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### Aftercare sheet

#### Eyelash and eyebrow extensions

1. Be gentle and avoid unnecessary touching and rubbing of your lashes/brows
2. Do not use any oil based makeup or makeup remover on your brows or lashes – including: mascara, liquid/gel eyeliner, eye gels or creams, or make up wipes. Only use oil free makeup removers such as simple
3. Avoid sauna, steam room and swimming pool for first 24-48hours
4. Avoid direct contact with water for the first 24-48hours
5. Do not pull your lashes or brows out, as this may result in temporary baldness. Please revisit the salon for correct removal
6. Keeping your eyelashes clean is so very important!  
Not only will they look better (nasty caked-up, dirty lashes are never a good look!) but also they will last longer and will protect the health of your eyes. For those who suffer hay fever and similar allergies this will alleviate symptoms of itchy irritated eyes.
7. Our skin secretes oil and as your lash tech will have told you, oil is one of the main things that will cause premature lash loss.  
We all have microscopic parasites which live happily on our lashes (Demodex Folliculorum) which are completely harmless.  
However, an excessive number of mites in the lash follicles caused by poor hygiene will usually result in the eyelash falling out.  
Constant neglect of your lashes will result in increased sensitivity and a higher chance of allergic reactions.  
Unfortunately, if you develop a sensitivity to the lash adhesive it is unlikely you will ever be able to wear extensions again.

At a VERY MINIMUM:

After 24 hours of application give them a daily brush using the mascara spoolie given to you by your beautician dipped in oil free makeup remover (such as simple), and gently rub the lash line with a damp cotton bud or  
Give your lashes a daily wash splash of warm water and a gentle brush through

with the spoolie.

It's a very simple but effective way of removing light debris and dust from the lashes on a daily basis. At LEAST 2-3 times a week:

Using a specific product to cleanse thoroughly.

I am not recommending specific products as your lash technician can guide you in this, but a couple of options that I know of are...

This is recommended by ophthalmologist for cleaning the eye.

1 part baby shampoo, 3 parts bottled/distilled water, 1 teaspoon of baking soda  
The baking soda regulates pH and neutralises impurities.

✿ Using a foam pump dispenser, pump your chosen cleanser onto your hand and smother your lashes. Gently work the foam into the lashes. Lint free flocked applicators (disposable lip make up applicators) are fab for thorough removal of make up along the lash line. ✿ Rinse thoroughly with warm water. ✿ Using your fingers gently wipe the lashes in an upward direction while blinking gently to remove excess water. ✿ Pat dry your face (DONT RUB) but avoid your eyes. ✿ Leave to naturally dry or use a hair dryer on it's minimum COOL setting. ✿ Use a CLEAN dry mascara spoolie to gently brush through the lashes to make them neat and fluffy again, being careful not to drag the brush through the base of the lashes. ✿ Infill's are provided within the first two days of application. From then on, you are recommended to revisit the salon for infills to maintain your lashes or brows