

# CACI ECM & BODY

## **Consultation**

Please ensure you let us know if you have any medical conditions or allergies prior to treatment, particularly:

Pacemaker, Heart condition, cancer, epilepsy, tumours, diabetes, pregnancy, over & under active thyroid, thrombosis/Phlebitis, allergies to metal, Botox, collagen, inflammation/infection or skin diseases, Retin A, Roaccutane, metal pins/plates, prosthesis/silicone implants, semi-permanent makeup/microblading, varicose veins, asthma.

## **Before your treatment**

Do all waxing, threading and heat treatments (steam, sauna, bathing) no less than 24 hours before.

No sunbeds or sun bathing 24-48 hours before.

Do not come for a treatment with a fake tan in its developmental stage.

No shaving the area to be treated 6-12 hours before (this is applicable to men and women as women having laser hair removal will be expected to shave).

Avoid exercise 6-12 hours before

## **After your treatment**

Drink Plenty of water

No fake tan for 6 hours, unless mineral tan.

No waxing, threading and heat treatments (steam, sauna, bathing) for 24 hours after treatment.

No sunbeds or sun bathing for 5 days after treatment.

No shaving the treated area for 6-12 hours after treatment (this is applicable to men and women as women having laser hair removal will be expected to shave).

It is normal after ECM for the treated area to be a little tender and the skin red.

Avoid exercise 6-12 hours after treatment.