

A DAY IN THE LIFE OF...



GERALDINE FLYNN, FFHT, SEMI-PERMANENT MAKE-UP TECHNICIAN, SKIN THERAPIST AND 2013 FHT EXCELLENCE AWARD WINNER



paperwork for the day, and set out packs with disposables and consumables for each client so I have a swift change-over.

I prepare my Google Drive folder for each client to store my before and after pictures to show improvements.

9AM My first client is booked in for an age skin peel. I offer a variety of skin peels to treat conditions from acne to eczema, and either brows, lips or eyeliner semi-permanent make-up. Every day is a bit different, and it's never boring.

I stock Medik8 skin products and a few others I use myself. Clients can pick up their favourite moisturiser or SPF on their visits too.

10.30AM I see a client who comes to me for semi-permanent eyebrows. I have been doing this treatment for 10 years now, so have a large clientele, who visit every 12 to 18 months for a touch-up on their semi-permanent make-up. It's always great to catch up and hear their latest news.

My client has decided to have her eyeliner done as well today. She suffers with hair loss and has very few lashes, so she has a subtle enhancement to disguise this. It

takes me a couple of hours to complete both treatments. She will return in a month for a second session on her lash line to complete her treatment.

She is delighted so far, as she has been thinking about this treatment for a while now. She is so happy she finally made the decision to go through with it. I look forward to seeing the improvements when she returns for her next appointment.

6.30AM I wake up shortly before my two little girls, and enjoy a coffee and the brief silence while I check my social media. I use some pre-written replies, which saves me time and keeps my reply rate fast.

7.30AM The girls are up, ready and off to their childminder. I work three to four days a week, typically with hours that are flexible, to fit around children and available childcare.

8.30AM Work begins. I offer skin peels and semi-permanent make-up only. I prepare my treatment room and my

1PM I stop for lunch. I have usually prepared something healthy the night before, so I can just heat it up while I catch up on my industry magazines, tearing out any pages with good advice or information to review at a later stage. I always enter the competition in International Therapist, and I have won twice!

I have a 'to do' folder where I keep these cuttings and work my way through them when I get time. There are always great articles with tips in International Therapist and opportunities to broaden your audience. For example, I succeeded in winning an FHT Excellence Award in 2013 for my work on clients with alopecia and hair loss conditions, and became an FHT Fellow last year.

My clients love to see that I am active in my industry and am keeping up with CPD.

2.30PM My next client has requested a semi-permanent lip liner and blush, which a lot of ladies are booking to create a more youthful, even lip rather than going down the filler route.

This is typically a longer appointment. Lips can take up to two hours, so setting up and doing paperwork in advance saves me time.

4.30PM Wind-down time: I go through all my consultations and note anything we may have talked about that could be relevant: for example, holidays or weddings coming up may affect appointments.

I recheck social media, return emails and any missed calls, and confirm the next day's appointments by text message, before closing the door on another busy day I am grateful to have. 

