treatment Guidelines (no getting hot and sweaty, no bodies of water, gentle skincare, etc, all reduce your chances of getting a post-facial breakout or dry skin). Allergic reactions, over-exfoliation and scarring are rare complications and are often related to an incomplete health history, oral or topical medications, supplements, and home skincare.

### CONTRAINDICATIONS & IMPORTANT CONSIDERATIONS

General contraindications that apply to all services can be found [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms)

### PRE-TREATMENT and POST-TREATMENT GUIDELINES

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#### HOME CARE

- Day 1 (the day of), before bed, follow a **Gentle Skincare Routine**
- Day 2, resume your normal AM/PM skincare routine

**GENTLE SKINCARE ROUTINE-** a gentle cleanser (AM & PM), a gentle moisturizer (AM & PM), and a mineral SPF (AM). Any of the **Gentle Skincare Routines** will work for this Level 1 service, click [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms).

# Service Overview

## Facial Gua Sha

This is a **LEVEL 1** Service on the [Pre & Post Treatment Guidelines](#)

### WHAT IS Gua Sha

Today's Gua Sha (pronounced gwah-shah) is roughly based off a traditional Eastern and Southeast Asian healing technique in which a smooth, credit-card-sized "board" is pressed along the skin of the body to bring about blood flow and scrape away pain. In the West, this practice has been adapted into a beautifying and relaxing ritual for the face, neck and décolletage. With facial Gua Sha, healing crystal stones (jade or rose quartz) are stroked across the skin in a gentle, gliding technique against the contours of the face and neck, in the direction of lymphatic flow. The idea is that light pressure releases fascial and muscular tension and moves sluggish lymph fluid to tone the face.

### BENEFITS

It won't permanently transform your face shape, but it will help visibly lift, firm, and sculpt the facial contour, and it leaves behind an air-brushed finish immediately following your session.

Just as our bodies experience stress in the form of shoulders hunched over a computer, or headaches from tension, our faces hold stress in the form of furrowed brows or clenched jaws. Facial Gua Sha is a massage technique designed to relieve tension in the muscles of the face, boost blood circulation, and encourage lymphatic drainage to depuff the skin. It also helps break up fascia, the connective tissue that hugs muscles but can sometimes interfere with optimal circulation.

Like facial massage in general, Gua Sha can be grounding: The slow pace of movement and gentle touch are deeply relaxing, activating our parasympathetic (relaxed) nervous state.

### RISKS

It is generally considered safe, provided there isn't too much pressure. Potential side effects from applying too much pressure include severe muscle soreness, skin bruising or discoloration, and damage.

### CONTRAINDICATIONS & IMPORTANT CONSIDERATIONS

- Injury to the skin such as sunburn, rashes, abrasions, bruising, ulceration, and lesions. Bleeding disorders such as leukemia, anemia, and thrombocytopenia. Blood thinning medication such as Coumadin.
- General contraindications that apply to all services can be found [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms)

### PRE-TREATMENT and POST-TREATMENT GUIDELINES

Since some topicals and activities should be stopped as much as a week before treatment, you are advised to review the full treatment guidelines **when you book** your appointment. These guidelines will minimize any potential risks and complications and help you gain the most benefits from your services- you can find them [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms).

#### HOME CARE

- Day 1 (the day of), before bed, follow a **Gentle Skincare Routine**
- Day 2, resume your normal AM/PM skincare routine

**GENTLE SKINCARE ROUTINE-** a gentle cleanser (AM & PM), a gentle moisturizer (AM & PM), and a mineral SPF (AM). Any of the **Gentle Skincare Routines** will work for this Level 1 service, click [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms).

# Service Overview

## Facial Waxing

This is a **LEVEL 2** Service on the Pre & Post Treatment Guidelines

### WHAT IS FACIAL WAXING?

Facial waxing removes all the unwanted hairs from the eyebrows and the upper lip, as well as dead skin cells and the fuzzy areas on the cheeks, chin, and sides, to help you recover the velvety smooth texture and youthful, glowing appearance of the face.

### BENEFITS

Facial waxing offers longer-lasting hair removal than other treatments (like Dermaplane); and, as with any type of exfoliation, the removal of dead skin cells allows for better product penetration, enabling home care products to be more effective.

### RISKS

Pain from wax removal, temporary redness, irritation, and bumps for a few hours following, ingrown hairs, sun sensitivity for a few days, allergic reactions to the wax or products, bleeding from hair follicles, infection if skin is broken/bleeding.

### CONTRAINDICATIONS & IMPORTANT CONSIDERATIONS

Immediately notify your service provider if you have any of the below conditions (Advanced Exfoliation Services should not be performed if any of these conditions apply):

- Hemophilia
- Oral blood thinner medications
- Pregnancy
- Uncontrolled diabetes
- Vascular lesions (Hemangiomas, Vascular Malformations, and Pyogenic Granulomas) will be avoided during the service
- General contraindications that apply to all services can be found [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms)

### PRE-TREATMENT and POST-TREATMENT GUIDELINES

Since some topicals and activities should be stopped as much as a week before treatment, you are advised to review the full treatment guidelines **when you book** your appointment. These guidelines will minimize any potential risks and complications and help you gain the most benefits from your services- you can find them [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms).

#### HOME CARE

- Day 1 (the day of), before bed, follow a recommended **Gentle Skincare Routine**
- Days 2+, continue gentle skincare AM & PM
- You may resume your normal skincare routine around day 4 or 5 (after any irritation, flaking and peeling is complete)

#### GENTLE SKINCARE ROUTINE- Hale & Hush is the recommended **Gentle Skincare Routine**

- Cleanse: H&H Quiet Wash
- Moisturize: H&H Hush Hydrate/Vital Lipid/Saffron Meristem
- Protect (AM): Hale & Hush's or Lira's mineral SPF
- For more routines and for calming/healing options, view [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms)

# Service Overview

## Galvanic Desincrustation

This is a **LEVEL 1** Service on the [Pre & Post Treatment Guidelines](#)

### WHAT IS GALVANIC

One of the most popular uses of galvanic in facial treatments is desincrustation to soften congestion in the pores. When used in conjunction with an alkaline or negative-pH product, galvanic technology is able to achieve a deeper kind of cleansing for the skin via a process known as saponification.

Utilizing targeted products in combination with the chemical reaction created by the electrical current acts to soften keratin, oil plugs, and sebum, thereby making it much easier to extract the follicles. As you can imagine, this approach can be especially helpful for addressing oily skin, acne, blackheads, and comedones.

### BENEFITS

When working with acneic clients, the desincrustation process provides the kind of deep cleaning needed to ease extractions and prevent congestion going forward.

### RISKS

Having a galvanic facial is a painless procedure, though some people say they experience a slight tingling sensation. One potential risk of a galvanic facial is the possibility of skin irritation or redness. This is more likely to occur if the electrical current is too strong or if the skin is not properly cleansed before the treatment.

### CONTRAINDICATIONS & IMPORTANT CONSIDERATIONS

Galvanic or High Frequency should not be performed if you have any of the following conditions: Any condition that reduces sensation in the face, cancer diagnosis/treatment within the last two years, diabetes, electrical/magnetic appliances that cannot be removed for treatment (shunts, hearing aids, drug delivery systems), epilepsy or a history of seizures, heart conditions, metal in the body (metal plates/pins, excessive fillings or bridgework, pacemaker, defibrillator, iud, etc), pregnancy, or uncontrolled diabetes. \*Note: All jewelry should be removed. \*Avoid areas of inflamed or couperose skin (broken capillaries, spider veins and rosacea).

General contraindications that apply to all services can be found [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms)

### PRE-TREATMENT and POST-TREATMENT GUIDELINES

Since some topicals and activities should be stopped as much as a week before treatment, you are advised to review the full treatment guidelines **when you book** your appointment. These guidelines will minimize any potential risks and complications and help you gain the most benefits from your services- you can find them [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms).

#### HOME CARE

- Day 1 (the day of), before bed, follow a **Gentle Skincare Routine**
- Day 2, resume your normal AM/PM skincare routine

**GENTLE SKINCARE ROUTINE-** a gentle cleanser (AM & PM), a gentle moisturizer (AM & PM), and a mineral SPF (AM). Any of the **Gentle Skincare Routines** will work for this Level 1 service, click [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms).

# Service Overview

## High Frequency Overview

This is a **LEVEL 1** Service on the [Pre & Post Treatment Guidelines](#)

### WHAT IS HIGH FREQUENCY

High Frequency is a skincare technique that has been used for cosmetic and healing benefits since the 1970s in Europe, and since the 1980's in North America. It is used to treat a variety of conditions, including acne management, enlarged pores, fine lines and wrinkles, and puffy or dark eyes. High frequency facial machines function by using a glass high frequency electrode to treat various contours of the skin. When applied to the surface of the skin, a mild electrical current passes through the neon, or argon gas filled glass electrode, causing it to emit a subtle glow and buzzing noise.

During the high frequency treatment, enriched oxygen molecules are produced that create an anti-bacterial action and a "natural" thermal tissue warming. This reaction helps your blood vessels push away toxins, while the cells in your skin are enriched with nutrients and hydrating volume. This in turn creates an increase in blood circulation and cell renewal that supports increased levels of collagen and elastin. The skin is left feeling instantly energized and noticeably softer after just one treatment.

### BENEFITS

High Frequency oxygenates the surface of the skin, kills P. acne bacteria, stimulates circulation and aids in detoxification, contracts blood vessels minimizing red inflamed skin. This kind of treatment also may aid in shrinking pores, reducing signs of aging and stopping persistent acne in its tracks.

### RISKS

High-frequency facials are safe, gentle procedures with very few side effects. In rare cases, side effects may last a day or two and include redness, tingling, and swelling.

### CONTRAINDICATIONS & IMPORTANT CONSIDERATIONS

Galvanic or High Frequency should not be performed if you have any of the following conditions: Any condition that reduces sensation in the face, cancer diagnosis/treatment within the last two years, diabetes, electrical/magnetic appliances that cannot be removed for treatment (shunts, hearing aids, drug delivery systems), epilepsy or a history of seizures, heart conditions, metal in the body (metal plates/pins, excessive fillings or bridgework, pacemaker, defibrillator, iud, etc), pregnancy, or uncontrolled diabetes. \*Note: All jewelry should be removed. \*Avoid areas of inflamed or couperose skin (broken capillaries, spider veins and rosacea).

General contraindications that apply to all services can be found [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms)

### PRE-TREATMENT and POST-TREATMENT GUIDELINES

Since some topicals and activities should be stopped as much as a week before treatment, you are advised to review the full treatment guidelines **when you book** your appointment. These guidelines will minimize any potential risks and complications and help you gain the most benefits from your services- you can find them [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms).

#### HOME CARE

- Day 1 (the day of), before bed, follow a **Gentle Skincare Routine**
- Day 2, resume your normal AM/PM skincare routine

**GENTLE SKINCARE ROUTINE-** a gentle cleanser (AM & PM), a gentle moisturizer (AM & PM), and a mineral SPF (AM). Any of the **Gentle Skincare Routines** will work for this Level 1 service, click [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms).



# Service Overview

## Lira 3D Series Peels (Page 1/2)

This is a **LEVEL 2** Service on the Pre & Post Treatment Guidelines

### PROFESSIONAL RESURFACING TREATMENT

1. This Professional Resurfacing Treatment is a superficial peel designed to improve the texture and appearance of your skin. Your participation in your treatment will determine the outcome. It is important to strictly adhere to all instructions that your treatment specialist provides.
2. No guarantee is expressed or implied as to the precise results, peeling times, or discomfort.
3. For most, a light flaking begins within 48 hours. It is impossible to pre-determine how much flaking/peeling will occur.
4. Dark spots may appear darker before shedding off.
5. Depending on the treatment, the shedding process (flaking/peeling) usually subsides within 2-7 days.
6. Lack of flaking or peeling is NOT an indication that the treatment was unsuccessful. If you do not notice actual peeling, you are still receiving all the benefits of your treatment such as improvement of skin tone, texture, and appearance of fine lines and hyperpigmentation. There are a number of reasons why some people may not experience peeling such as severe sun damage, having peels regularly with short intervals between treatments, and frequent use of Retin-A, Retinol, or AHAs.
7. Post treatment considerations will include: no makeup, hot tubs/saunas, exercise/sweating for 24 hours; no direct sun exposure and strict use of sunscreen for 48 hours; no active/harsh skincare for 72 hours (gentle cleanser, moisturizer and any recommended topicals only)

### BENEFITS

These peels are designed for comfortable year-round skin maintenance, provided you are compliant with home care recommendations. You should notice an immediate glow immediately following the procedure as we've removed dead skin cells; but for improvement of fine lines, skin tone, etc, multiple treatments and a commitment to a daily SKINCARE regimen is key. Also, results are highly dependent on age, cumulative sun exposure, health, lifestyle, genetic traits, general skin condition, and willingness to follow recommended protocols.

### RISKS

Possible risks include

- Depending on the treatment, you may experience some temporary redness, stinging, or warm flushing. During the next few hours, you may experience some tightening of the skin which may last for several days [tightening is more likely with a Level 3 peel though].
- Depending on the treatment performed and your individual skin health, the following reactions may occur in some individuals: Prolonged redness, irritation, flakiness, dryness, sensitivity, and in rare instances severe allergic reactions. These reactions are more common with a Level 3 peels.

### INDIVIDUALS WHO SHOULD NOT BE TREATED

1. A Professional Resurfacing Treatment SHOULD NOT be performed on people with active cold sores or warts, open wounds, sunburn, excessively sensitive skin, dermatitis or inflammatory Rosacea in the area to be treated, or an autoimmune disease.
2. You should not have a Professional Resurfacing Treatment if you have a history of allergies, rashes, other skin reactions, cancer, or may be sensitive to any components of this treatment.
3. This treatment is not recommended if you have taken Accutane (or its generic form) within the past year, or received chemotherapy or radiation therapy.
4. With the exception of Lira Clinical's Beta-C Plus, Vita Brite Refresher with PSC and Pumpkin Plus Definer with PSC treatments, this treatment should not be administered to pregnant or breastfeeding (lactating) women.
5. *Inform your treatment specialist if you have any of the above concerns, a history of herpes simplex, or are allergic to aspirin*

# Service Overview

## Lira 3D Series Peels (Page 2/2)

This is a **LEVEL 2** Service on the Pre & Post Treatment Guidelines

### CONTRAINDICATIONS & IMPORTANT CONSIDERATIONS

- A professional resurfacing treatment should not be performed if you have active cold sores, warts, open wounds, sunburn, excessively sensitive skin, dermatitis or inflammatory Rosacea in the area to be treated; or if you have an autoimmune disease.
- If you are pregnant or lactating, several resurfacing agents are contraindicated. The following resurfacing agents are NOT contraindicated and are approved for use while pregnant/lactating: Lira Clinical's Beta-C Plus, Vita Brite Refresher, and Pumpkin Plus Definer; AnteAGE's Regenzyme.
- General contraindications that apply to all services can be found [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms)

### PRE-TREATMENT and POST-TREATMENT GUIDELINES

Since some topicals and activities should be stopped as much as a week before treatment, you are advised to review the full treatment guidelines **when you book** your appointment. These guidelines will minimize any potential risks and complications and help you gain the most benefits from your services- you can find them [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms).

#### HOME CARE

- Day 1 (the day of), before bed, follow a recommended **Gentle Skincare Routine**
- Days 2+, continue gentle skincare AM & PM
- You may resume your normal skincare routine around day 4 or 5 (after any irritation, flaking and peeling is complete)

#### GENTLE SKINCARE ROUTINE- Lira is the recommended **Gentle Skincare Routine**

- Cleanse: Lira BIO Enzyme Cleanser
- Treat: Lira BIO Hydra C Serum
- Treat and Moisturize: Lira BIO Lift Crème
- Protect: Lira Solar Shield (Classic Tint or Oil Free) (AM)
- For more routines and for calming/healing options, view [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms)

# Service Overview

## (TAMA) Microcurrent Overview (Page 1/2)

This is a **LEVEL 1** Service on the [Pre & Post Treatment Guidelines](#)

### WHAT IS TAMA MICROCURRENT?

The TAMA microcurrent device penetrates a minute amount of energy into the skin to mimic, restore, and supplement the body's natural electromagnetic pathways. The stimulation is safe, subsensory, holistic and noninvasive. This additional energy is what the body needs to rebuild and refuel cell health and improve many symptoms of aging skin. TAMA's patented MetaWave technology uniquely activates the body's natural electrical *and* magnetic currents for the ultimate face rejuvenation.

### BENEFITS

Depending on the treatment selected, the following are potential benefits per the manufacturer, TAMA RESEARCH: Diminish appearance of fine lines and wrinkles • Improve circulation • Clear up / reduce acne • Improve muscle tone in the face and neck • Lift jowls and eyebrows • Calm rosacea • Drain lymphatic nodes • Treat sun damage • Improve skin pigmentation • Facilitate product penetration • Tighten large pores, resulting in smoother and firmer skin • Revitalize skin • Improve elasticity

### RISKS

When it comes to risks linked to microcurrent treatments, there's not a lot to talk about if you don't have any contraindications. During the treatment, you will likely experience periodic flashing as certain frequencies stimulate the optic nerve, this is expected and perfectly safe.

### IS SATISFACTION GUARANTEED?

Everyone responds differently to microcurrent and some people have more noticeable results than others. You should notice an immediate glow following the procedure; but for improvement of fine lines, skin tone, etc, multiple treatments and a commitment to a daily SKINCARE regimen is key. Also, results are highly dependent on age, cumulative sun exposure, health, lifestyle, genetic traits, general skin condition, and willingness to follow recommended protocols.

Be aware that many changes may occur deeper within the skin over time. To continue the maintenance of your skin after you complete your treatment(s), I may inform you of long-term age management programs.

### TAMA RESEARCH- RECOMMENDATIONS

- For optimal results, arrive for your treatments properly hydrated and remain well hydrated for several days post-treatment
- Treatment Recommendations
  - Ages 20-35 once a month; TAMA Microcurrent may be added to your monthly facial
  - Ages 35-55 once a week for 8 weeks; followed by once every 21 days for maintenance
  - Ages 55+ once a week for 12 weeks, followed by once every 10 days for maintenance
  - \*Please Note: These are guidelines only, and recommended for fast-tracking results. Frequency is completely dependent upon each client and determined during consultation.

### CONTRAINDICATIONS & IMPORTANT CONSIDERATIONS

Microcurrent should not be performed if you have any of the following conditions: Botox/Fillers less than 4 weeks prior to service, active cancer or cancer treatments, diabetes, electrical/magnetic appliances that cannot be removed for treatment (shunts, hearing aids, drug delivery systems, etc), epilepsy or history of seizures, heart conditions (without approval of your physician), high blood pressure, metal in the body (metal lates/pins, excessive fillings or bridgework, pacemaker, defibrillator, iud, etc), pregnancy, recent surgery in the area (without approval of your physician). \*Note: All jewelry should be removed.

General contraindications that apply to all services can be found [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms)

### PRE-TREATMENT and POST-TREATMENT GUIDELINES

Since some topicals and activities should be stopped as much as a week before treatment, you are advised to review the full treatment guidelines **when you book** your appointment. These guidelines will minimize any potential risks and complications and help you gain the most benefits from your services- you can find them [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms).

# Service Overview

## (TAMA) Microcurrent (Page 2/2)

This is a **LEVEL 1** Service on the [Pre & Post Treatment Guidelines](#)

### HOME CARE

- Day 1 (the day of), before bed, follow a **Gentle Skincare Routine**
- Day 2, resume your normal AM/PM skincare routine

**GENTLE SKINCARE ROUTINE-** a gentle cleanser (AM & PM), a gentle moisturizer (AM & PM), and a mineral SPF (AM). Any of the **Gentle Skincare Routines** will work for this Level 1 service, click [HERE](https://www.skincandyme.com/docs-and-forms) (<https://www.skincandyme.com/docs-and-forms>).

### TAMA RESEARCH WAIVER OF LIABILITY

By Signing the Skin Candy Aesthetics Informed Client Consent Form, I am also acknowledging the TAMA RESEARCH Waiver of Liability which states:

- It is possible that you may suffer a physical injury, illness or adverse reaction as a result of undergoing the treatment and therapy. In the event that you have any adverse reaction to the administration of the treatment (or use of the TAMA devices) administered in order to improve the tone and physical appearance of skin and supporting tissue, be sure to immediately seek a physician for treatment or appropriate referral for treatment.
- People with a current cancer diagnosis, have an implanted or other electrical stimulatory device, a history of seizures, epilepsy, or who are pregnant should not undergo the treatment and therapy offered by TAMA devices, unless prescribed by a physician. **[These are known contraindications for almost any electrical devices if you review the Skin Candy Contraindications document]**
- TAMA DEVICES: When activated, the TAMA device will deliver a low current electrical stimulation - in combination with the application of a topical water, gel, or lotion - and produces varying levels of electrical stimulation, energy and intensity. The treatment and therapy offered by TAMA devices is not designed or intended to treat, cure, prevent or diagnose any disease, alignment or medical condition. No claims offered in relation to the therapy have been evaluated by the FDA. This information is not to be substituted for advice from your physician or health care professional.
- DEVICE OUTPUT / ENERGY LEVELS / SKIN RESPONSE: The device applies an electrical stimulation measured between zero and 800 microamps **[maximum 500 microamps at Skin Candy]**. Skin irritation or redness are possible and may be associated with the use of an electronic muscle stimulator. A doctor should be consulted before using any electronic muscle stimulator, in case you have an underlying medical condition, which the electronic muscle stimulator could aggravate. Always seek your doctor's opinion before engaging in any new procedure.
- SENSITIVE MEDICATIONS OR SKIN CONDITIONS: Certain medications, cosmetics or skin conditions may produce a greater sensitivity to the procedure. It is not recommended to undergo therapy if you have been diagnosed with a physical condition affecting the skin. As for medications or cosmetics, typically, these products feature a warning label to notify you of potential adverse effects. Please consult a physician prior to therapy if you are using any such products or medications or have a history of skin problems or believe yourself to be sensitive.
- WAIVER & RELEASE OF LIABILITY: I expressly acknowledge that my use of the therapy is undertaken at my sole risk. Any change in physical activity or routine are done so voluntarily with the complete understanding that I am responsible for all actions and assume all risks of injury, illness, disease or death.

This waiver and release of liability includes, without limitations, all injuries that may occur as a result of (a) use of equipment or products applied topically in conjunction with the equipment (b) the sudden and unforeseen malfunction of the equipment (c) slipping or falling on the premises – including adjacent sidewalks, parking lots, etc.

I acknowledge that I have carefully read this waiver and product support materials and that I fully understand that this is a release of liability. I expressly agree to release and discharge the business, and all its affiliates, agents, employees, representatives, successors, or assigns, from any and all claims or causes of action and I voluntarily give up or waive any right that I may have to bring a legal action against the business for personal injury or property damage. To the extent that the statute or case law does not prohibit releases for negligence, this release is also for negligence on the part of the business, its employees and agents. If any portion of this release from liability shall be deemed by a court of competent jurisdiction to be invalid, then the remainder of the release from liability shall remain in full force and the offending provision(s) severed here from. This release supersedes all other signed release forms and shall be considered retroactive to the first date of equipment usage. By signing this release, I acknowledge that I understand its content and that this release cannot be modified orally.

# Service Overview

## Microdermabrasion

This is a **LEVEL 2** Service on the Pre & Post Treatment Guidelines

### WHAT IS MICRODERMABRASION

Microdermabrasion uses an adjustable applicator head that removes dead surface skin cells and initiates cellular turnover at the dermis and epidermis levels in a safe controlled manner. This approach respects the integrity of the skin and promotes even healing. Maintaining even cellular growth on the surface aids in the youthfulness of the skin's appearance.

### BENEFITS

Microdermabrasion has been used to treat aging and sun-damaged skin, some types of acne and acne scarring, altered pigmentation, fine lines and wrinkles, and stretch marks.

### RISKS

Possible risks include

- Bruising, which can occur from the suction and may last several days.
- Increased to sun sensitivity so be diligent with your mineral sunscreen for 1-2 weeks.

### CONTRAINDICATIONS & IMPORTANT CONSIDERATIONS

Immediately notify your service provider if you have any of the below conditions (Advanced Exfoliation Services should not be performed if any of these conditions apply):

- Hemophilia
- Keloidal tendency (your skin forms hard, raised scars)
- Oral blood thinner medications
- Vascular lesions (Hemangiomas, Vascular Malformations, and Pyogenic Granulomas) will be avoided during the service
- General contraindications that apply to all services can be found [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms)
- Pregnancy
- Uncontrolled diabetes

### PRE-TREATMENT and POST-TREATMENT GUIDELINES

Since some topicals and activities should be stopped as much as a week before treatment, you are advised to review the full treatment guidelines **when you book** your appointment. These guidelines will minimize any potential risks and complications and help you gain the most benefits from your services- you can find them [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms).

#### HOME CARE

- Day 1 (the day of), before bed, follow a recommended **Gentle Skincare Routine**
- Days 2+, continue gentle skincare AM & PM
- You may resume your normal skincare routine around day 4 or 5 (after any irritation, flaking and peeling is complete)

#### GENTLE SKINCARE ROUTINE- Hale & Hush is the recommended **Gentle Skincare Routine**

- Cleanse: H&H Quiet Wash
- Moisturize: H&H Hush Hydrate/Vital Lipid/Saffron Meristem
- Protect (AM): Hale & Hush's or Lira's mineral SPF
- For more routines and for calming/healing options, view [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms)

# Service Overview

## Nano-Needling with AnteAGE

This is a **LEVEL 1** Service on the [Pre & Post Treatment Guidelines](#)

### WHAT IS NANO-NEEDLING

Nano-needling is a non-invasive skin treatment delivery system (similar to micro-needling) that is able to trick the body into repairing itself and allowing for significantly increased product absorption. Nano-needling tips are thinner than the human hair and are designed to have microscopic pyramid-like tips that are not long enough to penetrate beyond the epidermis (the outermost layer of skin).

It offers several of the advantages of traditional micro-needling without the risks associated with the larger needling tips; this can be a great place to start with needling treatments to see what can be achieved with this less invasive modality. It is highly effective if you're hoping to reduce the appearance of fine lines (especially around the eyes and lips), improve the tone and texture of your skin, shrink the appearance of your pore size, reduce pigmentation or lift and firm the skin.

### BENEFITS

Especially when combined with AnteAGE Microchanneling Solutions, this treatment aims to combat fine lines, uneven skin tone, acne scars, and general signs of aging by using your own body's repair process. There is no pain, inflammation, bleeding, or discomfort.

Nano-needling can also be safely performed on all skin types and colors. There is no risk of post-inflammatory hyper-pigmentation as the melanocytes remain intact (as long as post-care instructions are followed).

### RISKS

Nano-needling is considered a safe and no-downtime treatment. The potential but unlikely risks include allergic reactions, swelling, bruising, infections, and possible tenderness; irritation, dryness, peeling/flaking are more likely but very temporary risks.

### IS SATISFACTION GUARANTEED?

Maximum results are highly dependent on your age, cumulative sun exposure, health, menopause, lifestyle, genetic traits, general skin condition, and your willingness to follow recommended protocols. Be aware that many changes may occur deeper within the skin over time. I find that when participating in a series of treatments, along with a commitment to your daily SKINCARE regimen, noticeable differences may indeed be the outcome. You may see a reduction of fine lines and a softening of deeper wrinkles, reduction of discoloration, softening and possible reduction in scars, and an overall improvement to the skin's tone and appearance. To continue the maintenance of your skin after you complete your treatment(s), I may inform you of long-term age management programs. *If you are concerned about fine lines & wrinkles, swelling, dark pigmentation or sagging skin, then nano-needling is for you. If your SKINCARE concerns include deep wrinkles, hypo-pigmentation, stretch marks or deep acne scars, then micro-needling would be a better fit.*

### TREATMENT RECOMMENDATIONS

To see visible changes in the skin, a series of 4 weekly treatments is recommended, followed by one treatment done every other week for 4 weeks, then one maintenance treatment every 4-6 weeks thereafter.

### CONTRAINDICATIONS & IMPORTANT CONSIDERATIONS

General contraindications that apply to all services can be found [HERE](https://www.skincandyme.com/docs-and-forms) (<https://www.skincandyme.com/docs-and-forms>)

### PRE-TREATMENT and POST-TREATMENT GUIDELINES

Since some topicals and activities should be stopped as much as a week before treatment, you are advised to review the full treatment guidelines **when you book** your appointment. These guidelines will minimize any potential risks and complications and help you gain the most benefits from your services- you can find them [HERE](https://www.skincandyme.com/docs-and-forms) (<https://www.skincandyme.com/docs-and-forms>).

#### HOME CARE

- Day 1 (the day of), before bed, follow a **Gentle Skincare Routine**
- Day 2, resume your normal AM/PM skincare routine

**GENTLE SKINCARE ROUTINE-** a gentle cleanser (AM & PM), a gentle moisturizer (AM & PM), and a mineral SPF (AM). Any of the **Gentle Skincare Routines** will work for this Level 1 service, click [HERE](https://www.skincandyme.com/docs-and-forms) (<https://www.skincandyme.com/docs-and-forms>).

# Service Overview

## Red Light Therapy (Page 1/2)

This is a **LEVEL 1** Service on the Pre & Post Treatment Guidelines

### WHAT IS RED LIGHT THERAPY (RLT)

RLT stimulates collagen and elastin production and tissue repair, which can reduce and even reverse the effects of aging and damage to skin and other bodily tissues. It does this by activating the cellular renewal process, while restoring and protecting the surface of the skin, resulting in a gradual and completely natural looking aesthetic enhancement. The effectiveness of using red and infrared light therapy to stimulate rejuvenation in damaged tissues has been documented in more than 2,500 research papers and approximately 100 double blind studies.

### BENEFITS

LED-based Red Light Therapy is a non-invasive and holistic treatment that stimulates your body's own regenerative metabolism at the cellular level. By stimulating the body's tissues to convert light energy into cellular energy (ATP), Red Light Therapy provides the energy your cells can use to:

- accelerate the production of collagen and elastin
- increase cellular permeability, allowing for increased cellular nutrient intake
- increase the removal of excess fluid and waste products from the cells
- increase the production of macrophage (scavenger) cells for the removal of toxins/excess pigment/scar tissue
- increase lymphatic drainage
- increase vascularization (blood flow) to the surface of the skin

### RISKS

- There are no set guidelines for how long or strongly RLT should be applied. There is a chance you will have unexpected or inconsistent results or side effects.
- The long-term safety is not known.
- If you use RLT devices incorrectly or too often, you may damage your skin or eyes.
- Immediate results from RLT are possible, but it's more likely going to take weeks or months before you see improvements.
- The results you get and your chances of side effects will be different depending on where you get it done (e.g., at a provider's office, spa, or at home).

### TREATMENT RECOMMENDATIONS

RLT can be added to almost any SKINCARE session to help with product penetration and cellular repair, for redness and inflammation reduction, and for lymphatics stimulation.

For addressing specific skin concerns, a series of specifically spaced treatments is recommended, followed by maintenance sessions every 4-6 weeks. There is no limit to the number of treatments one can have over an extended period of time as long as you wait at least 24-36 hours between sessions.

Skin Concern	# of Sessions	Frequency
Active Acne	12	3x/week
Antiaging	10	2-3x/week
Flaccid Skin	10-12	2x/week
Rosacea	Varies	--
Wrinkles	12 in 5 weeks	2-3x/week

### CONTRAINDICATIONS & IMPORTANT CONSIDERATIONS LED

LED should not be performed if you have any of the following conditions: active cancer within the last two years, albinism, epilepsy or a history of seizures, if you suffer from light induced headaches or claustrophobia, lupus, medications that cause sensitivity to light (like Roaccutane, antibiotics, steroids, etc), melasma or hyperpigmentation exacerbated by mild warmth, photosensitive eye or skin conditions, pregnancy, or sunburn. Antibiotics of concern (if used in the last 5 days):

- Fluoroquinolones: Ciprofloxacin (Cipro), Levofloxacin (Levaquin), Lomefloxacin (Maxaquin), Norfloxacin (Noroxin), Ofloxacin (Floxin)

# Service Overview

## Red Light Therapy (Page 2/ 2)

This is a **LEVEL 1** Service on the Pre & Post Treatment Guidelines

- Tetracyclines: Demeclocycline (Declomycin), Doxycycline (Vibramycin), Minocycline (Minocin), Oxytetracycline (Terramycin)
- Others: Azithromycin (Zithromax), Capreomycin (Capastat), Ceftazidime (Fortaz), cycloserine (Seromycin), Metronidazole (Flagyl), nalidixic acid (NegGram), pyrazinamide, sulfamethoxazole/ trimethoprim (Bactrim)

General contraindications that apply to all services can be found [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms)

### **PRE-TREATMENT and POST-TREATMENT GUIDELINES**

Since some topicals and activities should be stopped as much as a week before treatment, you are advised to review the full treatment guidelines **when you book** your appointment. These guidelines will minimize any potential risks and complications and help you gain the most benefits from your services- you can find them [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms).

#### **HOME CARE**

- Day 1 (the day of), before bed, follow a **Gentle Skincare Routine**
- Day 2, resume your normal AM/PM skincare routine

**GENTLE SKINCARE ROUTINE-** a gentle cleanser (AM & PM), a gentle moisturizer (AM & PM), and a mineral SPF (AM). Any of the **Gentle Skincare Routines** will work for this Level 1 service, click [HERE \(https://www.skincandyme.com/docs-and-forms\)](https://www.skincandyme.com/docs-and-forms).



### HOW OFTEN?

You will gain the most benefits out of waxing when you regularly schedule your appointments every 3-5 weeks and don't shave, pluck or use depilatories in between services.

### HOW LONG SHOULD THE HAIR BE?

A quarter inch is ideal, which usually takes 3-5 weeks of growth. A good visual is, "when the hair starts to bend, and not just stick straight out." If hair is too short, the wax will not be as effective at removing all of the hair and more tweezing may be involved. If hair is too long, the wax can tug and pull, causing more pain than necessary. You can trim before your visit if your hair is longer than a half inch.

### SMOOTH SKIN IS A PROCESS

Until you've had 3-5 regularly scheduled waxes you may still have hair remaining after your wax; and even then, you *may* continue to experience this issue to a lesser degree. My Pretreatment, Posttreatment, and Troubleshooting sections below will help most people find that desired smooth skin.

## Pre-Treatment Guidelines

### 2-3 weeks prior

Avoid chemical peels and laser resurfacing, and no botox or fillers in the area to be waxed.

### 4-5 days before your appointment

For the area to be treated- no shaving, waxing, electrolysis, Laser Hair Removal, or exfoliating products (so no retinoids like Retin-A, Renova, Tazorac, Differin, retinol, or retinal); and no products with AHAs, BHAs, or Benzoyl Peroxide).

Over-treating or over-exfoliating the area can be drying or irritating before a wax treatment and can lead to "waccidents" like lifted skin, bruising, burning, bleeding, scabbing, or scarring.

### 1-2 days before your appointment

Gently exfoliate to help loosen the hair and clear dead skin from the follicle- Don't overdo it - use gentle to medium pressure

- I recommend exfoliating mitts coupled with gentle soap (like Native Body Wash or Phillip Adam body wash for acne-prone skin)
- Moisturize within 5 minutes of getting out of the shower
- Avoid heavily perfumed moisturizers like Bath and Body Works as it is sensitizing and drying

### On the day of your appointment

- Avoid caffeine as much as possible on the day of your service. Caffeine stimulates the nervous system and can increase blood flow and skin sensitivity
- **Shower.** Clean skin prevents infection
- Moisturize within 5 minutes of getting out of the shower
- **NO DEODERANT the day of and for 24 hours after an underarm wax**
- Some people find taking an anti-inflammatory, such as ibuprofen, half an hour before their wax eases discomfort
- Relax and remember to breathe. It definitely helps!

### Don'ts

- Don't get waxed if you've been on Accutane in the last 6 months. The American Academy of Dermatology advises waiting 6 months and other experts advise as long as a year- check with your prescriber before waxing.

### Post-Treatment Guidelines for best results

#### Before you leave

- Ask your esthetician for product recommendations if you're prone to ingrown hairs.
- Schedule your next wax appointment so you're assured regular maintenance.

#### For the first 24 hours

- **No touching**- it's tempting to pet, but you don't want to introduce any bacteria to the open pores.
- **No getting hot and sweaty**- avoid strenuous exercise for 24-48 hours (and no sex if you've had a bikini/Brazilian wax). Hot and sweaty activities invite bacteria into the freshly waxed skin, increasing your chance of getting bumps, breakouts, ingrown hairs, etc.
- **Avoid hot tubs, pools, lakes, and the ocean** for 24 hours after your wax. While your pores are open, your skin is more susceptible to exposure to bacteria and irritation.
- **No tanning**- recently waxed areas are more prone to hyperpigmentation and sunburn.
- **No spray tans or self-tanner**- it can be irritating.
- **Don't wear tight or restrictive clothing** as this may irritate the skin and lead to undesirable skin reactions. Wear loose-fitting, soft, cotton clothing.

#### Beginning 2-3 days after your wax

- **Resume exfoliating the area** 2-3 times per week to prevent ingrown hairs and keep the skin silky smooth.
- **Keep your skin (and hair) properly hydrated and moisturized** by applying moisturizer to damp skin when you step out of the shower. Dehydrated skin can also lead to ingrowns PLUS dry, brittle hairs are more prone to snapping when waxed.

#### Don'ts

- **Don't shave between waxes.** This gets the growth cycle out of whack. If you stick to waxing, subsequent waxes will be less painful and your hair will become progressively softer and less dense over time (genetics plays a role as to if and how fast this will occur, and waiting too long between appointments affects this too)
- Do not wax a new area for the first time before a big event! You never know how your skin will react or how long you will be sensitive. You wouldn't want to spoil an important day! Strive to begin a waxing routine at least 3 months prior to the event.

### Troubleshooting: understanding growth stages

Our hairs grow in 3 different cycles: anagen (growing stage), catagen (transitional phase), and telogen (resting stage); and if you haven't yet established a wax routine, and are still using the shaving method to get fuzz-free, your hair will be growing in all three stages at once.

Since your hair is at various phases in the growth cycle, your first several waxes may not remove some hairs that are in the anagen stage. These hairs will make their presence known when they're good and ready, maybe even the day-of or a day after your wax. This is why it's super important to start your wax routine 3+ months before a significant event like vacation, your wedding, etc.

### Troubleshooting: stubble after waxing

Stubble after waxing is most often related to the stages of hair growth, and it's the reason you might not be as smooth as you'd like following your first, second and even third wax. Everyone is different, but after 3-5 routinely scheduled waxes, your hairs should be growing in the same cycle, which means longer-lasting results for you!

If you're a frequent waxer and seeing hair soon after waxing, there may be another reason. Dry, brittle hair could possibly have broken during your wax, or there may be a thin layer of skin over the hair growth. Reduce this from happening by exfoliating 2-3x a week and moisturizing daily between wax appointments.

### Troubleshooting: ingrown hairs

Most of the time I will recommend homecare for ingrown hairs to avoid the potential for scarring. Manual exfoliation is helpful and there are serums that you can use if you're prone to ingrown hair.