

Eyelash Extensions Aftercare

I hope you love your eyelash extensions as much as I loved applying them for you. Proper care is essential to maintain their longevity and ensure eyelash extensions remain beautiful and your natural lashes stay healthy. Follow these aftercare guidelines to keep your extensions looking fresh and your natural lashes in great condition:

Immediate Aftercare (First 24-48 Hours)

1. **Avoid steam and extreme heat**

- Avoid steamy environments such as saunas, steam rooms, sun beds and hot showers during this period.

2. **Do not touch or rub your lashes**

- Avoid touching, rubbing, or pulling at your new lashes.
- Be gentle with your eyes to avoid disturbing the extensions and adhesive.

Ongoing Daily Care

1. **Wash your lashes daily**

- Your lash extensions are waterproof. However, oil will break down the adhesive bond more quickly. It is important to clean your lashes daily using an oil-free lash cleanser. Gently wash your lashes and the lash line to remove oil build up, dirt and makeup residue. Pat dry with a soft cloth or towel. Avoid cotton wool or cotton buds as the fibres can get caught in the extensions. I retail an aftercare pack that contains a foaming cleansing bottle, oil free lash cleanser and a soft washing brush. Ask at your appointment if you would like to purchase one.
- Use a lash brush to gently brush through your lashes. This will help maintain their shape and prevent tangling.

2. **Avoid oil-based products**

- Do not use oil-based makeup removers, cleansers, or moisturisers around the eye lid area, as oils will weaken the adhesive bond.
- Choose a water-based or oil-free products for skincare and makeup.

3. **Be gentle**

- Avoid rubbing your eyes or sleeping face down, which can cause the extensions to fall out prematurely. Rubbing your eyes can cause damage to your natural lashes under the extensions.
- Try to avoid eye makeup
- Do not use mascara over your lash extensions, it will cause Russian volume fans to close and not re open, and cause all types of lash extensions to fall out prematurely due to the oil content.

- Avoid pulling on your lashes.

4. **Avoid heat and steam**

- Excessive heat (from saunas, hot tubs, or even cooking over hot stoves or hairdryers) can weaken the adhesive and cause your extensions to shed faster.

Dos and Don'ts

Do:

- Use a silk or satin pillowcase to prevent your lashes from snagging on fabrics while you sleep.
- Schedule regular lash infills (typically every 2-3 weeks) to keep your extensions looking full and fresh. (See infill section below for guidance on how long to book and how often.
- Remove makeup and cleanse your face with care, avoiding tugging at the lash line.

Don't:

- Use mechanical eyelash curlers, as they can damage both the extensions and your natural lashes.
- Apply mascara on your extensions, especially waterproof mascara, which can be difficult to remove and break down the adhesive.
- Pull or pick at your extensions. If you need them removed, book an appointment with a professional who can remove them safely whilst maintaining the health of your natural lashes.

Infills and maintenance appointments

Our natural lashes shed, just like the hair on our head does. To keep your lashes looking their best, schedule infills every 2-3 weeks to replace any lashes that have naturally shed. Avoid waiting too long between appointments, as it may require a full set if too many lashes have fallen out. For an idea on how long to book and how frequently:

- Aim for a 45 minute infill at 2 weeks, a 60 minute infill at 3 weeks and a 75 minute infill at 4 weeks.
- After this time your extensions may be too grown out to infill and a full set may be required.

Removal of Eyelash Extensions

If you wish to remove your eyelash extensions, do not attempt to pull them off. This will damage your natural lashes. Always schedule a professional removal with your lash technician.

By following these aftercare tips, you can extend the life of your eyelash extensions and keep them looking flawless.