

Weekly care *checklist*

Print it, stick it on your mirror, and tick as you go.

When	Hair extensions	Lash extensions	Gel nails
Daily	☐ Brush gently, ends up ☐ Heat protectant if styling	☐ Brush with a clean spoolie	☐ Cuticle oil
Every 2–3 days	☐ Check for tangles at the roots	☐ Cleanse with oil-free foam, pat dry	☐ Gloves for washing up
Weekly	☐ Wash only if needed, air dry	☐ Check for lifting or twisted lashes	☐ Hand cream; check for lifting
Every 2–3 weeks	☐ Check blend and colour	☐ Book your infill	☐ Book refill or safe removal

This week at a glance

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐	☐	☐	☐	☐	☐	☐
Hair	Hair	Hair	Hair	Hair	Hair	Hair
☐	☐	☐	☐	☐	☐	☐
Lash	Lash	Lash	Lash	Lash	Lash	Lash
☐	☐	☐	☐	☐	☐	☐
Nails	Nails	Nails	Nails	Nails	Nails	Nails

Stop and get help if...

Eyes	Red, swollen, painful or watering eyes after lash application
Nails	Redness, swelling or pus around a nail, or nails changing colour or shape
Scalp	Soreness, bumps, or sudden hair loss around the hairline

Reminder: this checklist is educational and not medical advice. For pain, swelling, infection or an allergic reaction, see a doctor or pharmacist.