

AESTHETICS

The Science of Skin

Living skin cells are opaque, while dead skin cells are translucent. It takes time for your skin to fully regenerate:

- For most areas, **5–8 weeks** is needed for skin to heal completely.
- For lips, the healing process can take up to **12 weeks** to fully regenerate the epidermis layers.

After this healing period, you'll notice your permanent makeup artwork beautifully coming back to life. Patience is key, and the results are worth the wait!

Phases of Permanent Makeup Healing

Understanding the healing process is essential to achieving the best results from your permanent makeup procedure. Each phase lasts approximately a few days to 7+ days.

Here's what to expect:

Initial Darkening: Immediately after your procedure, the pigment will appear darker and more intense.

Lightening: As the healing process begins, the pigment will gradually lighten as the skin starts to scab and peel.

Disappearance Phase: At some points, it may seem as though the pigment has disappeared. This is a normal part of the process.

Reappearance: Once your skin is fully healed, the pigment will reappear, revealing your final results.

Do Not Worry or Panic!

It's normal for the treated area to darken, scab, flake/peel, fade, and then reappear as your skin heals.

EYEBROW PERMANENT MAKEUP

PRE-CARE

Proper preparation is essential for the best results and a smooth healing process. Follow these guidelines to ensure an optimal experience:

Skip Makeup and Skincare on Brows

Refrain from applying any makeup, creams, or skincare products on your eyebrows for at least 24 hours prior to your appointment. Clean skin is key for better pigment absorption.

Avoid Exfoliants and Retinoids

Stay clear of retinol, Retin-A, alpha hydroxy acids (AHA), beta hydroxy acids (BHA), and other exfoliating treatments for at least two weeks before your procedure. These can cause skin irritation and affect the healing process.

Hydrate Your Skin

Drink 8–10 glasses of water daily to keep your skin hydrated. Hydrated skin absorbs pigment more effectively and heals more smoothly.

Protect from Sun Exposure and Tanning

For at least two weeks prior to your procedure, avoid direct sun exposure, tanning beds, and sunburns on your face. Sun damage can impact pigment retention and healing.

Avoid Blood-Thinning Substances

Refrain from consuming alcohol, caffeine (coffee, tea, energy drinks), aspirin, ibuprofen, or fish oil for 24–48 hours before your appointment. These can thin your blood and increase sensitivity or bleeding during the procedure.

Skip Botox or Fillers

Do not schedule Botox, fillers, or other injectables in the brow area for at least four weeks before your procedure to ensure accurate results.

Avoid Brow Tweezing, Waxing, or Tinting

Allow your brows to grow naturally for at least two weeks prior to your appointment. This gives your artist more shape and helps achieve the best outcome.

Plan for Recovery Time

Expect some redness, swelling, and tenderness immediately after the procedure. Be sure to avoid scheduling important events right after your appointment to give your brows time to heal.

Consult Your Doctor if Necessary

If you are on any medications, especially blood thinners, or have any medical conditions, please consult with your doctor before scheduling the procedure to ensure it's safe for you.

Mentally Prepare for Healing

Understand that the healing process may involve scabbing, flaking, and color changes as the brows heal. Full results are visible only after the healing is complete.

POST-CARE

Proper aftercare is essential for optimal healing and long-lasting results. Follow these instructions carefully:

Cleaning Instructions

Wash Hands Thoroughly

Always wash your hands before touching your face to prevent infection.

Cleanse Brows Gentle

Use a fragrance-free soap, like Cetaphil Foaming Face Wash or CeraVe Sensitive Skin Wash, to gently clean your eyebrows.

Pat Dry

Gently blot your eyebrows with a clean, dry tissue to remove any moisture or liquids.

Apply Aftercare

Use the provided aftercare product to apply a thin layer to your brows. Repeat this process at least twice daily until your next appointment.

Helpful Tips:

Keep Your Brows Clean: Ensure your brows remain clean throughout the healing process.

Avoid Touching: Do not pick, rub, or scratch your eyebrows, even if they feel itchy.

Limit Water Exposure: Try to keep your eyebrows as dry as possible for proper healing.

No Makeup or Brow Products: Avoid using makeup, brow pencils, or other products on your eyebrows during the healing period.

Avoid Sauna, Swimming, and Excessive Sweating: These can interfere with the healing process and affect pigment retention.

Apply Aftercare Daily: Continue applying a thin layer of aftercare product to your brows from Day 2 to Day 14 to keep the area hydrated and protected.

Protect from the Sun: Stay out of direct sunlight for 2 weeks before and 2 weeks after your procedure to prevent fading and protect the healing skin.

Important Reminders:

Healing may involve scabbing, flaking, or slight color changes. This is normal and part of the process.

Avoid exfoliating, scrubbing, or using any anti-aging products near the brow area until the healing process is complete.

Following these steps will help ensure that your brows heal beautifully and last longer. If you have any concerns or questions during the healing process, don't hesitate to contact your artist.

Note: The healing process is gradual. Trust the journey and the care you've taken to achieve beautiful, long-lasting brows! If you have any questions or concerns, don't hesitate to contact your artist.

LIP BLUSH AND LIPSTICK TATTOO

PRE-CARE

Proper preparation is key to achieving the best results for your lip blush tattoo. Follow these steps to ensure your lips are ready for the procedure:

Exfoliate

Start exfoliating your lips daily 3–5 days before your appointment. Use a lip scrub or a mixture of honey and sugar or gently exfoliate with a toothbrush for 1–3 minutes.

Moisturize

Apply lip balm daily to keep your lips hydrated and smooth. Moisturized lips absorb and retain pigment better.

Hydrate

Drink at least 8–10 glasses of water per day to keep your body and lips hydrated

Avoid Makeup

Refrain from wearing lipstick for 72 hours before your appointment.

Avoid Certain Substances

Do not consume alcohol or caffeine (including coffee, tea, energy drinks, or pre-workout supplements) for at least 24 hours before your procedure.

Avoid taking fish oil supplements for one week prior.

Avoid mind altering prescribed and non-prescribed medications.

Avoid marijuana use on the day of your appointment as it is illegal to work on people under any influence's and it will also heighten your sensitivity.

Avoid Blood Thinners

Discontinue any blood-thinning medications (consult with your doctor if necessary) before your appointment.

Avoid Lip Filler or Implants

Wait at least 6 weeks after receiving lip filler or 6 months after getting lip implants before undergoing a lip blush tattoo.

Avoid Sun Exposure

Stay out of the sun and avoid tanning your face for at least two weeks before your procedure.

Take Antiviral Medication

If you are prone to cold sores, take an antiviral medication like Zovirax, Famvir, or Valtrex as a preventive measure. Follow this schedule:

- 2 days before the procedure
- on the day of the procedure
- 2 days after the procedure

Preparing your lips properly will help ensure a smooth procedure and beautiful, long-lasting results. If you have any questions or concerns, do not hesitate to contact your technician ahead of time.

Post-Care

Proper aftercare is essential for achieving the best results and ensuring your lips heal beautifully. Please follow these instructions carefully:

General Guidelines

Avoid Makeup: Do not apply makeup to the pigmented area during the healing process.

No Swimming or Soaking: Avoid swimming, soaking, steam baths, or facials for the first week.

Avoid Harsh Products: Do not use exfoliants, AHA/glycolic acid products, Retin-A, retinol, tretinoin, chemical peels, or acid peels on or around the treated area for at least two weeks.

Avoid Sun Exposure: Stay out of direct sunlight and tanning beds during the healing process to prevent pigment fading.

Day 1 (First 24 Hours)

Keep Lips Dry: For the first six hours, avoid getting your lips wet. Drink through a straw to minimize moisture exposure.

Clean Lips: After six hours, gently clean your lips every 2–3 hours using a damp makeup remover pad. This prevents lymph buildup and reduces the risk of scabbing.

Days 2–14

Apply Lip Balm: Starting 24 hours after the procedure, apply a healing balm like A+D Ointment or Aquaphor whenever your lips feel dry.

Wash Lips After Eating: Thoroughly clean your lips after eating to minimize the risk of infection. Be gentle to avoid irritation.

Avoid Salty or Spicy Foods: Stay away from salty, spicy, or acidic foods for the first two weeks, as they can irritate your lips and delay healing.

Avoid Contact: Avoid activities like kissing and excessive friction for at least 48 hours, ideally seven days.

Ice Lips if Tender: If your lips are tender, you can ice them by wrapping an ice pack in a clean napkin and applying it for 30-second intervals.

Additional Tips

Avoid Sweat and Steam: Refrain from intense exercise, saunas, or any activity that causes sweating for at least 48 hours, ideally seven days.

No Alcohol: Avoid drinking alcohol for at least 24 hours after the procedure to support the healing process.

Take Vitamin C: Consider taking a vitamin C supplement to promote healing and enhance color retention.

Resume Lipstick: Wait until your lips are fully healed (10–14 days) and no longer scabbing or flaking before applying lipstick or other cosmetic products.

By following these aftercare instructions, you'll protect your investment and achieve vibrant, long-lasting results. If you have any questions or concerns during the healing process, please contact your technician.

Professional Makeup Application

Prepare for Your Makeup Appointment

To ensure your makeup application looks flawless and lasts throughout the day, follow these preparation tips:

Arrive with a Freshly Cleansed Face

Wash your face thoroughly and apply a light moisturizer to create a smooth, hydrated base for the makeup.

Exfoliate the Night Before

Exfoliate your skin gently the evening before your appointment to remove dead skin cells and create a smooth surface.

Avoid Heavy Skincare Products

Skip heavy serums, oils, or sunscreen on the day of your appointment to prevent makeup from sliding off or looking greasy.

Groom Your Brows

If you tweeze, wax, or thread your brows, do so at least 24–48 hours before your appointment to avoid redness or irritation.

Avoid Tanning or Sunburns

Stay out of the sun for at least two days before your appointment to avoid uneven skin texture or redness.

Prep Your Lips

Exfoliate your lips with a gentle lip scrub or toothbrush and apply lip balm for smooth, hydrated lips.

Communicate Skin Sensitivities

Inform your artist of any allergies, sensitivities, or skin concerns in advance to avoid adverse reactions.

Wear a Button-Down or Loose Clothing

Opt for clothing that won't interfere with your finished look when changing, especially for formal occasions.

Post-Care Tips for Your Professional Makeup Look

To maintain your look for as long as possible, follow these aftercare tips:

Avoid Touching Your Face

Minimize touching your face to prevent smudging or transferring makeup.

Set Your Look with Setting Spray or Powder

Ask your artist to use a setting spray or powder to lock in your makeup for all-day wear.

Use a Straw for Drinks

To avoid smudging your lipstick or gloss, drink through a straw when possible.

Avoid Excessive Heat and Sweating

Stay in cool, air-conditioned environments to prevent makeup from melting or creasing.

Carry Touch-Up Products

Bring a small kit with lipstick, blotting papers, and powder for touch-ups throughout the day.

Remove Makeup Properly

At the end of the day, remove all makeup with a gentle cleanser or makeup remover to prevent clogged pores and breakouts.

Follow Your Skin Care Routine

Cleanse, tone, and moisturize your skin after removing makeup to restore hydration and maintain healthy skin.

Notes for Special Events

- If you're preparing for a wedding, photoshoot, or other formal event, schedule a trial session to test your desired look and ensure your comfort on the big day.

By following these prep and post-care tips, you'll ensure a flawless, long-lasting makeup application and keep your skin healthy!

ESTHETICS

TINTING, BROW LAMINATION AND LASH LIFTS

Proper brow prep and aftercare play a crucial role in the overall outcome of the service. The correct aftercare practices will help you achieve optimal, long-lasting results. To keep them in perfect shape till your next appointment, be sure to follow aftercare instructions:

AIRBRUSHED HYBRID-DYE

Don't clean and/or wet the henna-dyed brows for at least 24 hours after treatment.

Avoid sunbathing for 24 hours, this can change the tint of the color and increase the risk of allergies.

Avoid swimming in the first 24 hours.

Avoid heat treatments like steam rooms or saunas.

For people who live in tropical climates, use moisturizer with SPF 30.

Use cleansing products as little as possible.

Scrubs and peeling products containing AHA +glycolic acid will cause the color to fade.

Allow a minimum of four weeks in between treatments.

Avoid fake tans. They may interfere with the color (it can turn orange).

Avoid oil-based makeup remover and oil-based makeup.

If you experience problems such as skin itching, rash, redness, swelling of eyes/face, blistering, and/or skin weeping during the days after coloring, seek immediate medical attention and inform your beautician.

BROW & LASH GEL TINT

Keep your brows dry for 24 hours post-treatment.

Avoid the temptation to touch the brow area after treatment.

Avoid using makeup and facial cleansers around the brow area 24 hours post-treatment.

Avoid prolonged exposure to direct sunlight, and the use of sunbeds, saunas, steam rooms, and swimming pools for 24 hours post treatment.

Avoid exfoliating and using self-tanning around the brow area for 24 hours before or after treatment.

Avoid anti-aging products including Retin-A and AHA around the brow for 1 week before treatment and 48 hours after treatment.

Do not apply any oil-based products around the brow area for 24 hours post-treatment.

After the skin stain has faded, apply Brow Gold Oil or Multi-Peptide Growth Serum to hydrate and nourish the brows daily.

HENNA BROWS

Don't clean and/or wet the henna-dyed brows for at least 24 hours after treatment.

Avoid swimming in the first 24 hours.

Avoid heat treatments like steam rooms or saunas.

For people who live in tropical climates, use moisturizer with SPF 30.

Use cleansing products as little as possible.

Scrubs and peeling products containing AHA +glycolic acid will cause the color to fade.

Allow a minimum of four weeks in between treatments.

Avoid fake tans. They may interfere with the color of henna (it can turn orange).

Avoid oil-based makeup remover and oil-based makeup.

If you experience problems such as skin itching, rash, redness, swelling of eyes/face, blistering, and/or skin weeping during the days after coloring, seek immediate medical attention and inform your beautician.

BROW LAMINATION

Avoid exfoliation of the skin around the brow area for 48 hours.

Avoid using retinols, vitamin A, AHA's, BHA's. Steroid creams or skin thinning treatments for at least 48 hours post treatment.

The use of a styling product and nourishing product is required to re-establish the position of the hairs after a brow lamination.

After wetting the brow hairs (after the initial 48 hours) it is necessary to gently brush them back into place.

Avoid steam from showers, saunas, dishwashers or ovens - reducing this exposure is recommended wherever possible.

Avoid touching brow hairs - please try to leave them alone as much as possible.

Avoid sleeping on your face or on your side and avoid wearing an eye mask to sleep for at least 48 hours post treatment.

LASH LIFT

NO MAKE-UP REMOVERS for the first 48 hours - they may strip the tint or disturb the lamination.

Avoid sleeping on your face or on your side and avoid wearing an eye mask to sleep for at least 48 hours post treatment.

Avoid touching eyelashes - please try to leave them alone as much as possible.

Avoid steam from showers, saunas, dishwashers, or ovens – reduce your exposures to high temperatures is recommended whenever possible.

SKINCARE

Collagen Induction Therapy

Pre-Care

Avoid using retinoids, topical antibiotics, or acids 3-5 days before treatment. Protect your skin from sun exposure and sunburn at least 24 hours prior. Refrain from waxing, depilatory creams, or electrolysis for 5-7 days before treatment.

Take antiviral medication if prone to cold sores 2 days before and on the day of treatment.

Avoid blood thinners for one week before treatment to reduce bruising.

Post-Care

Wait at least 90 minutes before applying any topical products after treatment. If given a mask, keep it on for at least 5 minutes.

Do not wash your face for the first 6 hours, then gently cleanse and moisturize. Apply any remaining Microchannel Delivery Solution every 5-10 minutes if provided.

Avoid active skincare ingredients like AHAs, BHAs, retinol, and vitamin C for 3 days. Also, refrain from applying other products until the next day, although safe after 2 hours.

Refrain from exfoliating for 7 days and direct sunlight for 7 days. Minimize exposure to irritants like pet dander.

Use proper sun protection and avoid swimming, sauna, and vigorous exercise for 72 hours. Moisturize often if skin feels hot and tight.

Wait 12 hours before applying makeup after the procedure. Expect mild redness, swelling, and skin sloughing.

Apply Cellular Renewal Serum and Healing Accelerator 24-48 hours later. Schedule a follow-up treatment in about a month.

Additional Tips:

- Wash hands before touching or applying anything to the face.
- Change pillowcase to a clean one.
- Drink extra water to prevent dehydration.
- Use a gentle face cleanser and moisturizer.

- No direct tanning or artificial tanning for 48 hours.
- Wait 24-48 hours before applying makeup.

Facials and Body Facial Treatments Pre-Care

Proper preparation will enhance your treatment's effectiveness and ensure a smooth experience.

Arrive with Clean Skin

Remove all makeup, lotions, and skincare products before your appointment to allow your esthetician to work directly on your skin.

Avoid Exfoliation

Refrain from using exfoliating products (like scrubs, retinol, or AHA/BHA acids) for 48 hours prior to your appointment to avoid skin sensitivity.

Avoid Sun Exposure

Protect your skin by avoiding direct sun exposure or tanning for at least 48 hours before your treatment.

Stay Hydrated

Drink plenty of water leading up to your appointment to keep your skin hydrated and receptive to treatment.

Skip Hair Removal

Avoid waxing, threading, or shaving on the treatment area 48 hours prior to your session to prevent irritation.

Avoid Makeup and Heavy Products

Skip heavy makeup, sunscreen, or serums on the day of your appointment to allow better product penetration.

Communicate Skin Conditions

Let your esthetician know about any allergies, sensitivities, or recent medical treatments to tailor the service to your needs.

Facials and Body Facial Treatments Post-Care

Proper aftercare is crucial to maintaining results and minimizing potential irritation.

Avoid Touching Your Face

Resist the urge to touch, pick, or rub your skin to prevent bacteria transfer or irritation.

Avoid Sun Exposure

Stay out of the sun and avoid tanning for at least 48 hours post-treatment. Apply a broad-spectrum SPF 30+ daily to protect your skin.

Skip Harsh Products

Avoid using exfoliants, retinol, or active skincare products for 3–5 days after your treatment.

Stay Hydrated

Drink plenty of water to help your skin recover and enhance the benefits of the treatment.

Moisturize Regularly

Use a gentle, hydrating moisturizer to lock in hydration and soothe the skin.

Avoid Heat and Sweat

Refrain from hot showers, saunas, steam rooms, or intense workouts for 24–48 hours to prevent irritation.

Avoid Makeup

Skip wearing makeup for at least 24 hours to allow your skin to breathe and recover fully.

Follow Recommended Products

Use any skincare products recommended by your esthetician to maintain your results at home.

Maintain a Routine

For optimal results, schedule regular treatments and follow a consistent skincare routine tailored to your needs.

Specific Body Facial Treatments Aftercare Tips

Bacial (Back Facial):

Wear loose-fitting, breathable clothing after the treatment to prevent irritation. Avoid heavy lotions, perfumes, or sprays on your back for at least 24 hours.

Beard Treatment:

Avoid shaving for 24–48 hours to allow the skin to heal. Apply a hydrating beard oil or balm recommended by your esthetician to maintain skin and beard health.

Scalp Treatment:

Avoid washing your hair for 24 hours to let the treatment fully absorb.
Use sulfate-free shampoos and conditioners for best results.

By following these pre- and post-care instructions, you'll maximize the benefits of your treatment and keep your skin and hair looking and feeling their best!

Chemical Peels

The **aftercare instructions for gentle and mild chemical peels are similar**, as both treatments involve exfoliating the skin and require proper care to protect and promote healing. However, there are subtle differences due to the intensity of the peels:

Key Similarities in Aftercare

Hydration and Moisturization

Both types of peels require keeping the skin well-hydrated with a gentle, nourishing moisturizer.

Sun Protection

Avoid sun exposure and use SPF 30+ sunscreen daily for both gentle and mild peels.

Avoid Harsh Products

Discontinue exfoliants, retinoids, and active ingredients (AHA/BHA, vitamin C) for 5–7 days after both types of peels.

Gentle Cleansing

Use a mild cleanser and avoid scrubbing or rubbing the skin.

Avoid Picking or Peeling

Let flaking or peeling occur naturally to prevent irritation or scarring.

No Makeup or Heat

Avoid makeup, hot showers, saunas, or intense exercise for at least 24–48 hours.

Differences in Aftercare Based on Intensity

Gentle Chemical Peel

- **Peeling:** Minimal to no visible peeling. Flaking, if any, is mild.
- **Downtime:** Little to no downtime; skin may feel slightly dry or tight.

- **Products:** After 3–5 days, you can often reintroduce active skincare ingredients, depending on skin response.

Mild Chemical Peel

- **Peeling:** Light to moderate peeling or flaking is more common, typically beginning 2–3 days post-treatment and lasting up to 7 days.
- **Downtime:** Mild redness and sensitivity may last a few days.
- **Products:** Active ingredients (like retinoids or exfoliants) should be avoided for at least 7 days or until peeling has stopped.

The **foundation of aftercare** is the same for both types of chemical peels, but you should adjust the care routine based on how your skin reacts and the intensity of the treatment. Always follow your esthetician's recommendations tailored to the specific peel and your skin type.

HAIR REMOVAL

Face and Body Waxing

Waxing Pre-Care

Proper preparation is key for a comfortable and effective waxing experience.

Let Hair Grow

Ensure hair is at least 1/4 inch long (about the size of a grain of rice) for the wax to adhere properly. Avoid shaving for at least 2–3 weeks before your appointment.

Exfoliate Gently

Exfoliate the area 24–48 hours before your appointment using a gentle scrub or exfoliating mitt to remove dead skin cells and reduce the risk of ingrown hairs.

Avoid Moisturizers and Oils

Skip lotions, creams, and oils on the day of your appointment, as they can interfere with the wax adhering to the hair.

Avoid Sun Exposure

Stay out of the sun and avoid tanning beds for at least 48 hours before waxing to prevent irritation or burns on sun-sensitive skin.

Avoid Caffeine or Alcohol

Reduce your intake of caffeine and alcohol before your appointment to minimize skin sensitivity during waxing.

Wear Comfortable Clothing

Choose loose, breathable clothing to avoid friction or irritation on freshly waxed areas after your appointment.

Communicate Skin Concerns

Let your esthetician know if you're using products like retinol, acids (AHA/BHA), or prescription skincare, as these can make your skin more sensitive to waxing.

Avoid Waxing During Your Menstrual Cycle

If possible, avoid scheduling waxing sessions during your cycle when the skin tends to be more sensitive.

Waxing Post-Care

Proper aftercare helps soothe your skin and ensures longer-lasting results.

Avoid Heat and Sweat

Refrain from hot showers, saunas, steam rooms, or intense workouts for at least 24–48 hours to prevent irritation and infection.

Avoid Sun Exposure

Avoid direct sun exposure and tanning beds for 48 hours after waxing. Use sunscreen on exposed areas to protect the skin.

Soothe the Skin

Apply a soothing, fragrance-free lotion or aloe vera gel to calm redness and irritation. Avoid heavily perfumed or alcohol-based products.

Avoid Touching or Scratching

Do not touch or scratch the waxed area to prevent introducing bacteria or causing irritation.

Exfoliate After 48 Hours

Begin gently exfoliating the area 48 hours post-waxing to prevent ingrown hairs. Exfoliate 2–3 times a week using a gentle scrub or exfoliating mitt.

Avoid Tight Clothing

Wear loose-fitting clothes for at least 24 hours to minimize friction on the freshly waxed area.

Avoid Harsh Products

Skip using retinol, AHA/BHA, glycolic acid, or any harsh skincare products on waxed areas for 3–5 days.

Keep the Area Clean

Wash the waxed area gently with mild soap and water to avoid infections.

Wait for Regrowth

Avoid shaving or plucking between waxing appointments. Let hair grow to the appropriate length (1/4 inch) before your next session for optimal results.

Stay Consistent

Schedule regular waxing sessions every 4–6 weeks to maintain smoother results and reduce hair growth over time.

By following these pre- and post-care instructions, you'll ensure a more comfortable waxing experience and long-lasting, smooth results!