

LASH LIFT & TINT TRAINING GUIDE



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- ❑ Welcome & Congratulations!
- ❑ Quick Lash Perm History
- ❑ What is a lash lift & tint service?
- ❑ How does a lash lift work?
- ❑ Natural Lash Growth Cycle
- ❑ Allergies and Eye Conditions
- ❑ Sanitation and Safety
- ❑ Product Knowledge
- ❑ Client FAQs
- ❑ Step-by-Step Application Procedure
- ❑ Step-by-Step Relaxing Procedure
- ❑ Emergency Response Protocols
- ❑ Non-Emergency Results Gone Wrong
- ❑ Intake form template
- ❑ Certificate

CONGRATS & WELCOME, LASH LIFT ARTIST!



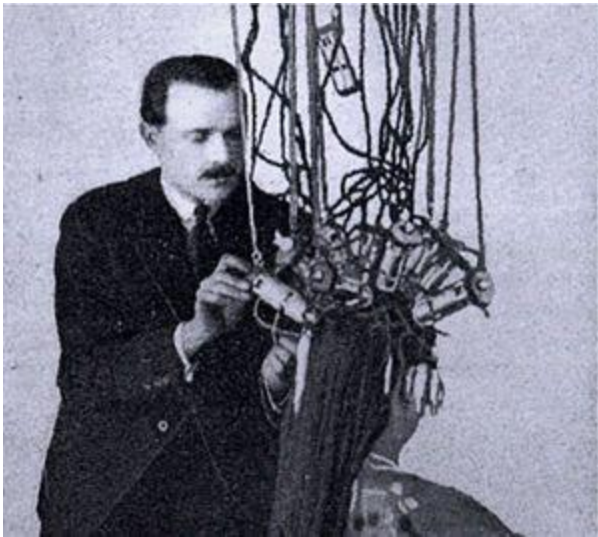
You have just made a great step towards growing your lash career and offering an additional service to your clients!

This straight to the point guide will get you well on your way to understanding the lash lift and tint application process, safety, and product knowledge.

*****This service requires absolute adherence to safe practices as the chemicals used are strong and can cause injury if not handled properly.*****

QUICK LASH PERM HISTORY

Historically, to achieve an upturned look, lash curlers and mascara were used. The first eyelash curler was invented by the Kurlash company.



KURLASH Beautifies
(Not a Cosmetic) Your Eyes

Gives lashes natural upward curve. Eyes look larger—bright eyes brighter, soft eyes softer. No heat or cosmetics. Apply a gentle pressure an instant with soft rubber pads. Handles in Apple Green, Baby Blue, Lavender, Cherry, Old Rose, Ivory. Department, drug stores, beauty shops or direct. Send \$1 or pay postman. Guaranteed. Kurlash Co., Inc., 33 Engineering Bldg., Rochester, N. Y.

In 1905 hair perming was invented by German hairdresser Charles Nessler.

Eyelash perming developed as a widely available solution sometime after 2000.

WHAT IS A LASH LIFT & TINT?

SERVICE DESCRIPTION

Upturned lashes create an illusion of longer lashes and give a more wide-eyed doe look. A lash lift is essentially a lash perm. We are curling the lashes onto a silicone rod, applying eyelash-specific perm solutions, and then tinting (dyeing) the lashes dark. The lift (perm) tends to last about 6-12 weeks. The tint (dye) tends to last 2-8 weeks. These will vary on the client as everyone has a natural growth and shedding cycle.



This service allows clients to ditch the daily lash curler! They can swim, shower, sweat, etc, without losing their curl. There is minimal to no aftercare needed which makes this a very popular service.

This is also a nice alternative to lash extensions in case someone becomes allergic to eyelash extension glue. The results are more natural and subtle, but can greatly enhance a client's natural lashes.



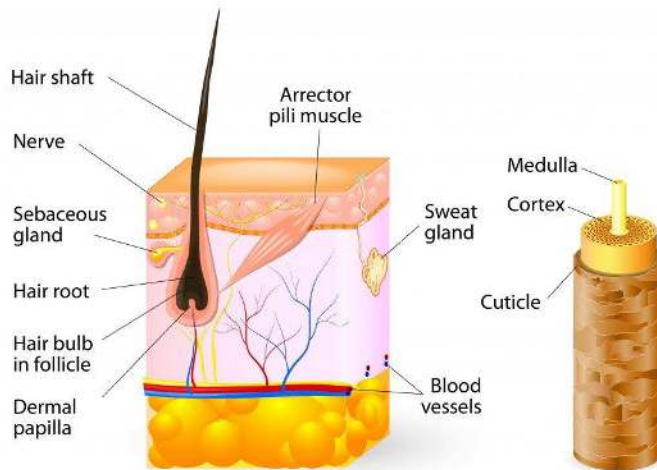
This service does require the use of some pretty strong chemicals near the eyes. The client is putting a lot of trust in you so it is important to understand this and take it seriously. **If anything begins burning or stinging the client's eye during this service, please stop immediately and flush the eye repeatedly.** Failure to react quickly could result in a chemical burn of the eye and permanent or temporary loss of

vision. **Do not ignore it or brush it off as a little bit of stinging.**

Before you offer this service, please check with your local government agency to verify that you are licensed to perform this service. Also, always carry professional liability insurance before offering this service as accidents could occur.

HOW DOES A LASH LIFT WORK? (simply explained)

HAIR ANATOMY



- The lash lift artist applies glue to the eyelid to position a silicone roller, which they use to shape your lashes.
- Chemicals break up the disulfide bonds in strands of hair, making it possible to reshape the hair.
- The application of another solution “sets” the new shape and stops the initial process of reforming the disulfide bonds in your hair.
- Lash lifts are often combined with tinting to dye the lashes black (or brown).

THE NATURAL LASH GROWTH CYCLE



It is important as a lash artist to understand the anatomy of natural eyelashes as you will be manipulating them into a different shape. Also,

since the lashes grow and fall out, if the client wants to maintain the look, she/he will need to get the service redone every 8 weeks or so.

DO NOT perform a lash lift service if the client had a lash lift less than 6 weeks prior as the likelihood of overprocessing and “frying” the lashes is high (see unattractive lash photo above). Once they are fried, there are not many, if any, ways to correct it.

Notes:

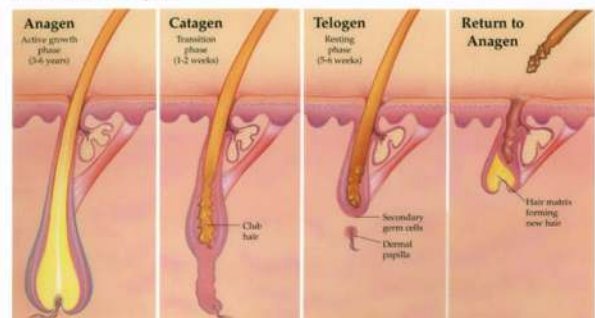
LASH FACTS:

- On average a natural eyelash is 6-9 mm long.
 - Some people only have 30-40 eyelashes, others over 150 per eyelid.
 - There can be up to 80 eyelashes on the lower eyelid.
 - The growth cycle consists of 3 cycles.
 - Lashes grow in 3-5 rows along the lash line. The follicles are not perfectly straight along the lash line.
 - The average lifespan of a lash is anywhere from 45-90 days, depending on the person.
 - We lose about 5 eyelashes a day due to our lashes being at various times in the cycle.
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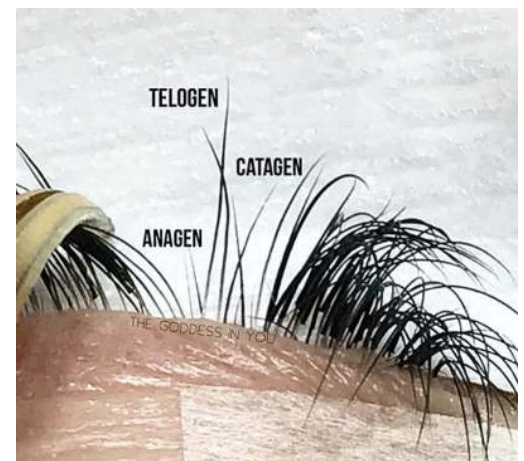
LASH GROWTH CYCLE

- The first, the **Anagen phase** is the growth phase of hair follicles. Often called “baby lashes”. This lasts about 30 days.
- The second, **Catagen phase**, is a transitional phase following the Anagen phase. It concludes the active growth phase of the eyelash and releases it from the hair root. This phase lasts between approximately 2-4 weeks.
- The third, **Telogen phase** is the resting phase of the hair follicle. This ends the growth cycle the eyelash is pushed out by the new eyelash growth.

Hair Growth Cycle



Note: Eyelashes grow over a period of about 30 days and then maintain their length for a further 50 to 60 days. The entire lifecycle is thus of about 90 days.



ALLERGIES AND EYE CONDITIONS

As a professional, it is your responsibility to ensure that you are only performing this service on eligible clients. **At least 24 hours prior to the service, it is recommended that the client have a patch test** of the perm and setting solution behind their ear to test for a reaction. If there is a reaction, do not do the service.

HOW TO PATCH TEST:



- Apply a small amount of the perm solution to a q-tip and apply it to the skin behind a client's ear or elbow crease. Leave on for 2-3 minutes and remove with water.

- Apply a small amount of the setting solution to a q-tip and apply it to the skin behind a client's ear or elbow crease. Leave on for 2-3 minutes and

remove with water.

- Apply a small amount of the tint with the developer to a q-tip and apply it to the skin behind a client's ear or elbow crease. Leave on for 2-3 minutes and remove with water.
- If any redness or irritation occurs within the first 24 hours, cancel your upcoming lash lift and tint service.

CONTRAINDICATIONS

If any of the following applies to your client, DO NOT do the lash lift and tint service.

- Reaction to the patch test
- Cyst or styne on eyelash line or lid
- Blepharitis
- Chemotherapy (currently undergoing)
- Cut, skin trauma, burns or swelling around the eyes
- Weak eyelash hair
- Eye infection (such as pink-eye)
- Recent operation around the eyes
- Watery eyes
- Hypersensitive eyes/skin
- Keratitis (inflammation of the cornea of the eye)
- Alopecia (loss of hair)
- Bells Palsy or any other condition that makes the closing or opening of the eyes difficult
- Pregnancy (have them check with their doctor first)

The end of this guide has a suggested intake form for the service. It is highly recommended to have every client fill-out this or a similar form before the service.

Notes:

SANITATION & SAFETY

The human eye is an extremely sensitive area requiring absolutely sterile conditions externally, before one can begin to work in that area.

Note: It is very important to make sure your hands, tools, and work areas are properly sanitized and disinfected. Please refer to your state and country's laws to ensure you are sanitizing in accordance with their requirements.

Tool Storage

After properly sanitizing and disinfecting your lash tools. Store them in a clean tub with lid or in a sanitary dental pouch to keep them ready for use.

Tech Hygiene

Hands need to be washed with every service & hand sanitizer should be used before every application.

Workstation

Between clients, always clean your workstation with disinfectant wipes and spray the entire station with rubbing alcohol.

Notes:

Sanitary Tools

Let's start with the instruments. You are going to be using both disposable instruments and re-usable instruments. This is very important, as you would never want a client to leave your studio with an eye infection. **It can be tempting to reuse disposable items to save money but it is really important that you do not.** If this is a concern, raise your price a few dollars to cover the disposable items.

Below is a list of disposable and non-disposable items.

Disposable instruments (never reuse tools to save money):

- Microfiber brushes
- Disposable gel under eye pads
- Disposable mascara brushes
 - Non-latex gloves

Non-disposable instruments:

- Lash lift tool
- Bowls and cups

How to sanitize non-disposable items (tweezers, jade stone, crystal tray):



- Wash tools with antibacterial soap and water to remove all debris by hand or with an ultrasonic cleaner
- Soak in barbicide and water mixture for 10 minutes
- Rinse with water
- Let air dry on a clean towel or dry with a clean paper towel
- Store in clean tupperware or sanitary dental pouch

Alternatively, you can invest in an autoclave and/or uv sterilizer.



Sanitary Bed

We have now dealt with instruments and know just how important it is to maintain hygiene when handling them. But your client also needs to lie down somewhere for the eyelash application procedure. A flat massage bed or esthetician bed works just great for this since you have to work at the top end. This naturally needs optimal positioning in terms of visibility and strict hygiene to be maintained. To keep the bed protected from contaminating effects (e.g. dirty shoes) it is advised to keep some shoe covers handy.

Since eyelash application takes a while, roll a towel or buy a lash pillow and place it under the client's nape for her comfort in the lying down position. This in fact makes your work a little easier, since it makes the head tilt downward a little and provides you with better access to the eyelashes, thereby aiding you at work.

Between clients, wipe down the entire station with an antibacterial wipe, lint roll the bed, spray the entire bed and anything that was touched with rubbing alcohol. Once sterilized, place a clean towel over the head region of the bed and/or a disposable sheet over the entire bed.



Note: A clean bed and fresh towels are indispensable! Remove all stray hairs from the bed with a lint roller.

Notes:

Hygienic Lash Stylist



Clients trust well groomed and clean lash stylists. Your clothes need to be spotlessly clean, neat and tidy. If you have long hair then you should tie it up so it doesn't fall in the client's face.

Be very conscious of your hands. **Your nails should always be short as long nails both carry bacteria, could poke the client, and make it harder to work quickly with the lash lift tool.** Your nails should also look groomed; manicured and be disinfected. After all, your hands touch your client's face. Even if you use disposable gloves (which you discard after use) they need to be disinfected before application. The same rules apply as with the instruments. Your hands are work instruments and carry bacteria and diseases.

And while on the topic of hands, proper application requires absolutely steady hands.

What can cause shaky hands? Caffeine!



If you have downed two cups of coffee before application it is really hard to have the kind of steady hands required to deliver safe precise work. While doing eyelash extensions, you are working with sharp tweezers around the client's eyes. Unsteady hands are very unsafe during the application process.

Fresh breath is an absolute must! Eating pork and onions or smoking before a service might not be a great idea. You don't want to blow those smells in your client's face. This is a sure way to send them looking for a new lash artist!



Note: Grooming, clean, disinfected hands and fresh breath are a must for stylists. Stay away from coffee, alcohol and cigarettes before an application session and always wear a mask!

PRODUCT KNOWLEDGE

There are many lash lift/perm products on the market. We recommend that you only use a high-quality brand. Be aware that you are putting your client and your business at risk by using a low quality solution.

If you are worried that the high quality products are too expensive, simply raise your price. The product cost of the most expensive product on the market is about \$7 per service maximum. Your client is paying good money for this service and expects to leave with beautiful lashes and her/his eyeballs and eyesight intact!

Also, only buy from manufacturers that will give you a MSDS sheet in your country's official language.

Notes:

CLIENT FAQs



Should I remove their contact lenses prior to the service?

YES!

What should I do to prepare for the service?

Before your visit, if you normally wear contact lenses, you'll want to remove them and wear eyeglasses instead.

You'll also want to make sure that your eyelids and lashes are clean: They should be completely free of makeup or residue — this includes mascara and the oils that some makeup removers leave behind.

If I feel claustrophobic easily, should I get this service?

It may make this service a bit more difficult for the client as they must have their eyes closed throughout the entire service. Some clients who easily get claustrophobic can have a panic attack.

Is a patch test required?

It is highly recommended that you patch test the solutions you will be using behind the client's ear at least 24 hours prior.

How long after the service should I wait to get my lashes wet?

Most lash lift solutions allow you to get your lashes wet immediately but recommends you wait for at least 24-hours to use hot water on your lashes.

Can I wear mascara after this service?

Absolutely! Although, we recommend you wait at least 24 hours post-service to apply mascara. The application of mascara on still malleable lashes can cause them to straighten out.

How long should I wait between lash lift services?

We recommend that you do not get another lash lift for at least 6-weeks after your last service. Getting a lash lift too soon may result in over-processing and “fried” lashes.

Is lash lift solution FDA-approved?

No, they are not currently approved. Most states do regulate what licenses are required in order to perform this service.

How long does the service take to complete?

Usually between 45-60 minutes.

I'm allergic to eyelash extensions, does that mean I will be allergic to a lash lift as well?

A lot of clients who find themselves allergic to eyelash extensions switch to getting lash lifts instead. Eyelash extensions use a different product with different ingredients than a lash lift, so it is not definite that you would. If you were allergic to the under eye pads or tape used during the eyelash extension service, please let your lash lift artist know.

Notes:

STEP-BY-STEP APPLICATION PROCEDURE

What you need:

- A valid license in the country and/or state you work
- A completed intake form
- Professional liability insurance covering this service
- MSDS sheet for all products used (ask your manufacturer for these)
- Rods
- Lash lift perming solution
- Lash lift setting solution
- Clear lash lift glue
- Black/Brown/Black-Blue eyelash tint
- Eyelash Tint Developer
- Bowl of cold water
- 10 Q-Tips
- 2 cotton rounds
- plastic dish
- lift and tint tool (clear square thing) or metal lash lift tool



- 2 tiny head brushes
- mascara wand
- micropore tape and/or gel eye pad
- witch hazel
- eyelash cleanser

SAFETY IS YOUR #1 PRIORITY:

*If at any time, the solution gets onto skin,
clean it off immediately as it may cause blistering.*

Clean it off with just water on a cotton round.

*Check-in with the client every few minutes to make sure nothing is
burning, if it is burning, remove the product and
flush the eye immediately.*

Steps:

1. Clean lashes with lash cleanser
2. Dry before client opens eyes
3. Apply micropore tape or gel pad under eyes (make sure 100% of bottom lashes are covered so you don't accidentally perm them up)
4. Ask the client not to open eyes until you say it is okay.
5. Glue rod to the eyelid as close to the lash line as possible.
6. Glue lashes onto rods using a metal or plastic tool very straight back. The lashes will "perm" in the direction they are pointing on the rod. See the example below.



7. Apply the perm solution to the base (near lash line) to the middle of the lashes (DO NOT APPLY TO THE LASH TIPS)

8. Set a timer for 10-15 minutes. 10 minutes for weaker lashes and 15 minutes for strong lashes. **PLEASE NOTE: This time may be adjusted for specific products...consult the product manufacturer.**

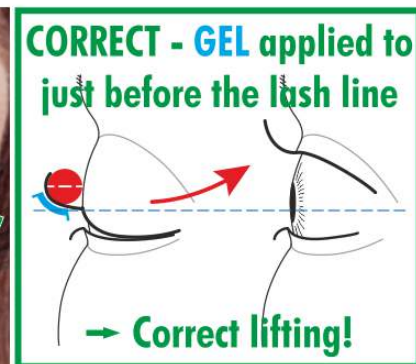
9. Clean solution off lashes with a dry Q-tip and then a damp Q-tip but don't unstick the lashes. *TIP: always clean off the first eye you started on first so the lift is even on both eyes.*

10. Apply the setting solution to the base to middle of the lashes (DO NOT APPLY TO THE TIPS)

WRONG



CORRECT



11. Set timer for 10 minutes **PLEASE NOTE: This time may be adjusted for specific products...consult the product manufacturer.**
12. Clean solution off with a dry Q-tip and then a wet Q-tip
13. Rub the lashes off the rod with the wet Q-tip
14. Unstick the rod from the eyelid with wet Q-tip
15. Clean off the entire eye area with a cotton round and water until all glue is off the eyelid and lashes.
16. Remove the eye pad or tape one at a time

17. **IMPORTANT SAFETY STEP:** Before they open, ask the client to turn their head to one side, hold a tissue at their temple, and rinse the eye with saline solution. Repeat on the other side.

18. Ask the client to open their eyes and ask if anything is burning. If so, have them close their eyes and flush with saline solution or cold water per emergency instructions.

19. Apply vaseline to lower and upper eyelid

20. Apply micropore tape or gel pad to lower eyelid under the bottom lashes so the bottom lashes are sticking out

21. Mix the black or brown tint with 3 drops of the developer in the plastic dish

22. Ask the client to close their eyes

23. Apply the tint to the lashes

24. Use a damp Q-tip to clean anything around the eyes that got tint on it.

25. Leave tint on the lashes for 10-15 minutes (naturally brown hair) and 20 minutes (naturally blonde hair) *This time may vary for different products.*
26. Clean off tint with dry Q-tips then damp Q-tips
27. Remove eye pad or tape one at a time
28. Clean the whole eye area with a damp cotton round
29. Brush lashes into their lifted shape.
30. Ask the client to open their eyes
31. Ask if anything is burning...if so, flush eyes with saline solution.
32. Ask the client to sit up and show them their lashes
33. Tell the client aftercare instructions and the tint lasts about 2-6 weeks and the lift lasts about 6-12 weeks.

STEP-BY-STEP RELAXING PROCEDURE

What you need:

- A valid license in the country and/or state you work
- A completed intake form
- Professional liability insurance covering this service
- MSDS sheet for all products used (ask your manufacturer for these)
- Lash Lift/Perm solution
- Lash Lift/Perm Setting
- Bowl of cold water
- 10 Q-Tips
- 2 cotton rounds
- mascara wand
- micropore tape
- lash cleanser

SAFETY IS YOUR #1 PRIORITY:

If at any time the solution gets onto skin,

clean it off immediately as it may cause blistering.

Clean it off with just water on a cotton round.

*Check-in with the client every few minutes to make sure nothing is burning, if it is burning, remove the product and **flush the eye immediately.***

Steps:

1. Clean lashes with lash cleanser

2. Apply micropore tape to lower lashes covering them.
3. Apply vaseline all around the lash line to protect skin
4. Apply Lift Solution to lashes with a mascara wand and continue running the mascara wand throughout the lashes for 3-5 minutes. You are telling the lashes where they will be now so it is important to continue running the mascara wand throughout the whole time. *TIP: always clean off the first eye you started on first so the lift is even on both eyes.*
5. Clean off any solution that may have gotten on the skin. If left in contact with skin too long, it may blister.
6. Clean off with dry q-tips and then damp q-tips.
7. Apply Setting Lotion to lashes in the same manner. Let sit for only 1 minute.
8. Clean off with dry q-tips and damp q-tips.
9. Remove micropore tape.

10. Clean thoroughly with wet cotton rounds until all solution is gone.
11. **IMPORTANT SAFETY STEP:** Before they open, ask the client to turn their head to one side, hold a tissue at their temple, and rinse the eye with saline solution. Repeat on the other side.
12. Open eyes.
13. If it did not relax enough, be careful of repeating this process as it may fry the lashes.

EMERGENCY RESPONSE PROTOCOLS

LASH PERM, SETTING SOLUTION OR TINT GOT ON **CLIENT'S SKIN**

Always make sure you have an MSDS sheet on-site for any liquid/cream/gel product you are using. Request this from the manufacturer.

PREVENTION:

- Apply solution carefully to the rod and hair only

WHAT TO DO IF THIS OCCURS:

- Wipe off immediately with a wet cotton round
- Continue cleaning with WATER ONLY until removed
- If blistering occurs during the service or afterwards, refer them to see their doctor.

LASH PERM, SETTING SOLUTION OR TINT GOT IN **CLIENT'S EYES**

Always make sure you have an MSDS sheet on-site for any liquid/cream/gel product you are using. Request this from the manufacturer.

PREVENTION:

- Ensure the client's eyes are completely closed.
- Don't goop on the solution, apply with care and make sure you don't apply the solution onto the waterline. Be very

intentional.

- Check-in with the client to see if anything is burning every few minutes. Don't be afraid of being annoying. This is their safety.
- To reiterate, do not rely on the client to tell you if anything is burning because they may not. Ask them every couple of minutes if anything is burning.
- Do not leave the client unattended. Stay with them throughout the entire service.

WHAT TO DO IF THIS OCCURS:

- END THE SERVICE!
- Wipe off the product with dry q-tips to remove as much as possible.
- Turn the client's head to one side and flush the eye with saline solution or water (use a tissue on the temple to catch the excess water).
- Continue flushing until burning sensation subsides.
- Wipe off excess saline from the eyes with a clean tissue.

NON-EMERGENCY RESULTS GONE WRONG

LASHES ARE TOO CURLED

PREVENTION:

- Only apply the lift to the base of the lash line to the middle of the lash.

PROBABLE CAUSE:

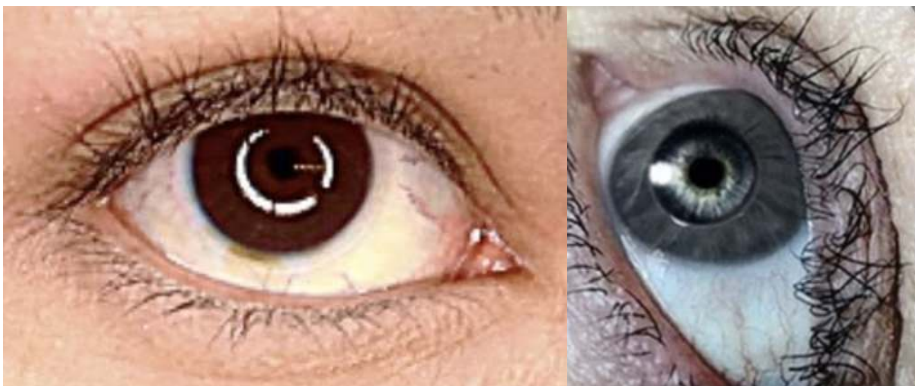
- You applied the solution to too much of the lash and too close to the tip of the lash. **See the photo below of what NOT to do!**



WHAT TO DO IF THIS OCCURS:

- Follow the relax protocol.

LASHES ARE FRIED



PREVENTION:

- Only perform a lash lift on a client every 6 weeks at a minimum. If you

perform this service again, less than 6 weeks from the last time, you run a high risk of over-processing.

- Follow the product manufacturer's recommended times and do not leave on longer.
- Weak lashes and blonde lashes require less processing time.

PROBABLE CAUSE:

- You performed another lash lift less than 6 weeks from the last one.
- You left the solution on too long for that person's lash strength.

WHAT TO DO IF THIS OCCURS:

- There isn't a lot you can do once the lashes are over-processed.
- Recommend the person use a lash serum to speed up the growth and shed cycle.
- The person will have to wait out the shed cycle which could be up to 12 weeks.



INTAKE FORM

Name: _____ Address: _____

_____ City: _____

State _____ Zip: _____ Phone: _____

Email Address: _____

- Have you had an eyelash lift in the past? Yes/No If yes, when?

- Have you ever used hair color/eyelash tint? Yes/No
- Have you ever had an allergic reaction to hair color/eyelash tint? Yes/No
- Do you wear contact lenses? Yes/No
- Are you currently using eye drops of any kind, prescription or over-the-counter? Yes/No
- Do you have a history of recurrent eye or tear duct infections? Yes/No
- Do you have a history of dry eyes or Sjorgen's Syndrome? Yes/No
- List any allergies you have:

- List any illnesses, medical conditions, or medical treatments you have recently received that would prohibit or compromise the process and retention of this eyelash lift:

Although every precaution will be taken to ensure your safety and well-being before, during, and after your eyelash lift, please be aware of the following information and possible risks. Please initial:

___ I understand that there are risks associated with having an eyelash lift.

___ I understand that as part of the eyelash lift procedure, eye irritation, eye pain, eye itching, discomfort, and in rare cases, eye infection or blurriness could occur.

I agree that if I experience any of these conditions with my eyelashes or eyes, that I will contact my technician; if I choose to consult a physician, it will be at my own expense.

I understand that the instruments, tapes, cleaners, eye gel pads, adhesives, and/or removers may irritate my eyes or require a physician's follow-up care, even though my technician utilized correct techniques and followed proper safety protocols. I understand that an eyelash lift will lift my natural eyelashes. Depending on my natural eyelash length and strength, results may vary.

I understand and agree to the care instructions provided by my technician for the use and care of my eyelashes after the eyelash lift. I realize and accept that the consequences of failure to adhere to these instructions may cause the eyelashes to not stay as lifted as long as originally told.

I understand and consent to having my eyes closed and covered for the entire duration of the procedure.

I agree to the following eyelash lift care and maintenance instructions: No water can come in contact with the eye area for 24 hours after the applications. This agreement will remain in effect for this procedure and all future procedures conducted by my technician. I have read the above information. If I have any concerns, I will address these with my esthetician/technician. I give permission to my esthetician/technician to perform the eyelash lifting procedure we have discussed and will hold him/her and his/her staff harmless from any liability that may result from this treatment. I have accurately answered the questions above, including all known allergies, prescription drugs, or products I am currently ingesting or using topically. I understand my esthetician/technician will take every precaution to minimize or eliminate negative reactions as much as possible. In the event I may have additional questions or concerns regarding my treatment, I will consult the esthetician/technician immediately. I agree that this constitutes full disclosure, and that it supersedes any previous verbal or written disclosures. I certify that I have read, and fully understand, the above paragraphs and that I have had

sufficient opportunity for discussion to have any questions answered. I understand the procedure and accept the risks. I do not hold the esthetician/technician, whose signature appears below, responsible for any of my conditions that were present, but not disclosed at the time of this procedure that may be affected by the treatment performed today. By signing below, I verify that I have read and understand the above statements and agree to them.

Client Name (Printed) _____

Client Name (Signature) _____

Date: _____

Esthetician/Technician: _____

Date: _____