



■ Please read 2 days before your appointment

Your Pre-Session Guide

Everything you need to know before your appointment

"A little preparation goes a long way. Follow these steps and you'll arrive feeling your best — so we can focus on creating something beautiful together."

■ Skin Preparation

- ✓ **Exfoliate gently** 2 days before your session — a light scrub removes dead skin cells and gives us a smoother canvas to work on.
- ✓ **Moisturise daily** in the days leading up to your appointment. Well-hydrated skin holds ink beautifully.
- ✗ **Do not moisturise on the day of your appointment.** Freshly moisturised skin can affect how the ink sits — keep it bare on the day.
- ✗ **Do not shave the area yourself** — I'll take care of that at the studio. DIY shaving can cause micro-irritation.
- ✗ **Avoid sunburn** on or near the tattoo area. Sunburned skin cannot be tattooed safely — wear SPF if outdoors.
- ✗ **No fake tan or heavy body products** on the area being tattooed. Arrive with clean, product-free skin.



■ Hydration & What to Avoid

- ✓ **Drink plenty of water** in the 48 hours before. Hydrated skin responds better to tattooing.
- ✗ **Avoid alcohol** for at least 24–48 hours beforehand. Alcohol thins your blood and can affect how ink settles.
- ✗ **Go easy on caffeine** on the day — especially if you're prone to anxiety. It can heighten sensitivity.
- ✗ **Avoid blood-thinning medications** like aspirin or ibuprofen where possible (check with your doctor first).



■ Eating Well

- ✓ **Eat a proper meal before you arrive** — something balanced with protein and complex carbs. A full stomach keeps your blood sugar stable.
- ✓ **Bring snacks and food with you!** The studio has a microwave and fridge — bring a meal, drinks, or snacks for longer sessions.
- ★ **Sweet treats are on me.** I'll have sugary snacks available to help keep your blood sugar steady throughout. You're very welcome!



■ Rest & Wellbeing

- ✓ **Get a good night's sleep** before your appointment. A well-rested body handles tattooing much better.
- ✓ **Wear comfortable, loose clothing** that gives easy access to the area. Dark colours are ideal in case of ink or stencil marks.
- ✗ **Please don't come in feeling unwell.** Tattooing stresses the immune system and affects healing — just message me and we'll reschedule.
- ✓ **Let me know about any health concerns** in advance — skin conditions, allergies, or anything else that feels relevant.



■ Entertainment & Comfort

- ★ **Music, TV, films & series** — I've got it covered! We can put on whatever you're in the mood for to help the time fly.
- ★ **Prefer to read?** Bring your book, magazine, or e-reader — whatever helps you switch off and settle in.
- ★ **Your own entertainment is always welcome.** Podcasts, playlists, audiobooks, phone games — bring headphones and whatever makes you feel at home.

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■ Final Thoughts

- ✓ **Trust the process** — you've chosen your design, booked your session, and done the prep. Now relax and enjoy.
- ✓ **Communicate with me** throughout. If something doesn't feel right or you need a break, please just say so.
- ★ **This is going to be something you carry with you forever.** I'm honoured to be part of your story — let's make it brilliant.

A Few Extra Things Worth Knowing ♦

- You can take a break whenever you need one — just say the word. No rush here.
- If it's your first tattoo (or it's been a while), it's normal to feel nervous — I'll go at your pace.
- Please arrive on time so we have the full session together.
- Any questions before your visit? Just message me — I'm happy to help.



"See you soon — I can't wait to create with you."

Valle Von Ink

Any questions before your session? Don't hesitate to get in touch.