# Lash Extensions Pre- & Post-Care Guide

## Before Your Appointment

DO:

- Arrive with clean lashes
- Avoid caffeine before your appointment
- Shower beforehand
- Wear comfy clothes
- Bring glasses if you wear contacts

DON'T:

- Wear mascara or eyeliner within 24h
- Use lash curlers or waterproof products pre-visit
- Apply oils or creams near the eyes

## Daily & Weekly Care

DO:

- Clean lashes daily with lash-safe cleanser
- Brush lashes gently with a spoolie
- Sleep on your back or with a silk pillowcase
- Book refills every 2-4 weeks
- Rinse with fresh water after swimming
- If you cry, rinse lashes with clean water and do not let tears dry on extensions

DON'T:

- Use oil-based products near the eyes
- Wear waterproof mascara
- Rub, tug, or pick lashes
- Use lash curlers
- Expose lashes to extreme heat for 48h
- Blow dry lashes on heat setting

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## Myth Buster

You can't get your lashes wet for 24-48 hours.

Modern adhesives cure quickly, but it's still best to avoid heavy water and steam for the first day to maximize retention.

## Amanda's Tips from Marveleyes

- Ask about our anti-allergy spray for sensitive clients
- Keep a travel-size lash shampoo in your gym bag
- Rinse with clean water after every swim while on vacation