

4 WEEKS BEFORE:

• NO laser, chemical peel or micro needling treatments

2 WEEKS BEFORE:

- NO Botox or Fillers
- NO Retinols or AHA's
- NO Sun or Spray Tans
- NO Antibiotics

72 HOURS BEFORE:

- NO Waxing or Threading
- NO Brow Tinting

24-48 HOURS BEFORE:

- NO Alcohol
- NO Blood Thinners

12 HOURS BEFORE (1 hour) \$80

- NO Caffeine
- NO Exercising

In order to avoid excessive bleeding and poor color deposit:

- Do not drink alcohol 24 hours before
- Do not consume caffeine the day of the application
- Do not take an Aspirin or Ibuprofen for pain relief (thins the blood)

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