Eyebrow Threading Prep & Aftercare Checklist

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Before Your Appointment (24–48 hours prior)

- [ ] Let brow hair grow at least 1/16" (about 2 weeks of regrowth) for a clean thread.
- [ ] Stop tweezing, waxing, or trimming so the technician can see your natural shape.
- [ ] Avoid retinol, glycolic acid, and exfoliants on the brow area for 48 hours.
- [ ] Skip Accutane and prescription retinoids (must be off for 6+ months).
- [ ] Avoid alcohol and excess caffeine the day of — both increase sensitivity.
- [ ] If sensitive, take an OTC pain reliever 30 minutes before your appointment.
- [ ] Bring a reference photo if you want a specific shape.

Day Of: Right Before You Arrive

- [ ] Arrive with a clean, makeup-free brow area (or we'll cleanse it for you).
- [ ] Skip heavy moisturizers and SPF on the brows that morning.
- [ ] Eat a small snack — low blood sugar amplifies discomfort.
- [ ] Plan for a 15-minute appointment.

Immediately After Threading (0–2 hours)

- [ ] Expect mild redness for 30 minutes to 2 hours — totally normal.
- [ ] Apply aloe vera gel or a cold compress to calm the skin.
- [ ] Do NOT touch, rub, or scratch the threaded area.
- [ ] You can wear makeup right after threading.

First 24 Hours

- [ ] No direct sun exposure or tanning beds.
- [ ] No hot showers, saunas, steam rooms, or swimming pools.
- [ ] No workouts or sweating — sweat can irritate freshly opened follicles.
- [ ] Avoid retinol, AHA/BHA, or harsh actives near the brows.
- [ ] Use a gentle, fragrance-free moisturizer after 4–6 hours.

Days 2–7: Maintenance

- [ ] Resume regular skincare gently — reintroduce actives slowly.
- [ ] Apply SPF 30+ daily to prevent post-inflammatory pigmentation.
- [ ] Brush brows daily with a spoolie to train hair growth.
- [ ] Avoid picking at any stray regrowth — let it come in for next visit.

Rebook Reminder

Most clients rebook every **2–3 weeks** to maintain a sharp shape. Set a calendar reminder or call **+1 (478) 345-7777** to schedule.

Service	Price	Duration
Eyebrow Threading	$15	15 min
Upper Lip Threading	$8	5 min
Full Face Threading	$45	30 min