

# SPMU BROWS TREATMENT CARE

## PRE CARE

### BENEFITS

- Last on average 12-18 months
- Painless, safe and effective
- Quick process, no down-time (you don't need to hide afterwards)
- Natural looking results - no cookie cutter approach
- Easy solution for those that have lost eyebrows through hormonal changes, illnesses etc
- Perfect for challenged and frustrated brows

## PRE CARE

### TWO WEEKS PRIOR

- Do not have any cosmetic injectables
- Stop tinting your brows
- Stop the application of any active skincare or treatments on the forehead and brow areas (e.g. Vitamin C, A, AHAs and peels)

### ONE WEEK PRIOR

- No fish oil
- No aspirin or blood thinning medications (unless medically necessary and discussed with GP and brow artist)
- No green tea
- No anti-inflammatory pain killers i.e. ibuprofen (paracetamol is fine)

### IMPORTANT

- NO alcohol - 24 hours before
- NO caffeine on the day of treatment
- Waxing / tweezing of the brow should be completed at least 48 hours before your treatment
- Ideally wash your hair the day before due to no water in the brow area 7 days after treatment.

If you have any questions or concerns, please contact us on 0800 633 066 or email your local OFF & ON branch.  
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## POST CARE

### FIRST 24 HOURS

Wipe over the brows with a damp cotton pad before applying the after balm 3-4 times.

### FOR 7 DAYS AFTER

Continue to apply the balm 3-4 times in a day for 7 days using a clean cotton bud. An even, thin application is best. Only use the balm for more than 7 days if the eyebrow area feels dry.

- Keep the brow area free of moisture, do not splash water on the brows.
- When cleaning your face, we recommend using makeup wipes or similar for 7 days after treatment to avoid any water contact.
- When washing hair, apply a thick layer of Vaseline or similar product
- Avoid any high intensity activity for at least 7 days - walking is fine.
- Avoid sun exposure as much as possible.
- No makeup, cleansers, or moisturers (other than provided balm) around the eyebrow area.
- No swimming/saunas
- Do not pick, peel, scratch or rub your brows.

### ONGOING

- Apply sunblock on your brows whenever in the sun
- When swimming regularly (weekly) in chlorinated water, cover brow area with Vaseline or similar. Chlorinated water will speed up the fading process.

### WHAT TO EXPECT

- In some cases, immediately after your treatment your skin may feel a little tender
- You may have some redness directly around the brow area - don't worry, it will subside in an hour!
- There will be a slight white/blanched area around the brow - this is from the topical numbing cream and will subside within the hour.
- Some clients experiences itching and light flaking during the healing process - this is normal and the aftercare balm will help soothe the skin.
- Fading, patchiness and uneven pigment healing is completely normal after the first session and will be addressed in the second session.

### TRUST THE PROCESS

Day 1 - I'm so excited! I love my new brows!  
Day 2 to 4 - Why are they so dark and thick?  
Day 5 to 14 - They're patchy and flaking!

Day 15 to 25 - Wait, where'd they go?  
Day 25 to 42 - They're back! Healing and waiting  
Week 6 to 8 - Touched up & perfect. Trust the process.

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