

# EJ Cosmetics

Luxury Clinic & Academy



AFTERCARE GUIDANCE





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# ABOUT US

## Feel at home in your own skin

Welcome to EJ Cosmetics – Portsmouth's Award-Winning PMU & Skin Clinic

At EJ Cosmetics, we believe every client deserves to feel confident, radiant, and truly at home in their skin. Combining advanced skin therapies with expert permanent makeup artistry, we deliver exceptional results through a personalised, client-focused approach.

Your comfort, safety, and satisfaction are always our highest priority — so you can relax knowing you're receiving industry-leading care tailored uniquely to you.

Whether your confidence has taken a knock, you're on a glow-up journey, or you simply want to feel like yourself again, we're here to support you every step of the way.

Ella – Founder & Director

With over five years of medical experience, including time in the ambulance service and working alongside surgical teams, Ella brings a deep understanding of safety, precision, and patient care to every treatment.

Her goal is simple: to ensure you feel confident, cared for, and in safe hands at all times.



# IMPORTANT INFORMATION

 Salon Address:  
EJ Cosmetics  
8 Wellington Way  
Waterlooville  
PO7 7ED

- Please arrive on time for your appointment to ensure you receive your full treatment.
- If you're running late, let us know as soon as possible — we'll always do our best to accommodate you. If you're more than 10 minutes late your appointment may not be able to go ahead and you will be required to pay the full amount.
- You will receive consultation forms before hand, please make sure these are filled in as it saves time at your appointment.
- Please come with minimal makeup if you're having a facial, PMU, or skin treatment.
- Children or additional guests are not permitted in the salon for safety and comfort reasons. Anyone arriving with children or plus 1's without prior agreement will be turned away and required to pay the full amount.
- Parking is available nearby in Wellington Way Car Park, just a short walk from the salon. Free parking in Asda or Dukes Walk for 2-3 hours.
- Please allow a few extra minutes to find parking during busy times.

**All appointments require a booking fee, once you have paid your booking fee you will not be able to cancel your appointment without this fee being lost. You can move your appointment to another date providing it is to the same service and 5 days notice before your appointment is due to start has been given. If you fail to SHOW to your appointment or cancel without giving 5 days notice you will be charged 100% of the treatment price.**

**Under no circumstances will any refunds be given after a service has been carried out, or if you fail to follow any of these terms and conditions.**

# OUR SERVICES

## **New client consultation & treatment - 60 minutes**

Discuss in detail your skin concerns, skin goals and perform a full skin analysis, we'll create you a home & clinic treatment plan, plus carry out a treatment we think is suitable for you.

£50

## **Glass Skin Facial - 60 Minutes**

Hydrate, refine & shine. Advanced exfoliation with dermaplaning and microdermabrasion for your best skin yet.

£70

## **Tighten & Firm Facial - 80 Minutes**

Lift, firm, and rejuvenate your skin with this advanced facial. Perfect for boosting firmness, hydration, and radiance.

£90

## **Skin Reset Signature Facial**

Our ultimate rejuvenation facial, combining a chemical peel with microneedling for powerful, skin-transforming results.

£147

This advanced treatment deeply exfoliates, boosts collagen, and infuses the skin with medical-grade serums to target texture, fine lines, scarring, and dullness. Expect smoother, brighter, and revitalised skin with a radiant glow.

# OUR SERVICES

## Permanent Make Up

|                     |      |
|---------------------|------|
| Ombre Brows         | £245 |
| Combination Brows   | £255 |
| Hyper realism Brows | £265 |
| Lip Blush           | £300 |
| 8-12 week Top ups   | £85  |

## Skin Treatments

|                        |      |
|------------------------|------|
| Chemical Peel          | £60  |
| Microneedling          | £80  |
| Skin Boosters          | £200 |
| Polynucleotides        | £220 |
| Under eye skin booster | £130 |

## Botox\*

|         |      |
|---------|------|
| 1 Area  | £170 |
| 2 Areas | £200 |
| 3 Areas | £240 |

Lower face - Prices start from £160

Gummy smile

Lip Flip

Downturned smile

Smokers lines

Chin

Masseter

Hyperhidrosis (underarm sweating)

\*Prices are subject to change depending on areas & brand used

All Botox appointments require a Face to Face consultation with our Nurse Prescriber

# OUR SERVICES

## Dermal Fillers

|                                              |               |
|----------------------------------------------|---------------|
| 0.5ml Lips                                   | £120          |
| 1ml Lips                                     | £210          |
| Nasolabialfolds / Marionette lines - 1ml/2ml | £180/ £280    |
| Cheeks or Jaw - 1ml/2ml                      | £180/ £280    |
| Chin 1ml                                     | £180          |
| Tear Trough filler                           | £270          |
| Filler Dissolving                            | £180 per area |

## Filler Packages

|     |      |
|-----|------|
| 3ml | £440 |
| 4ml | £530 |
| 5ml |      |

## Non Surgical Facelift

|                                             |      |
|---------------------------------------------|------|
| Non Surgical Facelift - upto 14ml of filler | £660 |
| Non Surgical Facelift & 3 Areas Botox       | £820 |
| Non Surgical Facelift & 2 Skin boosters     | £880 |



# BROW AFTERCARE



## DO

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- Dap the brows with damp cotton wool for the first 24 hours
- Wash brows using cool boiled water for 7-10 days or until all scabs have gone
- Apply a pea size amount of aftercare balm provided 1x a day

## DON'T

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- **Touch** or **pick** the treatment area as this can lead to infection.
- Get the brows wet unless cleaning them with the soap provided
- Apply cosmetics, cleansers or lotions to the treatment area for **2 weeks**
- Exercise for **5 days**
- Use Sunbeds, saunas, steam rooms or swimming pools for **2 weeks**

After the scabbing has finished it may look like you've retained no pigment, this is **NORMAL**.

The skin regenerates and forms a milky layer over the pigment.

The pigment will start to resurface over the next 6-10 weeks.

Please don't judge your results 1 week into healing, full skin healing can take 10 weeks

Please note: the Aftercare balm provided is enough for 2 sessions, any more aftercare balm required will incur a charge

Please note: everyone's skin is different, therefore some clients may need more than 2 sessions depending on the skin's condition and if it's accepting of the pigment





# LIP BLUSH AFTERCARE



## DO

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- Dap the lips with damp cotton wool for 24 hours post treatment
- Keep lips moisturised using aftercare balm
- Drink through a straw for 5 days
- Cut food up and place it in your mouth

## DON'T

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- **Touch or pick** the treatment area as this can lead to infection.
- Apply cosmetics, cleansers or lotions to the treatment area for **2 weeks**
- Exercise for **5 days**
- Use Sunbeds, saunas, steam rooms or swimming pools for **2 weeks**

After the scabbing has finished it may look like you've retained no pigment, this is **NORMAL**. The skin regenerates and forms a milky layer over the pigment, the pigment will start to resurface over the next 6-10 weeks.

Please don't judge your results 1 week into healing, full skin healing can take 10 weeks  
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Please note: everyone's skin is different, therefore some clients may need more than 2 sessions depending on the skin's condition and if it's accepting of the pigment



# PMU FAQ'S



## **1. How long will my permanent makeup last?**

Permanent makeup typically lasts 1–3 years, depending on factors such as skin type, lifestyle, and aftercare. Oily skin types may notice pigment fading more quickly. Regular touch-ups every 12–18 months help maintain color and shape.

## **2. Is it normal for the colour to fade after my first session?**

Yes, completely normal. The colour will appear darker at first, then lighten by up to 60% during healing. A top-up session (usually 8–12 weeks later) refines the colour and shape for the final result.

**Please note clients with compromised skin, sun damage, oiliness may require a 3<sup>rd</sup> session. Not following strict aftercare will require more than 2 sessions**

## **3. What can cause my PMU to fade faster?**

Several factors affect longevity:

Sun exposure

Excessive exfoliation or chemical peels

Oily skin

Certain skincare products (like retinol or acids)

Not following aftercare instructions

**Using SPF daily can help preserve your results.**

## **4. Can I wear makeup after the treatment?**

Avoid applying makeup on or near the treated area until it's fully healed (around 10–14 days). After that, you can wear makeup as normal, though you may not need as much!

## **5. Is swelling or redness normal after PMU?**

Yes, slight redness, tenderness, or swelling is common for the first 24–48 hours. Applying a cool compress (not ice directly) can help reduce discomfort.



# DERMAL FILLER AFTERCARE



## DO

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- Keep the treatment area **clean and dry** of any fluid that may present itself after treatment
- Keep **lips** moisturized
- For **swelling**, apply an ice pack with a sterile barrier or take ibuprofen
- **Avoid** irritation from salty or spicy foods, Use a straw while drinking if you've had lip filler

## DON'T

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- **Touch** or **pick** the treatment area as this can lead to infection.
- Apply cosmetics, cleansers or lotions to the treatment area for **2 weeks**
- Exercise for **5 days**
- Use saunas, steam rooms or swimming pools for **1 week**

**INCASE OF EMERGENCY PLEASE CALL  
02393 553369**



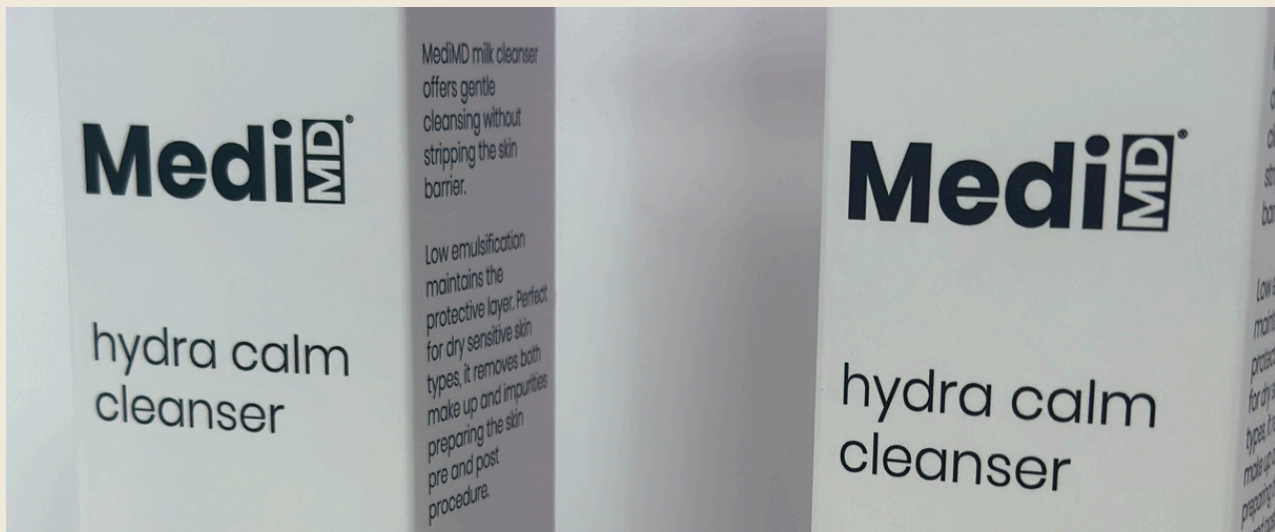
# MEDIMD

**Did you know we stock medical grade  
skincare in the salon.**

**In clinic purchases receive 10% off**

[WWW.EJCOSMETICS.COM](http://WWW.EJCOSMETICS.COM)

# BEST SELLERS



## Hydra Calm Cleanser

The MediMD Hydra Calm Cleanser (250ml) is a gentle, science-backed formula that cleanses without stripping the skin's natural oils. Designed for sensitive and dehydrated skin, it effectively removes makeup and impurities while maintaining the skin's protective barrier, leaving it soft, clean, and refreshed.



## Retinol Serum

Vitamin A / Retinol is a powerful, science-backed ingredient that supports healthy skin by stimulating new cell production and repairing damage. Suitable for all skin types, it helps improve acne, pigmentation, fine lines, and wrinkles while protecting against free radicals that cause inflammation and premature ageing.



## Sun Shield Facial Moisturiser

The Sun Shield Moisturiser is a lightweight, ultra-sheer formula that provides broad-spectrum UVA/UVB protection while nourishing the skin with active minerals and antioxidants. Using titanium dioxide instead of chemical sunscreens, it shields against environmental damage and irritation, combining advanced physical and organic UV filters for optimal defense.



# BOTOX AFTERCARE

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- Do NOT lay down for 4-6 hours after treatment
- Do NOT massage or touch the area
- No strenuous exercise for 24 hours
- No sauna, steamroom or sunbeds for 7 days, this can reduce the effectiveness of the product.
- Avoid excessive alcohol consumption for 48 hours
- No facials for 2 weeks after treatment
- Bruising and small bumps around the injection sites is completely normal and a potential side effect of Botox

It can take upto 14 days before your botox fully kicks in, between 14-21 days you'll have a botox review where we can increase the dosage if needed.

If you're worried or not sure about something please call 02393553369 or whatsapp us





# WINTER REVIVAL PACKAGE

Cold weather doesn't have to mean **dull, dry skin**. Treat yourself to the ultimate glow-up this season with our Winter Revival Package — **designed to deeply hydrate, plump, and restore your skin's radiance.**

## What's included?

✨ 2 Glass Skin Facials — for instant luminosity and smooth texture

💧 2 Skin Boosters — to deeply hydrate and rejuvenate from within

+ Optional Microneedling Add-On to increase your collagen by up to 400% — only £60 per session

🏠 Full home care routine designed for you and your skin, PLUS 10% off instore product purchases.

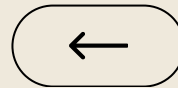
Reveal skin that feels refreshed, radiant, and full of life — even on the coldest days.

Plus grab £241 off this package now!

Click the link below to book 📍

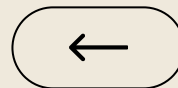
<https://that-time.co.uk/ej-cosmetics-ltd>

# ANTI AGEING SKIN CARE ROUTINE



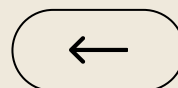
## Hydra Calm Cleanser

Cleansing is the most important step. We want to cleanse any makeup or impurities away that are sitting on the skin



## Retinol Serum

Vitamin A is the most well researched active ingredient. It speeds up cell turnover. Vitamin A is also an important antioxidant, helping to protect against the harmful free radicals that cause inflammation in our skin. It is this inflammation that often leads to unwanted skin disorders, fine lines and wrinkles and premature ageing.



## Moisturiser & SPF

2 of the most important products.

Every skin type needs a moisturiser even if you're oily. It's just about finding the right one!

SPF is non negotiable if you're on an anti ageing journey and using retinol.





# FACIAL AFTERCARE

To get the best results from your facial and keep your skin glowing, it's important to follow a few simple aftercare steps. Your skin will be more sensitive than usual, so treat it gently for the next 24–48 hours.

## DO

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- Keep your skin clean and hydrated – Use a gentle cleanser and a soothing, hydrating moisturiser to maintain your skin barrier.
- Drink plenty of water – Staying hydrated helps flush out toxins and enhances your glow.
- Apply SPF daily – Protect your fresh skin from UV damage with a broad-spectrum sunscreen (minimum SPF 30).
- Use gentle, nourishing products – Choose calming, fragrance-free skincare to avoid irritation.

## DON'T

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- Touch or pick your skin – This can transfer bacteria and cause irritation or breakouts.
- Wear Heavy makeup for 24 hours – Allow your skin to breathe and recover.
- Use Exfoliation or active ingredients – Avoid products with retinol, AHAs, BHAs, or scrubs for at least 3–5 days.
- Use Heat or sweat – Steer clear of saunas, steam rooms, hot showers, and exercise for 24 hours.
- Go in Direct sun exposure – Your skin is more vulnerable to UV rays immediately after a facial.



# MICRONEEDLING

## Want to increase your collagen?

Microneedling, also known as collagen induction therapy, is a minimally invasive skin treatment that uses fine, sterile needles to create tiny controlled micro-injuries in the skin's surface. These microchannels trigger the body's natural healing response, stimulating collagen and elastin production — the key building blocks for smooth, firm, and youthful-looking skin.

Microneedling effectively targets a range of skin concerns, including:

- Fine lines and wrinkles
- Acne scars and enlarged pores
- Uneven skin texture or tone
- Pigmentation and sun damage
- Dull or tired-looking skin

With regular sessions, microneedling helps the skin become smoother, firmer, and more radiant, giving a refreshed, youthful appearance with minimal downtime.

# MICRONEEDLING AFTERCARE

Microneedling triggers your skin's natural healing process to boost collagen and elastin production. Following the right aftercare is essential for optimal results and to prevent irritation or infection.

## 🕒 Immediately After Treatment (First 24–48 Hours)

- Expect mild redness and warmth similar to a sunburn — this is normal and should subside within 24–48 hours.
- Do not touch or rub the treated area to avoid introducing bacteria.
- Avoid makeup for 24 hours to keep pores clean and allow the skin to heal.
- Use only gentle, hydrating products recommended by your practitioner — typically a hyaluronic acid serum or soothing post-treatment balm.
- Avoid active ingredients such as retinol, AHAs, BHAs, or vitamin C for at least 5 days.
- Do not apply fake tan or self-tanning products for one week.

## ☀️ For the Next 3–5 Days

- Keep skin clean and moisturised with gentle, non-perfumed products.
- Avoid sun exposure and always apply broad-spectrum SPF 30+ when outdoors.
- Do not exfoliate or use scrubs until the skin has fully healed.
- Avoid heat and sweat – skip saunas, steam rooms, hot showers, and intense workouts.
- Avoid swimming (chlorine and bacteria can irritate the skin).

## 💧 General Healing & Maintenance

- Stay hydrated – drink plenty of water to support skin recovery.
- Use clean pillowcases and towels to prevent bacteria transfer.
- Do not pick or peel any flaking skin; allow it to shed naturally.
- Continue using a broad-spectrum SPF daily to protect your new, healthy skin cells.
- For best results, follow your recommended course of treatments (usually 3–6 sessions, spaced 4–6 weeks apart).



# CHEMICAL PEELS

A chemical peel is a professional skin-resurfacing treatment that uses a blend of active acids to gently exfoliate the outer layers of the skin, encouraging fresh, new cell turnover. By removing dull, damaged surface cells, chemical peels reveal a brighter, smoother, and more even complexion.

Depending on the depth and formulation, peels can target a range of skin concerns — from mild texture and congestion to deeper pigmentation and fine lines. Each treatment is tailored to your individual skin type and goals to deliver safe, effective, and visible results.

During the treatment, a customised solution is applied to the skin for a specific amount of time. The active ingredients (such as glycolic acid, lactic acid, salicylic acid, or TCA) work to:

- Dissolve dead skin cells and unclog pores
- Stimulate collagen production and skin renewal
- Fade pigmentation, age spots, and acne scars
- Refine fine lines and improve overall skin tone

The result is refreshed, radiant, and rejuvenated skin with improved texture and clarity.

# CHEMICAL PEEL AFTERCARE

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Thank you for choosing EJ Cosmetics — we look forward to seeing you again soon for your next treatment.

If you'd like to continue your skincare journey at home, you can purchase our professional products directly from the salon or online

[Purchase Products Here](#)

You deserve the best & we're here to help you!