

THANK YOU FOR CHOOSING XTREME LASHES™!

You can enjoy your beautiful new lashes with little need to adjust your lifestyle. Proper care and maintenance of your new Xtreme Lashes™ Eyelash Extensions will ensure they remain as beautiful and luscious as they are today!

To maintain optimum appearance and extend the life of your lashes, follow these tips & easy care instructions:

- Avoid getting your lashes wet within the first 24 hours to allow the adhesive time to dry thoroughly.
- We recommend sleeping on your back the first night to ensure your lashes do not become tangled while drying. In the morning, use a mascara brush to gently separate and groom your Xtreme Lashes™.
- Avoid hot steam from the shower and sauna as well as swimming and tanning salons altogether for the first 48 hours. After this period try to keep sauna, steam room & tanning visits to a minimum as the application of constant heat may cause the adhesive bond to weaken.
- Avoid using harsh mechanical eyelash curlers as they can break both natural and synthetic lashes. A Heated Eyelash Curler can be used sparingly to help shape and curl lashes on the TIPS of the lashes ONLY. Do not apply heated eyelash curler to the base of the lashes where the lashes are bonded.
- Avoid using any oil based cleansers on or near the eye area. Instead, use a water or gel cleanser such as the *Xtreme Lashes™ Eye Makeup Remover* and a sponge tipped applicator lint free cloth to gently remove makeup from around the eye. Do not use cotton balls, cotton rounds or swabs directly on the eyelashes as the fibers may get lodged in the bond area of your Xtreme Lashes™.
- Ask your Beauty Professional if he or she carries Xtreme Lashes™ Protective Coating. After the first 24 hours, you can apply Protective Coating once or twice per week to your new lashes to preserve the look and extend the life of your Xtreme Lashes™. Follow the instructions on the product label for best results.
- Although mascara is not necessary with your Xtreme Lashes™ you *can* use it sparingly, on the tips only, to achieve an even more dramatic look. We strongly recommend using one of the Xtreme Lashes™ Mascaras which have been specially formulated for use with lash extensions. Follow the instructions outlined on the Xtreme Lashes™ Mascara labels for best results. Avoid using oil based or waterproof mascara as the ingredients in it will dissolve the bond of the adhesive.
- **Avoid using any oil based products on or near your lashes. Oil will dissolve the adhesive bond!** Use water or gel based cosmetic products instead.
- Avoid Chemical Peels, Alpha Hydroxy, Beta Hydroxy and other highly acidic substances while wearing Xtreme Lashes™ Eyelash Extensions. These substances will dissolve the adhesive bond.
- Above all, **be gentle!** Do not pick or pull your Xtreme Lashes™ and refrain from excessively rubbing your eyes.

When applied and maintained properly, your Xtreme Lashes™ can last up to 2 months depending on the natural growth cycle of your eyelashes and how well you maintain them. The life cycle of an eyelash is 60 to 90 days. Lashes will shed naturally at the end of their life cycle and relashes (fill ins) will be necessary every 2 to 4 weeks to replace the fallen lashes.

24hr Tips: Remember that the first 24 hours are especially crucial for the bonding to properly occur! Common activities you need to avoid during the first 24 hours include showering, washing the eyes, tanning, applying creams or lotions to the eye area, applying mascara or any eye makeup, excessively touching the lashes, spas, saunas, steam rooms, swimming, exercising, contact lens solutions and sleeping on the lashes.

Daily Tips: The most common causes of Xtreme Lashes™ falling out before the end of your natural lash life cycle include excessively touching the lashes, use of oil based products, layering on excessive amounts of mascara which requires excessive cleansing, and frequent exposure to heat sources such as spas, steam rooms and tanning salons.

If you have any questions regarding your Xtreme Lashes please contact your Xtreme Lashes™ Professional or visit www.xtremelashes.com