

# BROW PRE-CARE:

To ensure you're a good candidate and to protect your results, please read the following instructions carefully before booking. Failure to follow these steps may result in cancellation or loss of your deposit.

## 8 weeks before:

- Avoid chemical or laser peels in or near the treatment area.
- Do not schedule facial laser resurfacing or intense skin treatments.

## 6 weeks before:

- No Botox, filler, or any cosmetic injections in or near the treatment area.
- Discontinue use of Retin-A, tretinoin, or high-strength retinol.

## 4 weeks before:

- Stop using chemical exfoliants such as AHAs, BHAs, glycolic acid, salicylic acid, acne treatments, or brightening products near the area.
- Discontinue use of oral or topical antibiotics.

## 2 weeks before:

- Avoid tanning or sunburn.
- Do not wax, tweeze, thread, or tint brows.
- Avoid scheduling other facial services
- Avoid dermaplaning or microdermabrasion near the treatment area.
- Stop using active skincare or heavy eye creams around the area.

## 1 week before:

- Stop taking fish oil, Omega-3s, Vitamin E, and herbal supplements.

## 48 hours before:

- Avoid alcohol, energy drinks, pre-workout, aspirin, ibuprofen, niacin, blood thinners, painkillers, and facial scrubs.

## 24 hours before:

- Avoid caffeine (coffee, tea, energy drinks).
- Eat a full meal and arrive well-hydrated.

If you are taking blood-thinning medication that cannot be paused, a doctor's note clearing you for the procedure will be required. If you have an active breakout in the brow area, please reschedule immediately.

## Preparing for Your Appointment:

Before your appointment, I encourage you to take some time to look through my portfolio on social media or at [dahlhouseco.com](http://dahlhouseco.com) to get familiar with my style and the soft, natural results I specialize in. While I'll help guide you during the appointment and use your submitted photos to show what's possible, having a general idea of what you're drawn to helps us collaborate more efficiently.

Feel free to arrive with your brow makeup applied or bring your favorite pencil with you—this helps us work together toward the most flattering outcome for you. Keep in mind that your first session is our starting point. We'll build a solid foundation and have the ability to fine-tune and adjust at your touch-up. That follow-up appointment will be scheduled the day of your initial session. You'll receive your full aftercare instructions and a take-home kit at your appointment.