

# **SANG BLEU TATTOO**

## **WELCOME PACK**

Thank you for choosing SANG BLEU for your tattoo!

We understand that getting tattooed can be quite daunting, so in order to provide our clients a safe and enjoyable experience we have collated this pack to arm you with helpful tips on how to prepare.

## **BEFORE YOUR TATTOO...**

- Get a good nights sleep and be well rested
- Try not to drink alcohol on the day (or night before) but stay hydrated.
- Eat a substantial meal beforehand
- Remember you will be in close proximity with your artist, so be nice and clean!
- Ensure you have a clear diary for the day of tattooing as no one wants to rush a tattoo that lasts for life! If you can, go for an open return for travel tickets to avoid missing your transport home.
- Pick up some kitchen roll, soap-free, perfume free gentle shower gel and natural perfume-free body butter. Call the studio for recommendations.

## **BRING WITH YOU...**

- Bring your photo ID with you- we only accept Passports, ID Cards or Driver's Licenses.
- Bring (non-alcoholic) drinks, plus snacks for larger sessions. The MGMT team can provide you directions for good food around the area.
- Dress comfortably and ideally darker clothing to avoid ink stains.  
Some tattoos require a certain level of undress- only to the degree that you are comfortable with- that is best prepared for, so bring a couple of options you can change into.  
The studio always has disposable cover-up solutions but even better if you can bring something you're comfortable in.  
Zip-up hoodies are great to wear backwards for back-pieces.  
For leg and thigh tattoos bring loose fitting shorts or joggers that split open at the sides. Anything on the arms will need a loose fitting T-shirt or vest.  
Strapless tops work great for chest, arms and upper back pieces.  
Feel welcome to even bring a dressing gown for bigger pieces.
- The names of any medicines you take or medical issues to report on our Consent Form.
- You are welcome to bring a friend or family member with you to your session but unfortunately they are unable to enter the treatment area, only our waiting room. There are some exceptions, so contact us ahead of time to speak with MGMT.

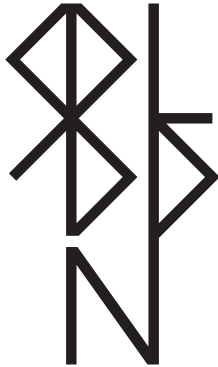
## **AFTER YOUR TATTOO..**

- Get yourself home, get some food, get some rest! For all-day sessions, avoid using public transport or traveling alone.
- Make sure you grab a copy of our Aftercare Leaflet- your best-friend!
- You are welcome to either leave us a Google Review or an Anonymous Comment- online or instore.

## **GOOD TO KNOW ABOUT TATTOOING IN GENERAL...**

- Tattooing is painful! But it should be the only painful aspect of your time at Sang Bleu.
- If you feel unwell, faint or sick at any point during the session, you must let your artist or the MGMT team know. Even if you only feel hungry they can go and get some food for you!
- Your consent is the most important aspect of tattooing. You should never feel made to do or agree to anything that makes you uncomfortable. It is important to be clear and raise any questions or comments as you go through the session.
- It is very unlikely that you will need to remove your underwear or be fully naked- which is only constituted for full body suits or intimate areas. And even if so, it will not apply for the full session. Privacy screens will always be provided for you. If this state of undress applies to you, your artist will speak with you about this directly ahead of time. It is important that you communicate your level of comfort and we will work to ensure we meet that for you.
- If you would like a chaperone you are familiar with or one from our MGMT team to join for any or all of the session- including ones behind privacy screens- please speak to our front desk team who will be happy to assist you.
- If you would like another set of privacy screens provided around our photo area/full-length mirror ask your artist or the front desk team.
- We operate an Open Door Policy- which means we openly encourage any and all feedback, comments and suggestions at any time. Your feedback is the crux of what we do and will inform how we run things in the future. If you do not feel comfortable, we have an Anonymous comments system where you can freely submit your ideas without revealing your identity or contact.

If you have any questions please visit <https://london.sangbleu.tattoo> or contact us at 020 8616 0840 or [london@sangbleu.tattoo](mailto:london@sangbleu.tattoo)



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