



Crystal Clear

Q: How many Sessions do I need?

A:

We recommend a course of six treatments to begin with, one a week for six weeks. Some clients then go on to have one a month as a maintenance or a second course. It is really dependant on the results that you want and your skin's condition to begin with. On your first consultation the therapist should be able to give you an idea of the number of treatments you will require.

Q: What types of skin conditions can Crystal Clear treat?

A:

Crystal Clear can help reduce enlarged pores, sun damage, pigmentation and acne scarring. It is also extremely good as a general maintenance to give your skin a healthy glow and can also be beneficial as an anti-ageing treatment. Unlike many other dermabrasion treatments Crystal Clear can even be used on a more sensitive skin type.

Q: Can I wear make-up after a Crystal Clear treatment?

A:

You can wear a mineral based make-up after your treatment; we stock Jane Iredale mineral based makeup. This is ideal for use after a dermabrasion treatment as it is a completely natural. If you are going straight home and can avoid make-up then do so. The next day it will be fine to apply your make-up as normal.

Q: Will my skin be red after a Crystal Clear treatment?

A:

This is really dependant on your skin type. At the beginning of the six-week course we will have the setting quite low and gradually increase it as the treatment progresses, in doing this we can monitor your skin's reaction and adjust the strength accordingly. With most clients the redness only lasts for a day or two and in some cases there is no redness at all.

Q: I have heard that some dryness and peeling can occur with this treatment, is this true?

A:

You may experience some dryness in your skin for a couple of days after the treatment applying moisturiser will help alleviate this. Peeling may occur on any problematic areas that have been worked over on a higher level, again this should only last for a couple of days.

Q: Is it uncomfortable?

A:

The most you will really feel is a slight scratching on the skins surface. Most clients describe the feeling as a strong exfoliation, which is exactly what it is. You can also add a collagen mask to the end of your treatment to sooth your skin and plump out any fines lines and wrinkles. The collagen mask is also extremely hydrating so great for the more dry/dehydrated skin type.

Pedicure and Manicure

Q: Do I need to bring anything with me for a pedicure?

A:

Yes you do!! A very important tip is to bring with you either open toed shoes or flip-flops. This will help to keep your toes perfect until they dry.

Q: How long does it take for my feet to be dry after a pedicure?

A:

It will take at least 4 hours for your toes to be fully dry so you can put on closed toed shoes.

Q: How long do I have to wait until my fingernails will be dry?

A:

If you are having a French polish then it will take about 45-60mins and a full colour will take about 30-45mins to dry properly.

Tanning

Q: Which is the best tan to get?

A:

We recommend a spray tan! It takes around 20 minutes to do and you leave with a lovely healthy natural glow. We encourage you to exfoliate and moisturise the night prior to the tan and when showering in the morning to avoid applying moisturiser, deodorant or any make up. We also stock Fake Bake self tan for use at home, which is very easy to apply!

Q: Do I have to be naked for the treatment?

A:

We provide disposable pants for you to wear during the treatment. However if you feel a little self-conscious you can bring a bra and knickers with you if you prefer.

Q: How long does it take to work?

A:

The best advice for all of the tanning treatments that we offer is to leave them on over night to develop and wash the guide colour off in the morning. If you get the tan done first thing in the morning and leave it on 8-10 hours you could wash it off before bed.

Q: Will it stain my clothes and bed sheets?

A:

No, not at all, the products we use all wash out of clothing and sheets easily although we do still recommend that you wear loose dark clothes when you come along for your appointment. Flip-Flops are also highly recommended.

Q: Will I be able to go out that night?

A:

With the spray tan you could leave it on and go out and look fine. Although we do recommend not to, as wearing tight clothing can rub the tan off whilst it is developing therefore leaving white patches.

Q: I am getting married on a Saturday, when should I get my tan done?

A:

Thursday evening last thing would be the perfect time, we would be able to book you in as late as 8.15pm, this would allow you to then go home to bed from the salon so there is less chance of you having to wash hands or rubbing the tan etc. If you then felt that you wanted the tan darker or touched up we still have time, we don't want you having any extra worries at the last minute on such an important day!

Q: Can I get my tan done on the same day as my waxing?

A:

Generally we would recommend that you have your waxing done 24hours before your tanning treatment. If you have not had waxing done before we would recommend that you have it done 2 days before tanning to allow time for any redness that may occur to reduce.

Q: Can I get my tanning done while I am pregnant?

A:

There are a lot of mixed views on this subject dependent on which doctor or mid-wife you speak to. All our products are really natural and as far as we are aware there has not been any legislation produced to say that it should not be done. We have a lot clients booking in for tanning treatments during their pregnancy who have consulted their doctors. Inside&Out would not recommend that you get it done regularly throughout your pregnancy but for special occasions.

Ellipse Hair Reduction

Q: How many treatments do I need to make it permanent reduction?

A:

Every client is different but generally around 6 treatments.

Q: Is there any reason why I might not be suitable for the treatment?

A:

There can be reasons as why the treatment could not be suitable to you. Please contact the salon on 0131 337 9211. However we do carry out a thorough consultation and patch test before treatments.

Q: Can I continue removing the hair in between treatments?

A:

You can shave the hair in between sessions but you cannot remove it by the root so no waxing, sugaring, tweezing. This is very important for the treatment to be successful.

Q: Is Ellipse only suitable for people with dark hair?

A:

As the treatment relies on absorption of light in the hair pigment (colour), the most efficient treatment is seen with dark hair. The lighter the skin, the more pronounced the distinction between hair and skin colour, making treatment more effective. However, Ellipse has pre-programmed settings for different hair and skin colours to adjust the energy output to your needs.

Waxing

Waxing is not available for those using Roaccutane or Accutane; it is advisable to refrain from waxing until 3 months after finishing these drugs.

Q: What is the difference between hot wax and strip wax?

A:

Due to its popularity we offer hot wax for Bikini, Brazilian, Hollywood and underarm waxing. Hot wax is spread thickly onto the skin and allowed to dry slightly before it is gently peeled away. This method is far less painful than most and pulls hair directly from the roots. The benefits include fewer in-grown hairs, less breakage and therefore longer re-growth periods. This wax also promotes skin hydration and is highly recommended for sensitive areas.

Strip wax is recommended for thicker and less sensitive skin, for example - legs, arms, back, chest, and shoulders. At Inside&Out we use the 'Roller wax' system to ensure the most efficient and hygienic treatment available. A thin layer of wax is applied to the skin and is then removed using a paper strip.

Q: Why is Hot waxing recognised as a less-painful experience?

A:

Hot wax is used at a slightly higher temperature compared to strip wax therefore opening up the pores more allowing the hair to slide out easier. We also apply a pre

wax oil prior to waxing allowing the wax to only grip the hair and not pull at the skin (less tugging results in less pain)

Q: How long should my hair be for waxing?

A:

Our hot wax can grab hair as short as 2mm in length. Our strip wax can remove hair as short as 4mm. Everyone has a different growth cycle but we are generally able to wax areas that have been shaved two weeks earlier. However with larger parts of the body like arms/legs, we suggest leaving it three weeks before waxing.

Q: What bikini waxes do you offer?

A:

Basic bikini: Hair removed to the pant line and some from the top if needed.

Bikini high leg: Taken slightly further in than the basic bikini and again some from the top if needed.

Brazilian: removes all of the hair from underneath and leaves only a strip of hair in front (hair is also removed from the area between the buttocks if wanted)

Hollywood: everything off!

Q: What is the etiquette for the various types of waxing on offer?

A:

Basic bikini: you will be given the option to wear our disposable pants or your own underwear

High Leg: (same as basic) but g-string pants are recommended should you choose to wear your own

Brazilian: We give disposable pants for our brazilian waxing or you could wear no underwear whatever you are more comfortable doing.

Hollywood: (same as the above)

If you choose to wear your own underwear we cannot assume responsibility for any oil or wax spillage onto the fabric

Q: Can I still have a bikini wax when I am on my period?

A:

Absolutely! You will need to wear a freshly changed tampon before going into your treatment. (you may use our toilet beforehand to freshen up)

Q: Will it be uncomfortable afterwards?

A:

Since we use a very high quality wax and have highly skilled therapists our treatments should leave you with minimal discomfort. When the treatment is finished the therapist will ensure no wax or residue has been left on the skin.

Q: What after-care do I need to follow?

A:

Exfoliate your skin between waxing sessions. No hot baths or showers, gym, swimming, self-tan or sun beds for 24 hrs. If you are prone to ingrown hairs we would highly recommend using the Tend Skin aftercare solution between your waxing treatments. Applying after waxing, Tend Skin helps minimize next day post-wax bumping it also causes a mild exfoliation which is beneficial in removing rough skin build up leaving your skin looking 'baby smooth'.

Q: Can I have a sun bed after I have been waxed?

A: Unfortunately you cannot have a sun bed for 24 hours post and prior to waxing.

Men's Waxing

What are the benefits?

The benefits of waxing as oppose to shaving and other forms of hair removal.

- Waxing lasts longer 3-7weeks
- No stubble
- Hair tends to thin and soften over a number of treatments

Can anyone have these areas waxed?

Waxing is a proven and safe form of hair removal, there are however certain conditions when it is advised not to have it: varicose veins, skin diseases, cuts and abrasions, warts or hairy moles. If you suffer from oversensitive skin, peripheral artery disease, peripheral neuropathy or diabetes please seek advice from your GP or health adviser if you have concerns. Please ask for pre-treatment advice.

What happens during the treatment?

The areas are cleaned and prepared, a warm wax is then applied to a small area, the hair is then removed using paper waxing strips to attach to the hair. These are drawn away removing the wax and the hairs. A soothing tea tree lotion is applied afterwards to calm the skin.

Is it Painful?

It can be painful but this is minimised by use of a special wax (Brazilian hard wax) that does not adhere to the skin. Although it may not be as painful as you think it will be. Please ask we have pre-treatment products which can help.

What will I wear during the treatment?

A t- shirt or undergarment can be worn however the areas being waxed need to be uncovered. Please be assured our therapists will carry out the treatment in sections ensuring your modesty is maintained as much as possible.

What if I get aroused?

Don't worry. If this happens it will usually pass quite quickly – your therapist is fully trained and experienced and will just ignore it and get on with the job.

Will shaving first help?

If the hair is shaved down it may help but remember there MUST be at least half an inch of hair for the waxing to be effective. You should not shave 3 weeks prior to your appointment to maximise the treatment effectiveness. Please ask for pre-treatment advice.

Is there any length of hair that's suits waxing best?

The length of hair most suitable for waxing is approx 6-8mm.

Whats the difference between Male Brazilian or Male Hollywood?

Its upto you! The Brazilian leaves some hair above the genitals, whilst the Hollywood leaves no hair whatsoever.

What's a BSC?

BSC stands for Back, sac and crack. A combination of waxing is used to cover all these areas. Please ask for pre-treatment advice.

What can I do to avoid getting in-grown hairs?

Exfoliate is an excellent way to avoid ingrown hairs aswell as moisturising. We aslo stock Tend skin products which are very effective for ingrown hairs.

Vouchers

Q: How long is the Gift Voucher valid for?

A:

One year from the date of purchase.

Q: Can I have a voucher sent out directly to my friend and pay for it over the phone?

A:

Yes as long as you have a credit or debit card we can process the payment over the phone and send out the voucher.

Weddings

Q: Do you cater for Hen Parties? I would like to come in with 10 friends.

A:

We do cater for large group bookings. It is advisable to book a few months in advance so that you can have the salon to yourselves for a few hours. You can bring your own drinks and food or at an extra charge we can organise this for you all you have to do is relax in our waiting area between treatments. If there are other clients in the salon we would require a little respect and for clients to behave accordingly. A deposit is required for this type of booking.

Q: I was going to treat my mum and the mother of the groom to a pamper day, can you organize lunch and a special package?

A:

Yes, we can arrange a lunch half way though their day of pampering and we will add this onto the bill at the end. We can either get lunch in for them or we can arrange lunch for them a 2 minute walk away to the Apex European. A special price can be negotiated according to the length of treatment time.

Q: I am getting married and was wondering if you would travel out to our house to do treatments?

A:

Yes we can. There is a minimum service charge for a call out; travel expenses to and from the salon would also need to be covered. Please call for more information.

Q: I would like my make-up done for my wedding; do I need to get a trial?

A:

We would strongly advise that you have a trial done before to make sure that the look you want to achieve for the big day is perfected. Try and book your trial for a special night out like your hen-do so you get full use of having your make-up done.

Q: I was thinking of getting a French manicure for my wedding day, could I get the same done on my toes?

A:

Yes, if you don't want to go for a full pedicure you can book in for a file and polish on feet, which is £17. We suggest that you bring flip-flops to avoid smudging your freshly painted toes.

Facials

Q: I have really sensitive skin; can I bring in my own products?

A:

Yes you can, however we have a vast range of products specifically targeting sensitive skin in the salon. Your therapist will make sure that only the most suitable products are used.

Q: I have a nut allergy; can I use your products?

A:

Some of our products do contain nut oils; it is very important that you let your therapist know about your allergy before any treatment is given.

Q: I am allergic to Lanolin; can I have a facial at your salon?

A:

All of our products are Lanolin free.

Q: I would like to have a relaxing facial but have oily and problematic skin, what facial would you recommend?

A:

We have many different relaxing facials to suit an oily and problematic skin type. Depending on time and money we can customise a facial to suit all your needs.

Q: Do you offer facial treatments for men?

A:

Yes we do several different facials specifically targeted for men and using products designed for their skin. We use Thalgo and Environ products so can tailor make a facial to best suit your skin type.

Pregnancy

Q: I'm pregnant but I want a bikini wax. What do you recommend?

A:

Waxing during pregnancy is very popular especially now that people know that our wax is less painful. Our therapists are trained to ensure that all parts of the body are waxed comfortably and safely. The Brazilian or Hollywood wax is a very popular treatment one week before the due date.

Q: Can you have a facial when you are pregnant?

A:

Yes you can. We recommend any of our Thalgo facials.

Q: What relaxing treatments would you suggest for my friend who is expecting?

A:

We recommend our Thalgo pregnancy pamper treatment. Combining Marine Algae, Elastin, Wheat Germ Oil and plant extracts to strengthen and firm skin tone, this treatment can be enjoyed throughout pregnancy although we would recommend waiting until your passed your first trimester. It improves your skins natural elasticity and helps lessen the appearance of stretch marks whilst you take time out to be pampered.

Q: I am pregnant is it still ok to come in for massage?

A: We ideally don't recommend massage during your first trimester. Although we can offer massage treatments thereafter. Why not try our Thalgo Pregnancy Pamper treatment.

Massage

Q: I am coming in for a massage what do I need to wear?

A: You don't have to bring anything special with you. We normally get you to dress down to underwear during your treatment but you will be given a towel to protect your modesty.

Q: Can I still come for massage if I have an injury?

A: You can still come in for a consultation and we can decide from there whether you are suitable for massage or not, a doctors note may be needed before treating the injured area. Although all is not lost as we could massage a different area no problem.

Colonic Hydrotherapy

Q: What is the Colon?

A: The colon, bowel or large intestine, is the end portion of the human digestive tract (a continuous food carrying passageway extending from the mouth to the anus). The colon is approximately 5 feet long and 2 1/2 inches in diameter. Its major functions are the absorption of water and minerals and the formation and elimination of waste.

Q: What is Colonic Hydrotherapy?

A: Colonic Hydrotherapy is a warm internal bath that cleanses the body of the poisonous wastes that can build up over time. Rapidly growing in popularity, this treatment improves mental clarity and relieves symptoms of amongst others, constipation, toxic headaches and general sluggishness.

Gently warmed, purified water is introduced to the Colon. This helps soften, break up, and remove impacted and dehydrated faecal mucus, parasitic and other waste materials from the colon walls.

Q: Why bother?

A: To stay healthy. Stress, sleep deprivation, strenuous exercise, chemicals, drugs use, additives in processed food: All, or any, of these increasingly common factors can slowly affect the performance of a healthy body. A healthy body creates a strong immune system that is able to fight and eliminate disease.

Your Colon can become burdened with putrefying food, bacteria, viruses, indigestible chemicals, and encrusted pockets of fermented waste. When this happens, it can become saturated with harmful toxins leading to a process called 'Autointoxication' or 'Colon Toxicity'.

This means that toxic substances can be transported into the bloodstream where the lymphatic, circulatory systems, lungs and kidneys can, over time, become overburdened. When these systems are unable to cope with the toxic overload your body is exposed to serious health risks.

Typical symptoms of Colon Toxicity, which respond well to Colonic Hydrotherapy, include:

Excessive gas, bloating, colitis, tiredness, constipation, rashes, acne, allergies, asthma, arthritis, IBS, food cravings, haemorrhoids, colds, headaches, body odour, bad breath, candida, depression, poor circulation, poor concentration.

Q: What are the benefits?

A: The benefits are huge. Eliminations during subsequent therapy sessions can be even more substantial as older, hardened and impacted waste is cleansed from the colon walls.

Cleansing

Toxic material is broken down so it can no longer harm your body or inhibit assimilation of foods and elimination of waste. Faecal debris built up over time is gently removed over a series of Colonic Hydrotherapy treatments. Once this impacted material is removed, your colon can again resume its normal absorption and elimination functions. A Colonic Hydrotherapy session should be considered a rejuvenation treatment for your body.

Strengthens the colon muscles

The build up of toxic debris weakens the colon and impairs its functions. Gentle filling and emptying of the colon can improve peristalsis (natural muscular contraction) that aids efficient removal of waste materials.

Reshaping the Colon

Over time, the natural shape of a problematic colon will become distorted causing even more problems. The gentle water action and massage techniques of the therapist will help eliminate protruding pockets of waste and spasmodic constrictions. After a series of Colonic Hydrotherapy sessions, the colon gradually begins to resume its natural shape.

Each person's experiences will be different depending on their colons condition. However, you may expect and notice a variety of the following improvements:

- Restoration of proper pH balance to the body
- A return of normal, regular bowel movements

- Stimulation of the immune systems • Reduced bloating
- Reduction of wind and gas • Freer passage of nutrients into the blood
- Improved digestion • Prevention of toxic absorption via healthy mucous lining of the colon
- Increased absorption of nutrients • Increased hair lustre • Weight loss

Colonic therapy is not a cure, but it is a valuable treatment for a wide variety of health complaints.

Q: What will happen during my treatment?

A: You relax on a comfortable massage table as a small sterile, disposable rectal tube or speculum is gently inserted into the anus. The speculum has a separate water and waste line that is attached to the hydrotherapy equipment. The warm purified water is run very slowly into the colon, when slight pressure builds up in the colon the water is gently released along with waste matter. The process of filling and releasing water from the colon is repeated during your treatment.

During your session your therapist will give you an abdominal massage. This increases peristalsis (the muscular action of the colon that pushes waste through) this then loosens any impactions and may move some gas. Good peristaltic action is key to a well functioning colon. Massage, when combined with the warm water, is an excellent way to encourage this muscular action.

Each session lasts approximately 45 minutes, allow one hour for the session to allow for a consultation (during which the procedure will be explained) time to talk through your completed medical questionnaire and time to change before and after the treatment.

Q: What should I do before and after treatments?

A: In the 24-48 hours prior to your Colon Hydrotherapy session, we suggest that you eat primarily seasonal and organic vegetables, fruits, and grains. Drinking 6 - 8 glasses of water daily will also assist in the cleansing process. On the day of your session eat lightly, mostly vegetables, fruits and juices, unless you are on a special diet*. Limit water intake and do not eat in the 2 hours immediately prior to your appointment.

*If your diet is medically supervised, please disregard any contradictory suggestions and adhere to your doctor's advice.

Food and beverages to avoid directly before and after your session

Alcohol, caffeinated tea and coffee, carbonated drinks, chocolate, dairy products
desserts, fried and fatty foods, flour products, ice cream, processed and junk foods
sugar, wheat products.

Suggested food and beverages to eat before and after your sessions

Water, apricots, bananas, blueberries Miso soup, chamomile and peppermint teas
fish and poultry, grapes, green leafy vegetables, nuts - almonds, walnuts (unsalted)
seasonal organic vegetables, seeds - pumpkin, sunflower, whole grains - rice, millet,
quinoa.

Derma Fillers - Restylane

Q: Who can have this treatment?

A: Anyone over 18.

Q: Is it painful?

A: Unlike many specialists we, at Inside&Out, use anaesthetics blocks prior to injecting. This means that the area we inject is numb to the touch and to the needle before we start. The Injected Anesthetics used are identical to those given by your dentist.

Q: How long does it take?

A: Because dermal filler application requires a degree of artistry and experience it can take slightly longer than BOTOX®.
Allow at least 30 minutes but this can be more, depending on which areas you want to have treated.

Q: What areas can I have treated?

A: Dermal fillers are most effective when used to plump and define lips, reduce vertical smokers lines and minimise prominent naso-labial folds.

Q: How long do the effects last?

A: This varies from person to person but generally after 6-12 months the filler gets absorbed from the place where it was injected and a top up treatment is required.

Q: Risks involved in administering Dermal Fillers.

A: The side effects from dermal fillers are usually temporary. They may include: inflammation, bleeding and irritation at the injection site. Lumps or nodules of filler may be felt under the skin but are usually not visible. In extremely rare cases patients have developed areas of necrosis (tissue damage), abscesses or granulomas. Your doctor will discuss these with you prior to treatment.

BOTOX® - Wrinkle Relaxants

Q: What is BOTOX®?

A: BOTOX® is a contraction of the term Botulinum Toxin and as such is a trademark belonging to the pharmaceutical company Allergan. Millions of people have been treated with BOTOX® in the U.S.A and it is now a popular cosmetic treatment found in most UK cities.

Botulinum toxin is a refined natural protein produced by the bacterium Clostridium botulinum and throughout history it was most famous for being one of the most toxic substances known to man.

However the doses used in cosmetic procedures are so tiny that the only effect you will notice is younger smoother skin.

Q: Why do I get Wrinkles?

A: Repeated frowning and smiling reinforces and deepens facial lines. This essentially means that the more you use the muscles in your face, the more wrinkles you will develop. Consequently the more expressive and outgoing you are, then the more likely you are to develop lines and then eventually wrinkles.

Q: How do botulinum injections get rid of and prevent wrinkles?

A: Once the toxin is injected it spreads up to 1cm in each direction from the injection site. It works by blocking the signals which go from your nerves to the muscles it is injected into. This has the effect of preventing the muscle from causing the wrinkles on your skin. It takes about one week to reach full effect and the effect lasts for about 3-4 months.

The effect eventually wears off because we grow new connections into the muscles which consequently begin to work again, at this stage another treatment becomes necessary to maintain the improvements.

Q: Who can have this treatment?

A: BOTOX® is licensed for the treatment of moderate to severe facial lines in client's aged 18-65. This treatment is effective in both male and female clients.

Q: Is it painful?

A: It shouldn't be, we use tiny 30Gauge needles (if you laid 90 of these needles side by side they would be just over one inch wide), they are so small they usually don't stimulate the pain receptors in your skin and you get away with an entirely pain free treatment. The treatment may cause mild irritation and redness local to the injection site, a bit like a stinging nettle, but this clears up in a couple of hours and all signs that you have had treatment vanish.

Q: How long does it take?

A: The initial consultation will be the longest, we will want to find out exactly what you expect from treatment and obtain information regarding your physical health, current medication (if any) and suitability. As with all medical procedures we will go on to inform you of associated risks (see below) and then obtain your formal consent to proceed. Once this is done a series of tiny injections are administered across the areas you wish to have treated and that's it!

The whole consultation and treatment should take no more than half an hour and follow up treatments should take about 10 minutes.

Q: What areas can I have treated?

A: We currently offer treatment to three specific areas of your face, those are the Glabella Region to reduce frown lines, the Forehead to reduce transverse wrinkles and the Lateral Orbital Regions to reduce Crow's Feet/Laughter Lines.

Risks involved in administering BOTOX®.

In short there are very few.

The most common side effects following injection include temporary eyelid droop (Ptosis) and nausea.

As with all injections there may be localized pain, infection, inflammation, tenderness, swelling, redness, and/or bleeding/bruising at the injection site.

Patients with certain neuromuscular disorders such as ALS (amyotrophic lateral sclerosis), myasthenia gravis, or Lambert-Eaton syndrome may be at increased risk of serious side effects and are therefore advised against using BOTOX®.

BOTOX® should be administered by specialist physicians and is available only by prescription.

For a selection of before and after pictures and more detailed information please have a look the official BOTOX® website. www.botoxcosmetic.com