



TREATMENT GUIDANCE

- Treatment times shown are approximate and include preparation time.
- Please arrive 5-10 minutes early to complete a consultation card, if you have not completed one previously for this treatment.
- If appointments are missed we cannot offer a replacement time or refund. A cancellation charge for the full amount will be made if less than 24 hours notice is given.
- If you are using a gift voucher for payment you must bring the original voucher with you or full payment will be taken.
- Please read the recommended guidance for the treatment you have booked on the following pages.

Thank You For Choosing Otium Spa





Massage

Before Your Appointment:

- Limit caffeine before your treatment, as this may prevent you from fully relaxing and enjoying the treatment.
- Don't work out before your treatment, this will only create tension in with your muscles and you will feel less comfortable during the treatment.
- Avoid eating a large meal just before your massage treatment, you may feel uncomfortable during the treatment.

During Your Treatment:

- Turn off your phone, it's your time to relax!
- Let your therapist know how the pressure of massage is feeling.

Aftercare Advice:

- Drink plenty of water after your massage
- Don't drink alcohol after your massage, alcohol can reduce the benefits' of a massage treatment.

Facials

Before Your Appointment:

- Don't have any botox or filler 3 weeks before the facial. Please check with your aesthetics clinic before booking your treatment.
- Arrive wearing no make-up if possible.

Aftercare Advice:

- Drink plenty of water after your treatment.
- Keep the products on for as long as possible.
- Let your therapist know if you feel any discomfort at any point in the treatment.
- Ask as many questions as you like about the treatment and products used.
- Don't have any heat treatments or use any heated facilities after the facial.

Related Products We Love:

Murad Exfoliating Cleanser to soften and smooth the skin.



"It was my first visit to Otium Spa
and I will definitely be returning.
My therapist was very kind and
made me feel relaxed"

- *Georgia*



Lash Lift

Before Your Appointment:

- Come to your appointment with clean lashes (a light cleanse to remove any natural oils will be done before the service).
- Do not wear contacts to your appointment.
- A patch test is required at least 24 hours before your appointment.

Aftercare Advice:

- Brush your lashes daily.
- Do not use oil based products on the eye area.
- Do not get them wet or use a sauna for at least 24 hours after your treatment.
- Do not tamper with your lashes for 24 hours.
- Avoid wearing eye makeup for 24 hours.

Recommended Re-Book Time:

6-8 weeks

Manicure & Pedicure

Aftercare Advice:

- Try to avoid getting your feet wet for at least 12 hours after a pedicure, as polish may not harden completely until this time.
- Avoid harsh soaps and long periods of time soaked in water.
- Ensure you always have gel polish professionally removed. If you try to peel and pick them off yourself you will damage your natural nails.
- Do not overuse nail polish remover as this will dry out your nails.
- Wear protective gloves for gardening or housework.
- Use cuticle oil and hand cream daily, but avoid rich creams if you have gels as this could cause them to lift.

Recommended Re-Book Time: 2-4 weeks

Related Products We Love:

Our O.P.I range has a shade to suit every taste and look. We love a classic French manicure.





Spray Tan

Before Your Appointment:

- Exfoliation is always recommended 24 hours before a spray tan to remove dead skin cells and to give your skin an excellent base for the tanning solution. It ensures the tan is applied evenly and helps the tan to last longer.
- Shave 24 hours before.
- Wear dark, loose clothing and flip flops to your appointment.
- Remove all make-up, body lotions, and jewellery.
- Avoid wearing any deodorants or perfumes to your appointment.

Aftercare Advice:

- Don't get your skin wet for the first 24 hours as water contact will stop the tanning process. Also avoid exercise for the first 24 hours as sweat will cause your tan to streak.
- Don't shave for at least 24 hours afterwards as this may strip the tan from the shaved area. If you must shave afterwards, wait at least 24 hours and use a new blade as this will cause less damage to the tan.

Waxing

Before Your Appointment:

- Exfoliate 24 hours before.

Aftercare Advice:

- Avoid touching the area after your wax as the pores are open.
- Avoid swimming, saunas, steam rooms and exercising for 24 hours after the treatment.
- Wait 24 hours before applying any lotions
- Don't use any perfumed products for 24 hours.
- Avoid shaving in between treatments.

Recommended Re-Book Time:

Every 4 - 6 weeks

Related Products We Love:

Decleor Smoothing 1000 Grain Body Exfoliator.



Mummy-To-Be Body Treat

Aftercare Advice:

- Drink plenty of water after your treatment.
- Always let us know if you are uncomfortable at any point in the treatment.
- Don't get up too quickly after the treatment.
- This treatment can not be carried out before your 12 week scan.
- Avoid any physical activities to let the muscles relax and the products soak in.

Related Products We Love:

Decleor Cica Botanic Body Oil

