

# Lash Lift and Tint Aftercare

Thank you for choosing me to perform your lash lift and tint. I hope you are thrilled with the results. Proper aftercare is crucial to ensure the longevity of your beautiful lashes. Please follow the instructions below to maintain your results and keep your lashes healthy.

## Immediate Aftercare (First 24-48 Hours)

The first 24-48 hours after your lash lift and tint are critical for setting the shape. Follow these guidelines for the best results:

1. **Avoid water and steam**

- Do not get your lashes wet for 24 hours after the procedure. This includes showers, swimming, and sweating.
- Avoid steam – from hot showers, saunas, steam rooms, or sun beds which can cause the lashes to lose their curl.

2. **No eye makeup**

- Refrain from applying eye makeup, including mascara, eyeliner, or eyeshadow, for the first 24-48 hours.
- Do not use makeup removers around the eye area during this time, especially oil-based products.

3. **Avoid touching or rubbing your lashes**

- Do not rub or touch your lashes unnecessarily. Be gentle with your eye area to allow the lash lift to set properly.

4. **Sleep on your back**

- Try to sleep on your back during the first night to prevent lashes from being pressed into the pillow, which could distort their shape.

## Ongoing daily care

Once the initial 24-48 hours have passed, you can resume your normal activities, but it's important to follow these steps to maintain your lash lift and tint:

1. **Keep lashes clean**

- Gently cleanse your lashes daily to remove dirt and oils. Avoid any harsh rubbing or tugging at your lashes.
- Use a clean lash brush to comb through your lashes daily to keep them neat and in shape.

2. **Avoid oil-based products**

- Oil-based makeup removers, cleansers, and serums can break down the lash lift and tint, causing the curl to relax and the tint to fade prematurely.

- Stick to water-based or oil-free products, especially around the eyes.

### 3. **Be gentle**

- Avoid excessive rubbing of your eyes or lashes, especially when removing makeup or applying skincare.
- If you use mascara, choose a water-based but avoid waterproof mascaras as they can be difficult to remove and cause lash damage.

### 4. **Moisturise Lashes**

- Keep your lashes conditioned and healthy by applying a nourishing lash serum or a gentle oil-free lash conditioner to keep them healthy and soft.

## Dos and Don'ts

### **Do:**

- Gently cleanse your lashes daily to keep them free from oil and debris.
- Use a silk or satin pillowcase to avoid unnecessary friction on your lashes while sleeping.
- Be mindful when applying and removing eye makeup to avoid pulling on your lashes.

### **Don't:**

- Use mechanical eyelash curlers, they damage the lashes.
- Rub or tug at your lashes, as this can cause them to lose their shape prematurely.
- Apply waterproof mascara, as it is difficult to remove and can break down the lash lift.

### **Longevity of lash lift and tint:**

- Lash lift: The results of a lash lift typically last 6–8 weeks, depending on your natural lash growth cycle.
- Lash tint: The tint usually lasts 4 weeks before it begins to fade. You may notice the colour fading gradually as new lashes grow in. You can book a lash tint between lash lift appointments.
- Do not have another lash lift within 6 weeks. Re-lifting the lashes too soon can cause over processing of the natural lashes, making them brittle and damaged. Lash lift and tint maintenance

### **To maintain your lash lift and tint results:**

- Touch-ups: Consider scheduling touch-ups every 6–8 weeks for the lash lift and every 3–4 weeks for the lash tint to keep your lashes looking their best.
- Daily Care: Continue to brush your lashes and cleanse them gently to prevent build-up and maintain the lift.

By following these aftercare tips, you can enjoy beautiful lifted and tinted lashes for weeks.