

## Pre/after care advice

### Waxing

Before.

- **Skip the lotions and potions!** Do not apply self-tanners, body sprays, deodorants and other topical creams before your appointment.
- **Let it grow out!** If you have been shaving, allow a minimum of 2-3 weeks or ¼ inch of hair growth.
- Schedule your wax 2-3 days before holiday if you plan to sunbathe.
- **Avoid heat.** No tanning beds, hot tubs and saunas before your appointment.
- **Exfoliate!** Exfoliating the area gently 24 hours before your appointment will remove the dead skin cells and allow for a cleaner wax.
- **Be comfy.** Wear loose comfortable clothing to prevent irritation after waxing.

### After

Everyone reacts differently to waxing. If this is your first time, it is important to take precaution.

- **Heightened sensitivity** may be experienced in the area waxed for the next 24-48 hours.
- **Avoid heat.** No tanning, sunbathing, hot tubs or saunas for 48 hours after your treatment. Since a layer of dead skin cells have been removed, sun and or heat exposure can burn the skin.
- **No hot baths** or exercising for 2-4 hours following your treatment.
- **Apply a cold compress** to sooth the skin if you experience sensitivity or irritation after your treatment. Hydro-cortisone cream also reduces the redness and irritation following your treatment.
- **Exfoliate** daily 48 hours after your treatment. To help eliminate ingrown hairs.

### Lash extensions

#### Before

- Remove contact lenses
- Remove eye make-up

#### After

- **Keep them dry** Avoid getting your lashes wet within the first 24 hours after your application.
- **No pools** for the first 48 hours after application it is suggested to avoid swimming, saunas, or steam rooms.
- **Make-up remover** It is best to avoid oil-based eye products as they will weaken the bond of your adhesive.
- **Leave them alone** Do not pick, pull or rub your lashes.
- **Mascara?** Avoid using mascaras that are not formulated for lash extensions. Do not use an eyelash curler, perm, or tint your lashes.
- **Irritation** If you experience any signs of irritation contact your lash extensionist immediately you could be experiencing an allergic reaction to the extensions and need them removed.
- **Infills** It is recommended to come for your eyelash extension touch up within 2-3 weeks to replace any outgrown lashes.

#### Manicure aftercare

- Leave adequate time after your treatment for your nails to dry
- Wear protective gloves when gardening, or doing housework

- Use hand cream & cuticle oil regularly
- Avoid harsh and drying soaps or chemicals

### **Gel Polish/Bio sculpture gel Aftercare**

- In the first 24 hours after application, you should be especially careful with your nails.
- Use cuticle oil daily. Dab a little onto each nail and massage into the nail and surrounding skin. Using cuticle oil gives your nails the nutrients they need to stay strong and healthy.
- Never use your nails as tools instead use the pads of your fingers. (e.g. when typing)
- Don't pick the product off – this will cause damage to the nail that cannot be repaired.
- Always use rubber gloves when doing household chores and gardening.  
Avoid using harsh chemicals without wearing gloves. Dye from your jeans or your newly coloured hair can stain your gel polish.
- Chlorine may cause lifting of Gel Polish. For best results, please wait 24 hours after application before you go swimming.
- Certain products such as sunscreen, tanning lotion, insect repellents and oil-based products can cause the gel polish to lift. When using these products, try to avoid getting the product on your nails and wash your hands thoroughly afterwards.
- Never use metal nail files, these are too harsh and may cause damage to your manicure.
- Return for regular, professional gel manicures every 2 -3 weeks.

### **Ear Piercing Aftercare**

- Wash hands thoroughly before touching studs
  - Cleanse front and back of the ear 2x a day with CAFLON natural solution (do not remove studs). Rotate studs 2-3 times, 180 degrees left and 180 degrees right (avoid hair wrapping round stud)
  - Ears should be kept dry between cleaning
  - Keep hair spray, soap etc away from the piercing and cleanse post shampooing
- DO NOT:**
- Remove studs or handle your ears and/or studs unnecessarily
  - Push the butterfly (earring backing) closer to the ear, it must always be positioned at the tip of the bar. If it is tight to the ear it can cause inflammation
- DO**
- Leave studs in the ears for 6 weeks continuously
  - After 6 weeks the stud can be removed and other post-type earrings may be worn continuously
  - Use only post-style earrings continuously for the first 6 months from piercing. The post should be surgical stainless steel or other hypo-allergenic material

**Minor pain/redness may occur immediately – this is normal. This will settle within 48 hours provided proper after-care is carried out. If undue pains/swelling/redness occurs at any time, seek medical advice before removing the ear-piercing stud**

### **Hopi Ear Candles**

- Ear wax/residue may naturally work its way out of the ear over the following 24-48 hours, this is normal
- Do not submerge your head under water for 24 hours after your treatment and try to avoid cold air blowing into your ears
- Do not insert anything, including cotton buds inside your ears
- Drinking plenty of water, squash or herbal teas to help eliminate toxins and flush out the lymphatic system

- If you experience a runny nose, please blow it rather than sniffing
- If you had a cold at the time of your treatment your symptoms may worsen
- You should leave a minimum of 48 hours between treatments

### **Facial Aftercare**

**(Please note this is a guide and specific advice depends on the facial administered – please always follow your therapists' directions)**

- Avoid wearing make-up for at least 6 hours after a facial treatment
- Always cleanse, tone and moisturise your face; to prevent loss of moisture, protect the skin from make-up and to keep the skin soft and supple
- Always remove all traces of make-up at the end of the day
- Drink plenty of water (recommended 6-8 glasses per day)
- Do not undertake any other facial skincare treatments within 48 hours of facial
- Avoid sun-bathing for up to 12 hours
- Avoid direct heat (intense sunlight & sunbeds) and indirect heat (sauna, hot bath, shower) for 48 hours after treatment
- Do not apply perfume or perfumed products to the treated area within 48 hours
- Do not apply any other exfoliating skincare products for 72 hours after facial

### **Eyelash/Eyebrow Tinting Aftercare**

- If any redness or irritation occurs apply a damp cotton wool compress. If this doesn't help seek medical advice.
- Strong UV light can fade the tint quicker.
- Avoid eye make up for 12 hours.
- Avoid touching/rubbing your eyes straight after the tint application.
- Do not have a hot bath/shower or use a sauna, steam room or swimming pool for 24 hours.

### **Spray Tanning**

#### **Before**

- Exfoliate your skin a few days before your tan
- Remove any unwanted hair before your tan appointment
- Don't wear any perfume, deodorant, makeup or body lotion to your appointment as this reacts with the tan and can cause discolouration
- Remember to wear loose clothing to your tan appointment; tight clothes can cause the tan to rub off

#### **After**

- Wear loose clothing while your tan develops
- Leave your tan to develop for 8 hours before rinsing off
- Avoid wearing deodorant or perfume while your tan develops
- When rinsing off the tan don't scrub with a loofah or flannel; this will cause the tan to go patchy. Let the top layer wash off and then step out of the shower once the water runs clear
- After your shower, pat yourself dry with a towel as opposed to rubbing
- Moisturise! Applying a body lotion will help the longevity of your tan

## Before and aftercare advice for hair services

### ***Hair extensions***

#### Before

- A **consultation** is always required prior to having the appointment for the extensions in order to have a colour match done and to decide on what extensions are best for your hair
- Clean the hair to remove all oils or product.
- Have all colour services done prior to the appointment to avoid the wrong colour match.

#### After

- Do **not** wash the hair for 48 hours after having the extensions applied
- Plait the hair extensions when going to bed to prevent them from knotting
- **Avoid** sun cream, chlorine and sea water directly on the extensions (tie your hair up in a bun)
- If in the sun, **always** apply spray conditions to prevent the extensions going dry
- Always make sure the hair extensions are **100%** dry before going to bed or laying down
- Always have the correct **maintenance** by a qualified hair stylist at the correct time
- When styling, always apply **heat protection spray** and **avoid** any heat appliances from touching the appliance by the root

#### Brushing

- Always use the correct brush for the extensions
- Brush regular
- Never brush from the root down, always start mid lengths and ends and work your way up
- Hold your root whilst brushing so it doesn't pull on the extensions
- Dry the roots first and then rough dry extensions and brush when dry

### ***Colour services***

#### Before

- A **patch test** is required 48hours prior to any colour service
- Have clean hair when attending your appointment to prevent there being a barrier to the colour
- Have the hair in a natural state

### After

- Use the correct shampoo and conditioner as advised by your stylist
- Cooler water when shampooing is better
- Always use conditioner
- Avoid chlorine and sea water
- Use heat protection sprays when using heat appliances
- Have your colour done at the recommended times by your stylist

## ***Brazilian Blow-dry Treatment***

### Before

- Have clean hair when attending your appointment with no oils or products
- Have any colour service done at least 48 hours prior to your Brazilian blow-dry

### After

- Do not wash your hair for **48 hours** after having this service done
- Use the correct shampoo, conditioner and products advised by your stylist
- Try to avoid chlorine for longer lasting results
- If a regular client, have your service done again at the right time to avoid the hair going back to its natural state

## ***Hair up***

### Before

- Wash your hair the morning **before** your appointment (a little dirt is good for this service!)
- Attend your appointment with **no oils or products** on your hair
- Bring any accessories to the appointment

### After

- Always have another quick spray of hairspray before you go to your event
- **Do not touch** the hair when it has been pinned in place by the stylist
- **Avoid** heavy winds and bad weather conditions if possible