



Let's talk about

Lashes



Eyelash Extension Training Course
by BONNA BEAUTY
www.BonnaBeautySpa.com



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What are eyelash extensions?

Eyelash extensions are a semi-permanent alternative to applying false lashes or mascara. The goal is to apply an eyelash extension, using a specific adhesive, on each natural lash to enhance the length, curl, fullness, and thickness of natural lashes.

What are eyelash extensions made out of?

There are 3 types of eyelash extensions: Synthetic Silk, Faux mink, and Mink. *Synthetic Silk* and *Faux Mink* lashes are made with a plastic fiber called PBT, Polybutylene Terephthalate; essentially a type of polyester that can be molded into various lash curls using heat. The difference between Synthetic silk and Faux mink is the level of quality, Faux mink is a high quality of PBT and is currently the most popular in the lash industry.

Mink lashes are made with real Mink Fur to give the lashes the softest, realest, and the most long-lasting look. Luckily, there are brands that are cruelty-free, however these lashes are expensive to purchase and expensive to charge.

How long to eyelash extensions last?

Eyelash extensions are applied directly on your natural lashes using a specific adhesive so they will fall out with your natural lash cycle every 6 - 8 weeks. We recommend maintaining your eyelash extensions with a fill ever 2 - 3 weeks.

Who can preform the service?

The service can be only performed by a state licensed Cosmetologist or Esthetician. In some states such as Alabama, Connecticut, Delaware, Idaho, Maryland, Missouri, and Wisconsin, there are no current regulations on who can preform the service.

Do eyelash extensions damage your natural lashes?

This is a very common question amongst clients and new lash artists. It is very important to address this question carefully. Your lashes will remain healthy and strong IF you visit a well-trained lash artist that uses appropriate lengths and diameters based on your natural lashes, applies lashes properly, and follows up with aftercare recommendations. If not, your natural lashes may be compromised. It is highly recommended to do your research on a great lash artist prior to getting eyelash extensions applied. As an artist, it is your responsibility to make the health of your clients' lashes a priority.

Do eyelash extensions hurt?

If applied correctly, eyelash extensions do not hurt. If applied incorrectly, you may feel some pulling, pinching, and discomfort. We will address the reasons why this may occur more throughout the training book.

Do you clean your lashes or get them wet in the shower?

Absolutely yes! You are encouraged to cleanse your lashes on a daily basis. It is recommended to avoid water or steam ONLY within the first 24 hours to allow the adhesive to fully cure. After that, wash away! It is best if you use oil-free cleansers and products when caring for your lashes. Having your lashes fall out is normal and a sign of a healthy lash cycle.

Can I wear eye make-up?

You are more than welcome to wear eye make-up, however, we only recommend using oil-free products. Oils break down your lash adhesive even when fully cured, causing your lash extensions to fall off prematurely. We discourage using mascara on your eyelash extensions because it will add more weight and put stress on your natural lashes. If you choose to apply mascara, we recommend that you do not use a waterproof brand.

Much like many industries, the lash industry comes with its own vocabulary. Before you get lost in translation, here is a brief explanation of the terms we will be using throughout your whole training.

Classic Lash Set

The application of one lash extension to one natural lash



Volume Lash Set

When multiple thinner single lash extensions are attached together at the base it is called a Fan. A Volume set is the application of a Fan to one natural lash.

Hybrid Lash Set

This application is a combination of single classic and fanned volume extensions applied on a natural lash, typically a 50:50 ratio.

Lash Line

The edge of the upper or lower lid, from which the eyelashes grow from. We will be mainly referring to the upper lid throughout your training.

Water Line

The area where your eyelids meet to close your eyes. In other words, it's the area between the base of your lashes and your actual eyeball.

Isolation

Separating a single natural lash from the rest of the lashes on the lash line using a tweezer using your non-dominant hand.

Base

This refers to the very bottom of the lash extension and sometimes the bottom of the natural lashes where it meets the lash line.

Bond

The method of connecting the eyelash extension with your natural lash using a eyelash extension adhesive.

Burping

The method of releasing any air from the neck of the adhesive bottle by sitting the bottle down upright and give it a gentle squeeze or tap on the surface to "burp" the bottle.

Retention

Can be referred as "bad" or "good" retention. The length of time the lash extensions remains bonded with the natural lash between fills.

Iris

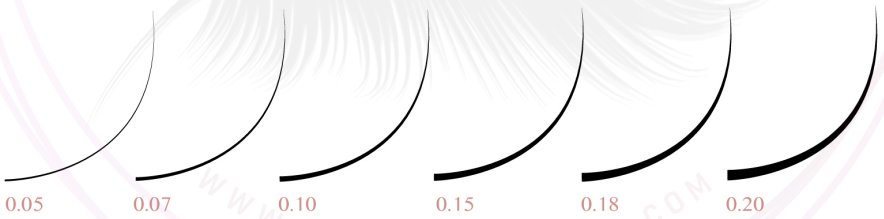
A colored, ring-shaped membrane behind the cornea of the eye, with an adjustable circular opening (pupil) in the center. (The colored part of your eye)

TYPES OF LASHES: CURL & SIZES

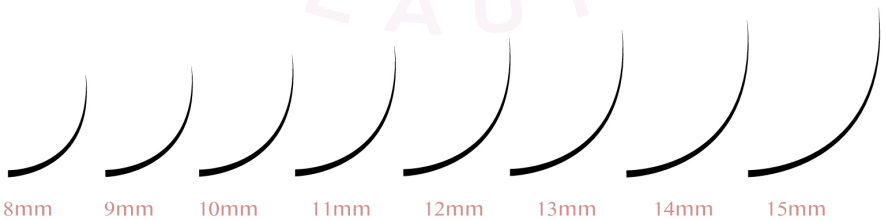
CURLS



THICKNESSES



LENGTHS



As our lash industry continues to grow, you may discover more curls and sizes in your lash journey. Curls and sizes are not created just for looks, there is a purpose for every thing!

C CURL

- ◆ Most desired curl, “common” for all ages
- ◆ Suitable for most natural lashes and eyeshape

D Curl

- ◆ The most “Dramatic” curl
- ◆ Gives the illusion of a bigger eye and has the most obvious lift
- ◆ Will have reduced retention if placed on a less curved natural lash

CC Curl

- ◆ Between a C and a D curl
- ◆ Ideal for clients that want more curl but their lashes are not suitable for a D curl

B Curl

- ◆ Mimics a natural curl
- ◆ Great to use for inner corners
- ◆ Blends well with a C Curl

L Curl

- ◆ Ideal for straight downward natural lashes
- ◆ Similar to a B curl but with a straight base

L+ Curl

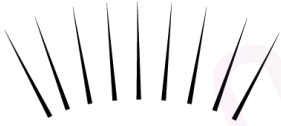
- ◆ This curl has the strongest “Lift”
- ◆ Similar to a C Curl but with a straight base
- ◆ Ideal for downward natural lashes

TYPES OF LASHES: CURL & SIZES

CLASSIC LASH SET

We recommend you use the following diameters to build your Classic set:

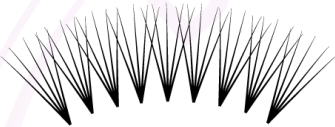
0.10 0.15 0.18 0.20



VOLUME LASH SET

We recommend you use the following diameters to build your Volume set:

0.03 0.05 0.07 0.10
Only 2D or 3D fans)



HYBRID LASH SET

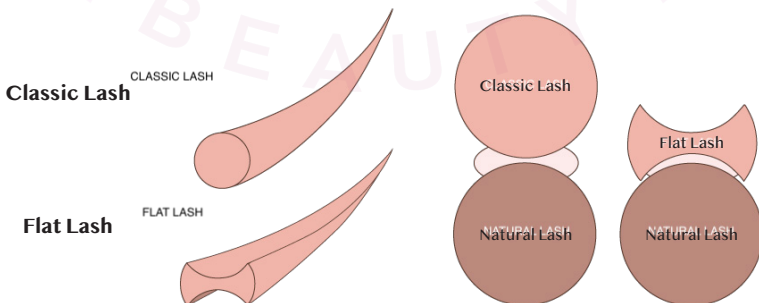
A Hybrid is a mix between a Classic and a Volume set. You will be using the Diameters for both when you build your Hybrid set.



SINGLE CLASSIC LASH V.S. SINGLE FLAT LASH

A Classic Eyelash Extension is round at the base and requires more balancing when applying on top of the natural lash. The benefit is the various lengths and diameters it comes in.

A Flat Eyelash Extension is flat at the base allowing the lash to fit like a puzzle on top of the natural lash. It will give the illusion of a thicker lash without compromising weight. The downside is they don't come in thinner diameters and you cannot create fans with them.



THE ANAGEN PHASE

This is the growing phase and often refers to the “baby lashes”. Typically lasting about 15-20 days, these lashes will be the weaker lashes and is best to avoid applying too much weight on them.



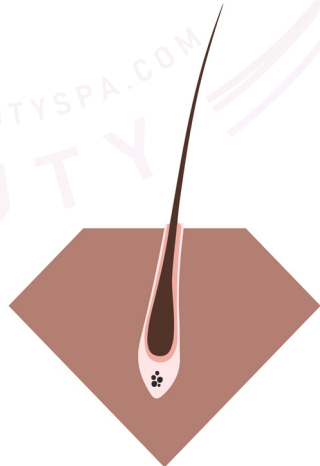
THE CATAGEN PHASE

Considered the transition phase, these lashes typically lasts about 14-21 days. They are the medium length lash and the best to apply a lash extension on. It will have the best retention!



THE TELOGEN PHASE

This is the resting phase and it will last about 30-45 days. As the new lash grows from the follicle, it will begin to push out the old lash, causing the lash to “shed”. Then the cycle will reaccure, beginning with the Anagen Phase.





California State Board are constantly updating their rules and regulations. It is mandatory to keep up with these changes to ensure that your space is in compliance, whether it be a salon suite or a salon filled with other artists. The following rules and regulations are common for most states, however, these are especially true for the state of California.

Make all State board rules and regulations a part of your daily routine to ensure you won't have to worry about being in violation or causing harm to yourself and others.

Disinfectant:

Always use a brand of Disinfectant approved by state board. We recommend using Barbicide. When using Barbicide, allow your tools to be immersed for 10 minutes. Afterwards, rinse with water and place them in a closed container. Your Barbicide should be changed out every 24 hours, otherwise it will lose its efficacy. It is also recommended to use a Glass Bead Sterilizer as an extra precaution. Most bead sterilizers reach temperatures of 300 - 450 degrees F. When it reaches its highest temperature, you will only need to immerse your tools for approximately 1 min, killing bacteria, fungi, viruses, and viral spores.

Label your station:

Labeling not only keeps your working area clean and organized, but it also is an important state board regulation. You are required to store all new supplies and single-use, disposable tools in a clean, covered place labeled "New". All liquids, creams, and cosmetics should be distinctly labeled on all their bottles and containers of their contents. You must avoid any double dipping when using liquids, creams, and cosmetics.

Disposable tools:

After use on a single client, immediately dispose of tools and supplies that cannot be disinfected in a waste receptacle. Examples of this are: Mascara wands, micro wand, flocked lip applicator, gel pads, and tape.

Proof of License:

Always keep your personal and/or establishment license current and visible at your primary work station. Also, you must have a state ID on hand at all times.

Towels:

Place a clean towel under a client's head, whether it be on a pillow or directly on the bed. After a towel, sheet, robe, linen or smock has been used once, place it in a closed container to be laundered, labeled "soiled".

Clean Hands:

Washing your hands is an incredibly necessary step before every client. Washing your hands removes germs and harmful bacteria from our hands. This also prevents the spread of diseases and keeps your environment safe, fresh, and clean. It is also recommended to have Hand Sanitizer at your work station at all times.

Tip: You should also wash your hands after touching hair, dropping items, etc. Use good judgement to protect you and your client!

As much as we would love to make every person happy with eyelash extensions, it's important to recognize that not all clients qualify to have them applied. We want to make sure that our clients have healthy eyelashes and that the skin surrounding the eyes are healthy as well. If your clients are experiencing any of the following conditions, refrain from applying lash extensions immediately unless the areas have healed, or with a doctor's approval.

Please note, we are not medical professionals and cannot diagnose or prescribe anything to our clients. Please advise your clients to go to a doctor if symptoms are unbearable or getting worse.

Pink Eye / Conjunctivitis

Symptoms: inflammation or infection of the eye - redness, itchiness, may have discharge or crusting around the eye.

Solution: wait until fully healed, typically 7 days

Sty

Symptoms: a red lump near the edge of the eyelid filled with pus.

Solution: wait until fully healed, typically 3 - 5 days

Blepharitis

Symptoms: Very common. Inflammation of the eyelid - redness, itchiness, greasy, or crusted. Advise client to cleanse thoroughly.

Solution: wait until no symptoms remain, typically a few days

Demodex Mites

Symptoms: Caused by improper lash care. Itchy, scaly rough patches, redness, burning sensation, flare-ups.

Solution: Advise to see a doctor, wait until fully healed. Prior to rebooking, educate client on proper lash care.

Alopecia or Hair Loss Conditions

Symptoms: Increase and sudden hair loss

Solution: Refrain from lashes unless doctor approval.
Client will have bad retention.

Chemotherapy

Solution: wait one year or a doctors approval

Aggressive Facial

Solution: wait until fully healed, typically 2 weeks

CLASSIC

D .15

ORGANIZATION & TOOLS

15



14



13



12



11



10



9



BELLE

Things you will need to create your tile:

Label Maker

To label your tile: Curl, Diameter, Lengths, type of lashes, and Name.

Scissors

To make adjustments to the printed labels

Eyelash Extensions

To add to your tile. 1 to 2 strips per size is recommended

Tweezers

To pick up and place your lash strip down

Tip: Before you start, find a tile that fits your station/container/drawer.



Fan

Tile & Adhesive

Mirror

Mascara brush

Lip Wand

Micro Wand

CLASSIC

- 15
- 14
- 13
- 12
- 11
- 10
- 9

Tape

YOU WILL ALSO NEED:

- PRIMER
- CLEANSER
- GEL REMOVER
- DISTILLED WATER
- AFTERCARE CARD
- HAND MIRROR FOR CLIENTS



D .15

Tile



Gel Pad



Nano Mister



Tweezers



The best part about lashes is that we have the power to customize different looks and shapes to all of our clients. Not all shapes fit all faces. When we map our clients, we are paying attention to their personal style, make up application, eyeshape and more!

At every consultation, we determine a few important components:

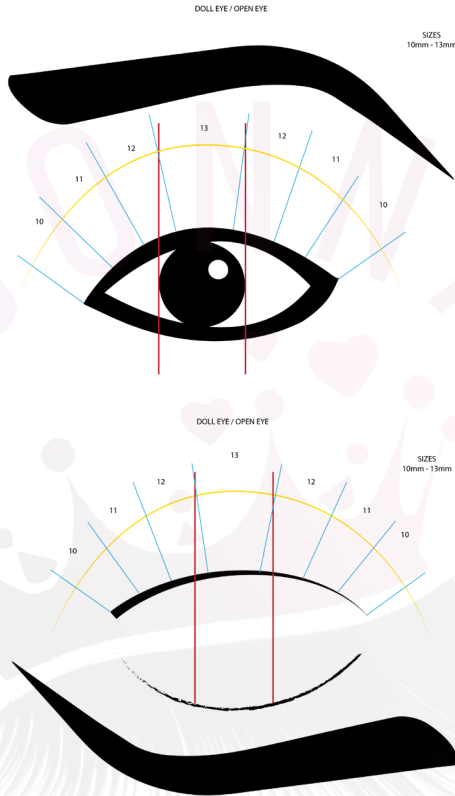
1. First, the shape! We want to determine if a **Doll Eye, Cat Eye, or Kitten eye** is best suited for their eyeshape and style. This will make more sense in a minute.
2. We determine the diameter/thickness of the lash extension we feel is safest for our clients; most clients are safest at 0.15 thickness. If their lashes are more coarse, then you can feel confident applying a 0.20 thickness. If your client is not satisfied with the thickness of the 0.15, you can go shorter to balance out the weight of applying a thicker lash.
3. Next, we determine the curl of our lash extension based on the curl of the natural lash. Most clients are best suited for a C Curl to avoid a negative bond where a premature banana peel may occur. If the clients natural lash is more curled then a D Curl maybe more appropriate for them.
4. After the client lays down and has been prepped, we want to measure their natural lash. It's so easy! Most clients natural lash lengths are anywhere between 7mm - 10mm. Assuming this, balance a single lash extension between 7mm-10mm on top of the natural lash without using adhesives to determine if the length is the same length. Repeat this step until you have found a match!

In order to keep ourselves focused and consistent with all this information, we create a map for our clients that assists us throughout the service. We will be using the iris as your guide for any and all mapping.

Tip: The iris, for most people, is positioned closer to the inner corners.

After you have mapped your client, we will begin building the **Skeleton**. Just like the skeleton of the body, we are building the skeleton of the lashes. Creating a Skeleton is super helpful when you are beginning to get comfortable with creating your map. In this step, using the selected length you've mapped, begin applying a single lash at each section. This will help bring your mapping to life and it will help you assess if your mapping is in the right section.

MAPPING A DOLL EYE / OPEN EYE



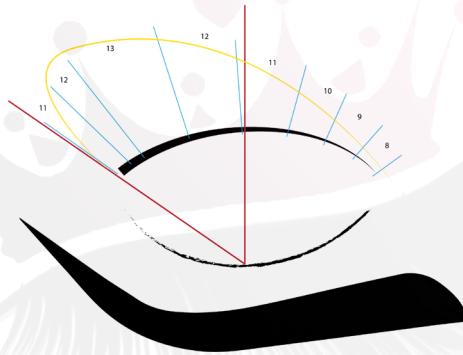
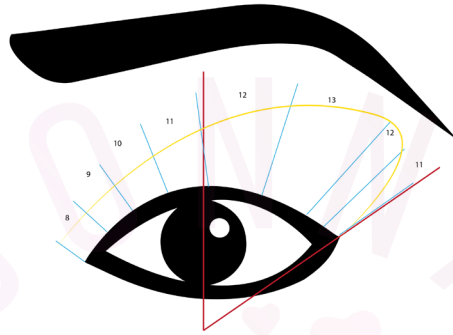
A Doll Eye, also commonly known as an Open Eye, is when you concentrate the longest length in the center of the eyelashes.

Step 1: Identify where their iris is positioned and use it as a guide for your longest length. Assume the width of the iris is equal to the width of the longest section.

Step 2: Divide the remaining areas into multiple equal sections, depending on how many lengths you are using.

Step 3: Taper down evenly on both sides from the middle section, ending in the smallest size.

MAPPING A CAT EYE



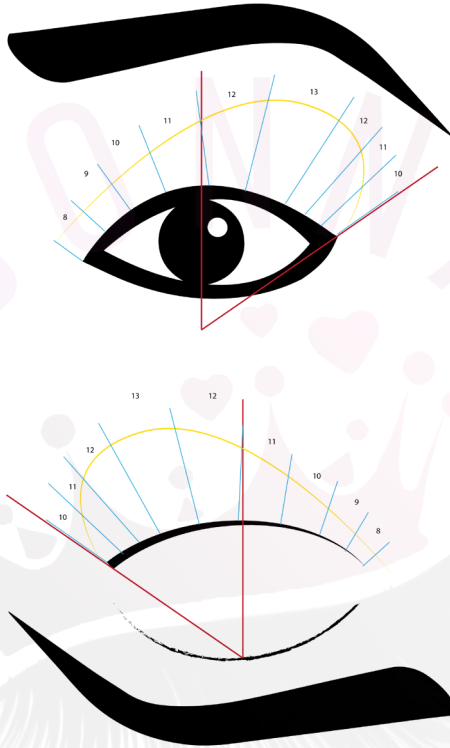
A Cat Eye is when you concentrate the longest length in the outer corner of the eyelashes.

Step 1: Identify where their iris is positioned and split it in half. Then identify the outer corner and the outer iris. From the inner corner to half of the iris, you will divide this area into 4 equal sections where the shortest lengths are

Step 2: The other half of the iris will be the second largest section where the second longest length will be. The remaining area of the eye, the largest section, will be where we place the longest length.

Step 3: Lastly, you will notice that the last few lashes in the outer corner are not as strong as the rest so we created what we call a “safe zone”. In this zone we map 2 sections at the far outer-corner (a quarter of the size of a normal section) and taper down 2 lengths, to go down in weight. Our goal is to always make the health of the lashes our priority.

MAPPING A KITTEN EYE



A Kitten Eye is when you concentrate the longest length in the between the center and the outer corner of the eyelashes.

Step 1: Identify where their iris is positioned and split it in half, Then identify the outer corner. From the inner corner to half of the iris, you will divide this area into 4 equal sections where the shortest lengths are

Step 2: The other half of the iris will be the second largest section where the second longest length will be. The remaining area of the eye, the largest section, will be where we place the longest length.

Step 3: Lastly, you will notice that the last few lashes in the outer corner are not as strong as the rest so we created what we call a “safe zone”. In this zone we map 3 sections at the far outer corner (a quarter of the size of a normal section) and taper down 3 lengths, to go down in weight and push the longest length closer to the iris. Our goal is to always make the health of the lashes our priority.

DOLL EYE SIZES
9MM - 12MM



DOLL EYE SIZES
10MM - 13MM



DOLL EYE SIZES
8MM - 11MM



CAT EYE SIZES
9MM - 14 MM



CAT EYE SIZES
8MM - 13 MM



CAT EYE SIZES
10MM - 15 MM



KITTEN EYE SIZES
8MM - 13MM



KITTEN EYE SIZES
9MM - 14 MM



KITTEN EYE SIZES
10MM - 15 MM





Many of your questions during your client consultation will come organically through conversations, however, here is a guideline for you to get started!

QUESTIONS TO ASK BEFORE THE SERVICE:

Have you ever had lashes done before?

If no:

Do you wear falsies?

If yes, they like the full dramatic look

If no, they may be low maintenance and more natural

Do you wear a lot of mascara?

If yes, they like a darker thicker look and want longer than their natural lashes

If no, they like a light natural look

If yes:

What did you like about your extensions?

What did you NOT like about your extensions?

(Set their expectations)

What is your make up routine?

Unless the client already knows the style of lashes she wants, use this question to identify if they have a more natural or dolled up look to determine if you will do a doll eye, cat eye, or kitten eye.

Do you wear contacts?

If no:

No problem.

If yes:

Do they use a contact solution called BioTrue?

If no, most likely not a problem

If yes, the lashes might slip right off after the service.

BioTrue has a conflicting ingredient that does not allow the glue to cure correctly. Contact solutions leave a residue on the lashes and if not cleansed correctly afterwards, it affects the bond of the lash extension on the

lash. If the client does wear this brand, have them cleanse their lashes and prime them thoroughly prior to appointment.

Are you aware of your upkeep with Lash Extensions?

If the answer is yes or no:

Always reiterate their commitment to frequent fills and all of our aftercare recommendations. Most new clients are not aware that this is a 2-3 week service

Are you allergic to latex?

If yes:

Latex is the main ingredient in our tape so you will have to perform the service without the use of tape.

If no:

No problem.

QUESTIONS TO DETERMINE WHAT LASHES TO USE ON YOUR CLIENT:
(not including checking the sizes of their natural lash)

What look are you wanting to achieve?

Would you like to see your longest length in the middle or closer to the outer corner of your eye?

Doll Eye VS Cat Eye (Kitten Eye)

Would you like your longest length much longer than your natural or close to your natural?

Do you go up 2 sizes vs 3 sizes above their natural length

Looking at my lashes, would you like it similar or change something?

This will help you gauge the overall look but also may help you determine the type of Curl

QUESTIONS TO ASK DURING THE SERVICE:

Why are you getting Lash Extensions?

Special Occasion = might be a temporary clients

“My friends get them done” = might have unrealistic expectations because they are comparing each other

“Iv always wanted them” = most likely a returning client

What is your lifestyle like?

Do they work out a lot?

Are they around a lot of debris of water a lot?

Ask with a purpose. When exposed to large amount of water within first 24 hours, adhesive will get “shocked” and fall off. Find out if their lifestyle will affect their retention and help educate them on extra after care recommendations or set their expectations correctly on their retention.

QUESTIONS TO ASK AFTER THE SERVICE:, YOUR ENDING CONSULTATION:

How do you feel about your lashes?

Do your lashes fit your expectations?

If no:

What would you like to see changed on your next fill?

Always assume the next appointment. If there is feedback, make notes of it to correct next time.

If yes:

What are you happiest with the most?

Make notes in their profile to stay consistent!

I’m happy that you love them! I’ll remember the style for your next fill. (Your goal is to prebook your client before they leave)



In our examples we are using a Lint-Free Hydro Gel Eye Pad. The purpose of using a gel pad is to cover the clients bottom lashes and add a protective layer between the tweezers and the clients skin.

Applying the Gel Pad

Place the gel pad under the eye with the wider side of the gel pad positioned towards the inner corner and the narrow side of the gel pad towards the outer corner. Attempt to cover most, if not all the client's bottom lashes. Get close to the water line however, be sure not to cover the waterline. This will cause the waterline to dry. As a result, your eye will try to overcompensate and produce tears. It will also be uncomfortable for the client. **Please refer to example 1.**

Taping Down the Bottom Lashes

Once you have applied the gel pad on the client's bottom lashes, you may see some bottom lashes sticking out. This leaves your bottom lashes at risk to attach to the extension you will be applying on the top lashes. Using 2 pieces of tape, place the first one at a 45 degree angle to cover the inner corner lashes and the second piece of tape to cover the outer corner lashes. Be careful not to cover her waterline or her tear ducts. Taping will also help keep the gel pad in place. **Please refer to example 2.**

Begin Isolating a Single Lash

Using your non-dominant hand, grab your tweezer and have it slightly open at the tip. Navigate the tweezer in between the natural lashes until you have isolated one lash. Do not apply any resistance on the tweezer in order to have a wide isolation, and then land your tweezers on the gel pad for support. **Please refer to example 3.**



Example 1



Example 2



Example 3



Example 4



Example 5



Example 6

Think of tapping as an extra advantage for your eyesite. It may get difficult to see the clients lash line from different angles and could hinder you from applying the lash extensions 1mm away from the lash line. Using these techniques may vary per client. For the following examples, you will be using a 2-inch piece of lint-free medical tape.

Taping the Inner Corner

To begin tapping the **inner corner**, apply one end of the tape gently between the inner corner and middle section of the lid. Use the other end of the tape to pull away gently in the opposite direction of the inner corner and then place tape on the clients forehead. Pull enough to see the lash line better, however, you do not want to pull to far causing the eye lid to lift open. When the client's eyes begin to open, it allows the eye to be exposed to the strong fumes of the Adhesive and the client will begin feeling a burning or stinging sensation and be at risk for an eye irritation.

Please refer to Example 4.

Taping the Middle Section

Now to tape the **middle section** of the lid, apply one end of the tape gently on the lid, close to the lash line, and pull towards their hair line. Finish by placing tape on the client's forehead. Again, pull enough to see the lash line better, but do not pull far enough to lift the eyelid open. **Please refer to Example 5.**

Taping the Outer Corner

To tape the **outer corner** of the lid, apply one end of the tape gently between the outer corner and the middle section of the lid. Then use the other side of the tape and pull at a 45 degree angle towards the hair line and place tape on the clients forehead. Don't forget the important rule of tapping, pull enough to see the lash line better, however, you do not want to pull to far causing the eye lid to lift open. **Please refer to Example 6.**

THE PREP & TAPPING

Tapping **across the lid** makes it easier to lift the lash line all together. A good time to use this is towards the end of the service when you are bouncing between both eyes quickly to fill in the lashes you were not able to see in the beginning.

To tape across the lid, hold both ends of the tape and create a backwards fold (away for the sticky part of the tape). Use the bottom of the fold to stick onto the lid, closest to the lash line. Then, hold the top part of the fold and pull towards the clients eyebrows. Place the tape down once you have pulled enough to see the lash line better. **Please refer to Example 7.**



Example 7

In order to **tape back the first layer** of the clients lashes, take a piece of tape and place it on your hand and peel it off about 2 times. This will remove some of the tapes adhesive so it wont stick strongly on the lashes. Now, hold the tape at each end and while the clients eyes are still closed, put the tape from underneath the lashes and pull them backwards towards the lash lid. You only want to place the tape towards the top of the lashes, with the intentions of only pulling back the first layer of lashes. With this method, you will easily see another layer of lashes where you are able to apply any remaining lash extensions. **Please refer to Example 8.**



Example 8

Eyelash Extension Adhesives are more complicated than you may anticipate, so here we go!

What is Eyelash Adhesive made out of?

1. The main ingredient in all professional eyelash extension adhesives is **Ethyl Cyanoacrylate**...Yes it was hard for us to pronounce too! This ingredient is responsible for the strength of the adhesive and what makes it “grab” onto the natural lash and dry as quickly as 0.50 seconds. If your client develops an allergy to Cyanoacrylate, they will not be a good candidate to receive lashes because it is an active ingredient in all lash brands.
2. The second main ingredient is **Poly Methyl Methacrylate (PMMA)**. To put it simply, this ingredient’s job is to keep the retention of the bond strong and long lasting.
3. The third main ingredient is **Hydroquinone** and it’s very important job is to keep the glue from curing/ drying before you’ve had a chance to use it.
4. The last main ingredient is **Carbon Black**, which is what causes the adhesives color to appear black. Some clients may develop allergies with Carbon Black and that’s why clear adhesives are the perfect alternatives because this ingredient is not present!



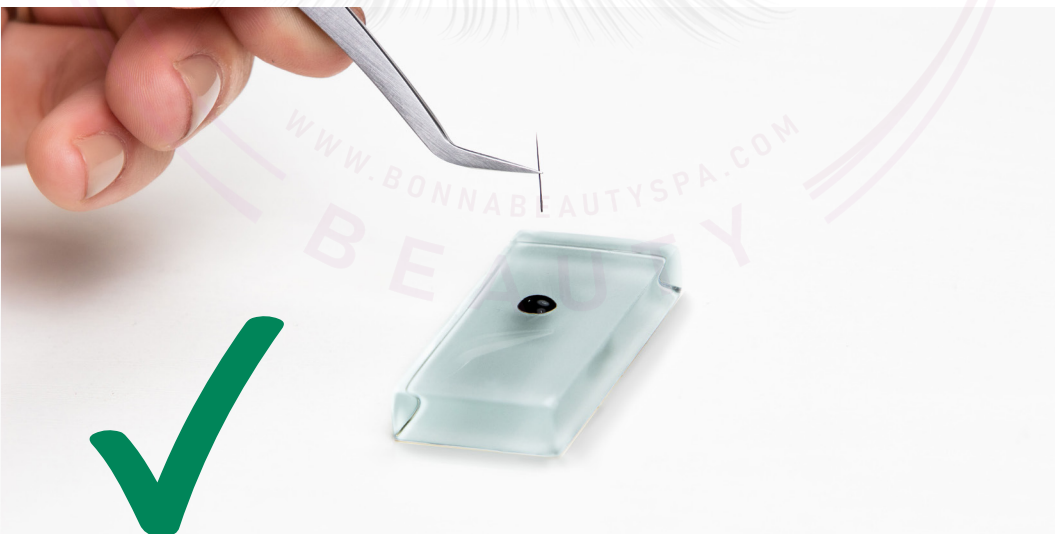
How do you use the Adhesive?

Before you start your day, we recommend shaking the bottle for at least 1 min in order to mix all of the ingredients that have separated while sitting unused. We also recommend shaking your bottle of adhesive at least 30 seconds between clients. *Shake, Shake, Shake!*

When dipping your lash extension into the adhesive, go slow. If you dip the lash too quickly into the adhesive, your lash will pick up an excess amount and create what we call “beads” as shown in Example 1. Having too much adhesive on your lash will not only add too much weight on your natural lash, but will also create a bleed and attract more natural lashes around the isolated lash to clump together. In order to avoid this, dip your lash extension slowly. The lash will pick up the perfect amount of adhesive like shown in Example 2.

Why does the adhesive have to be in the perfect temperature?

Both humidity and temperature factor into the dry time and bond performance of the adhesive. High temperature/humidity will make your adhesive work too fast. Low temperature/ humidity will slow down dry time. Depending on the brand of the glue, a safe humidity percentage is between 40-70%. We recommend purchasing a humidity tracker to control the temperature in the room to avoid poor application and retention.



ARE YOU READY TO START LASHING?!

Follow Steps 1 - 12 to help guide you while you preform the service!

STEP 1:

As your client arrives, greet them with a big smile and check them in. After, escort them to your station quickly. As you allow your client to get settled at your station, use this time wisely to **wash your hands** and remove your tweezers from the sanitation process.

STEP 2:

At this point you will provide your client with a thorough and informative **consultation**. Ensure that you have asked all the necessary question to determine how you will map the client. (At this step, we recommend you instruct your client to be in a sit up position and make direct eye contact)

STEP 3:

After your client has laid down and gotten comfortable, begin **applying gel pads**. Refer to Example 1 on Page 31.

Tip: avoid applying the gel pad too close to the waterline

STEP 4:

Tape your clients bottom lashes as shown on Example 2 & 3 on Page 31.

STEP 5:

Prime your client by using a primer and a lip applicator. Apply primer mainly on the base of the lash and then, begin drying the lash with your fan.

STEP 6:

Use this time to **map** your client. Refer to the examples on pages 19-21. Once you are comfortable with mapping, you are able to skip this step.

STEP 7:

Now it's time to begin applying the lash extensions. Begin by **applying your skeleton**. (Refer to page 18)

STEP 8:

Now that you have structured your mapping with your skeleton, you will **begin applying lashes** within the appropriate sections. We recommend starting with inner and outer corner and bouncing back and forth between those two sections. The inner and outer corners are the more

difficult sections and you will naturally move through them slower. Once you have completed about 75% fullness in these section , we recommend filling the middle section to 75% fullness as well. After both eyes are 75% full, then you will bounce back and forth between the two eye evenly until all eligible lashes have been filled. Refer to the examples on pages 44 & 45.

Tip 1: reapply a new dot of glue every 15 min or as needed

Tip 2: brush through the lashes with your mascara wand throughout your application to ensure that all your lashes are properly applied.

STEP 9:

At this point, you have completely applied lash extensions to all your clients natural lashes. Using both your tweezers, **comb all the lashes** one eye at a time, in order to find any lashes that may be attached to each other. If so, grab each lash extension with your tweezers and pull them apart carefully. Refer to examples on Pages 42-43,

STEP 10:

Hold your isolation tweezers underneath and parallel to the lash line and lift slowly to **check** if there are any top lashes attached to the bottom lashes or gel pad

Tip: Don't Panic and BREATHE! We'll get through this together.

STEP 11:

Remove the tape on the gel pad first and then **remove the gel pads** (make sure your clients eye are still closed during this process). Now using your nano mister, mist the lashes on both eyes for 15 seconds. Apply a sealant to the base of the lashes with your micro wand, then proceed to use your fan to dry the lashes for 10 seconds per eye. Finish by having your client open their eyes!

Tip: Instruct your client to open their eyes slowly in case there are any lashes attached to the bottom lashes that you may have missed in step 10.

STEP 12:

Conduct an **ending consultation** with your client and go over all aftercare procedures you recommend. Check them out and remember to re-book!

Tip: Don't forget to take pictures so you can build your portfolio!



TIME TO MIST

Hold the Nano Mister 8 to 10 inches above the clients eye.

Mist each eye for approximately 15 seconds per eye, making a total of 30 seconds of misting.

This may vary depending on the strength of your nano mister. Most automatically stop misting after 30 seconds.



TIME TO FAN

Hold the fan 8 to 10 inches above the clients eye.

Fan each eye for approximately 15 seconds per eye, making a total of 30 seconds of fanning.

If your client experiences a burning or stinging sensation during the service, fan to dry the glue and rid of any fumes.

BEAUTYSPRINT

There are two types of manual lash removal methods we are going to show you. The first is the very popular, Banana Peel. The second is what is known as the Pop-Off Method. Here are the difference between the two:

Example 9

The Banana Peel

Step 1:

Using your non-dominant hand, grab the natural lash towards the tip with your tweezers and keep steady throughout the whole removal process. Make sure you are using tweezers that close tightly shut, especially for the natural lash.

Step 2:

Using your dominant hand, grab the lash extension with your tweezers and pull away from natural lash and peel off the extension in downward motion towards yourself. Hence, this should mimic peeling a banana.

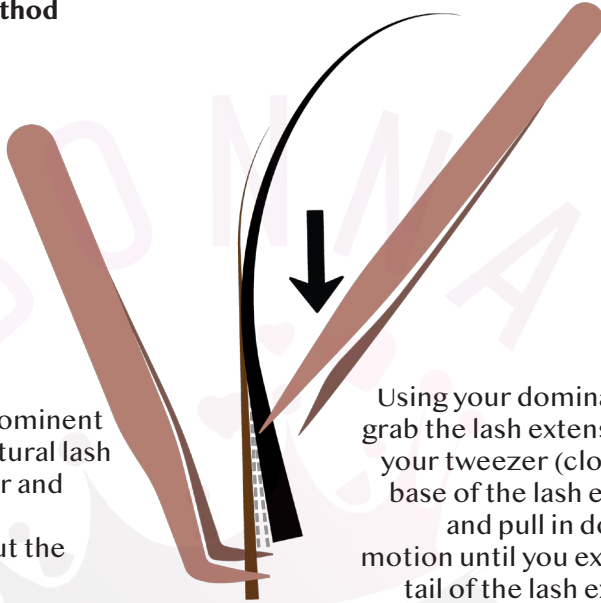
Tip: Bend the lash extension with your tweezers to help expose the natural lash.

Example 10

The Pop-Off Method

Step 1:

Using your non-dominant hand, grab the natural lash with your tweezers and keep steady throughout the whole removal.



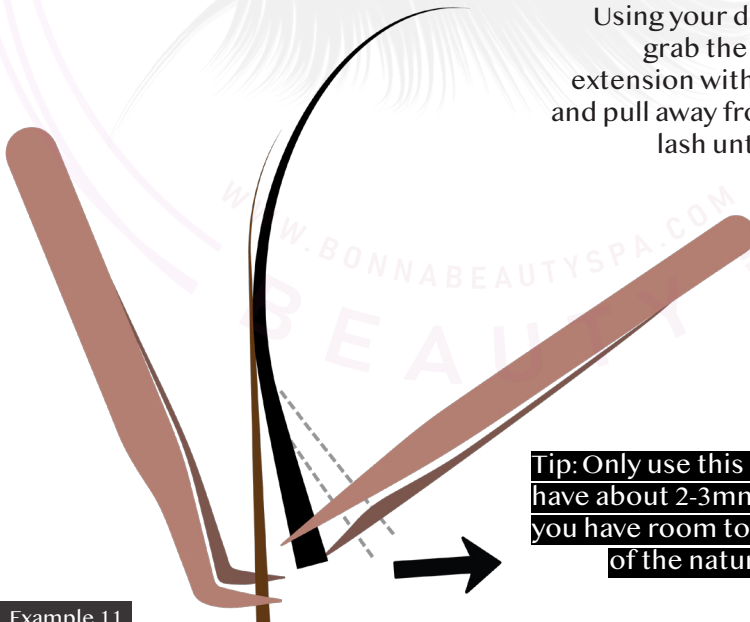
Step 2:

Using your dominant hand, grab the lash extension with your tweezers (close to the base of the lash extension) and pull in downward motion until you expose the tail of the lash extension.

If lash has not popped off at Step 2, follow Steps 3.

Step 3:

Using your dominant hand, grab the tail of the lash extension with your tweezers and pull away from the natural lash until it “pops” off.



Tip: Only use this method if you have about 2-3mm of growth so you have room to grab the base of the natural lash steady.

Example 11





AFTER CARE RECOMMENDATIONS

Applying lashes is only half the job! In order to maintain the health and integrity of the lashes, it's important to educate and follow up with your clients on their after care recommendations. Here are the instructions we recommend communicating to your clients.

1. For the most part, misting the lashes at the end of the service is responsible to cure all the lashes as needed. As an extra precaution, we want our clients to **avoid water or steam within the first 24-hours** after applying the lashes. When our adhesives comes in contact with a large amount of water before it is cured, the adhesive gets “shocked” and breaks right off. That being said, we highly recommend gently washing and cleansing your lashes daily after the 24-hour mark is complete! Wash your lashes, we don't want to see lash mites!!!

2. **Wash and cleanse your lashes with Oil-Free products.** Unfortunately, oils break down our lash adhesive causing them to fall out faster. Encourage your client to use Oil-Free hair and make up products to ensure best lash retention!

3. This one is important! **Avoid pulling, touching, or rubbing the lash extensions.** Remember that lash extensions are attached to the clients natural lashes. This means as you pull out the lash extension, you are also prematurely and forcefully pulling out the natural lash. If done too often, the natural lash will stop growing from the follicle.

4. We **do not** recommend perming, tinting, or curling the lash extensions

5. **Shedding is natural**, don't panic! As your natural lashes shed at the end of their growth cycle, the lash extension will fall out with it. If you see fall out with your natural lash attached, this is actually a great sign of retention and that the lash cycle is healthy!

6. In order to maintain the aesthetics and health of the lashes, we recommend scheduling a fill every **2 - 3 weeks** for all our clients!

Don't be shy communicating your after care recommendations! It's important to educate your clients and make sure they feel confident with their lashes! Your client is your best advertisement!



Let's celebrate,

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BEAUTY

Cheers!



Now that you have completed your training book, it's time to practice on some models!