

## How to Care for your Eyelash Extensions

Though eyelash extensions are easy to maintain, the first twenty-four hours are crucial for a strong bond. You should keep your lashes dry and avoid touching them. After twenty-four hours, care is fairly simple: avoid oil based products, cleanse your lashes regularly and be gentle with the lashes. They are resistant to water, sweat and tears.

In general, to maintain your new look and extend the life of your lashes, follow these simple guidelines:

Be gentle to your lashes; do not pull on the extensions or rub the eyes excessively.

Groom your lashes as needed with a clean mascara wand, preferably when wet.

For the first 48-hours after application the lashes should not be exposed to water or steam to allow the adhesive time to fully bond. We recommend avoiding swimming and the spa for 48 hours after lash application for best results.

Avoid the use of oil-based products on or around the eyelashes and do not use waterproof mascara. Water-based mascara and water-based mascara remover may be used if desired. Apply mascara sparingly and remove it gently with a water-based eye makeup remover. You may purchase Lash Extension Mascara and Lash Extension Sealer from The Lash Lounge.

Airbrush tanning should be done 24-hours prior to your eyelash appointment.

Let skin care providers know about your Eyelash Extensions and use caution when using steam, acid/peels, laser, or hydroxyl treatments.

Use powdered, liquid or gel eyeliners. Pencils (unless specially formulated for Eyelash Extensions) tend to leave an oily residue which could loosen the bond.

It is recommended to apply Protective Coating once or twice per week on your new lashes to preserve the look and to extend the life of your eyelash extensions. Brush on from the base up to the tips. This coating also gives the lashes a wonderful shine!

## Eyelash and Hair Growth

Although it may not seem like it, hair growth is a preset function of the body. Every hair on your body follows a specific growth cycle and will grow to a specific length. Hair follows a three-phase growth cycle and eventually falls out, which is typically nothing to worry about. In fact, body hair, including eyelashes, completely replaces itself every few years.

### **Anagen (Growth) Phase**

The anagen phase is also called the growth phase. This is the phase when lashes are actively growing, and it lasts between 30 and 45 days. Only about 40 percent of the upper lashes and 15 percent of the lower lashes are in the anagen phase at any one time. Each lash will grow to a specific length and then stop.

### **Catagen (Transition) Phase**

The catagen phase is also known as the transition phase. During this phase, the lash stops growing and the hair follicle shrinks. If an eyelash falls out or is plucked out during this phase, it won't grow back right away because the follicle needs to complete the catagen phase before it can move on to the next one. This phase lasts between two and three weeks.

### **Telogen (Resting) Phase**

The telogen phase is also referred to as the resting phase. This phase can last more than 100 days before the eyelash falls out and a new one begins to grow. Because each individual lash is in its own phase of the growing cycle, it's normal for a few lashes to fall out most days. It typically takes between four and eight weeks to fully replace an eyelash.