

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. 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!

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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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EYELINER PRE-CARE



Please do not wear contact lenses to your appointment. If you have contact lenses in they will need to be removed. Be prepared to wear glasses for 7 days after the treatment to avoid touching your eyes as much as possible.

We cannot carry out the treatment if you have any eyelash extensions on. These must be professionally fully removed a minimum of 3 days before your treatment.

No tint/chemical curling treatments such as LVL for at least 4 days beforehand and 2 weeks after (or when any flaking has fully come away). Note that as you can't wear mascara for a week or so post treatment, many clients get LVL before their appointment (at least 4 days before!) so that their lashes look dark and curled without products.

Please bring some sunglasses with you to your appointment as your eyes may feel sensitive after the treatment. Please bear in mind that they may also be a little swollen.

No lash growth serums for minimum 6 weeks before hand as this will increase the risks and sensation of the treatment massively. If you wish to resume use, we recommend waiting until 2 weeks after your touch up appointment to do so.



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EYELINER 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. The colour used will likely look more vibrant and warmer.

Your eyes may swell after the treatment or the next day. This generally goes down within 24h but if its troubling you, you can use clean cold compresses, and can take antihistamines (if you're medically able to!). Sleeping propped up slightly the first night can also help with any 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 hands, 2x cotton buds and the saline provided (if for any reason you run out of saline, please use clean water - either bottled, distilled, or cooled boiled water. NOT tap water). Saturate one end of a cotton bud with saline & wash in the lash line and on the lid using thorough circular motions. Flip to the dry side, and slowly pat the area dry - the drying is just as important as the washing! Repeat on the other eye with a separate cotton bud.

We need to make the skin is completely clean of all lymph or excess pigment. Repeat this every 2h or at least 3 times throughout both days (not over night!).

Other than this washing, please leave the area alone as advised below.

EYELINER AFTERCARE



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

It's perfectly normal for there to be light scabbing. For some this is barely noticeable and over very quickly, for others this is heavier scabbing and can last 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 (inc mascara!)/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.
- No tint or chemical lash curling such as LVL.

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. Please wait at least 2 weeks from your appointment before getting your lashes tinted or chemical curling treatments such as LVL.

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.

Going forward, it's important to avoid sun exposure, some exfoliating skincare, and some anti ageing creams on your permanent makeup as these will cause premature fading.

When applying makeup (once healed) ensure you apply around your PMU, or gently wipe the area clean post application. Makeup will mask the pigment and you won't be able to see it.