

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 how you usually wear your makeup, 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.

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

Elite Aesthetics BY ROXIE

eliteaestheticsbyroxie@hotmail.com ✉

www.eliteaestheticsbyroxie.com 🌐

@eliteaestheticsbyroxie 📷

Bicester, UK & Amsterdam, NL 📍

EYEBROW PRE-CARE



Please avoid brow growth products for 6 weeks before your treatment, and 2 weeks (minimum - whenever the flaking had come away) after your touch up.

Please avoid hair removal treatments such as waxing, IPL, laser, electrolysis, or threading for 1 week prior to your appointment. However, do ensure your brows are 'tidy' and any hair that obviously won't be included in your brow shape has been removed.

Ensure your brows are tint free as it is best for your artist to see your natural brow colour so that we can choose the most appropriate pigment for your permanent makeup. If possible, avoid coming to your appointment with heavy makeup in the area as removing it may irritate your skin.

Avoid Botox in the area for 2 weeks before the treatment. You can have botox immediately after the treatment as long as it isn't being injected directly into your brows - but please check with your injector as part of brow aftercare is to thoroughly cleanse the brow.

Please note that we cannot tattoo over moles, raised scarring, broken or irritated skin. If you have ever had any Permanent makeup/microblading treatments in the area previously please ensure you have sent us pictures, that we have confirmed we can work of your existing work, and that you have booked the correct appointment.



EYEBROW 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, it's likely your brows will look stronger, bolder, darker and warmer. 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. Repeat this every 2h or at least 3 times throughout both days (not over night!).

DAYS 3-10, or until any flaking has come away:

It's perfectly normal for there to be light scabbing. For some this is light dandruff for a couple of days, for others this is heavier scabbing for a week or more. During this time, 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 (facials/waxing/getting lashes done) where they may touch the area.
- Sun/sunbeds! Please cover with hats etc if unavoidable.
- Bleach, tint, or fake tan. Do not apply anything to the face while healing or before your top up.

EYEBROW AFTERCARE



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 mascara and other makeup products etc. 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 the touch up very much depends on how your brows 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 and darker.

Going forward, it's important to avoid sun exposure or if unavoidable apply factor 50SPF. Lots of moisturisers contain sun protection but we love Capital Soleil Stick SPF 50 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.

When applying makeup (once healed) ensure you apply around your PMU, or gently wipe the area clean post application. Concealers and foundations will mask the pigment and you won't be able to see your new permanent makeup. Remember, PMU is low maintenance - not no maintenance. You should expect to still wear makeup on the occasions you may want a stronger brow, and if you're used to tinting your brows you may still wish to do this to make your hairs darker ontop of the permanent makeup. When they reach the 20-30% faded stage, some find that a little tint or henna helps refresh the pigment and helps you get the very most out of your treatment!