

SPARKLE SHINE SPA

LASH EXTENSION AFTERCARE INSTRUCTIONS

THANK YOU

Thank you for choosing Sparkle Shine Spa for your lash extension services. Proper aftercare is essential to maintain the health of your natural lashes and extend the life of your lash extensions.

FIRST 24–48 HOURS

DO NOT:

- Get lashes wet
- Use steam rooms, saunas, or hot tubs
- Swim or expose lashes to excessive humidity
- Use oil-based products around the eyes
- Rub, pull, or sleep face-down on lashes

DAILY LASH CARE

CLEAN YOUR LASHES DAILY

Keeping lashes clean helps prevent buildup, irritation, and premature shedding.

Use:

- Lash-safe cleanser
- Oil-free products only
- A soft lash cleansing brush

Avoid:

- Baby oil
- Coconut oil
- Waterproof mascara
- Heavy creams near the eyes

BRUSH YOUR LASHES

- Use a clean spoolie brush daily
- Brush gently from the middle to the tips
- Do not force tangled lashes apart

MAKEUP GUIDELINES

AVOID:

- Waterproof mascara
- Oil-based eyeliners or removers
- Cotton pads that snag lashes

IF WEARING MAKEUP:

- Use oil-free makeup only
- Remove makeup gently
- Avoid excessive rubbing

SLEEPING & LIFESTYLE TIPS

- Sleep on your back if possible
- Use a silk or satin pillowcase
- Avoid pulling or playing with lashes
- Avoid excessive heat directly on lashes

NATURAL LASH SHEDDING

Your natural lashes shed daily as part of the normal growth cycle.

It is normal to lose 2–5 natural lashes per day, including extensions attached to those lashes.

FILL APPOINTMENTS

Recommended fills:

- Every 2–3 weeks for most clients

Retention varies depending on natural lash cycle, home care, lifestyle, skin type, medications, and hormones.

CONTACT YOUR TECHNICIAN IF YOU EXPERIENCE

- Severe redness
- Swelling
- Burning
- Pain
- Excessive irritation
- Signs of allergic reaction

IMPORTANT REMINDERS

DO NOT:

- Pull extensions off yourself
- Use lash curlers on extensions
- Trim lashes yourself
- Apply strip lashes over extensions

Improper removal can damage your natural lashes.

BEST RESULTS TIPS

- Keep lashes clean
- Stay consistent with fills
- Use professional lash products
- Follow aftercare instructions carefully
- Avoid oil around the eye area

THANK YOU

Thank you for trusting Sparkle Shine Spa.

We appreciate your support and look forward to helping you feel confident, beautiful, and radiant with every visit.