

## Aromatherapy pre-treatment advice sheet

- Please avoid eating a large meal immediately prior to treatment.
- Refrain from drinking alcohol prior to your treatment.
- It is best to wear comfortable loose fitting clothing.
- For reasons of hygiene and to ensure optimum absorption of the oil into the skin, please ensure that you have bathed or showered prior to treatment.
- (Please avoid wearing excessive make-up as it can interfere with the facial massage.
  - OR
  - Please be aware that make-up can interfere with the facial massage)
- Please be aware that jewellery may need to be removed prior to treatment.
- Mobile phones need to be switched off during treatment.
- For any questions or appointments, please contact me on 07795 483462.