

# LASH LIFT

## *Post-Treatment Instructions*

### **First 24-hours after:**

- Avoid getting your lashes wet for 24 hours
- Do not rub or touch your eyes
- Sleep on your back or side
- Avoid exposure to excessive heat or steaming
- Do not apply any products such as makeup, face creams, or oils

### **Second Day After Application:**

- Do not rub or touch your eyes
- Avoid exposure to excessive heat or steaming

### **Ongoing after-care routine:**

- Do not rub or touch your eyes
- Use a gentle foaming cleanser
- Don't use waterproof mascara
- Brush your eyelashes to gently retain the shape
- Avoid oil based products
- Use oil-free eyelash serum
- Book your lash lift appointment every 6-8 weeks to maintain your beautiful lift

Please contact True Balance if you have any questions or concerns following your treatment - we are always happy to help!

*Thank you for choosing True Balance Medical Spa. To provide our guests with the best experience possible, we kindly request that a minimum 24 hours' notice is provided if unable to make an appointment; cancellation or no-show fees may apply. We look forward to seeing you soon!*