

LASH LINE PRECARE INSTRUCTIONS



NO LASH SERUMS FOR AT LEAST 12 WEEKS PRIOR TO YOUR APPOINTMENT

Please avoid the following for at least 6 weeks prior to your appointment:

Botox / Filler, Chemical / Laser peels or Retin- A / Retinol products

Please avoid the following for at least 2 weeks prior to your appointment:

Waxing, tweezing, threading, laser hair removal, eyebrow tinting, & electrolysis

AHA's, glycolic acid, salicylic acid, Antibiotic use, Lash extensions or lash lifts and tints

Please avoid working out heavily on the day of your procedure and for 7-10 days following.

Please avoid the following for at least 1 week prior to your appointment:

Any sauna use or tanning, Fish oils / Omega 3's / Vitamin E

Please avoid the following for at least 48 hours prior to your appointment:

Alcohol, Energy Drinks/ Pre-Workout, Aspirin / Ibuprofen, Niacin, Exfoliating and/or

Microdermabrasion Facial Scrubs, Blood thinners or pain killers

Please avoid caffeine 24 hours prior to your appointment.

If you wear contacts please wear glasses to your appointment, you can't be wearing contacts at your appointment.