



Photograph by Carole Furiex, 2023

Table of Contents

Part 1: Discussing your design.	3
Part 2: Booking your appointment	5
Part 3: Preparing for your appointment	7
Part 4: Your appointment	9
Part 5: Aftercare and Healing	11

Part 1: Discussing your design

- Consultations
- Your project idea
- Tattoo placement
- Dimensions of your design
- Your budget
- Rates
- Reference
- Accessibility

Part 2: Booking your appointment

- Booking your appointment (in London*)
- Time estimates (and why you need one)
- Over/under booking
- Deposits and refunds
- No call/no shows
- Guest spot bookings (UK and international)

Part 3: Preparing for your appointment

- Skincare and hair removal
- Anaesthetics I
- Before your appointment
- What to bring with you
- Clothing
- Consent forms

Part 4: Your appointment

- Tattoo process
- Anaesthetics II
- Breaks and “Tapping out”
- Silent appointments
- Equipment and ingredients
- How/when to play
- Tips

Part 5: Aftercare and Healing

- Introduction to healing your tattoo
- Instructions for cling film
- Instructions for second skin
- Instructions for sterile padding
- Don'ts
- Do's
- Recommended soaps, ointments and creams
- Additional information

Part 1: Discussing your design.

Consultations

The first step in booking any tattoo is a short consultation to discuss the specifics of your project. This can be done in person (in London, by appointment only) or via my consultation form [here](#). You will be asked a few simple but necessary questions that will allow me to first work out if it possible to meet your expectations (as sadly not all things are possible within the medium of tattooing) and then give you a time and cost estimate for your project.

Your project idea

Firstly, I'll need you to talk a little about what you're looking for. If you're wanting to arrange an appointment for one of my available pre-drawn projects, I'll need to know which design you're interested in. I love booking people for these projects because they give me the most creative freedom to draw the things I love and share them with you. However, please note that my pre-drawn projects will have a minimum size limit and it's not always possible to scale them down. So, if we cannot reconcile your preferred design with your preferred placement, then a custom tattoo would be a better option for you. My bespoke design service comes at no extra cost and is perfect for people who prefer to have a little more control over the substance of their tattoo. Custom tattoos can be drawn to fit any placement, any dimensions and any budget. The best thing about them is that it not only enables you to have a tattoo that is completely unique *to* you, but a piece of art that would never have existed if it wasn't *for* you.

Tattoo placement

Knowing where you want your tattoo is a must. You can have a couple of different placements in mind and I'm happy to discuss best options with you regarding this, but in order for your design to flow with the placement I need to know the boundaries of that placement. If your tattoo is a "gap filler" or needs to work around an existing tattoo, I will need to know and will need photos of the placement and existing tattoo so I can design your new tattoo around it. This especially applies to cover-ups of existing tattoos and/or significant scar tissue.

Dimensions of your design

The needles I use for most of the tattoos I make are very fine, but there are limits to what I can achieve with them. Generally, a single line can have up to a millimetre of spread throughout the first year. This is a normal part of the healing process and part of my job is to make sure that the size of the tattoo is big enough to accommodate this. It isn't therefore possible to make some hyper-detailed miniature tattoos that maintain their shape once they've settled. So, in order to avoid a murky, unsightly healed tattoo, there will always be a minimum size applied to each and every design.

Knowing the dimensions of your design are also important because it allows me to tell you how long (approximately) your tattoo will take and give you an estimate on overall cost. These estimates are for the discussed design, size and placement only, and any changes made after booking or on the day could either decrease or increase your time and cost estimate so it's important to get it right.

Dimensions can be given in any unit of measurement but centimetres and inches work best.

Your budget

Depending on the size of your tattoo, it could take several sessions to complete so knowing how much you want to spend per session or for your tattoo in its entirety is the best way to avoid disappointments and additional costs. If you have a strict budget, then I will be able to tell you whether it is or isn't possible to make your tattoo as desired and I will be able to discuss potential other options with you. I am always happy to split large projects into small, more financially manageable sessions to

spread the cost out. Personally, (and spoken as someone who started getting tattooed at a young age and repeatedly sought quantity over quality) I would always recommend playing the long-game instead of compromising on your first choice, but whether for distance or opportunity I know this isn't always possible so if you need to work towards a middle ground then I will do my utmost to assist you.

Rates

My rates in London are £100ph with discounts on my pre-drawn designs. This is a reflection of the location and rates will vary from studio to studio. If I am travelling, then my rates may also reflect additional travel costs. I will always be entirely transparent about my rates when enquiring so please feel free to check in with me about guest-rates before sending your proposal.

Reference

If you have reference that you feel would better explain your project idea you can bring them to your consultation or submit them via my consultation form. These can include photographs, paintings and illustrations, and images of similar tattoos. However, please be aware that I do not copy designs or imitate the styles of other artists so whilst reference can give me a window into your thought process, the things I create will be similar thematically but not stylistically. Though I am happy to recreate old paintings and book illustrations providing whomever made them either gave you their permission or are long deceased.

Accessibility

There is a short step of a few inches into the studio, but the grounds are otherwise accessible via wheelchair. If this doesn't work for you, please get in touch and let me know what kind of equipment I would need to assist you.

Part 2: Booking your appointment

Booking your appointment (in London*)

I try to make my booking process as smooth as possible by allowing clients to book their own appointments. This not only helps to prevent double-booking, but also helps prevent you from potentially missing out on your preferred dates by allowing you direct access to my available appointments. Once your consultation is complete, you can [use my website to check my availability](#) for the current booking period and find something that best suits you, pay your deposit and your appointment will be firmly confirmed within 24hrs. You can also use the link in your confirmation email to reschedule your appointment if need be. *For appointments outside of London, specific instructions will be given once dates are released.

Time estimates (why you need one)

During your consultation, I will give you a time estimate for your appointment so you can select the right amount of time you need when you book in. Without this estimate you risk booking too little or too much time for your tattoo which is not always possible to rectify this on the day if I have other clients to attend to, and can have other undesirable consequences that I would prefer to avoid. Please keep in mind that time estimates are specific to the design we have discussed, and any addendum's may come with an extra cost.

Clients who are working with me on large-scale projects will be given time estimates at the end of your sessions, so you will be able to book your next session without having to check in with me first.

Over/under booking

If you do not select enough time for your appointment and I have other clients scheduled after, I may not be able to complete your tattoo on the day. This isn't always a dire situation, but if I cannot finish the outline specifically then not only will you leave with a funny-looking tattoo, but we'll have a much harder time lining transfers up in your next session.

Conversely, if you book for an appointment without first speaking to me you may have to pay for time that you didn't need, and that no one else can take. It doesn't make me feel good and I'd really prefer not to have to do it, so please be careful to follow the booking instructions and email me if you feel unsure.

Deposits and refunds

Deposits are £120 for appointments in London, £100 for intranational guest spots outside of London, and £150 for international guest spots. These are non-refundable. I am however happy to transfer your deposit to another appointment provided that 7 days notice is given.

Please note that failure to provide physical ID on the day of your appointment will result in the cancellation of your appointment and the loss of your deposit.

No-call, no-shows

If you can no longer make your appointment and do not call to inform me, you will lose your deposit for that session and will have to pay another in order to rebook. If this happens a second time then the deposit for your next appointment will increase to the total cost of the session and will not be returned to you if you do not attend it. This may seem extreme, but I am self-employed and if my clients don't attend their appointments I don't get paid. Again, I'd rather not have to do this so please try to be respectful of my time.

Guest spot bookings (rest of the UK and international)

Guest spot bookings still follow the same consultation process but as spaces are limited I make all of my own bookings via email only. You will not be able to book for guest spots via my website and may

require some flexibility in your schedule. Guest dates will be sent out via my mailing list before they reach my socials so if you're concerned about missing out you can add yourself to my mailing list at the bottom of the page. I send mail-outs a handful of times throughout the year, mainly to notify clients about diary openings, relevant dates, new journal entries and discounts. So you have my word that you will not be spammed with newsletters ad nauseam and you can unsubscribe at any time.

Part 3: Preparing for your appointment

Skincare and hair removal

Well-moisturised skin generally has an easier time getting tattooed. It improves the texture and flexibility of your skin as well as helping to prevent tearing during the tattoo process. But whilst well-moisturised skin is great, I stock some great glides that not only moisturise your skin, but contain ingredients that help sooth and aid in healing. So please don't worry if this isn't a part of your routine. The same goes with hair removal; if it's not something that is part of your routine, it is often best left to your artist. We stock razors at the studio and these haven't failed us yet.

If you don't like shaving and prefer wax-removal this can be done at home or at a salon but please be careful to do this *at least 48hrs prior* to your appointment to avoid a mean rash and very tender skin. Please note, that I will not be able to tattoo you if you have opted for home-removal and have razor burn or a rash from waxing so if you're concerned about this it is best left to us.

Anaesthetics

Whilst I do not supply topical pre-tattoo anaesthetics, I have happy for you to use your own providing you let me know, as they can affect the texture of your skin. Please make sure to apply your anaesthetics as instructed to in the product information. If you require help with this, you will have to come to the studio an hour early so we can help you. Please note that anaesthetics can occasionally cause side affects and allergic reactions not conducive to getting tattooed or healing tattoos so it's important to read the info in the supplied instructions and do a patch test or contact your GP if necessary. It is also worth noting that whilst anaesthetics prevent you from feeling pain for a short while, they do not affect the amount of stress that your body is going through, so when the anaesthetic wears off, it can feel a whole lot worse than if you'd never used it. Therefore we only tend to recommend anaesthetics for smaller tattoos that only take an hour or two.

Before your appointment

Make sure you're well rested and that you've had something substantial to eat for breakfast. This will help carry you through your session. Alcohol can thin your blood so please do not drink the evening before your appointment as this can affect how your skin takes to the ink and the healing process of your tattoo. I also cannot tattoo you if you are intoxicated.

What to bring with you

*Physical government-issued ID **must** be brought to every appointment.* This is for insurance purposes and is mandatory. You will not be able to get tattooed without it and may lose your deposit if we have to cancel your appointment. I ask that clients bring as little with them as possible to prevent cross-contamination (e.g. just your phone, wallet, keys, headphones, a snack and something sugary to drink as well as any medications you may need such as insulin, inhalers or epipens) but there is space to store coats and larger bags for those of you travelling or shopping. However there is unfortunately nowhere to accommodate anyone that isn't getting tattooed.

Clothing

Clothing should be comfortable, and allow me access to the area you want tattooed and that area *only*. The space I work from is entirely private but many studios are open-plan with little structural privacy and I try not to expose any more of your body than is absolutely necessary. For people with breasts I recommend simple tie bikini tops that can easily be moved while keeping you covered if your design is going to be placed on the chest, solar plexus, upper ribcage or mid-upper back. Button

shirts can also be worn backwards and taped at the sides. Shorts and boxers can be worn if you are getting your legs tattooed.

Consent forms *

Each client will need to fill out a consent form before getting tattooed. In it there are questions pertaining to your personal health that you should be honest about. It is not only important for us to keep our practice safe, but also to keep *you* safe. If you are not honest about things like medications and other substances and something happens to you whilst you're getting tattooed I need to be able to potentially let a paramedic know so they don't do something that will further harm you. Rest assured I do not discriminate against anyone for the situation they are in, everyone is warmly welcomed to get tattooed by me providing it is safe for you to do so. If you're concerned at all and have questions, I can be contacted via my form here or via email to thewlfcvlt@gmail.com

Part 4: Your appointment

Tattoo process

Once you've filled out your consent form, we'll spend a little time working out the size of your design and discuss options if you find you want to change the size or the placement last-minute. This isn't always possible for the reasons I've previously mentioned, but sometimes we get lucky and we can make a design a little larger or a little smaller without *significantly* affecting the duration of your appointment. Once we have this figured out, your design is stencilled on and given a little time to dry before we begin.

I will always let you know before I actually start tattooing you, often beginning with a small line for those of you coming for their first tattoo or having a tattoo in a typically painful area. It can sometimes be a little tougher on the body to lie in a single position for extended periods of time, so if you start to experience aches and pains or numbness and tingling, we can stop to switch to a different position or support your joints and pressure points with pillows. Once your tattoo is complete I will clean it and leave it to sit for a few minutes before, with your permission, taking some photos. I will then wrap your tattoo with either cling film, second skin or sterile padding (the choice is yours) and talk you through aftercare. You will also be given written aftercare instructions before you leave, and can also refer back to them here.

Anaesthetics II

Whilst I do not stock pre-tattoo anaesthetics, I do occasionally stock anaesthetic sprays that can be used on broken skin. So if you're struggling but feel like you could carry on with a little extra help, just ask. If you have allergies and want to check the ingredients I'm happy to email you the product information and if you feel like you need to consult your GP I encourage you to do so.

Breaks and "tapping out"

You are more than welcome to take as many breaks as you need during your session; tattoo-receiving is not always easy and I want you to be able to take all the time you need. However, and I'm sure many tattoo-receivers will attest to this - taking multiple breaks can sometimes make it harder to come back from and if you can push through, it might not feel like it, but it is easier in the long run. Taking multiple breaks can also increase the duration of your appointment, and the likelihood of needing to reschedule to finish on another day, which is something to think about for those of you who often travel to get tattooed. However, if you're struggling (as we all do getting tattooed sometimes) and you need to "tap out" - that's ok! I check in regularly with my clients whilst they're getting tattooed but ***it's ok to withdraw consent at any time***, so please don't be afraid to let me know if you'd like to stop.

Silent appointments

Not everyone likes to chat with their artist during the tattoo process. Maybe you're shy, or prefer to sit with the experience uninterrupted, or just don't have much to talk to me about. I'm comfortable with making conversation or simply letting you be, and you will not hurt my feelings if you'd prefer that I check in only when absolutely necessary. There is an option for silent appointments on my [consultation form](#), or you can let me know how you're feeling on the day.

Equipment and Ingredients

Everything I stock is vegan and where possible, eco-friendly. But if there's something specific you need to know, please feel free to [contact me](#).

How/when to pay

Your deposit is deducted from the total cost of your appointment on the day, and the rest can be paid via cash, card or PayPal.

Tips

Tips are deeply appreciated but not expected. So while it's nice to feel like I did a good job it's not something I would ever ask from a client so please do not feel pressured to do so. I will accept words of affirmation, high-fives, (vegan) baked goods and a nice leaf you found on the ground instead.

Part 5: Aftercare and Healing

When your appointment is complete, your tattoo will be cleaned with antibacterial soap and covered with either cling film, second skin or sterile padding. Aftercare methods will differ slightly depending on your choice of tattoo covering, and all have been outlined here.

From the moment you leave the studio, it is your responsibility to take care of your tattoo and how you take care of your tattoo during the healing process can have meaningful results. Good tattoo hygiene will reduce the risk of infection, aid healing and help maintain the colour and sharpness of your new tattoo.

Before touching your new tattoo at any time, be sure to wash your hands thoroughly with an antibacterial soap to make sure you are not spreading pollutants or bacteria into the open wound.

Instructions for cling film

- ❖ Cling film should be removed in the evening (of your appointment) by carefully unwrapping it or unpicking the micropore tape and must be washed immediately.
- ❖ Wash your tattoo in **tepid** water - hot water will be too harsh for a fresh tattoo.
- ❖ Use only clean hands and fingertips to wash your tattoo, using a (preferably) PH balanced soap. Do not use a cloth.
- ❖ Gently rub away any traces of blood or ink in a circular motion. The tattooed area should no longer appear shiny if it is thoroughly cleaned.
- ❖ Repeat these steps the next morning.
- ❖ Allow your tattoo to air-dry and leave for 24hrs before applying ointment.
- ❖ Apply a minimal amount of your chosen ointment - just enough to cover your tattoo. If you apply too much ointment, it can be massaged into the surrounding area or wiped away with paper towel.

Instructions for second skin

- ❖ Second skin can be left on for a few hours or a few days. I recommended leaving it on for a minimum of 4hrs and a maximum of 4 days. Your tattoo will secrete a little blood, plasma, and ink over the first 24hrs which can look a lot like vinegar underneath the patch. This is normal and can be washed off when the patch is removed.
- ❖ Second skin should be taken off slowly in the shower under **tepid** water. Hot water will be too harsh for a fresh tattoo and can transfer adhesives from the patch to your skin.
- ❖ Use only clean hands and fingertips to wash your tattoo, using a (preferably) PH balanced soap. Do not use a cloth.
- ❖ Gently rub away any traces of blood or ink in a circular motion. The tattooed area should no longer appear shiny if it is thoroughly cleaned.
- ❖ Allow your tattoo to air-dry for 10-15minutes
- ❖ If your patch was removed the evening or the day after your appointment, then you should allow your tattoo to dry out over 24hrs before applying ointment. If you decide to leave the patch on for the full 4 days, then ointment can be applied immediately after washing.
- ❖ Apply a minimal amount of your chosen ointment - just enough to cover your tattoo. If you apply too much ointment, it can be massaged into the surrounding area or wiped away with paper towel.

Instructions for sterile padding

- ❖ Sterile pads can be left on for 6-8hrs, and occasionally overnight. Once removed, there will be traces of blood, plasma, and ink on the inside - this is nothing to worry about.

- ❖ Pads are best taken off slowly in the shower but can be removed dry without too much trouble.
- ❖ Use only clean hands and fingertips to wash your tattoo, using a (preferably) PH balanced soap. Do not use a cloth.
- ❖ Gently rub away any traces of blood or ink in a circular motion. The tattooed area should no longer appear shiny if it is thoroughly cleaned.
- ❖ Allow your tattoo to air-dry for 10-15minutes
- ❖ Apply a minimal amount of your chosen ointment - just enough to cover your tattoo. If you apply too much ointment, it can be massaged into the surrounding area or wiped away with paper towel.
- ❖ Sterile patches can be used in this way throughout healing until there is no longer any plasma on the inside of the pad once removed. Just ask for extra pads if you would like to do this.

Dont's

- ❖ Do not re-wrap the tattoo with cling film unless instructed to do so. If you would like to discuss keeping your tattoo covered with cling film for a few days ('wet healing') please first ask me.
- ❖ Do not soak your tattoo - this means no baths, swimming, saunas, or hot tubs for at least two weeks. Soaking a fresh tattoo not only increases your risk of infection, but it can also detach scabs and draw out the ink, making your tattoo patchy once healed.
- ❖ Do not apply excessive ointment. This can suffocate your tattoo, prolong healing, and increase your risk of infection.
- ❖ Avoid rigorous exercise, sports and going to the gym during the healing process. At least for the affected areas. Sweat will irritate your tattoo, and stretching the area can cause the lines to "blow out" and increases your risk of hypertrophic scarring.
- ❖ Do not pick or scratch your tattoo, you will damage it, your skin, and potentially cause scarring.

Do's

- ❖ Enjoy your tattoo! You worked so hard to get it!
- ❖ Continue to moisturise your tattoo! If it feels dry, tight, itchy or in some cases, a little sore, add a little moisturiser as and when you need.
- ❖ Ask me if you are unsure about *anything*.
- ❖ Consult your GP if you are concerned that you are getting an infection - you may need antibiotics.

Recommended soaps and ointments/creams

I recommend Dr Bronners Pure Castile Soap, (diluted) hibiscrub, or Sanex 0% to wash your tattoo with but it is not the end of the world if all you have is generic body wash - it will be better than not using soap at all. Just steer clear from bars of soap as these can harbour bacteria.

For aftercare I recommend Hustle Butter or Palmers Cocoa Butter, but if you already have a cream that works for you then by all means stick with what you know.

Additional information

A meticulously cleaned and cared-for tattoo will be less likely to scab, hurt and itch and more likely to heal well by reducing these factors and allowing your body to repair itself unencumbered by problems easily avoided. But I want everyone to be 100% satisfied with their tattoos, so should you find that worse comes to worst and your tattoo needs a little TLC, I offer touch-ups *free of charge* for tattoos that need them within the first 6 months of your appointment (longer for those of you who live outside the UK). Just email me a photo so I know how long to book you in for.