

Lash Extensions After-Care Instructions

1. Be sure to keep lashes away from heat, steam or moisture for 3, 24 or 48 hours depending on the adhesive your lash stylist used. This means no saunas or hot showers. The moisture will inhibit the adhesive from curing correctly and result in premature lash extension loss. After the curing time has passed you may get them as wet.
2. Clean lashes with an oil-free makeup remover using lint-free applicators, also sold as lip gloss applicators. Simple Oil Free Makeup Remover Pads, don't tug at the sensitive skin around the eye area, or at lashes for that matter. Move the pad upwards over lashes when removing. To really get rid of all makeup residue, Nars Gentle Oil-Free Eye Makeup Remover, is also hard to beat. Dip a lint-free applicator into the formula and trace around the eye and upwards over the lashes, as cotton pads and balls especially have a tendency to fleece and catch onto extensions, and once they've snuggled into the lash line they're difficult to remove without tugging. If no eye makeup was worn, a simple damp washcloth can be used to gently cleanse the lashes. Be careful to not tug on the lashes. Be very gentle always.
3. Avoid oil like the plague; always ensure that your cleanser and eye make-up remover are oil-free. If you use very oily eye creams be careful not to get the product on the lashes. Oils break down the adhesive quicker.
4. Do not have any eyebrow waxing or procedure to the eye area until the adhesive is fully cured. Do not have your lashes tinted or permed until the extensions are removed first.
5. Never fiddle or play with your lashes and keep them as clean as possible at all times. Avoid touching, tugging or picking at the lashes. The less they are touched the better!
6. Do not use a mechanical curler or a hot lash curler on the extensions.
7. If you are a stomach sleeper or a restless side sleeper you may want to invest in a lash mask to wear at bed time. These are just like sleeping masks but with a stiff convex exterior, kind of like an eye patch, that protects the lashes from being bent and rubbed off prematurely by your pillow. Silk pillowcases can prevent this also. Bed Bath & Beyond sells these in different varieties for \$8.95.
8. Regular maintenance (every two to three weeks) will fill in any glaring gaps and keep lashes looking perfect. If well cared for, a regular 'set' can last up to eight weeks.
9. Gently brush lashes every day to keep them in shape. All good lash stylists will provide you with a comb or mascara spoolie to prevent tangles and lift lashes upwards.
10. Try not to use mascara if you can help it and don't go too heavy with the eyeliner. Dragging thick, waxy formulas along the lash line in particular may risk damage to extension bond, likewise using stick-fast waterproof or tubing mascaras will cause extensions to become brittle. If you do use either, as above make sure that you choose mascara free of oils, urea, organic solvents, carbonate and propylene glycol, as it breaks down the adhesive quicker. If in doubt call your lash stylist!
11. If your lash extensions are fresh and even, mascara needn't be on the menu, but if your former thicket of lashes is looking a bit thin or patchy, water based mascara is your best bet. Clinique Naturally Glossy Mascara, keeps both natural lashes and extensions soft, while adding inky, clump free volume and length. Another option is go full Twiggy and use mascara on your bottom lashes only, creating definition without tugging extensions. Whatever you do, be delicate, and don't go nuts with the wand at the roots of your lashes, as you'll risk tangling lashes or dislodging both an extension and natural lash along with it, which, let's face it, is a lose-lose. Equally 'safe' is Nouveau Lashes purpose-designed Coating Sealant, available in both black and transparent formulas. If combed through lightly, it should protect extension bonds rather than damage them, adding a bit of sheen and depth, although apply sparingly for the best results in both the short and long term. From a color and liner perspective, most shadows pose no risk, although go easy on glitter and loose powders, and of course steer clear of oil. Liner can be a little more problematic, as you're applying it very close to the lash extension, so again go water-based and use a light hand. A bit of

Maybelline Eye Studio Gel Eyeliner adds sootiness without tattooing itself to the lid, and for a smudge of color Charlotte Tilbury Color Chameleon Pencil, doubles up as a subtle liner and all over shadow, enhancing eyes and somehow staying put yet removing easily, which is rare feat in beauty land.

12. To keep lashes truly pristine, the gym, hot showers and any tinkering whatsoever would be totally off limits, but in the spirit of staying fit, clean and sane, don't get too obsessed with lashes heading south. Eyelash extensions will fall out according to your natural lash growth cycle anyway (as a natural lash falls, the extension will go with it), and longevity can depend on how fine and lightweight your extensions were to begin with. A bit of a going over with a dry spoolie and a less is more approach to makeup and splashing about will certainly help, but extensions aren't forever, and you don't want to lose sight of your natural eyelashes full stop. Moderation may be boring, but here it is again, being sensible. You know it's for the best.

Here are a few other brands of mascara that clients have found work well:

Physician's Formula's organic wear 100% Natural Origin Mascara and Jumbo Lash Mascara

Almay One Coat Thickening Mascara

Beautycounter Lengthening Mascara

Jane Iredale Mascara

Lavera Volume Mascara No. 1 Black

Peter Lamas Lash Masque

Xtreme Lash Mascara

NovaLash Mascara