



Lash Lift

Pre & Aftercare Guide

Thank you for choosing **Kristi PMU & Wax** for your Lash Lift treatment.

A Lash Lift enhances your natural lashes by lifting and setting them into a beautifully curled shape. Proper preparation and aftercare will help you achieve the best, longest-lasting results.

Before Your Treatment

To ensure the best outcome:

72 Hours Before

- Avoid waterproof mascara and heavy eye make-up
- If you have lash extensions, please have them professionally removed

Sensitivity Patch Test

To help minimise the risk of allergic reaction, a sensitivity patch test is required at least **24 hours prior to treatment**.

This test is performed in clinic by your therapist and involves applying small amounts of pigment to discreet areas of the skin.

The area will then be assessed for any signs of reaction, such as:

- redness
- swelling
- itching
- irritation

If you notice any delayed sensitivity after your patch test appointment, please inform us as soon as possible.

Please note:

- A negative patch test does not guarantee that an allergic reaction cannot occur
- Pigments used during testing may differ from your final treatment colour



On the Day of treatment

- Remove contact lenses before your appointment
- Arrive with clean, make-up-free lashes where possible
- Avoid oil-based eye products
- If scheduling facial treatments, please book them **before** your lash appointment

The First 24 Hours After Treatment

This is the most important setting period.

Please avoid:

- Using eyelash curlers
- Rubbing or touching your lashes
- Sleeping on your face (this can distort the lift)

Cleanse carefully around the eye area and avoid hot water.

Ongoing Lash Care

A Lash Lift is low maintenance, but gentle care keeps results looking their best.

Daily Care

- Apply a nourishing lash serum or conditioner
- Gently brush lashes upward to maintain shape
 - Especially after sleeping, cleansing or applying skincare

Be Gentle

- Avoid scrubbing the eye area
- Do not use eyelash curlers (lashes are more delicate post-treatment)

Make-Up Guidance

If wearing mascara:

- Choose a **water-based** formula
- Avoid waterproof mascara
- Use an **oil-free** make-up remover

Long Term care

A Lash Lift is designed to be beautifully low maintenance, but gentle care will help preserve lift, shape and lash health.

- Avoid waterproof mascara where possible, as it can weaken the lift over time
- Use oil-free eye make-up removers and cleanse lashes gently
- Brush lashes daily to keep them lifted and aligned



- Keep lashes conditioned with a nourishing lash serum
- Avoid excessive rubbing of the eyes
- Take care when sleeping to avoid crushing lashes

Lashes naturally shed and renew as part of the growth cycle, so results gradually soften over time.

Most clients choose to repeat their Lash Lift every **6–8 weeks** to maintain a consistently lifted, defined look.

If you have any questions about your treatment or aftercare, please contact us — we're always happy to help.

Thank you for trusting **Kristi PMU & Wax** with your lashes