

# Prepare Your Skin

## (BEFORE EACH SESSION)

It all starts with a good canvas. For best results, the eyebrow area must be healthy, moisturized, non-irritated and non-sensitive.

### **BEFORE YOUR APPOINTMENT:**

- Do not tweeze/wax/thread/perform electrolysis for 1 week before appointment. I will clean up your brows and shape them as part of the service.
- Do not tan 2 weeks prior or have a sunburnt face.
- No facials/peels 2 weeks prior.
- No sweating/exercising on day of appointment.
- It is recommended for clients who get Botox to come in 3 weeks after last botox session.
- If you tint your brows, do so up to 3 days before appointment.
- Discontinue Vitamin A/Retinol products 1 month before appointment.
- Daily moisturizing and gently exfoliating the brow area for a week before greatly improves how the skin reacts to the procedure.
- Feel free to come to your appointment with makeup on if you would like me to see how you normally fill in your brows.
- Come to your appointment with clean hair so you can avoid needing to wash your hair the days following your session.
- Get a good night's sleep the night before. Make sure to eat before you come in.

### **TO AVOID EXCESS BLEEDING:**

- Do not drink alcohol for 24 hours before appointment
- No coffee/caffeine on the day of appointment
- Do not take Aspirin or Ibuprofen for pain relief before procedure (these thin the blood)
- Do not take Fish Oil or Vitamin E one week before procedure (Natural blood thinners)
- \*\*\*PLEASE NOTE: Excess bleeding pushes out the ink, leading to poor color retention. If you are prescribed blood thinning medication by your doctor, please keep in mind that this may affect your retention & you may need additional sessions.\*\*\*