She's The Vibe

PRACTICAL. PRETTY. YOU.

After Your Appointment

Your piece is on — now let's keep it gorgeous. Permanent jewelry is made for real life, and a tiny bit of care goes a long way. Keep this sheet somewhere handy.

The First 24–48 Hours

- **Keep it dry-ish.** Quick hand-washing is fine, but skip the long soaks — no baths, hot tubs, or swimming for the first day or two while the weld settles in.
- **No tugging, twisting, or testing it.** It's strong, but it's brand new — let it get used to being part of you before you live your full life in it.
- A little awareness is normal at first. Within a few days you'll forget it's there — that's the whole point.

Cleaning (Once a Week or So)

- Warm water, a drop of **mild soap**, and a **soft brush** (a soft toothbrush is perfect).
- Gently brush around the links — that's where lotion, sunscreen, and life like to build up.
- Rinse, then **pat dry** with a soft cloth. Drying matters — it's what keeps the shine.
- Skip harsh jewelry dips and abrasive cleaners unless they're made for gold-filled or sterling pieces.

Water, Sweat & Sunshine

- **Showers and workouts:** totally fine. It's made for everyday wear.
- **Swimming:** pools and the ocean are part of real life — just rinse with clean water afterward and pat dry. **Chlorine** (pools, hot tubs) and **saltwater** are the two things that dull fine jewelry over time, so if you're in them a lot, rinse a little more often.
- **Tanning & sprays:** spray tans, self-tanners, sunscreen, and perfumes can coat or discolor fine chains. When you can, put products on first, let them dry, and keep sprays off your piece. If it does get coated, a gentle soap-and-brush clean usually brings it right back.
- **Sterling silver girls:** sterling can tarnish a little faster with water and products — the weekly clean keeps it bright.

If It Snags or Breaks

- **Don’t panic — and whatever you do, SAVE THE CHAIN.** A broken chain is almost always a re-weld, not a replacement.
- Put the chain somewhere safe (a little zip bag is perfect) and reach out to me.
- **Re-weld policy:** if your weld pops within **60 days**, your re-weld is **free**. After that, re-welds are **$15**.

If You Need To Remove It

- Grab a pair of scissors and **cut the chain at the small weld ring** (the little ring where it was joined — not through a pretty link). It comes right off.
- Common reasons: an MRI or medical procedure (always tell your provider you’re wearing permanent jewelry), a job requirement, or just a change of heart. No judgment, ever.
- **Keep your chain** — when you’re ready, bring it back and I’ll re-weld it on.

When To Reach Out

- Your weld pops or your chain breaks (save the chain, message me).
- Your piece feels too tight — fingers and wrists change with heat, seasons, and life. Don’t suffer in silence; fit can usually be adjusted.
- You get redness or irritation that doesn’t settle within a day or two.
- You’re ready for your next piece. (It happens. Usually fast.)

Questions, breaks, or booking your next one: **christina@shesthevibe.co** · **shesthevibe.co/permanent-jewelry.html**
Loved your experience? A Google or social review helps my little business more than you know. Tag **@shesthevibeco** so I can see your sparkle out in the wild.

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