

Before You Book: 15 Questions to Ask at Your Aesthetic Consultation

Take these questions to your consultation. Ask for clear answers and written terms before committing money.

1. What qualifications, licensing and treatment-specific training does the person performing my treatment have?
2. Who will assess whether this treatment is appropriate for me, and what health history or medicines should I disclose?
3. What outcome is realistic for me, and what are the limits of this treatment?
4. What alternatives, including waiting or having no treatment, should I consider?
5. What evidence supports this treatment for my concern, and how uncertain are the results?
6. What common side effects and serious risks should I understand before deciding?
7. What device or product will be used, and what is its regulatory status for this use?
8. How many sessions may be needed, over what time period, and how will progress be assessed?
9. What preparation, recovery time and aftercare will be required?
10. Who should I contact if I have a complication, and what follow-up care is included?
11. What is the full written cost, including consultation, treatment, aftercare and any likely maintenance?
12. How does the package price compare with paying for individual sessions?
13. What are the written cancellation, expiry, transfer and refund terms for unused sessions?
14. If I stop a package early, will completed sessions be repriced or other fees deducted?
15. Can I take the treatment plan, consent information and pricing home to review before deciding?

Aesthetic Decoder is independent, consumer-first and does not sell treatments. This checklist is for general education, not individualized medical or legal advice. Consult an appropriately qualified professional about your circumstances.