



Tatoueur - Villiers-sur-Marne - marviinked.com

Preparation guide

Good preparation makes all the difference to the final result and to healing. Well-hydrated skin, a rested body and a calm mind make for a mo

Avoid sunburn in the two weeks before your session.

7 days before

Moisturise the area every day

Use a fragrance-free moisturiser. Well-hydrated skin takes ink better and heals faster.

7 days

24 to 48h before

Avoid alcohol

Alcohol thins the blood, causes excessive bleeding and stops the ink from settling properly.

24 to 48h before

Stay well hydrated

1.5 litres of water minimum.

Within 24h

The day before

Get enough sleep

7 to 8 hours minimum. A rested body handles pain far better.

7 to 8 hours sleep

Shave the area if needed

Do it the day before, not the same morning.

The day before

1 to 2h before

Eat a full meal

Never arrive on an empty stomach.

1 to 2h before

On the day

Thick cream + cling film

Apply Cicalfate B5 and cling film. Remove it before you arrive.

1h before the session

No perfume or alcohol-based lotion

The skin must be neutral.

On the day