



Aftercare (Do's and Don'ts)

Lash Extensions

Do's:

- **Sleep on your back.** Sleeping on your face or sides will result in loss of the eyelash extensions. If you sleep on your stomach or deep in the pillow on your sides, you will wake up with your lash extensions on your pillow!
- **Cleanse your lashes at least twice each week to maintain clean and healthy lashes.** You may use baby shampoo or any lash cleanser formulated for lash extensions.
- **Condition your lashes 2-3 times per week.** Some clients with dry-normal skin may benefit from using a lash conditioner. Please ask your Lash Artist for more information. Lash extensions may last longer, look and feel better when they're conditioned. Conditioning them helps keep the adhesive flexible, nourishes your natural lashes with pro vitamin B5 and keeps them looking glossy and separate. Conditioning your lashes also keeps them in place and is a great way to remove eye shadow from your lashes. If you have oily hair and skin, conditioning your lashes may not be necessary.
- **Call us within 48 hours** if you experience an abnormal amount of lash shed (It is normal to lose up to 5 lashes per eye daily).

Don'ts

- **No Mascara** while wearing lash extensions. Mascara will coat your extensions, erode the adhesive and be very difficult to remove while wearing extensions. The Lash Addict cannot guarantee the results or retention of your eyelash extensions if you arrive to your appointment with mascara on your lashes. If arriving at your appointment with mascara, your appointment may be cancelled, a Removal may be recommended and fees may apply. Mascara on your lower lashes is generally okay, however, excessive amounts of mascara on your lower lashes can interfere with the adhesive bond on your upper lashes.
- **No pencil, gel and liquid eyeliner** while wearing lash extensions. These types of eyeliners will coat the base of your lashes, erode the adhesive and will be very difficult to remove without removing your extensions. If arriving at your appointment with eyeliner on your eyelashes, your touch up appointment may be amended to a Removal and fees may apply. The Lash Addict cannot guarantee the results or retention of your eyelash extensions if you arrive at your appointment with makeup on your lid or eyelashes. The Lash Addict recommends using powder eyeliner.
- Avoid excessive **moisture, humidity and sweat** for the first 48 hours after your appointment. This includes long and steamy showers, saunas, hot tubs and hot yoga. You may shower however, please do not soak your new lashes.
- Avoid touching your lashes. Touching (picking, pulling, rubbing) your lashes loosens the adhesive bond through friction and oil contamination. Additionally, you risk losing your natural lashes by pulling or rubbing them.
- **Avoid blowing air conditioning or fans directly on lashes** (in car, at desk, while sleeping etc.) This can dry lash adhesive and result in adhesive brittleness and premature lash extension loss. • **All skincare and makeup products from the eyebrow to the eyelid must be oil free.** Including primer, foundation, sunscreen, eye cream, cream eye shadow, setting spray etc. Remove your makeup using oil free makeup remover.

Reasonable expectations:

Lash extensions are semi-permanent. Your natural lashes go through stages of growth during their life cycle, before shedding and making room for new lashes. When we see clients for the first time, we have no way of knowing how long mature natural lash will stay in place before shedding. Lash extensions normally shed at a rate of 4 each day. Additionally, spring and fall bring high levels of natural lash shedding. Proper care of your lash extensions can contribute to better retention.



Before-care and Aftercare

(Do's and Don'ts)

Lash Lift

BEFORE Your Lash Lift Instructions:

- Do not apply lash growth serum 48 hours prior to your lash lift appointment. • Do not wear mascara or eye makeup the day of your lash lift appointment.
- Please do not use oily makeup remover the day before or day of your appointment. This can cause a barrier and affect the outcome of your lash lift.
- If you have a spray tan, ensure there is no residual product on your lashes.
- Please remove contact lenses before your lash lift appointment. Bring glasses with you. • Growth Serum is okay to use with your lifted natural lashes. However, you may see faster turn over of your natural lashes and you may therefore want to return sooner for a follow-up lash lift.

AFTER Your Lash Lift Instructions:

- **Please keep lashes free of water, steam or any product for 24 hours.**
- **Please sleep on your back or your side for 24 hours.** This is really important for maintaining the shape of your newly curled lashes.
- **Condition your lashes daily.** Your natural lashes have gone through a chemical reshaping. As a result, they are drier and require daily conditioning. You may apply conditioner just prior to mascara daily.
- **Brush lashes with a clean mascara wand daily.** Gently roll the brush over the tips of the lashes with eyes closed to detangle. Open eyes and adjust lashes with brush.
- **Growth Serum is okay to use with your lifted natural lashes.** However, you may see faster turn-over of your natural lashes and you may therefore want to return sooner for a follow-up lash lift.
- **Waterproof Mascara is not recommended.** We find that it is drying to the natural lashes and causes damage to the lashes when trying to remove.

Reasonable expectations:

Results of a lash lift may last as long as your natural lashes last (approximately 90-100 days). During the next 90-100 days, you will begin to notice less fullness of your natural lashes as your "lifted" natural lashes shed and new, straight natural lashes replace them. To maintain your lash lift, return for a follow up lash lift appointment 1.5-2 months from your initial appointment date.