



★ *Pre-Care Guide* ★

1. **Hydrate**. — Drink plenty of water in the days leading up to your appointment and during your session.
2. **Moisturize** your skin in the days leading up to your session.
3. **Avoid consuming alcohol** for the three days before as well as the morning of your session. *It does make a difference.*
4. **Avoid energy drinks and excessive caffeine** prior and during your appointment. This can lead to excessive bleeding and longer tattooing time at your expense.
5. **Eat prior to your appointment.** — Eat a light/ balanced meal before your session. *You are also welcome and encouraged to bring water or n/a beverage and snacks to your appointment.*
6. **Do NOT use numbing cream.** I will know & you will regret it.
7. **Arrive on time.** — If you are going to be late, notify your artist as soon as possible, preferably before your appointment time.



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