

Client Booking Form

Dr Vanita Rattan Glow Facial Treatment

Thank you for booking your Dr Vanita Rattan Glow Facial Treatment. Please complete this form to ensure we deliver the best treatment results while keeping your skin safe.

1. Treatment Goals

What are your main skin concerns? (tick all that apply)

- Dryness
- Oiliness
- Sensitivity
- Acne
- Pigmentation
- Fine lines
- Dullness
- Clogged pores
- Other: (please specify)

Do you follow a regular skincare routine?

- Yes No

Are there any skincare products you're currently using that your facialist should be aware of?

2. Contraindications Checklist

Please confirm whether any of the following apply to you. If yes, this treatment may not be suitable:

- Under 18 years of age
- Pregnant or breastfeeding
- Irritated or compromised skin (e.g. sunburn, open sores, lesions)
- Currently using prescription medication for skin conditions (e.g. Roaccutane)
- Active skin infection (e.g. cold sores, Herpes simplex)
- History of keloid or hypertrophic scarring
- Blood clotting disorders or ongoing blood-related conditions
- Taking blood-thinning medication
- Uncontrolled diabetes
- Diagnosis of cancer or currently undergoing cancer treatment (e.g. chemotherapy)
- Autoimmune conditions (e.g. lupus.)

If you tick any of the above, please inform your practitioner. We may need to adapt or reschedule your treatment for your safety.

3. Pre-Treatment Instructions

To prepare for your facial, please follow these important guidelines:

- Avoid all other facial treatments (including Botox, chemical peels, or other facials) for at least 2 weeks prior to your appointment.
- Waxing or threading should be done at least 1 week prior to your treatment.
- Discontinue use of retinol or tretinoin at least 5 days before your treatment.
- Do not wear any makeup for 24 hours after the treatment.
- Avoid excessive sweating (including from exercise, saunas, or steam rooms) for 24 hours post-treatment.
- On the day of your treatment, please arrive with a cap and sunglasses to wear afterwards, as your skin may be more sensitive to sunlight.

4. What to Expect During the Facial

- 1. Cupping** – You'll feel a gentle suction sensation on the skin. This helps with lymphatic drainage and boosts circulation.
- 2. Radiofrequency** – This will feel pleasantly warm as it glides across the skin. It helps to tighten and firm without any discomfort.
- 3. Glow Peel** – This step has a strong scent and may cause a mild tingling or warm sensation; however, this is completely normal and not painful. You will not experience peeling with this treatment. Although it is called a Glow Peel, it provides micro-exfoliation, so there will be no visible skin shedding. This step is safe and important for skin of colour.
- 4. Microneedling** – If you have never had microneedling before, you may feel a little nervous. However, this technique is specifically designed for skin of colour, and your skin is in very safe hands. You may experience mild discomfort or a vibrating sensation, but there should be no pain. If you need the practitioner to pause at any point, they will be happy to do so. After the treatment, the skin may appear pink for up to 24 hours and will then recover completely. This is due to a controlled microneedling response suitable for skin of colour, as the skin undergoes a natural healing process during the first 24 hours.

5. Glow Mask – To finish, we apply a mask that feels cool and refreshing, calming the skin and sealing in hydration.

5. Aftercare Instructions

To ensure best results and a safe recovery, please follow these steps:

- **The evening of the treatment:** No need to wash your face or apply any skincare products. Allow the products applied during your treatment to remain on the skin.
- **The following morning:** You may resume your skincare routine. Follow the recommended aftercare kits provided.

For OILY, ACNE-PRONE SKIN

AM Routine

1. Wash face with TRIO Blemish Gel Wash
2. (optional) Spray on TRIO Blemish Exfoliator
3. Apply TRIO Blemish AM Gel Moisturiser
4. Apply InZincable SPF 50

PM Routine

1. Wash face with TRIO Blemish Gel Wash
2. Spray on TRIO Blemish Exfoliator
3. Apply TRIO Blemish PM Gel Moisturiser

FOR UNEVEN/ANTI-AGEING SKIN

AM Routine

1. Wash face with Micellar Gel Wash
2. Apply CeraPep Brightening Moisturiser
3. Apply InZincable SPF 50

PM Routine

1. Wash face with Micellar Gel Wash
2. Next, use the Facial Pigmentation Kit. This is designed to improve dry, textured, pigmented, and ageing skin.
 - Apply a thin layer of HPC Clear™ onto targeted areas for 2 nights (pigmentation and fine lines)
 - On the 3rd night, apply VITA A.C.E™ onto the same areas
 - Repeat the 3-day cycle
3. Apply CeraPep Brightening Moisturiser

- **No swimming** for 7 days.
- **Avoid strenuous exercise** for 48 hours.
- **Do not apply makeup** for 24 hours.
- **No saunas, steam rooms, or sunbathing** for 48 hours.
- **Do not wax, thread or exfoliate** for 2 weeks post-treatment.
- **No other facial treatments** for at least 2 weeks.
- **Stay well hydrated.** Drink plenty of water for skin healing.
- The skin is likely to appear pink for up to 24 hours. If your skin is very sensitive, you might also notice mild swelling, which can last up to 48 hours. This is completely normal and part of the healing process caused by the controlled microneedling. If needed, you can use air conditioning or a covered ice pack (the ice should not touch the skin directly) after three hours of the treatment.

6. What You'll Notice & When:

Day of Treatment: The skin is likely to appear pink. It may or may not look sensitive, but this is normal and shows that your skin has received a thorough, professional treatment. The pinkness usually settles within 24 hours.

Day 1: The skin will have a refreshed look.

Day 2-Week 2: Visible glow, smoother surface, and a boost in hydration.

Week 6: Reduction in pigmentation concerns and improved texture.

After 3 sessions (12-18 weeks): Noticeable transformation in acne, hyperpigmentation, fine lines and overall skin quality.

You may then continue with ongoing treatment or move to yearly maintenance sessions.

Confirmation

- I confirm that I have read and understood the contraindications, pre-treatment instructions, and aftercare advice.
- I confirm that the information I've provided is accurate to the best of my knowledge.
- I consent to proceed with the Dr Vanita Rattan Glow Facial Treatment.

Signature:

Date: