



Natasha Jones

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Pre and Post Eyebrow care by Natasha Jones

Pre

- Let your natural hair grow for a week before your appointment
- Book your appointment around your menstrual cycle
- Wash your hair before your appointment preferably
- Schedule botox and fillers 1 month before your appointment
- Wear your brow makeup to your appointment
- Don't drink alcohol, caffeine drinks 24 hrs before
- Don't take Ibuprofen or Aspirin 24 hrs before
- Don't use Retin-A or Chemical exfoliant products for a week before
- Tan or Sunburn 2 weeks before

Post

- Day 1 - Tab gently with a clean tissue every 10 minutes
- Day 2-7 - Cleanse with cool boiled water and a cotton round every morning and night. Ensure completely dry and apply after care cream which I will provide after your cleanse
- Day 8-14 - Leave completely alone. No cleansing, no cream and no getting wet
- Do not do high impact exercise for 2 weeks after (avoid sweating)
- No steam rooms/saunas/swimming/hot steamy baths or showers 2 weeks after
- No picking at scabs
- Do change your pillow case to a fresh clean one the day of treatment