



## AVOID PRE & POST APPOINTMENT

- Avoid any blood thinning agents 48 hours Pre & Post Service, This includes: Alcohol, Aspirin, Ibuprofen, NSAIDS, and fish oil. If you take prescription blood thinners (Coumadin, Xarelto, Warfarin, etc) **PLEASE let us know, a doctors waiver is required**
- Avoid Caffeine, Nicotine, heavy workouts, and hot showers the day of service
- Do not have any visible sunburn, lesions, acne, scabs, open skin or rash in the immediate brow area (You will be turned away)
- Avoid Brow growth serums, Retinols, Acids (Glycolic & Salicylic), Harsh Acne treatments, Vitamin A, E, or C serums, or Brightening serums 4 weeks prior & post service. Peels, Acids, Lasers, and exfoliants peel back the Epidermal layers and can cause extreme sensitivity and poor results.
- Avoid Botox, Fillers, Threads or any cosmetic alterations for 4 weeks Pre & Post Service.
- Avoid waxing, threading, or plucking any eyebrow hair for 7 days Pre & Post service.
- Avoid receiving the COVID vaccine/booster for 4 weeks Pre & Post Service \*A reaction can happen\*

### TIPS:

- Take a shower before coming to your appointment and wash your hair
- Come with a clean face & preferably no makeup
- Wear something comfy
- Make sure to eat and drink!
- Have a picture or an idea of what you are looking for style wise
- If you are extremely nervous and wanting to back out or push the appointment back- Please just let us know, we understand it is a big decision and would rather service a client when they are 100% confident in the service.
- Do not book the service around any tropical vacations, times where you will be sweating or in humidity, or big events requiring pictures

\*Please note, menstruating during the time of the appointment can make pain more pronounced and the body more sensitive\*