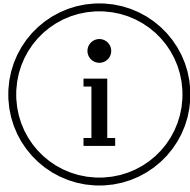


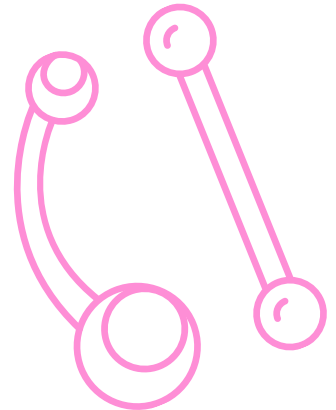
Navel Piercing



Placement: Through the upper or lower rim of the navel

When it's time to lounge by the pool, there's perhaps no better piercing to show off than the belly button piercing. Located in the skin right above the navel, the navel piercing allows you to show off your belly with a cute gemstone decorating your belly button. You can even opt for more extravagant jewellery types, like dangle belly rings, to really help your summer bod to stand out.

While the standard belly piercing is by far the most popular, you can get a number of surface piercings around the belly button for a truly unique look.



Some Facts

1.

Be aware that the belly piercing takes around 6 – 9 months to heal (maybe even longer), and during that time, you must abstain from swimming and keep your piercing free from debris, like sand. Therefore, if you're planning on participating in water sports or going on a tropical vacation this summer, then you might want to wait until the fall to get your belly button pierced.

2.

During healing time, you need to keep up aftercare practices, including avoiding swimming. In some cases, it takes up to a year to completely heal, so make sure to talk to Amy Kate before stopping aftercare practices.

3.

Choose clothing items with few things to snag on. Make sure you wear baggier clothing that won't press or tug at the jewellery. If you're concerned, you can always cover the jewellery with a large bandage to avoid snagging during healing.

Proper aftercare is crucial to promote healing and prevent complications. Follow these essential steps:

Cleaning:

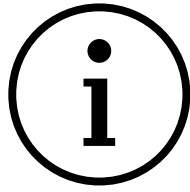
- Clean the piercing twice a day with a saline solution or an aftercare solution recommended by Amy Kate.
- Gently remove any crust or debris around the piercing using a cotton swab soaked in the solution.
- If you suspect that you're rejecting the jewellery, visit Amy Kate as soon as possible so that she can give you options.

Soak:

- Put the solution in a small paper cup, large enough to accommodate your belly button jewellery, lean over the cup to dip your piercing inside, and press the rim of the cup to your belly, suctioning the cup to your body. For the duration of the 5-minute soak, you can then (carefully) move around with the cup on your belly.



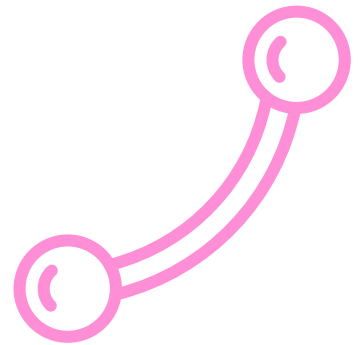
Eyebrow Piercing



Placement: Vertically or Horizontally along the Eyebrow

While the piercing itself is relatively painless, you might feel some discomfort the first few days after healing. Although this is not the case for all eyebrow piercings, some tend to swell fairly considerably. This will obviously result in a bit of a strange look. Furthermore, due to the swelling, your jewellery might stand up a bit straighter than normal rather than sitting flush with your skin. Don't worry, once the swelling goes down, your jewellery will, too.

Eyebrows dropped in popularity for a little bit, but these days they are soaring back into fashion, particularly with the advent of unique brow placements.



Some Facts

1.

Sometimes your anatomy may not be suitable for a piercing. If you want to get your eyebrow pierced, it's important that you have Amy Kate ensure that you have the proper anatomy for it. One reason why this is so vital is the fact that you don't want your piercing to interfere with any important nerves in the area.

2.

Eyebrow piercings generally take 3-6 months to heal. Some folks, due to anatomy medical conditions, lifestyle, climate, or jewellery choice may find that it takes a full year or even a little longer for this piercing to be fully healed and comfortable. On and off irritation bumps are not uncommon.

3.

You may develop a black eye and bruising when you initially get pierced. This is a risk for any piercing around the eye. While your piercing is healing, it isn't the best idea to try and disguise it with makeup or a bandage, as that will irritate it and can lead to a pesky irritation bump.

Proper aftercare is crucial to promote healing and prevent complications. Follow these essential steps:

Cleaning:

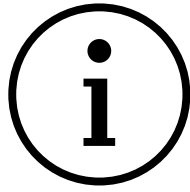
- Clean the piercing twice a day with a saline solution or an aftercare solution recommended by Amy Kate.
- Gently remove any crust or debris around the piercing using a cotton swab soaked in the solution.
- Avoid over-cleaning your piercing, which can delay the healing process.

Avoid Touching:

- If you usually shave, wax, thread, or otherwise remove hair from your brows, you'll want to refrain from that for the full healing process in the vicinity of your new piercing.
- Only touch the piercing area when cleaning or changing the jewellery, and ensure your hands are clean.



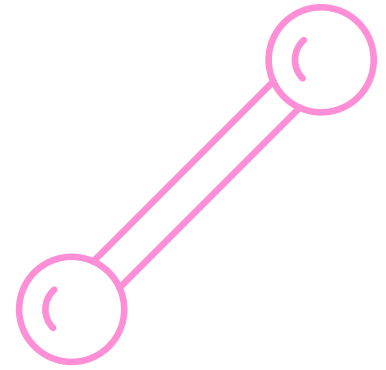
Bridge Piercing



Placement: Across the bridge of the nose

Congratulations on getting your new bridge piercing! While this type of piercing can be a stylish and unique addition to your look, it's important to follow proper aftercare guidelines to ensure a smooth and successful healing process.

Bridge piercings (also called an Earl) are a body modification that was very popular in the 90s and is now regaining popularity! Despite its growth in popularity, the bridge facial piercing is still a great option for anyone looking for a unique look that fewer individuals will be sporting.



Some Facts

1.

The good news for anyone considering a bridge piercing is that despite its seemingly sensitive location, a bridge piercing doesn't tend to register too high on the pain scale. Although a bridge piercing appears to go through the bone, it simply sits under a thin layer of skin across the nose.

2.

Bridge piercings usually take around 8-12 weeks to heal fully. Healing time may vary depending on individual factors such as age, overall health, and aftercare compliance.

3.

Lots of people have issues with swelling between their eyes after a bridge piercing. You might feel a bit like you have been punched! But don't fear, this will go away in time and you'll be able to admire your awesome bridge piercing. If you are experiencing any discomfort, painkillers will help.

Proper aftercare is crucial to promote healing and prevent complications.
Follow these essential steps:

Cleaning:

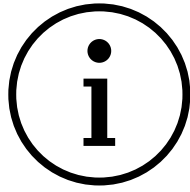
- Clean the piercing twice a day with a saline solution or an aftercare solution recommended by Amy Kate.
- Gently remove any crust or debris around the piercing using a cotton swab soaked in the solution.

Avoid Touching:

- Avoid touching the piercing with dirty hands to prevent introducing bacteria.
- Only touch the piercing area when cleaning or changing the jewellery, and ensure your hands are clean.



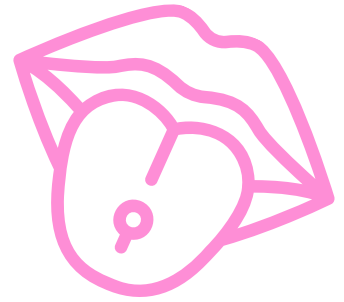
Tongue Piercing



Placement: Through the Tongue

Congratulations on your new tongue piercing! This bold and stylish piercing requires proper aftercare to ensure a smooth healing process. Follow these guidelines to promote healing and reduce the risk of complications.

While tongue piercings have been around for years, they remain a striking and unique way to showcase your personal style. Their enduring popularity proves they're more than just a trend. Remember, you use your tongue on a daily basis, whether it be for eating or talking, so you'll certainly feel a bit of pain as your tongue heals while you use it.



Some Facts

1.

While the tongue may seem like a sensitive spot to pierce, thanks to its responsiveness to tastes and touch, it's actually a relatively low-pain placement choice. Because the needle is just going through connective tissue rather than cartilage or skin, there's less of a "pain" feeling, and it's considered fairly tolerable.

2.

To care for a tongue piercing, wash it two to three times daily with a sea salt rinse and avoid any activity that will cause additional swelling or irritation until it's fully healed—around four to eight weeks.

3.

After getting your tongue pierced, you'll likely feel soreness. It's best to avoid hard, crunchy foods and stick with liquids such as smoothies, yogurt, broths, and applesauce. Also, ensure your foods are cold—hot foods can be irritating on a new piercing.

Proper aftercare is crucial to promote healing and prevent complications. Follow these essential steps:

Cleaning:

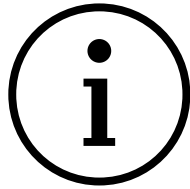
- At the minimum, wash your mouth at least twice a day with a saline solution or non alcoholic mouthwash recommended by Amy Kate.
- Avoid salty, spicy, hot, or sour foods, which can cause irritation.

DO NOT:

- Do not smoke or use a straw during the healing process because the motion will drastically increase swelling.
- Steer clear of dairy, as it leaves a thick film on the tongue that may encourage bacterial growth



Lip Piercing

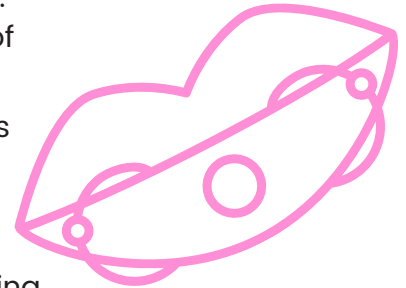


Placement: Various; under the bottom lip, centered on the indent beneath the nostrils, and the side of the upper lip.

Because of the proximity to your mouth, lip and labret piercings come into contact with lots of bacteria which can lead to infection. Because of this, it's of the utmost importance to take proper care of your new piercing so that it heals properly.

One of the reasons a lip piercing is always such a popular choice is thanks to the sheer amount of style options available and ways to customise them. No placement is better than the other, but there might be one that better suits your personal style.

Remember, you use your lips on a daily basis, whether it be for eating or talking, so you'll certainly feel a bit of pain as your lip heals.



Some Facts

1.

Your piercing is not completely healed until the skin has formed all the way through the hole. This can take some time but with regular cleaning and care, you can ensure your piercing looks healthy while it is healing. Typically, these piercings can take 3 - 6 months to fully heal. If you are worried about how your piercing is healing, please come see Amy Kate.

2.

For lip piercings that are placed along the lip line (labret, philtrum), filler does not usually interact unless migration is present. For piercings that are placed on or through the lip (Ashley, vertical labret, vertical philtrum), more caution needs to be exercised.

3.

Try to avoid sleeping with pets during the initial portion of healing as this can impact the successful healing of your piercing. Swimming in the ocean, your home or local swimming pool after a piercing is fine as long as you clean the piercing site afterwards. Avoid heated spas, dirty creek water etc. for as long as possible.

Proper aftercare is crucial to promote healing and prevent complications.
Follow these essential steps:

Cleaning:

- Avoid playing with your jewellery; biting, tapping, tugging, or by running the jewellery against your teeth. This can not only injure your piercing but increase the chance of permanent damage to teeth and gums.
- Avoid salty, spicy, hot, or sour foods, which can cause irritation.
- The use of an alcohol-free mouthwash is recommended, 3 - 4 times a day, for the first couple of weeks. Mouthwash after eating food, and smoking cigarettes. If you have an alcohol-based mouthwash at home, this can be used if diluted 50:50 with water.
- Steer clear of dairy, as it leaves a thick film that may encourage bacterial growth.



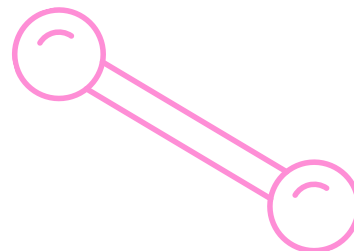
Transverse Lobe



Placement: Side to side through the ear lobe.

Congratulations on your transverse lobe piercing! Proper aftercare is essential to keep it healing well and looking its best. Follow these steps to ensure a smooth recovery. A modern take on a traditional piercing, the transverse lobe piercing sits horizontally through the earlobe, making it a stylish and unconventional choice for body modification enthusiasts.

Transverse lobe piercings put an edgy spin on a more traditional lobe piercing. These side-to-side piercings involve teeny barbells that, well, traverse the lobe.



Some Facts

1.

The piercing hole for transverse lobe piercings tend to be larger than a typical hole for a single lobe piercing, which can draw out the healing time. At a minimum, a transverse lobe piercing will take roughly two months to heal. Mind you, healing could take a lot longer — up to 10 months, in fact.

2.

When there's no longer any soreness, redness, flaking, or swelling, those are great signs that you're nearly healed.

3.

Because the transverse lobe piercing is done through the earlobe — where there's plenty of fatty tissue — it's generally considered one of the least painful types of piercings.

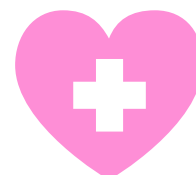
Proper aftercare is crucial to promote healing and prevent complications. Follow these essential steps:

Cleaning:

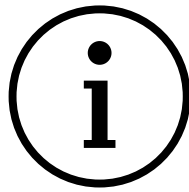
- Flush with a sterile saline solution twice per day until fully healed, and avoid activities that could add dirt or sweat to the piercing site.
- Once you're done cleaning the piercing site, be sure to gently pat it dry with a paper towel.

Avoid Touching:

- Avoid touching the piercing with dirty hands to prevent introducing bacteria.
- Only touch the piercing area when cleaning or changing the jewellery, and ensure your hands are clean.



Nipple Piercing



Base of the nipple, where it meets the areola

Don't arrive drug or alcohol affected. Wear clean, comfortable clothing that is suitable for the piercing e.g know that if you wear a dress for a nipple piercing appointment – it will be coming off! If you want to – arrange for a supportive friend to go with you.

You never notice how much rubbing and squishing your nipples undergo every day until you have them pierced! Healing takes approximately 4-6 months and will be dependent on how well you look after them, you will be able to remove your jewellery for a short amount of time at this point, which will most likely be to change out your jewellery. You must keep some form of jewellery in the piercing for up to 12 months or even longer to allow a proper channel of the outer skin to be formed. Healing is a very individual process, it is best practice to keep some form of jewellery in piercings at all times to prevent them from closing.

Some Facts

1.

You can expect your nipples to be a bit tender for the first few days after your piercing. As long as you're practising proper aftercare and being careful when showering and removing clothing, the overall sensation afterwards is positive, most clients report positive and enhanced sensation in their nipples after piercing.

2.

For females, there are certain times in your menstrual cycle where your nipples will be more sensitive and susceptible to pain, so keep that in mind when booking your piercing. Soak your piercing with sea salt solution for five minutes twice per day for the first few months and once per day after.

3.

A little bit of bleeding and discharge directly after and during the healing process is normal. I recommend placing a breathable Band-Aid on the area directly afterwards to prevent bras or clothing from sticking to your piercing. Once healthy scabbing forms at the piercing site, stop wearing your Band-Aid but make sure to wash your bras and clothing frequently.

Proper aftercare is crucial to promote healing and prevent complications.

Follow these essential steps:

- Do not rotate or play with your jewellery or touch your piercings.
- Do not pick any crust off your piercing – If you remove nature's protective scab, bacteria may enter the piercing which leads to infection.
- Keep your sheets, bras and clothing clean. Bacteria can be transferred from bedding and get inside your fresh piercings. Change sheets frequently to prevent any problems.
- Avoid swimming for the first two weeks after a piercing.
- Avoid using personal care products on or around the piercing including makeup, body lotion and perfumes. We do not recommend using the following products or ingredients on piercings either: Dettol, Betadine, hydrogen peroxide, disinfectants, soaps, tea tree oil and alcohol to clean your piercing. These products can overly dry out, irritate and burn the pierced area.