

# PERMANENT MAKEUP



Permanent Makeup, or 'PMU' is a totally safe form of aesthetic/cosmetic enhancement in which pharmaceutical grade pigments are implanted into the upper layers of the skin with a super fine needle(s) to mimic the makeup you wear (powder) or the natural hair strokes. It can also add colour to lips and eyeliner.

Before your appointment, it would be beneficial to think about what long term results you would like to achieve. Having pictures of fresh and healed results PMU that you've liked, and disliked would be really helpful to bring with you. However, your artist is an expert and will advise what shapes and colours will best suit your features and skin undertones. This is especially important with lip blush as the aim isn't to replicate makeup, but to enhance the colours and tones that are naturally in your lip and add definition.

To ensure best results, all new sessions of PMU require a touch up within 6-12 weeks of the initial treatment. After this, single session colour boosts are suggested to keep your PMU looking its best. The length of time between these treatments vary person to person as ideally the area needs to be at least 50% faded before we colour boost. As a rough guide, for brows this is around 18-24 months and for lips and eyes around 2-3 years.

All microblading and PMU treatments should be considered PERMANENT. There are no guarantees that the pigment will completely disappear, it will fade over time and require colour boosts to remain looking its best, but it may never go completely. It is essential to be absolutely sure that you want this treatment before going ahead.

As this is a mild form of tattoo, you must be a minimum of 18 years old in order to have this treatment and not be pregnant or breastfeeding, or on certain medications. Please get in touch if you are unsure whether or not you are suitable for your chosen treatment!

# PERMANENT MAKEUP PRE-CARE



**Inform us of any medicines or health issues asap**

**Do not take Ibuprofen/Naproxen/Asprin/Blood thinners/ Antihistamines,  
or consume alcohol for at least 48h prior to your appointment (do not  
discontinue any medications without consulting your doctor)**

**Avoid caffeine, exercise and smoking for at least 12h**

**Discontinue use of retinals, vit A&C, AHA's, BHA's, exfoliants or  
professional peels for 4 weeks in area**

**Avoid sun exposure, no sunbeds and no fake tan for 2weeks prior**

- Please be aware that the National Blood Service does not accept donations of blood for 4 months after permanent makeup or tattoos.
- After eyeliner and lip blush treatments, swelling and redness is common, this can last a few hours or a few days.
- Your initial results will be stronger, bolder and if eyebrows, warmer. They will soften and fade during healing.

## The day of your appointment



**Arrive on time and come alone**

**Treatment area makeup free**

**Set your phone to silent**

**Wear weather appropriate and comfortable clothing**

**Use the restroom beforehand**

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# LIP BLUSH PRE-CARE



If you have EVER had a cold sores, please begin a course of antivirals - we recommend Aciclovir tablets. Please follow the instructions on the box but it is usually for 1 week before and 1 week after your initial treatment and the touch up. This wont guarantee you won't experience an outbreak but will majorly decrease the risk!

Though PMU does not cause cold sores, if you've ever had one, the virus is dormant in the body and the process of the lip tattoo will almost always cause a flare up.

Please avoid hair removal or lightning treatments such as waxing, IPL, laser, electrolysis, threading or bleaching, for 2 weeks prior to your appointment.

Though lip filler isn't an issue for the treatment, please ensure you haven't had any filler in the area for at least 4 weeks prior to the appointment. The same goes for botox!

Your lips must be smooth and hydrated. Please drink a minimum of 2L of water a day for 2 weeks before your treatment.

**Please ensure your lips are well prepped for your treatment!**

We recommend lightly exfoliating and deeply moisturising your lips every evening before bed for 7 days before your treatment. To lightly exfoliate we recommend either gently rubbing with a dry towel or soft tooth brush, or purchasing a lip scrub such as 'Paw Paw Scrub and Nourish'. For deep nourishment, we recommend then applying a rich balm and leaving it to work overnight. Our favourite balms to use are: Bepanthen (yes, the nappy rash cream!), Vitamin A&D ointment, or Welida Skin



Food.

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# LIP BLUSH AFTERCARE



**How you care for your Permanent Makeup is almost as important as the treatment itself when it comes to healed results. You will be emailed a detailed explanation of your post care procedure before your appointment and your PMU artist will also verbally explain it to you during your appointment.**

Sometimes your artist will adjust your aftercare protocol depending on your skin type, however, as a guide...

Straight after your treatment the area will look stronger, bolder and darker. There will likely be some swelling.

Treat the area with care, follow instructions and do not get the area wet until the flaking has fully come away - except for the wash & dry routine advised on days 1 & 2.

## **DAY 1-2:**

- Gently wash the area with clean water (either bottled, distilled, or cooled boiled water) using small circles or strokes with clean hands - don't be too gentle! We need to make the skin is clean of all lymph or excess pigment. After washing, thoroughly pat dry each time - with clean kitchen roll. Again, be thorough with this - the area needs to be bone dry after each wash.
- Apply balm either with a clean finger or straight from the tube - but if straight from the tube please ensure you wash it between uses!
- Repeat this every 2h or at least 3 times throughout both days (not over night!).

**Additional notes from day 1 and until the flaking comes away:**

**Avoid spicy, acidic or overly salty foods.**

**Drink ONLY through a straw.**

**Avoid coloured drinks e.g. coffee/red wine.**

**Make sure you are wrapping your lips around your food and not allowing it to touch your lips.**

**Avoid whitening toothpaste and mouth wash.**

# LIP BLUSH AFTERCARE



## **DAYS 3-5, or until any flaking has come away:**

Lips tend to scab and flake quite intensely, but it is all over quite quickly! If absolutely necessary you can PAT (not rub) in some of your balm provided (or bepanthen or vit A&D ointment) during the flakey period but only if you feel you NEED to. Otherwise, please avoid applying anything to your lips.

## **During this 'flaky' period, please avoid:**

- Getting the area wet eg take baths instead of showers.
- Excessive exercise/sweating/hot steam/saunas/swimming.
- Abrasive products eg towel/flannel/exfoliants.
- Touching/picking the area.
- Using soaps/makeup /products.
- Facial treatments eg laser/facials/waxing/getting lashes done etc where they may touch the area.
- Sun/sunbeds! Please cover with hats etc if unavoidable.
- Bleach, fake tan or other chemical products.

Once the flaking comes away, it's very normal for the area to look pale and patchy. For some it looks completely colourless. This is what we call the 'ghosting' phase. This is completely normal! The colour will slowly make it's way back through over the coming weeks. From this point you can resume normal life - getting them wet, using lip balm freely etc. The colour will slowly make it's way back through over the coming weeks. You won't see the true healed result for about 4 week after the treatment.

If after 4 weeks, you feel like not enough pigment has returned from the ghosting phase, or if you skin hasn't responded well - please don't worry! Your technician may need to amend the technique, your aftercare & colour choice at your top up.

What we do at our touch up very much depends on how your lips have healed and how you're feeling about them! It may be that you just want to add a little definition, or go generally stronger or adjust the tone.

Going forward, it's important to avoid sun exposure or if unavoidable apply factor 50SPF. Lots of lip balms contain sun protection but we love La Roche-Posay Anthelios XL SPF50+ Stick Sensitive Lips (£) or Elizabeth Arden Eight Hour Cream Targeted Sun Defense Stick SPF50 (££)

Also try to avoid any products that contain acids such as AHAs or BHAs as these may cause premature fading.

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