

# THE Aesthetics Lounge and Spa

## Lash Lift Pre and Post Care

### What should I do before a lash lift?

- Come with a clean, makeup-free face.
- Do not wear contacts!
- Lashes must be in healthy condition.

### Post Appointment Lash Lift and Tint Care ?

**How long after my lash lift and tint can I shower?** You must wait 24 hours after a lift to shower. We use 24 hours as a buffer time to allow the lashes to set properly and avoid any issues with the lift. After the 24 hours waiting period, you can wash your face and lashes like normal.

**Can I still wear mascara after a lash lift and tint?** You can wear mascara 24 hours after getting a lash lift. ?

**How often should I wash my lashes after?** You should be washing your lashes daily. Even on days you do not wear makeup, lashes collect allergens, sebum and bacteria that need to be washed away to maintain lash health. Lashes should be washed especially thoroughly when wearing makeup to avoid damage to the lashes.

**How do you sleep with a lash lift?** It's recommended to sleep on your back while you have your lashes lifted. Sleeping on your sides and face can cause the lashes to bend or break, causing damage to the lashes.

### Other things to avoid:

- Avoid steam and saunas as much as possible to avoid relaxation of the lift.
- Avoid mascara and makeup for the first 24 hours.
- Avoid picking or pulling your lashes.
- Avoid using oil-based skincare and makeup products around the eye, including mascara and makeup remover.
- Avoid rubbing your eyes or lashes, especially when washing your face.
- Avoid using an eyelash curler. One of the benefits of lash extensions is the ability to add curl to your lashes. If you would like more curl, please speak to your technician.

### Signature

Sign above