



# POPULAR AFTERCARE INGREDIENTS

A PMUGOO HANDBOOK FOR ARTISTS & TRAINERS



# INTRODUCTION

Do you know the main ingredient in your favorite PMU or Paramedical Tattoo aftercare cream?

If you had to stop and think, or even guess - it should make you pause the next time you hand out an aftercare packet! Some aftercare creams contain artificial ingredients that are difficult to pronounce. Other natural products contain allergens that irritate the skin on contact.

Before you work with your next client, be sure you understand the ingredients in your favorite aftercare cream!



# PETROLATUM



Known by many names including petroleum oil, paraffin, and mineral oil, this waxy substance is derived from crude oil processing. Crude oil is made of fossilized minerals that are pumped out of the earth and separated into petrol gas or fuel oil. The milky substance that remains is Petrolatum, which is widely used in popular skincare products all across the globe!

This flammable by-product of oil refining contains dangerous hydrocarbons with a melting point close to body temperature. Petrolatum softens upon contact and forms a water-repellant film around the area, creating a barrier against evaporation of the skin's natural moisture.

Petrolatum is odorless, colorless, and it has a long shelf life. When properly refined, petrolatum has no known health concerns. However, with an incomplete refining history, petrolatum could potentially be contaminated with polycyclic aromatic hydrocarbons, or PAHs. PAHs are byproducts of organic material combustion, commonly stored in fats upon exposure due to its lipophilic (fat-loving) properties. There is no way to confirm proper refinement unless a complete refining history is provided.

# ANTIBIOTICS

Antibiotic ointments are amazing for treating bacterial infections on open wounds or skin abrasions. However, antibiotic ointments were not designed to treat fresh tattoos or help ink seal within the skin cells.

Antibiotics help flush the cells of dirt and debris that could be harmful, but also purges the beneficial skin bacteria and ink from the new tattoo. This is the last thing that we want to do, especially if the skin is not infected!

If the client develops an infection after using an antibiotic cream for healing, there is a higher likelihood of antibiotic resistance.



Antibiotic resistance occurs when antibiotics are used to treat the wrong type of infection (virus instead of bacteria) or the wrong type of bacteria.

Once bacteria learn about the antibiotics that are effective against them, they evolve and change to survive the next time! This is especially concerning if the client develops a skin infection after using an antibiotic cream for normal skin healing.

Most antibiotic creams also contain Petrolatum which is why they have a similar consistency.

# ADDITIVES

Additives are used in many tattoo or PMU aftercare creams to improve the color, consistency and scent. These additives are usually unnecessary and may be allergenic, but are thought to improve the client's satisfactory experience with the product.

An example of an additive that improves scent and consistency are Cetyl or Stearyl alcohol. The two can also be combined to create Cetearyl alcohol.

Cetyl alcohol and its cohorts are used to give lotions a pleasant scent and help combine the oil and water components for improved consistency and shelf life without separation.

Cetyl alcohol is an alcohol compound, so use on open skin can cause redness and painful irritation. Other additives that may cause unnecessary irritation or allergic reactions are dyes or color additives. Dyes have no benefit to the skin, and are known to cause redness or blisters that can be confused with infection.

Colors play a decisive role in the marketing of cosmetic products. Thousands of substances are used to color the product itself or to color a body part (hair, skin, eyelashes, and nails). Synthetic dyes are the most widespread in the cosmetics industry. Some of the dyes present in cosmetic products can cause negative health effects. Dermal contact, with special attention to areas close to mucous membranes, is the main route of human exposure to dyes present in cosmetics.



# ARNICA

Arnica is a yellow flower from the sunflower family that is toxic to consume unless highly diluted! Arnica preparations are usually a clear gel that will decrease redness, pain, swelling and bruising on contact. Oral preparations of Arnica should be avoided.

Arnica should not be used repeatedly on open skin as it can cause increased discomfort, including worsening redness and swelling. Arnica use on open skin can also increase the risk of toxicity. This is why Arnica should be used conservatively on a new tattoo until it has begun to heal after the first few days.

People who have a ragweed allergy may experience an allergic reaction from using Arnica. Symptoms of an allergic reaction to Arnica includes: hives, itching, runny nose, headache, inflamed sinuses and difficulty breathing.

Arnica works for all skin types, but it may be especially powerful for people dealing with reactive skin due to its anti-inflammatory properties. If you're just introducing Arnica into your skincare routine, pay attention to your skin's reactions 30 minutes to an hour after application to ensure you're not experiencing an allergic reaction.



# SILVER



Colloidal silver can cause serious side effects. The most common is argyria, a build-up of silver in the body's tissues causing a bluish-gray discoloration of the skin, which is usually permanent.

The U.S. Food and Drug Administration (FDA) has warned that colloidal silver isn't safe or effective for treating any disease or condition. Additionally, the FDA and the Federal Trade Commission have taken action against a number of companies for making misleading claims about colloidal silver products. Colloidal silver can cause poor absorption of some drugs, such as certain antibiotics and thyroxine (used to treat thyroid deficiency). There is also some evidence that it can cause kidney, liver, or nervous system problems.

Silver has no known functions or benefits in the body when taken by mouth, and it is not an essential mineral. Colloidal silver was used to treat infections and wounds before antibiotics became available. Colloidal silver and other complementary products or practices that have not been proven safe and effective should never be used as a reason to postpone seeing a health care provider about a medical problem.

# ALOE VERA



Aloe vera is derived from the natural rubber latex plant. This means it is a big no-no to use on anyone with a Latex Allergy! Aloe use on open skin can sting and burn on contact before beginning to work to soothe burned or chapped skin cells.

If the client has a Latex Allergy, the stinging and burning will not subside, and they will experience worsening skin redness and burning, and clear blisters will erupt underneath the skin surface. The only way to relieve the allergy is immediately discontinue aloe use.

If the client does not have an allergy, aloe vera can be a great natural moisturizer and can help to soothe dry skin. It also has anti-inflammatory properties, which can help to reduce the appearance of blemishes and wrinkles. Plus, aloe vera is non-irritating and can be used on any type of skin.

# OLIVE OIL

Olive oil is filled with squalene, Vitamin E and natural antioxidants that prevent that effects of free radicals on fine lines, wrinkles and scars. Olive oil is a natural product derived from olives, usually cold-pressed to ensure the beneficial cells aren't degraded by heat.

Olive oil is known for it's benefits in the cooking world, however, olive oil is not the elite oil in skin care. Prolonged use of olive oil (5-6+ weeks) can actually thin the skin and promote skin dryness. While olive oil boasts many health benefits, it's not for everyone. Excess olive oil on your skin can lead to clogged pores and acne breakouts. It may also irritate your skin.

Preliminary research suggests that applying olive oil topically can damage the skin's barrier, potentially leading to sensitive skin and atopic dermatitis.

Olive oil should be used with caution if you have sensitive skin. It should especially be avoided on infant's as it can negatively affect their natural skin barrier.

Olive oil is also used in laboratory environments as a medium to grow yeast. We definitely want to avoid a tattoo yeast infection!



# ESSENTIAL OILS



Plants make great medicine, but first you have to capture their essence!

Plant stems, seeds, leaves, flowers and roots become essential oils after being cold-pressed to capture their powerful botanical scents & healing properties.

Essential oils can be harmful in concentrated doses or when mixed with others inappropriately, which is why it is important to secure your plant essences from reputable sources in properly diluted dosages.

Essential oils do not actually make skin more oily. Most essential oils help the skin cells regulate natural sebum, which can help control oil production during the healing process.

Essential oils must be diluted in a carrier oil or a mixture of carrier oils that can be tailored to one's specific skin type. These carrier oils not only protect the delicate plant essence from oxidization, they help prolong the shelf-life and increase absorption in the skin!

# CARRIER OILS

Popular carrier oils include avocado, grapeseed, jojoba, coconut and argan oil. Carrier oils are usually inexpensive, bland in scent, color and flavor to ensure the more expensive plant essence shine through.

Carrier oils have natural antioxidant and assorted vitamin benefits for the skin, but act to enhance the distribution of essential oils throughout the skin and body. Used on their own, concentrated essential oils can cause skin irritation, burns or nervous system side effects, including nausea.



Essential oils evaporate and have a concentrated aroma. Carrier oils, on the other hand, are pressed from the fatty portions (seeds, nuts, kernels) and do not evaporate or impart their aroma as strongly as essential oils. Carrier oils can go rancid over time, but essential oils do not. Instead, essential oils "oxidize" and lose their therapeutic benefits, but they don't go rancid.

Plant essences and essential oils must remain in air tight, dark glass containers to preserve their quality, while carrier oils can be in clear containers for storage.

# HEMP SEED OIL

Hemp seed oil is a great carrier oil extracted from the hemp seeds of the cannabis sativa plant, unlike CBD, which is extracted from the leaves and flowers. One of the main benefits of hemp seed oil is its ability to soothe and heal tired, stressed-out skin. Rich in Vitamin A, C, E and F, hemp seed oil is also an excellent emollient that helps to hold moisture within the skin to help it feel softer and more supple.

Hemp seed oil decreases inflammation and irritation and provides relief for discomfort related to certain skin conditions. It is often recommended by dermatologists as an alternative solution for acne, psoriasis, eczema, and atopic dermatitis as it promotes the growth of new healthy skin cells.



Hemp seed oil restores the skin barrier, helps to retain moisture, and when used on the face, it controls oil production to moisturize without clogging pores. Hemp seed will not get you high as it contains no THC. Hemp seed also does not have all of the medicinal benefits of CBD, but comes from the same family of plants.

# FULL-SPECTRUM CBD OIL



Cannabidiol is the full name of full-spectrum CBD oil used to decrease skin irritation, inflammation, pain, anxiety, and so much more! The best carrier oil to increase absorption of CBD is MCT (coconut) oil. Due to its anti-inflammatory properties, CBD may be useful for treating many skin conditions, including acne, eczema, and psoriasis, which other aftercare creams can exacerbate.



Different varieties of cannabis plants contain different levels of cannabinoids. Typically, hemp plants contain far more CBD and almost no THC, which is why most CBD oil comes from industrial hemp. CBD oil comes in many different strengths, and people can utilize it in many different ways. For example, they can apply it directly to the skin, place a drop under their tongue, or add it to creams or lotions.



The human body contains a complex network of neurotransmitters and cannabinoid receptors known as the endocannabinoid receptor system (ECS). Research suggests that cannabinoids and the ECS may play a role in many bodily processes and that the skin contains cannabinoid receptors. CBD also has natural antibacterial and antifungal properties to help fight off infection! There is also no risk of CBD toxicity or overdose.

# ABOUT PMU GOO™

PMU GOO was created by RN & PMU Trainer, Nurse Tracy. PMU GOO is the first CBD Aftercare Cream created enhance skin healing and ink retention with less itching and flaking!

CBD naturally contains antimicrobial properties and relieves pain on contact. Most traditional aftercare products actually suffocate the skin, without providing any beneficial nutrients to promote healing.

CBD also has antioxidant protection to decrease the look of fine lines and scars, while increasing skin hydration!

PMU GOO can also be used as a glide to lubricate the skin during tattooing, while decreasing redness and inflammation. Keep reading for more information regarding CBD and popular aftercare ingredients!

If you want to decrease your client's experience with skin itching and flaking during PMU healing, you have to try PMU GOO!





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WANT TO LEARN MORE?



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*XOXO Nurse Tracy*