

Taking care of their lashes after the procedure is crucial if your clients want to maintain their **beautiful lash lift** for the maximum amount of time. So, your work is still ongoing after you perform a lash lift. Walking your clients through all the essential aftercare steps is also important.

From gentle cleansers to lash serums, they must know all the necessary products to keep their lifted lashes in top shape. Let's review the basics so you're prepared to discuss lash lift aftercare with them.

Things Your Clients Will Need

To properly care for their newly lifted lashes, clients will need a few essential items:

- **Gentle cleanser:** Look for a specifically formulated lash cleanser or a mild, non-irritating cleanser that is safe for use around the eyes.
- **Lash serum or conditioner:** Look for a serum specifically designed for use on lifted lashes to keep them healthy hydrated and promote their strength.
- **Clean mascara wand or spoolie:** This is essential for brushing and grooming. Opt for a disposable wand or spoolie to ensure hygiene and prevent any potential contamination.
- **Eye makeup remover:** Look for a gentle, oil-free eye makeup remover suitable for use on lash extensions or lifted lashes to avoid damage or premature lifting.
- **Silk or satin pillowcase:** This can help prevent friction and minimize the risk of lashes getting caught or bent.
- **Safe mascara (optional):** Look for mascaras labeled safe for use on lifted lashes or lash extensions. These are usually water-based and easier to remove.

Having these readily available will make it easier for clients to follow the recommended **aftercare routine** and maintain the beautiful results of their **lash lift**. Encourage your clients to gather these essentials in advance to ensure a smooth and successful aftercare process.

Immediate Aftercare: The First 24 Hours

The first 24 hours after a lash lift are crucial for allowing the lashes to set into their new lifted position.

What to Do

- **Keep the lashes dry:** For the first 24 hours, avoid contact with water, including washing your face, swimming, or using steam rooms.

- **Be gentle with your lashes.** Avoid rubbing or touching them excessively. The bonds need time to set fully; excessive pressure can disrupt the process.
- **Sleep on your back:** This position minimizes the risk of damaging the lift while you sleep.
- **Use the recommended aftercare products:** If your lash technician has provided you with any specific aftercare products for the first 24 hours, use them as directed.

What Not to Do

- **Avoid applying eye makeup:** The lashes need time to set, and any makeup application can weigh them down or disrupt the lift.
- **Avoid oil-based products:** Oil-based products, such as cleansers, makeup removers, and eye creams, can break down the adhesive.
- **Avoid excessive heat or steam:** Hot showers, saunas, or standing too close to steamy environments during the initial 24-hour period could cause the lashes to lose shape.

Day 2: 24-48 Hours After the Lash Lift

After 24 hours, you can incorporate additional care into your routine.

What to Do

- **Gently cleanse your lashes:** You can now start cleansing your lashes using a gentle, oil-free cleanser. Use your fingertips or a soft brush designed explicitly for lash cleansing to clean the lash line and remove debris or buildup gently.
- **Brush your lashes daily:** Use a clean mascara wand or spoolie to brush through your lashes daily. This helps to keep them separated, prevent tangling, and maintain their lift.
- **Moisturize your lashes:** Apply a daily nourishing lash serum or conditioner to keep them hydrated and nourished and promote their overall health.
- **Be mindful of your makeup:** Opt for oil-free and lightweight products if you wear eye makeup. Avoid waterproof mascara and heavy eyeliners, as they can weigh down the lashes and potentially disrupt the lift.

What Not to Do

- **Avoid rubbing or pulling on your lashes:** Even though you can now cleanse them, it's essential to continue being gentle. Avoid rubbing or pulling on the lashes, as this can cause them to lose their lift or even lead to lash breakage.
- **Steer clear of saunas or steam rooms:** Excessive heat and steam can still affect the shape and longevity of your lifted lashes. Avoid saunas, steam rooms, or any activity that may expose your lashes to high heat and moisture levels.
- **Refrain from using lash curlers:** A lash lift provides a natural curl to your lashes, so there is no need to use lash curlers, which could disrupt the lift and potentially damage the lashes.

Days 3+

Once you've passed the initial 48-hour period, it's time to focus on the ongoing care and maintenance of your lifted lashes.

What to Do

- **Continue gentle cleansing:** Cleanse your lashes daily using a gentle, oil-free cleanser. Remember to be gentle and avoid rubbing or pulling on the lashes.
- **Brush your lashes regularly:** Use a clean mascara wand or spoolie to brush through your lashes daily. Brushing also helps to distribute natural oils and keep the lashes healthy.
- **Moisturize and nourish your lashes daily:** This step promotes lash health and can contribute to the longevity of the lift.
- **Be mindful of makeup application.** If you wear eye makeup, Opt for lightweight, oil-free products. Avoid waterproof mascara and heavy eyeliners.
- **Protect your lashes during physical activities:** If you engage in activities that may expose your lashes to potential damage, such as swimming or intense workouts, consider wearing protective goggles or using lash-friendly mascara. These precautions can help shield your lashes from excessive moisture, sweat, or friction.

What Not to Do

- **Avoid excessive rubbing or pulling:** It's essential to continue being gentle with your lashes and avoid any excessive rubbing or pulling.
- **Steer clear of oil-based products:** You should still avoid oil-based products, including cleansers, makeup removers, and eye creams.

- **Refrain from using lash curlers:** Since your lashes already have a natural curl from the lift, using lash curlers is unnecessary.

How Long Will a Lash Lift Last?

The longevity of a lash lift can vary from person to person. It depends on several factors, such as the person's growth cycle, natural lash health, aftercare practices, and lifestyle. Typically, a lash lift can last anywhere from 6 to 8 weeks. However, it's important to note that the lift gradually fades over time as new lashes grow and the effect wears off.

It's essential to consult your lash technician for personalized advice on how long you can expect your lash lift to last based on your circumstances. They can guide your aftercare and any other **lash lift questions**. To maintain your lifted look, consider scheduling a **lash lift service** every 6 to 8 weeks unless your technician advises otherwise.