CARE THAT CONTINUES AFTER YOUR APPOINTMENT

The Lash Care Journal

Five thoughtful reads for your everyday routine.

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A client guide to cleansing, shedding, eye comfort, lift-and-tint aftercare, and everyday hygiene. Featuring Prolong Lash Foaming Cleanser and Eye Hygiene Cleansing Mist.

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Prepared October 31, 2026. General education, not medical advice. Follow current product labels, service-specific instructions and your clinician’s recommendations. Product references do not imply manufacturer endorsement.

Reserve your SAHARO HAUS appointment

01 / DAILY CARE

Your lash line deserves a daily ritual.

Beautiful lashes come with a small commitment at home: caring for the skin and natural lashes beneath the finished design. A clean-looking set can still carry residue from skincare, makeup and everyday life. Your appointment is a good place to learn a routine you can repeat with confidence.

A practical cleanse with Prolong

Prolong Lash Eyelash Extension Foaming Cleanser Pump is premixed and ready to use. Shake it, then dispense 3-4 pumps onto a clean cleansing brush or other applicator specified on the label. Gently work around the lash line with closed eyes; avoid scrubbing or tugging. Rinse thoroughly with fresh water. Let lashes dry, then brush gently with a clean spoolie. [1, 3]

Prolong recommends cleansing extensions twice daily. Follow the current bottle directions and the start time provided for your adhesive; ask your artist if those instructions appear to conflict. Your clinician’s guidance takes priority if you have an eye condition. [3]

The optional finishing step

Prolong Lash Eye Hygiene Cleansing Mist contains 0.02% hypochlorous acid (HOCl). Its directions say to shake, mist 1-2 pumps onto closed eyelids and lashes, and allow to dry without rinsing. Keep eyes closed during application. Use it as directed on your own bottle. [2]

Ask Hannah to demonstrate the routine at your next appointment.

Sources: 1-3 on page 7. General education; individual service and product directions apply.

02 / SHEDDING & RETENTION

What your shedding can tell you.

A shed lash can look more noticeable when an extension is attached. Before assuming something went wrong, look at the overall pattern: when did the change begin, how much has changed, and do your eyes feel comfortable? Those details are more useful than a single lash photographed on your fingertip.

Natural turnover is part of wearing lashes

Natural eyelashes grow and shed in cycles. An attached extension may leave with the natural lash when it sheds. However, sudden loss, persistent thinning or visible gaps should not automatically be explained away as normal shedding. Eye-area irritation and mechanical stress can also contribute to lash loss. [4]

Keep the routine gentle and consistent

Use your Prolong foaming cleanser for the wash-and-rinse step described in Blog 1. The HOCl mist can complement that routine, but neither product should be presented as a lash-growth treatment or a guarantee of retention. If you notice a change, contact SAHARO HAUS before adding products or changing your routine.

Tell me the date of your last visit, whether one or both eyes are affected, and whether there is discomfort. A clear photo can help us discuss the appearance, but it cannot diagnose the cause. We can review your design, application notes and home care together.

Know when to seek another kind of support

Persistent natural-lash loss, skin changes or loss involving the brows or scalp needs assessment by a healthcare professional. Avoid pulling at remaining extensions or attempting to even out gaps yourself. [4]

Your follow-up starts with listening, not blaming your routine.

Sources: 1-4 on page 7. General education; unusual lash loss needs professional assessment.

03 / EYE COMFORT

When discomfort needs more than aftercare.

You are always welcome to speak up during an appointment. Burning, stinging, persistent itching or swelling should not be treated as the price of wearing beautiful lashes. Tell your artist immediately if something feels uncomfortable.

Similar symptoms can have different causes

Lash adhesives and other eye cosmetics can cause irritation or allergic reactions. Blepharitis, an inflammatory eyelid condition, can also cause redness, itching and crusting. An examination may be needed to identify the cause; an artist cannot diagnose it from a message or photograph. [5, 6]

Where Prolong fits - and where it does not

Prolong foaming cleanser and its HOCl mist belong in a product-directed hygiene routine. Do not use either as a substitute for assessment of a suspected infection, an adhesive reaction or an injury. Do not spray the mist into open eyes or use it as an eye drop. More product is not the answer to unexplained symptoms.

Stop using a cosmetic that causes irritation and seek medical advice if the irritation persists. If you already have an eyelid condition, ask your eye-care professional which products are appropriate and whether lash services should be postponed. [5, 6]

Act promptly on warning signs

Severe eye pain, light sensitivity or a change in vision needs urgent eye care. Sudden loss of vision is an emergency. Do not wait for your next fill or an artist’s reply to seek help. [7]

Let SAHARO HAUS know when symptoms began. I can provide the names of products used and your service details for your clinician. Avoid pulling off extensions or attempting chemical removal yourself.

Your eye comfort comes first, at every appointment.

Sources: 5-7 on page 7. General education, not diagnosis or treatment.

04 / LIFT & TINT

Aftercare should match your treatment.

A lash lift shapes your natural lashes, while a tint adds color. Your take-home instructions should reflect the systems actually used during your service. Advice for one brand should not automatically become a rule for every lift and tint.

Get the timing in writing

Before leaving, ask when you can cleanse, apply makeup and return to heat or steam. Water and steam are separate questions: for example, Elleebana says water will not undo its lift in the first 24-48 hours, while it advises avoiding heat and steam during that period. That is manufacturer-specific guidance, not a universal rule. [8]

How Prolong can fit your home routine

If you want to use Prolong foaming cleanser or the HOCl mist after a lift and tint, ask Hannah to confirm compatibility and timing with the treatment system first. Extension-care instructions alone do not establish suitability immediately after every chemical lash treatment.

Neither product replaces a conditioning step prescribed by the lifting-system manufacturer. Keep your written aftercare with the product names so you can check the instructions again at home, instead of relying on a routine you used after a different service.

Choose a considered follow-up

If the result feels different from what you expected, contact the studio before trying another chemical treatment. Describe what you see and when it changed. Do not attempt an at-home correction, and report any irritation promptly. Eyelash dyes can cause serious eye injuries; product selection and professional directions matter. [6]

Before you leave: confirm your cleansing time, product choices and next review.

Sources: 6 and 8 on page 7. This guide does not identify the lifting or tinting system used at your appointment.

05 / EVERYDAY HYGIENE

Your makeup bag is part of your lash routine.

The care you give your lashes includes the products, hands and tools that touch the eye area. A thoughtfully edited routine is easier to follow when you understand what each step contributes.

Keep cleansing and refreshing distinct

Use your Prolong foaming cleanser with water to wash away residue. The HOCl mist is a leave-on companion for between-cleanse refreshing; it does not replace washing or remove makeup in the same way. This distinction matters on busy days when a quick spray may feel like enough. [3]

Look after what touches your eyes

Wash your hands before applying eye cosmetics. Keep applicators clean and avoid sharing mascara or eyeliner. Use only products intended for the eye area. If an eye infection develops, avoid eye cosmetics until the area heals and discard those you were using when the infection began. [6]

Give your lash-care tools a designated clean place at home. Bring your cleanser and other eye-area product names to your appointment if you are unsure about your routine. There is no need to guess whether the bottle you already own is the one discussed during your service.

Make the routine fit your day

Use a regular morning or evening cue to remember your lash care, and keep the bottle directions available. After a workout or a long day out, assess whether your lashes need washing rather than assuming a mist replaces a cleanse. Follow the routine agreed for your products and comfort.

A routine you understand is a routine you can make your own.

Sources: 3 and 6 on page 7. General education; stop a product that irritates your eyes and seek care for persistent symptoms.

READ FURTHER

Sources & useful links

Tap a source title to read the original guidance. Manufacturer sources describe product use; the independent eye-health sources support the general care information.

1. Prolong Lash

Foaming Cleanser Pump: description and directions

2. Prolong Lash

Eye Hygiene Cleansing Mist: formula and directions

3. Prolong Lash

Can Hypochlorous Acid Spray Replace Lash Cleanser?

4. American Academy of Ophthalmology

Why Are My Eyelashes Falling Out?

5. National Eye Institute

Blepharitis

6. U.S. Food and Drug Administration

Eye Cosmetic Safety

7. NHS

Eye pain: symptoms requiring urgent care

8. Elleebana

Lash Lift Aftercare: The Elleebana Way

Questions about your service?

Visit SAHARO HAUS booking or reply to your appointment message. For eye symptoms, contact an eye-care professional.

This is SAHARO HAUS educational content. Product directions can change; check the label on your own bottle. No product in this guide is presented as preventing or treating eye disease.