



How to prepare your skin for Permanent Make Up

Thank you for booking your
Cosmetic Tattoo Treatment with me!

We use Organic and Inorganic Mineral Cosmetic Tattoo Pigments. This means you will require two appointments to achieve the desired healed result.

Your new Cosmetic Tattoo might look too dark or bright immediately after the initial application, and over a short amount of time during the healing process will lighten and fade, often much lighter than you expected. This is because it is your first application. Please don't make judgements at this stage as beautiful cosmetic tattooing takes time to achieve, and adjustments to shape and/or colour will be completed at your Retouch Appointment.

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PERMANENT MAKEUP

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Pre Cosmetic Tattoo Instructions

- No Lash or Brow Growth serums for six weeks before your Tattoo until six weeks after the last appointment.

Two Days Prior:

- No caffeine (decaf ok) or alcohol
- No waxing or tinting
- No Aspirin, Anti-inflammatories, Magnesium or Omega 3 Supplements (these are blood thinners)

On the Day:

- Please shower and wash your hair as you need to keep your treatment dry for 5 days. Remove make-up.

Eyebrows - Please don't tidy your brows, I will do this for you. If you usually tint your brows, please do this ONE week before. You will still have to tint your brows if you already do so, the tattoo DOES NOT change the colour of your brow hair.

Eyeliner - Remove contact lenses. Prescription glasses only whilst healing. Please remove lash extensions until your tattoo is completed.

Lips - If you are a cold sore sufferer please contact your GP for an anti-viral prescription. Start taking this TWO days before your tattoo and continue for THREE days afterwards to prevent an outbreak. Exfoliate and use Bepanthen (Non medicated) cream on your lips every night for two weeks prior to your appointment.

After your Treatment - Cold pads in your aftercare pack may be applied for pain relief. Keep in fridge, not freezer, discard after use. Use a fresh, clean pillowcase.

Brows only: using the cold pads, gently wipe and blot your brows every hour for 4-6 hours to prevent lymphatic fluid drying on the skin. The next morning. Wash your brows gently with clean fingertips and water and blot dry with tissue then leave them to dry and develop a thin crust.

All tattoos: apply a tiny 'rice grain' amount of aftercare ointment with a clean cotton tip before bed each night, then once or twice a day if they feel tight and dry.

Please keep the area dry: no hot showers, sweating, saunas, spas, swimming etc. for 5-7 days. A thin crust will form & start to peel after 3 - 5 days.

Do not pick this off! Once peeled, your tattoo may appear very light initially, with the healed results being visible after six weeks once your skin has fully healed. Please attend all follow up appointments and remember to follow pre tattoo instructions again.