* **Absolutely no anti-acne or anti-aging products on the skin for 30 days prior to application.**
* **Do not exercise for 24 hours before application.**
* **Avoid sun/ tanning 4 weeks prior to application.**
* **No brow waxing or tinting one week before application. (Let your brow hair grow out for as long as you can stand it!)**
* **IF YOU USE BOTOX, IT SHOULD BE PERFORMED EITHER 2 WEEKS PRIOR TO YOUR SCHEDULED PROCEDURE OR 2 WEEKS AFTER YOUR PROCEDURE.**
* **No Accutane for 1 year prior to application. You have to be off Accutane for 1 year no Exceptions!**
* **Please note: You will be more sensitive if you have fibromyalgia or are on your menstrual cycle (Getting a procedure while on your menstrual cycle can make you hyper-sensitive at the procedure site.)**
* **For sanitary purposes, if you are sick with an infection you must reschedule your appointment.**
* **If you have oily skin, your results WILL appear softer (eyebrows can look solid) in appearance and may require additional procedures.**
* **Dark Skin types please note that your permanent makeup will not appear as bold as lighter skin types. (Indian, African American, Filipino, etc.)**
* **Do NOT take Aspirin, Niacin, Vitamin E and/or Ibuprofen unless medically necessary, 48-72 hrs prior to your procedure. Tylenol is fine.**
* **Do not work out the day of the procedure as the body heat expands the pores.**
* **You MUST be off Retin-A or Retinols for 7 days prior to your appointment and avoid using on or around the area for 30 days after. If used before 30 days, it can cause the pigments to fade prematurely. If you resume the Retin-A or Retinols after the 30 days, please know that the continued use will fade your permanent makeup prematurely.**