

How to Care For Your Brows After a Brow Lamination Treatment

A brow lamination follows the same aftercare rules as a lash lift, with the first 24 hours being the most critical to ensure the treatment's longevity. If you want to maintain healthy, hydrated brows and avoid brittle or damaged brow hairs, follow these tips in the first 24 hours:

- **Do not get your brows wet.** This includes but is not limited to, coming into contact with excessive moisture and steam from saunas and baths.
- Do not apply **eyebrow makeup** or receive any other treatments around the brow area.
- Use a brow conditioner.
- Avoid rubbing your brows or touching them repeatedly.
- Avoid sleeping on your face for the first 48 hours.

Once you've reached the 24-hour mark following your treatment, it's safe to resume your daily life. Use brow conditioner daily, preferably with nourishing and protective ingredients, to keep your eyebrows solid and healthy. Also, remember that **brow lamination is a low-maintenance solution** rather than a no-maintenance solution, so you'll still need to brush your brows into place each morning to keep a well-groomed appearance.

Top 5 Most Nourishing Ingredients for Lashes and Brows

Your eyelashes and eyebrows can benefit from these nourishing ingredients that will promote their growth, strength, and overall well-being:

- **Biotin:** This B vitamin promotes hair growth by strengthening the hair follicles. This prevents breakage and supports the overall health of eyelashes and eyebrows, and is highly present in our **Brow and Lash Toxx Serum**.
- **Castor oil:** Rich in fatty acids, **castor oil** is ultra-moisturizing, promoting thicker and longer lashes and brows. Use a product containing this ingredient to help rebuild your hair structure and make it softer and shinier.
- **Panthenol:** It is sometimes referred to as provitamin B5 in products. It is known for its moisturizing properties. It helps keep lashes and brows hydrated, preventing dryness and brittleness.
- **Peptides:** Amino acid compounds peptides may help enhance the thickness and length of your lashes and brows by promoting protein synthesis.

- **Vitamin E:** An antioxidant that can help protect hair follicles from damage, vitamin E also contributes to overall hair health by preventing oxidative stress and promoting a healthy scalp.

Combine high-quality care products with eating a balanced diet and maintaining proper hydration. You'll no doubt be fielding compliments right and left from people who admire your healthy-looking eyelashes and eyebrows.

How Long Will a Brow Lamination Last?

Brow laminations last around 6 to 8 weeks. However, your specific results may vary depending on how fast your hair grows, your aftercare routine, and the products your aesthetician uses.

Similar to a lash lift, brow lamination is a semi-permanent treatment. Over time, your natural brow hairs go through their growth cycle and shed, with new hairs replacing them. A touch-up or a new **brow lamination can be done** every 6 to 8 weeks to keep your brows looking their best.