WAKE UP BEAUTIFUL

A BEAUTY BOOTCAMP EVENT
MARCH 28 - APRIL 2, 2019
FOLLOW-UP: APRIL 25 - 26, 2019

Hello Gorgeous!

I would like to take this time to welcome you to Beauty Bootcamp and to our Master Artist Special Event! Thank you for trusting and choosing us. After years of research and trials, we have created this special event and brought the best of the best to you.

Please read through your welcome and information packet. Please do not hesitate to contact us with any questions or for additional information. We are here to serve you and create an amazing, relaxing, and beautiful experience for you!

With love & in beauty,
Sarah

Sarah Dihmes
Founder & CEO
Beauty Bootcamp

STEPS TO TAKE

01 SCHEDULE AN APPOINTMENT

02 READ & SIGN PRE- & POST-CARE INSTRUCTIONS

03 READ & SIGN CONSENT FORM

1 SCHEDULE AN APPOINTMENT

Our Master Artists have extremely busy schedules and travel often! We have secured their schedule to return to the Bay Area for your touch-up (a session a few weeks after the initial session that is needed in 90% of cases).
If you would like to ensure you have a follow-up appointment scheduled (highly recommended!) please book your follow-up and initial session at the same time.

INITIAL SESSION DATES

· 28 MARCH 2019
9AM · 1 PM · 5 PM
· 29 MARCH 2019
9AM · 1 PM · 5 PM
· 1 APRIL 2019
9AM · 1 PM · 5 PM

FOLLOW-UP SESSION DATES

· 30 APRIL 2019
9AM · 1 PM · 5 PM
· 2 MAY 2019
9AM · 1 PM · 5 PM

Please text Sarah @ 443-722-1208 with any questions about your bookings. Since there are limited slots, you may also sms your desired times and we can schedule you.

2 READ AND SIGN PRE- & POST- CARE INSTRUCTIONS

Please click on the link below to be re-directed to the Pre- and Post- Care Instructions for your review.

https://www.yourbeautybootcamp.com/permanent-makeup-event

3 READ AND SIGN CONSENT FORM

Please click on the link below to be re-directed to the Consent Form for your review:

https://www.yourbeautybootcamp.com/permanent-makeup-event

ABOUT CATALINA

Catalina Popescu is a very talented artist in the field of P.M.U. with over 12 years of experience in her work. Her passion for this work and her talent have been recognized at national and international level.

Catalina started out in the beauty world as a hairtylist and makeup artist, and for over 5 years she is an international PMU trainer, being the first Romanian instructor BioTouch Inc. L.A.

Awarded ABC ADVANCE BROW CREATION by Nataliya Yeremenko in 2015 and later INTERNATIONAL PMU ARTIST AWARD BY TIPMCC WARSAW in 2016, Cătălina Popescu created her own microdermopigmentation technique: HDupLift eyebrows (the technique imitates 90% of natural eyebrows).

This technique has made her known internationally, besides other techniques: HDfull Lips, HDpowder Liner etc, correction and neutralization techniques. These are just some of the procedures by which Catalina Popescu achieves extraordinary and very natural results.

She attended numerous seminars / congresses abroad, with the most recent invitations being in Manchester, Budapest and Istanbul with Nataliya Yeremenko. And as New Entry, Cătălina is invited to the Permanent Reunion LAS VEGAS 2018 along with the name of PMU WORLD, with the HDUPLIft Brows technique, thus becoming the first Romanian trainer in the U.S.A.

PRE- AND POST-CARE INSTRUCTIONS

In order for your new brows to heal properly (and look their best) these Pre & Post Care Instructions found below are of the UTMOST IMPORTANCE! Pre-Care instructions are designed to limit bleeding and skin sensitivities during the service. Excessing bleeding during the procedure can dilute the pigment color and lead to poor results.

MICROBLADING PRE- CARE

- Do not work out 5 hours before procedure.

- NO alcohol or caffeine 5 hours before procedure (Yes, there is caffeine in decaf coffee and tea!).

- Avoid sun and tanning one week prior to procedure.

- Do not take Aspirin, Niacin, Vitamin E or Advil/Ibuprofen 10 hours before procedure.

~ Avoid Fish Oil, Prenatal Vitamins, Nutritional Shakes (Shakeology, etc), "Hair, Skin, Nail" supplements 48 hours prior to procedure.

~ Discontinue Retin-A at least 2 weeks prior (and avoid on eyebrow area after procedure).

~Refrain from use of any Alpha Hydroxy Acid (AHA) products close to the eyebrow area 2 weeks prior (and avoid on eyebrow area after procedure).

~Botox and filler on the forehead, temple, and eye area should be avoided 1 month prior to procedure for those who do not regularly receive injectables.

~No brow waxing, tinting, or threading one week prior (the more natural hair growth you have, the better!

~ Avoid Chemical Peels, Microdermabrasion or facials for 1 week prior procedure.

email: info@yourbeautybootcamp.com / www.yourbeautybootcamp.com

PRE- AND POST-CARE INSTRUCTIONS

MICROBLADING P/ SEMI-PERMANENT POST- CARE

~ Keep the the brow area clean by using a natural fragrance-free gel cleanser (such as Cetaphil) and water. Hands must be freshly clean.

~ Avoid use of abrasive washcloths or sponges.

~ Allow eyebrows to completely air dry before applying ointment.

~ Apply the after care ointment given (for the amount of days recommended by your artist) with freshly washed hands or a Q-Tip.

~ DO NOT rub, pick or scratch the treated area. Let any scabbing or dry skin naturally exfoliate off. Picking can cause scarring and pigment loss!

~ COMPLETELY avoid direct sun exposure and tanning beds for a minimum of 2 weeks after your procedure. Direct sunlight can cause the pigment to change color while it is healing and can also cause hyperpigmentation and scarring.

~ Avoid pool, sauna, steam rooms, hot showers and/or hot baths for 2 weeks.

~ Avoid heavy sweating for a full 10 days. Any physical effort, gym, hot weather, any other activity that may cause sweating through or on the brows will expel pigment from the dermis producing poor results.

PRE- AND POST-CARE INSTRUCTIONS

~ If possible, avoid sleeping on or smashing your face/brows for the first 10 days (until healed).
~ Keep your bangs and hair pulled back from your face for the first 10 days (until healed).
~ NO makeup or skincare products to be used on the treated area for two weeks.
~ NO facials, chemical treatments and microdermabrasion for 4 weeks.
~ NO botox for 2 weeks. We recommend that it's best to wait until after your touch up heals to get Botox, as an educated injector will take your new brows into consideration when choosing where to inject.
~ After 10 days, once the area has healed completely, consider using sunblock when going out in the sun to stop the color from fading.
~ Eyebrow tinting should not be undertaken for 2 weeks after your procedure.
~ Avoid Retin-A, Chemical Peels and Microderms around the brow area once healed.

Please note: Eyebrows will appear darker and bolder due to natural healing for the first two weeks. This is very common for all permanent cosmetic procedures.

PERMANENT MAKEUP IS NOT RECOMMENDED FOR ANY CLIENTS WHO ARE OR HAVE:
~ Pregnant or Nursing
~ Diabetic
~ Viral infections and/or diseases
~ Epilepsy

PRE- AND POST-CARE INSTRUCTIONS

~ A Pacemaker or major heart problems
~ Had an Organ transplant
~ Tendency towards keloids
~ Seborrheic dermatitis
~ Skin irritations or Psoriasis near the treated area (rashes, sunburn, acne, etc.)
~ Sick (cold, flu, etc.)
~ Had Botox in the past 2 months
~ Have upcoming vacations or special occasions planned.
~ Used Accutane in the past year
~ Allergic to anesthetic (Lidocaine)
~ Extremely Oily or Problematic Skin

ATTENTION PLEASE:
I strongly advise prospective new clients to book their Microblading appointments at least 3-4 months in advance of Vacations, Weddings, and Special Occasions. This allows adequate time for healing of both your Initial Microblading Appointment as well as a Touch-Up Enhancement Session 6-8 Weeks prior. To have perfect brows, it is a multi step process. Dream brows cannot be achieved in just one session. Some clients need more than two sessions to achieve their desire density and shape.

Client _____ Date _____

Technician _____ Date _____

CONSENT FORM

NAME_____ DATE_____

ADDRESS_____

CITY_____ STATE_____ ZIP_____

HOME PH._____ WORK PH._____

DOB _____

I, _____, am over the age of 18, am not under the influence of drugs or alcohol and desire to microblading of eyebrows performed. The general nature of cosmetic tattooing as well as the specific procedure to be performed has been explained to me.
X_____

NO. OF VISITS:_____ COST PR PROCEDURE(S):_____

I have been informed of the nature, risks, and possible complications and consequences of permanent skin pigmentation. I understand the permanent skin pigmentation procedure carries with it known and unknown complications and consequences associated with this type of cosmetic procedure, including but not limited to: infection, allergic reaction, scarring, inconsistent color, and spreading, fanning or fading of

CONSENT FORM

pigments. I understand the actual color of the pigment may be modified slightly, due to the tone and color of my skin. I fully understand this is a tattoo process and therefore not an exact science, but an art. I request the microblading procedure and accept the permanence of the procedure as well as the possible complications and consequences of the said procedure.

I understand that while this is sometimes referred to as semi-permanent in nature, due to each individual's reaction to pigment, the length of time pigment is present cannot be guaranteed. In some cases, pigment will be permanent. X_____

I understand that if I have any skin treatments, laser hair removal, plastic surgery or other skin altering procedures, it may result in adverse changes to my permanent cosmetics. I acknowledge some of these potential adverse changes may not be correctable. X_____

I have received pre- and post procedure instructions and I will strictly adhere to such instructions. I understand that my failure to do so may jeopardize my chances for a successful procedure. If I am on any medication for depression or any other mood altering prescription, I will advise my technician. X_____

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