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| http://phibrows.com/wp-content/uploads/2014/05/phibrows-logo.png **DELISH BEAUTY**  504 N 1600 E  Tremonton, UT 84337  310-362-6484 - Heidi@delishbeauty.net |

**BEFORE CARE**

* **DO NOT** work out the day of the procedure.
* **DO NOT** tan or have sunburned face.
* **DO NOT** take Aspirin, Niacin, Vitamin E or Ibuprofen 24hrs before procedure.
* No alcohol or caffeine on the day of the procedure.
* No waxing or tanning 3 days before.
* Please note that you will be more sensitive during your menstrual cycle.

**AFTER CARE**

* **First day** (**dry, normal, combination skin**): Rinse the eyebrows with warm water and neutral soap, (baby wash) without stretching the skin, or wipe clean with PhiWipes. Circle gently on the eyebrows until clean skin is felt under the fingertips. The first process of rinsing or cleaning with provided wipes should be done 30 min after the treatment. This process should be repeated 5 times every 30 minutes after your procedure on the first day. When the cleansing process is complete, apply a thin layer of provided ointment before bed.
* **First day** (**oily skin**): Rinse the eyebrows with warm water and neutral soap, (baby wash) without stretching the skin, or wipe clean with PhiWipes. Circle gently on the eyebrows until clean skin is felt under the fingertips. The first process of rinsing or cleaning with provided wipes should be done 30 min after the treatment. This process should be repeated 5 times every 30 minutes after your procedure on the first day and this completes the post-treatment process for oily skin.
* Over the next 7 days apply a thin film 2-3 times a day; do not wash with neutral soap anymore that is only the first day.
* **Avoid any other face creams, all make up including foundation in the eyebrow area. Avoid workouts that involve sweating, sauna, facial massage and steaming.**
* Make up may be applied after one week.
* No brow tint for 4 weeks after treatment.
* Sleep on your back the first 4 nights to prevent uneven color from developing due to blood flow.

**PLEASE NOTE**

**Eyebrows will appear 40% darker and 10-15% larger due to swelling, natural scabbing, and healing for up to 7 days. This is very common for all permanent cosmetic procedures.**

Permanent makeup **IS NOT** recommended for any clients who are or have:

* Pregnant or nursing
* Diabetic
* Undergoing Chemotherapy (consult your doctor)
* Viral infection and/ or diseases
* Epilepsy
* A Pacemaker or major heart problems
* Had an Organ transplant
* Skin irritations or Psoriasis near treated area (rashes, sunburn, acne, etc…)
* Sick (cold, flu, etc…)
* Had Botox in the past 30 days
* Used Accutane in the past year