

# THANKS

FOR YOUR INTEREST IN

*I Woke Up Like This*

*i woke up*  
**LIKE THIS**

*Lethbridge, Ab.*

444-5 Ave. South

Suite 110

# our services

We use only the highest quality products and tools to insure you get the best results possible. Cleanliness, quality, and your satisfaction are always our TOP priority.

## PERMANENT MAKEUP

### *Natural + Low Maintenance*

Do you want to enhance your eyebrows, lips or eyes? We offer permanent brows, lip blush, eye liner and lash enhancements that are totally customized to your style and preference.

## SCAR & STRETCHMARK COVER UP

### *With or Without Pigment*

Using paramedical tattoo techniques, we can soften, smooth out and cover up scars and stretchmarks. We offer camouflage using pigments as well as inkless options using healing vitamin serums.

## SKINCARE & MICRONEEDLING

### *Fresh + Flawless*

Microneedling, BB Glow, facials and chemical peels are perfect for keeping your skin glowing and healthy. We treat fine lines, acne and acne scarring, large pores and skin tone.

## NAILS, WAXING & LASHES

### *Chic + Creative*

We offer nails for any occasion as well as waxing, threading and classic and hybrid lashes.

[CLICK TO BOOK NOW](#)



# why choose us

## LET'S KEEP IT REAL!

There are a LOT of choices out there BUT here is why you should chose US!

First let's talk about the LEGAL Stuff. We are certified, insured, licensed and passed all health inspections.

Second we are really good at what we do - but don't take our word for it... Here are what real clients have said about using our services.

[IWOKEUPLIKETHISYQL.COM](http://IWOKEUPLIKETHISYQL.COM)



Amazing customer service. Super professional. Most definitely biggest value for your dollar. Christina is one of a kind person that you walk into her studio a client and walk out a friend. She is kind and understanding and goes over and above to make your experience unique and best one yet. Can't wait for my next session. Recommend Christina 1 billion %.

- Dina M.



I had eyeliner done top and bottom and absolutely would recommend anyone to go get permanent makeup done. Very relaxed and didn't hurt at all. Felt like I've know her forever! Best experience getting eyeliner done ever!

- Wendi S.



Workspace was very clean and hygienic. Extremely professional, pays attention to detail. Steady hand and keen eye. Trustworthy. Dependable. Have no trouble recommending .

- Kay A.

# *What we need from you:*

This is a team effort with you and us... and to ensure you get the best results possible here is what will be needed from you.

- ✓ Clear Communication
- ✓ Realistic Expectations
- ✓ Ability to follow the After Care during the healing process
- ✓ Scheduling any follow up sessions in a timely manner

# *What you will get from us*

- ✓ Professionalism & Patience
- ✓ Highest quality products
- ✓ Excellent customer service
- ✓ Advanced skills and techniques

# *the next steps...*



If you have any further questions please feel free to use the contact info below to reach out to us



If you are ready to book your appointment please use the "book now" button below to secure your spot today

[\*\*CLICK TO BOOK NOW\*\*](#)

## **CONTACT US**

PHONE: 403-795-0829

CHAT: [IWokeUpLikeThisYql.com](https://www.IWokeUpLikeThisYql.com)

### **Business Hours**

Monday – Saturday: By Appointment Only

CLOSED SUNDAY



# About Us

A little about the owner

It all started in the 90's when I overplucked my brows to be like Gwen Stefani... little did I know that overplucking would lead to sparse brows as I aged. It wasn't until I discovered permanent makeup that I truly found my passion. After getting my brows done I was transformed into a NEW woman!!! I had confidence, I had increased self-esteem and LOVED MY BROWS. I felt amazing and it was that exact day that I wanted to help other women feel the same. So I did!

4 years and 4 certifications later I have performed hundreds of services and wake up loving every day looking forward to helping my clients feel more confident.

- Christina

IWOKEUPLIKETHISYQL.COM

# THE PROCESS

## Permanent Makeup

Appointments can range from 2-3 hours

1.

### CONSULTATION

Before we do any services I want you to feel 100% comfortable and confident so this is where we answer all of your questions so we are on the same page.

2.

### SHAPING

We will discuss your bone structure, check out your dream brow photos and map out your best brows for your face and you will be able to fine tune it to perfection.

3.

### Color & Ink

Next we will blend and create the perfect color, get you numbed up and begin your service. Don't worry, you should feel little to NO PAIN during the entire appointment.

4.

### Perfecting Session

After about 4 weeks from your 1st session you will be fully healed and will come back for your perfecting touch-up session.





# FAQ

## Does it hurt?

Permanent Makeup is a form of tattooing and I know many of us associate great pain with a tattoo BUT that is just not the case with the modern advances in permanent makeup. For starters our tools and ink are very precise and create the least amount of trauma possible and you will be happy to know that we also use numbing agents to be sure your service is the most comfortable as possible with little to NO pain at all.

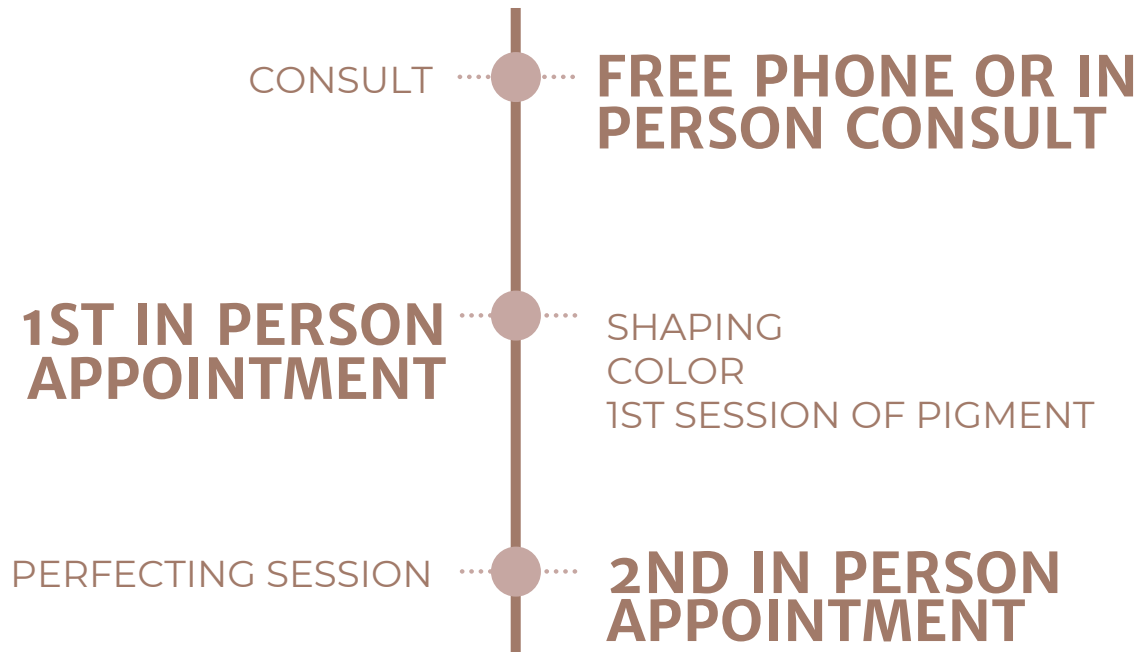
## Do you shave my eyebrows?

NO we do NOT shave off your eyebrows. We will however spend some time mapping out your best eyebrow shape and removing any surrounding hairs via plucking to show you your new shape.

## How long is the down time?

As with any service we want to know how long in the healing time. With permanent makeup we are implanting ink under the layer of skin and creating a wound. The healing process takes about 4 weeks but you can return to work the very same day with almost NO noticeable wound at all. Be warned your co-workers may notice your incredible new makeup!

# timeline



## HOW TO BOOK

You can book your own appointment using our online scheduler to find the best date and time for you.

[\*\*CLICK TO BOOK NOW\*\*](#)

We accept cash, debit, credit and Sezzle.

# pmu services

## COMBO BROWS & POWDER BROWS

### *The Best of both Worlds*

If you are looking for the finest blend of both natural hairlike strokes with shading to add depth and fullness then Combo Brows are your answer. With this dual technique you can have it all. If you want more of that "make-up" look, then Powder Brows is your answer.

## LIP BLUSH

### *End the smear + Lip Discoloration*

Now that masks are almost a thing of the past we can show off our lips again! Lip Blush is an amazing service that give a subtle lip color that will NOT smear or wipe off. Lip Blush can also help with lip discoloration.

## EYELINER

### *Top Liner + Bottom Liner*

Are you tired of applying your cat eye and wasting time making it even every morning.. Why not wake up with precise eyeliner ready to go!

[CLICK TO BOOK NOW](#)

# pmu services

## SCAR CAMOFLAUGE

### *Hide those scars + Stretchmarks*

Calling all scars and stretchmarks!!!

You will NOT want to miss this amazing service that uses a blend of your skin tone inks to hide and camouflage your scars and stretchmarks. You will NOT believe how amazing this looks. Please note numerous sessions may be required to reach your desired goal.

## FRECKLES

### *Hey There Cutie*

Do you dream of having a few cute freckles added to your face or body? We can help. Painless and quick we can get your on your way to ultimate freckle goals.

## SCALP

### *Goodbye Thinning Hair*

With the advances in ink we are able to add pin like dots to your scalp to give you the effect of hair follicles growing! It really is quite incredible and life changing for many of my clients.

[CLICK TO BOOK NOW](#)

# pmu services

## REMOVAL

### *Lift and Fade Old tattoos*

If you have old PMU or tattoos that you need lifted or faded we offer removal services to help you. Please note that depending on how old your previous work is will determine how many session you may need to achieve your best results.

## MICRONEEDLING & BB GLOW

### *Polished Perfection*

Microneedling enhances the texture of the skin, stimulates collagen production, reduces scars and fine lines and shrinks pores and reduces hyperpigmentation. Adding BB Glow to your microneedling routine evens out skin tone, giving your skin a polished look.

## CONSULTATIONS

### *Let's Chat*

There is nothing more that we want for you then to feel comfortable and safe with us. So if you have any questions or concerns we would be honored to answer them during this FREE consultation session. Please come prepared with a list of your questions and any inspo photos. Can't wait to you.

[CLICK TO BOOK NOW](#)



# Prior PMU?

What if you have previous PMU work done by another artist?

I am still excited to work on you BUT I will need to see your prior work FIRST before booking so here is what you need to do.

Please take 3 photos to send over.

Make sure you have NO makeup over previous work  
NO filters AND Good Natural lighting.

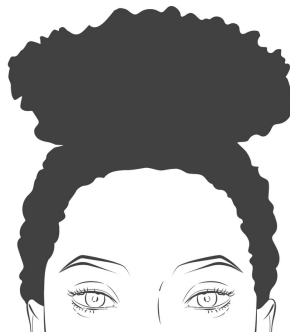
1

Right Angle



2

Front



3

Left Angle



Send photos to



[CHRISTINA.CARDINAL@LIVE.CA](mailto:CHRISTINA.CARDINAL@LIVE.CA)

# *Is PMU for you?*

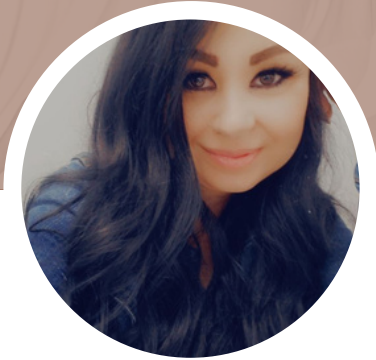
Permanent Makeup is an incredibly safe procedure for a healthy individual. Because PMU does cause a skin trauma and your body must react in a proper healing manner you must meet the following health requirements for the best possible results:

- Must be 18 years of age or older
- Not Pregnant or Nursing
- Not on any blood thinning medication
- Not Diabetic
- NO skin sensitivities, open wounds, eczema around the treatment area
- NO Botox or Dysport within 4 weeks of appointment date
- NOT on acutane for the last 6 months

## *Skin Type...*

We all have a unique skin type whether it be oily, dry or combination and PMU can heal differently according to your skin type. When we do your consult and I understand your brow goals I will recommend the best technique for you so having an open mind will allow me to guide you to your best results.

# MEET THE TEAM



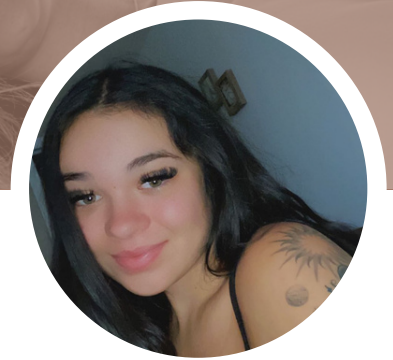
**CHRISTINA**

Cosmetic & Medical  
Tattoo Artist



**SONDRA**

Nail, Lash & Wax  
Technician



**COURTNEY**

Skincare  
Specialist

# ARE YOU READY?

BOOK TODAY