



Preparing for DMK Enzyme Therapy

Enzyme therapy is considered a safe and gentle procedure, and the reason why so many people love our enzyme treatments is that it doesn't take much preparation time or downtime post-treatment. That being said, there are a few things you can do to ensure that you're getting the maximum results from your treatment:

- If possible, try not to wear makeup in the 24-48 hours before your treatments, this will help ensure your pores are as clean as possible and help the enzyme work effectively.
- Stay out of the sun, including tanning beds, in the 24 hours prior to treatment, so that the enzymes aren't damaged when applied to your skin.
- Ensure you don't have any open wounds or sunburn on the treatment areas as these may become more inflamed as a result of the enzyme activity.

Prior to booking your Enzyme Therapy treatments, it's important that you visit our clinic for a detailed skin analysis. The particular enzyme mask that is applied will depend on your skin type and condition, therefore we always start with a detailed analysis to get to know your skin's unique personality, performed by one of our qualified and professional skin therapists.

In your skin analysis appointment, be sure to let your therapist know if you suffer from any anxiety. As the enzymes are applied from your upper chest, to your hairline and set hard, this treatment may not be suitable for persons who suffer from anxiety or claustrophobia.

During your Treatment

Your therapist will activate the enzymes in the room and apply them to your face, neck and décolletage. During the 45 minutes of your treatment, you'll feel a small pulsing sensation – this is the effect of the enzymes at work as they help circulate blood and oxygen through your cells. Over the course of your treatment, the mask will set hard like concrete, and you may feel some downward pressure. It's for this reason we'll always have someone in the room with you – and we suggest you opt for a transdermal facial if you suffer from anxiety.

What to expect after your enzyme therapy treatment

At the end of your treatment time, hot towels are applied to help remove the mask, followed by a moisturising routine to help hydrate your skin. Due to the increased blood circulation, you'll likely experience some vascular matting – where your blood vessels appear close to the surface of your skin. This usually takes around 15-30 mins to reduce and can be covered by a light mineral makeup if necessary.