

CLIENT CONSENT FOR MEDI-SPA TREATMENTS

Guest Name:

Contact Number:

Esthetician:

Our Medi-Spa procedures are intended to remove dead skin cells, eliminate impurities, encourage collagen production, and increase epidermal blood flow to reveal younger, brighter, healthier skin. Highly-active ingredients and state-of-the-art machines treat the skin at greater depth than traditional methods, and as such is not without some risk.

To avoid as much as possible an undesirable outcome, please indicate any and all statements that apply to you.

- I have taken Accutane (acne Rx) within the past 6 months.
- I have used retinoids or alpha hydroxy acid products in the last 48 hours.
- I have had Botox or dermal fillers in the last two weeks.
- I have had chemical peels or microdermabrasion elsewhere in the last month.
- I have had laser or IPL treatments in the last three months.
- I am pregnant, _____ number of weeks.
- I have had hair removed from the treatment area in the last two weeks.
- I have had one or more herpes simplex outbreaks (cold sores) in my lifetime.
- I bruise easily and/or have fragile capillaries.
- I have had undesirable or unusual reactions to cosmeceutical treatments in the past.

List of allergies:

List of current medications:

It is your right to have a thorough understanding of how these treatments can affect your skin, including realistic results and associated side effects. Please read all statements below and initial when you have discussed all questions and concerns with your esthetician.

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- Although chemical peeling can lighten hyperpigmented skin, I acknowledge that this is NO GUARANTEE that dark discoloration of the skin will be reduced or faded; my face may temporarily develop uneven skin colour.
- I acknowledge that it may take several weeks before I see a change in my skin, and for best results I should follow my esthetician's recommendations.
- I acknowledge that during my treatment my skin may tingle, itch or feel warm and may appear flushed afterwards.
- I acknowledge that microdermabrasion may cause mild bruising.
- I acknowledge that in the days following these treatments, my skin may flake or peel. I understand that pulling or picking at my skin may lead to infection, hyperpigmentation or scarring.
- I am aware and acknowledge that there is a possibility of an allergic reaction. I have discussed thoroughly with my esthetician any such reactions & understand the care that would be necessary in the event of a reaction.
- I have had a chemical peel patch test done; or – I waive the chemical peel patch test and accept all responsibility of any allergic reactions.
- I acknowledge that acne breakouts may temporarily worsen after Medi-Spa treatment; the acne should ultimately improve if I continue treatment as directed by my esthetician.
- I am aware that it is in my best interest to forego steam and sauna immediately before or after my treatments.
- I acknowledge that my skin may be more UV-sensitive for several weeks following these treatments; failure to use the recommended SPF may result in sunburn and/or increased hyperpigmentation.
- I acknowledge if diagnosed with diabetes, I should consult my medical professional before undergoing medi treatments due to potential healing and infection risks.
- I am aware that if I have a metal implants or plates, I am advised to consult my healthcare provider before undergoing microcurrent treatments to ensure safety and suitability.
- I acknowledge that if I have ever had a cold sore (Herpes Simplex) it may be in my best interest to get a prophylactic from my physician prior to having a Medi-Spa procedure.
- I acknowledge that it is in my best interest to inform my esthetician if any of the above statements change while undergoing a corrective program.

My medi-esthetician has answered any and all questions regarding my service process, pre and post care. I certify that I have read and understand all of the above unpredictable and unforeseen results that may occur by administration of Medi-Spa procedures.

I consent to receive (check one or all that apply) ____ chemical peels; ____ microdermabrasion; ____ microneedling; ____ dermaplaning; ____ other, from my esthetician at Riverstone Spa.

Guest Signature: _____ Date: _____

MEDI-SPA TREATMENT INFORMATION

Our Medi-Spa procedures are intended to remove dead skin cells, eliminate impurities, encourage collagen production, and increase epidermal blood flow to reveal younger, brighter; healthier skin. Highly-active ingredients and state-of-the-art machines treat the skin at greater depth than traditional methods, and as such is not without some risk.

Bruising: Due to the vacuum action of microdermabrasion treatments, superficial bruising (called 'petechiae') can sometimes occur. This is more likely when an individual bruises more easily because of a medical condition or medication. Bruising should fade in approximately 3-4 days. If the skin is thin, fragile, and subject to broken capillaries, it is advisable to avoid microdermabrasion altogether.

Acne Breakouts: Deep stimulation can have a purging effect on the skin, as congestion and underlying bacteria are brought to the surface quickly. This is especially true after the first and second medi-spa treatments. This is an important step for long-term clarification and is necessary before skin health can be expected to improve. Refraining from picking at blemishes and proper skin care are imperative for uncomplicated healing. A Full-Service Corrective Facial is often recommended near the beginning of a treatment program to accelerate this process.

Herpes Simplex: Known as 'cold sores', these blisters are caused by a virus that can lay dormant in nerve cells in your skin, usually around the mouth. A variety of stressors can trigger the eruption of these blisters, including some resurfacing procedures. For your best chance of avoiding a flare-up while still receiving the full benefits of these treatments, it is advisable to get a prophylactic from your doctor or pharmacist. Without a prophylactic, these areas should be avoided.

Flaking or peeling skin: Our treatment options were chosen because they offer satisfying results with minimal down-time compared to some peels performed by physicians. They can, however, cause some mild, temporary increased dryness and/or visible shedding of dead and damaged skin cells. This will usually start 2-3 days post-peel, and resolve in 5-7 days. As long as the skin is not tender, a facial scrub or face cloth may be used to slough flaking areas. A heavy moisturizer can reduce the visibility of dry skin; makeup will usually enhance it.

Allergic Reactions: Patch tests may be performed on the inner arm before peeling products are applied to the face. This can reveal acute responses to products, however it cannot predict a delayed allergic reaction. Although rare and unforeseen, these can be serious reactions which will likely need medical attention. If you think you are having an unusual reaction, please call Riverstone Spa to arrange to see your esthetician for a complimentary emergency consultation.

Sun Sensitivity: Skin resurfacing treatments rapidly remove the stratum corneum (outermost layer of skin) and can leave the skin temporarily more susceptible to sun damage. Improper sun protection can lead to increased hyperpigmentation, dryness, and loss of collagen. To protect your skin care investment, please use the recommended SPF after your medi-spa procedure.

Hyperpigmentation: There are many conditions that fall under this category, with many different underlying causes, and varying depths within the epidermis. It often takes several months of treatments and regular product use before we are able to determine whether or not a regimen is working. Also, dark spots can sometimes appear darker - as melanin is drawn towards the surface of the skin - before it begins to improve. This means it may take some patience when seeking the best course of action if hyperpigmentation is your primary concern.

THINGS TO AVOID FOR 48 HOURS:

- Makeup as much as possible
- The sun as much as possible; tanning of any kind
- Extreme heat, including steam or saunas
- Activities which will induce sweating
- Products containing retinoids, hydroxy acids, or benzoyl peroxide
- Any other exfoliating agents

Skin Care: It is important to maintain proper skin care while undergoing medi-spa procedures to achieve optimal results. This includes, most importantly, a gentle cleanser, corrective and/or fortifying serum, and sunscreen. Your service will include skin analysis and recommended home maintenance products to assist and prolong your skin after treatment.