

PRE-APPOINTMENT RESTRICTION

- The following restrictions are to ensure your skin is in the best possible condition for an amazing microblading procedure.
- No work out the day of the procedure as the body heat will expand the pores.
- Avoid heavy sunlight and especially sunburn 3 days before procedure. Skin should not be in process of healing before procedure!
- Do NOT drink coffee or anything with caffeine the day of procedure. Caffeine is a stimulant and will heighten sensitive level.
- Do NOT drink alcohol 24 hours before the procedure (excess bleeding might happen)
- Eat something 20 to 30 mins prior appointment to keep body blood sugar steady which will help clients feel more comfortable and less sensitive
- Wash your hair before the procedure

The following treatments should be avoided within 4 WEEKS of the procedure:

- Facial treatments: Glycolic, Pumpkin, Alpha Hydroxy Acid, Salicylic Acid, Microdermabrasion
- Fraxel, Co2, IPL laser, Laser treatment, Chemical Peels, Botox or other Fillers
- The following treatments should be avoided within 1 WEEK of the procedure:
 - All blood thinners including Ibuprofen, Advil, Aleve, Motrin, Aspirin, Excedrin, Warfarin, Coumadin, Oil Supplements such as Fish Oil, Vitamin E Oil, Primrose Oil.
 - Antibiotics, Iron Supplements and Magnesium all compromise the integrity of the skin, avoid Retin-A or any strong skin care products as it can make your blood thinner, and more bleeding during procedure (Tylenol or acetaminophen is okay!)
 - Do not pick/tweeze/wax/perform electrolysis one week before procedure
 - Do not tan two weeks prior or have sunburned face
 - Do not wax or tint your eyebrows 3 days before the procedure.