

LADY RED LASH

CLASSIC TRAINING
MANUAL



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Who Are We?

Lady Red Lash Academy was created so that aspiring lash techs could find training programs dedicated to delivering the most advanced and up to date industry standard education available. We are passionate about training those looking to perfect their craft and be the very best in the lash extension industry.

What Do We Stand For?

At Lady Red Lash, comprehension of lash theory and consistent practical application is our highest priority. We believe in elevating lash standards and we continue to pursue the most current and advanced information, along with sourcing and providing high quality lash extension products.

Why Train With Us?

We are passionate about our craft. That is why we train our educators annually on updated techniques and information so that we can deliver the highest quality trainings.

It is also important to us to give our students a support system, a network of knowledge, and learning to fall back on. Once you take our class you will have unlimited support from our trainers and access to continued education classes, courses and products designed to fit any budget. We want to support you and help you be the very best tech you can be.



Passing / Certification Guidelines

Your certification is NOT guaranteed – you must earn it. We will only pass students who can correctly demonstrate comprehension of lash theory, and show consistent adhesive application and isolation during class. Many lashing courses offer certification to students regardless of their skill level, but we want our students' clients to know that their lash artist has demonstrated safe, high-quality lashing techniques. Once the course is completed, every student has their work assessed by one of our educators, and will have to meet the criteria we believe should be the standard in the lash industry before receiving their certification.

Market Analysis

Who Are Our Clients?

Women: ages 25-55 will typically make up 70-75% of lash extension clientele. Women in this age group have the biggest need for semi-permanent lash extensions. Especially clients in the age range of 35-55, when hormones and age start to effect lash growth.

Brides: the bridal market is a booming industry. Brides often book their lash extension appointments for their wedding and through their honeymoon for the convenience and low maintenance of extensions.



Market Needs

The industry has exploded with lash companies large and small that are certifying lash techs without equipping them with the newest and most advanced knowledge available in the lash industry. The demand for skilled and knowledgeable lash artists with advance knowledge about the lashline and application process has rapidly increased.

Regulations

Michigan requires an individual to carry a cosmetology or esthetics license in order to perform lash extensions in a cosmetology establishment. Each state is different, please refer to your state board for specific licensing guidelines to ensure you are in compliance with what licenses are required and where you can practice.

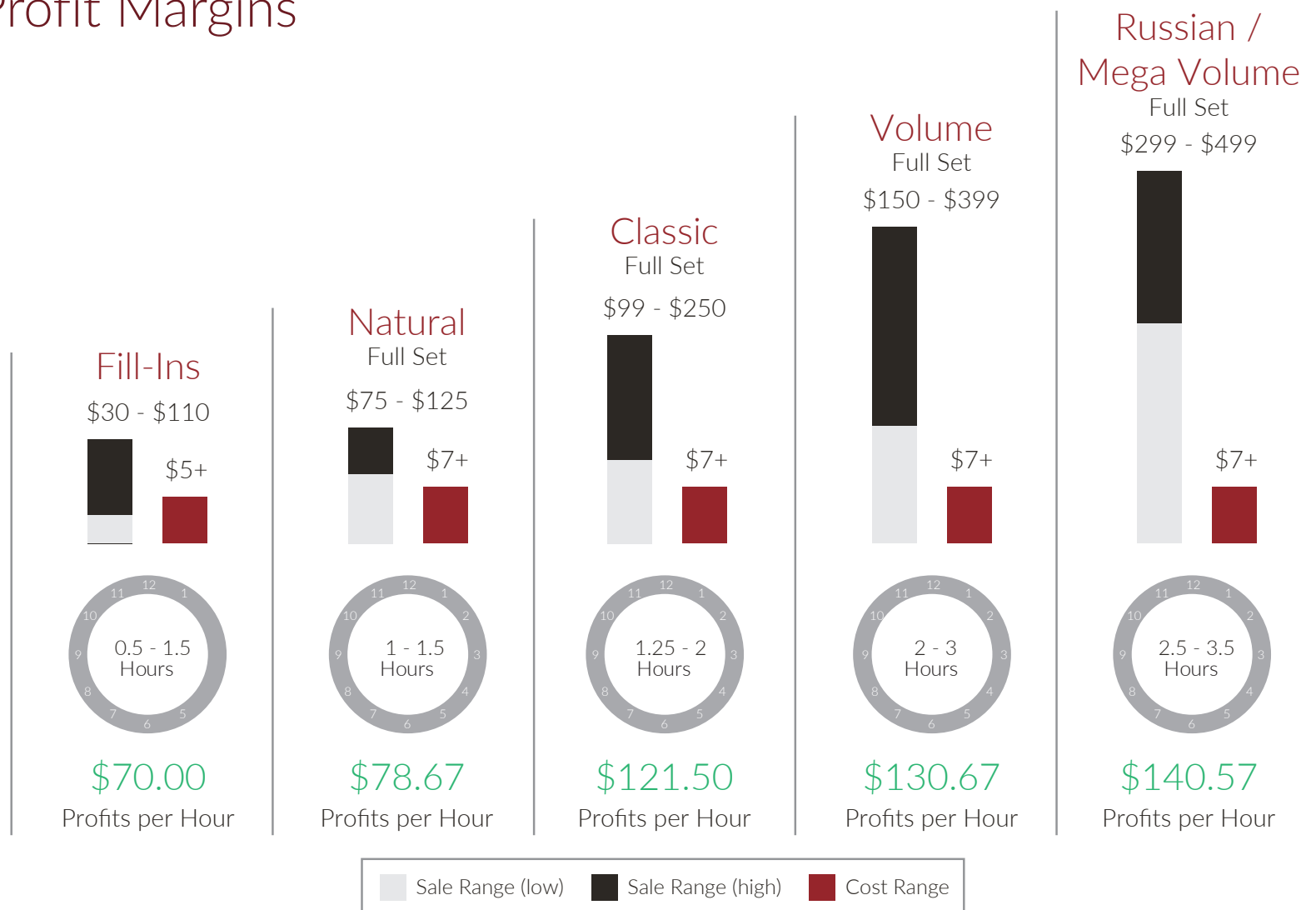
For more information, please refer to: www.michigan.gov/cosmetology

Legal Considerations



It is important that as a lash technician you are operating with proper insurance coverage. Whether you are lashing in a salon, spa, or medical facility, or operating independently – you should be aware and educated on what insurance you need along with coverage amounts, whether it is personal insurance or business insurance.

Profit Margins



Pricing & Marketing Tips

It is important as a beginner lash artist that you are setting yourself up for success when you price your services. It is important to research your competitors and to determine prices accordingly based on location, your own skills and experience. Typically, a lash artist who has invested in a higher quality training and who has more experience will often have higher price points. Don't be afraid to charge what you are worth!

Please Note: It is not advised to charge for any lash service until certification has been achieved.

What works: After certification once your prices are set, offer an introductory special such as \$25 OFF of a full set. Then you can offer your client a \$10 coupon to use on her first fill in appointment.

What doesn't: Offering too much of a discount will undercut your skill and attract a clientele that may not be willing to pay more in the future. But pricing too high will lead to unsatisfied customers if your skill level is not up to par.

Timeframe & Business Tips

The recommended timeframe for a beginner full set is 2 hours and for a 2 week fill 75 minutes is appropriate. It is in the best interest of yourself (avoid eye and hand strain) and your client (most clients do not have over a 2 hour time block available) to limit appointments to this timeframe until you can build the speed and coverage amount. Remember becoming an efficient, technically solid lash technician takes time and dedicated practice. Building a clientele could take over a year or more.

The following are some business tips that can set you apart from others:

- Follow up calls after initial full sets
- Loyalty cards
- Referral programs- refer a friend and get 20% OFF
- Returning client full set discounts
- Aftercare cards with appointment reminders

What Are Lash Extensions?

There are many different classifications of “lash extensions” on the market. Lash extensions can be classified in many categories such as strip lashes, cluster lashes or flares, express interlocking lashes, or individual semi-permanent.

Each lash company/brand has different curl and thickness measurements that are unique to that brand. One company's description of a lash extension, curl, or diameter can be entirely different than another's. It is up to you as the tech to find a brand who's style of lash is the kind you enjoy working with.

Strip, Cluster, or Flare Lashes

These are applied to the lashline with strip lash adhesive that is usually latex-based. Sometimes a stronger clear adhesive is used for longer wear, but is not meant to be worn longer than 2 or 3 days.

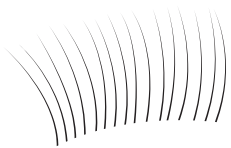


Consumer vs. Professional Products

When doing the application of semi-permanent lash extensions, it is very important that ONLY professional lash extension products are used. Any lash products meant for temporary wear, such as strip or flare lashes, OR bonding adhesive meant for the application of hair extensions, should NEVER be used to apply using the technique of semi-permanent lash extensions. This could cause serious damage to the natural lashes.

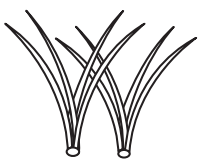
Individual Semi-Permanent

Categorized in two separate techniques:



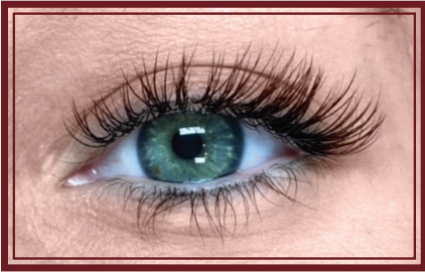
1. Classic Application

1 to 1 application. One extension is dipped in adhesive and placed on one isolated natural lash.



2. Volume Application

2-15 lightweight extensions are manually fanned out, dipped in adhesive, and applied to one isolated natural lash. Advanced training is needed to perform this technique in order to maintain the integrity of the natural lash.



Classic Lashes

Gives a “mascara” look, more spiky and thick towards the tips.
Works best for clients who have medium to strong natural lashes.



Volume Lashes

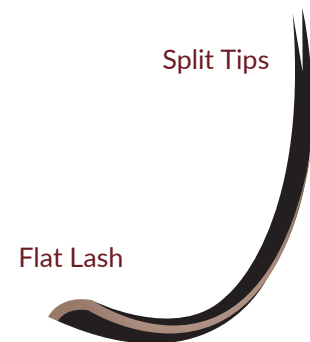
Gives a denser “fluffy” look with an eyeliner effect. Works best for any natural lash strength (weak, medium, and strong). Gives a dense, strong, natural lash client a dramatic “strip lash” look and will fill in natural gaps in weaker/sparse lashlines.

What Are Extensions Made Of?

Lash extensions can be labeled as ‘silk’, ‘mink’, or ‘real mink’ – these names are used to describe the material or finish of the extension. Both silk and mink lashes are made from synthetic PBT fibers (Poly Butylene Terephthalate) or polyester.

Silk tends to have a shiny finish, where synthetic mink is softer and matte. Real mink extensions are very rare and very expensive, as it is real animal fur.

Lashes can be manufactured ‘flat’ or ‘ellipse’. This lash (right) has a flat base instead of circular. This gives a much thicker appearance without any added weight.



INTRO TO LASH EXTENSIONS

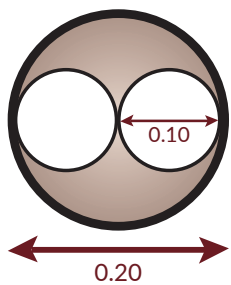
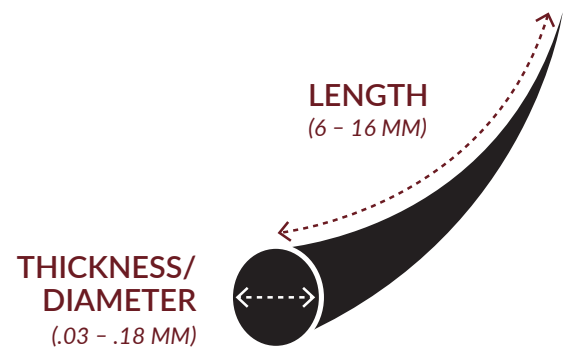
Lash Extensions Are Measured In Two Ways:

Length (6 - 16 mm long)

Thickness (.03 - .18 diameter)

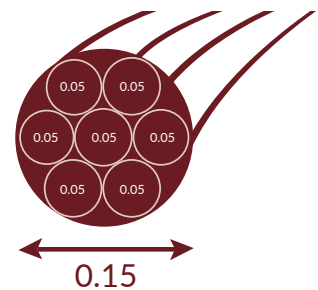
The thickness or diameter of an extension is calculated by the distance across the base of the extension in proportion to one inch. *Re: the higher the diameter = the thicker it is and the more it weighs.*

It is important to understand that the higher the diameter of an extension is, the bigger it is and the more it weighs. However, lashes are not labeled by their weight, but by their size or diameter.

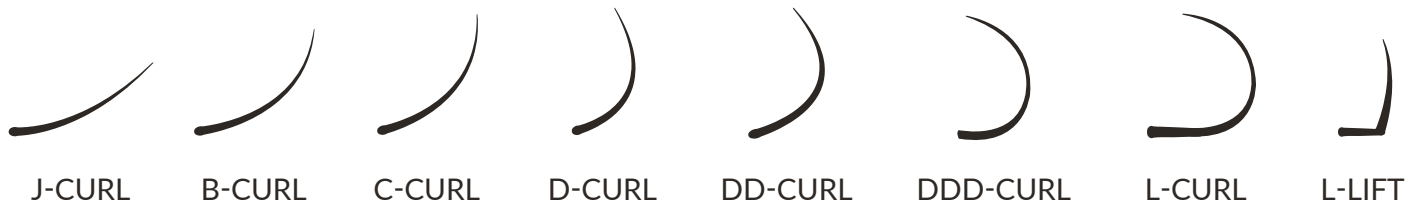


For example: When looking at this diagram (left), in the negative space you could fit more extensions in a smaller diameter. This is because we are describing thickness and not weight.

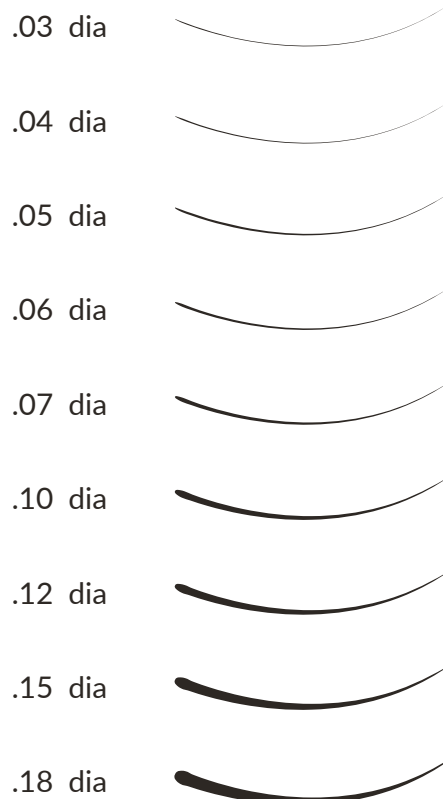
So a .15 lash extension takes up the same amount of space as seven .05 lashes, but does not mean that seven .05 lashes equals the same weight as a .15. (right)



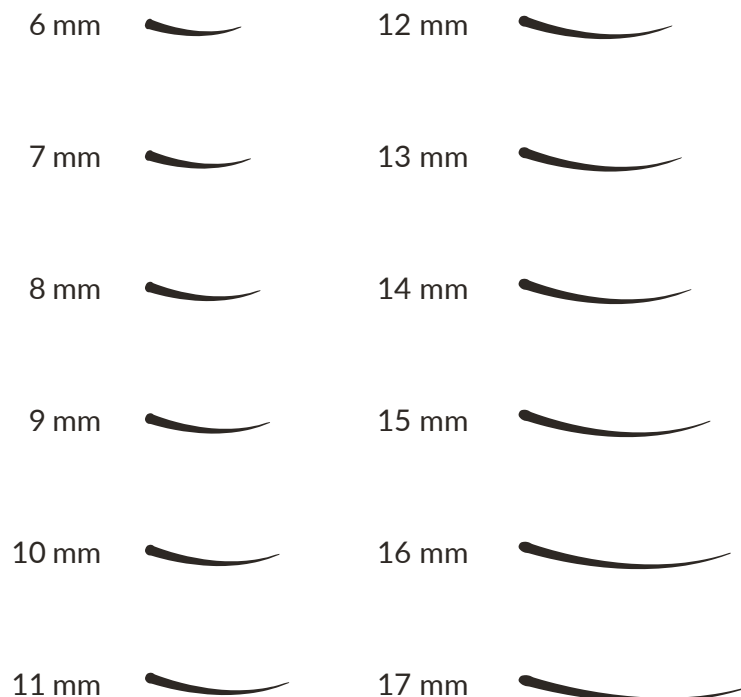
Lash Curls



Lash Thickness



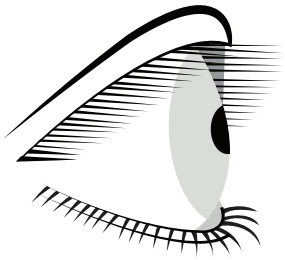
Lash Length



Types of Natural Lashes

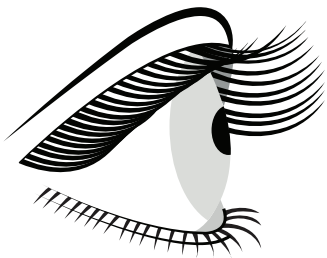
Natural Curls

There are many types of curls of natural lashes and they can grow in different directions specific to each client. As a lash artist, it is imperative to recognize these curls so as to use the proper extensions and lashing techniques.



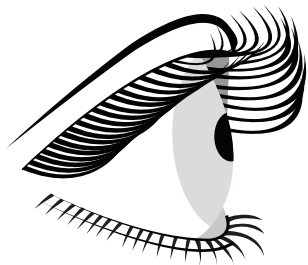
Straight or Downward Facing Lashes

L, L+, or C curl work best for this type of client. D curl can be used but must be placed with bottom placement method or candycane to give the natural lash lift.



Slight Curl

Any curl, and any placement method will work on this type of client.



Extreme Curl

C, D, DD, or DDD curl work best for this type of client. Bottom placement method allows for optimum attachment without the curl of the natural lash getting in the way.

Client Safety

In order to provide a safe and enjoyable experience it is in the best interest of the client and lash tech to discuss any factors that may deter one from getting eyelash extensions. Client safety is 100% the lash technician's responsibility. It is our job to maintain a safe and healthy environment and follow all regulations for personal services.

Upon consultation you should be able to tell by assessing your client intake form and their natural lashes if they are a good candidate for lash extensions. Sometimes turning clients away is an unavoidable and necessary part of our job. Clients with damage to their lash line, major gaps or extremely fine short brittle lashes shorter than 6MM are not a candidate for any lash extensions. Sometimes a growth serum can be recommended (minimum of 6 week usage) before returning for a consultation to assess natural lashes and see if there is any improvement.



Not a candidate for lash extensions

Lash Serum

Lash serums are an integral part of maintaining lash extensions long term. With age and over time the length of our anagen stage decreases. Therefore, the hair becomes weaker and thinner after each cycle. Lash serums extend the anagen phase and give lashes protein rich amino acids that we need to maintain strength. That's why it's important to ensure not only that your diet is rich in specific nutrients to maintain hair growth but also the use of a serum can help maintain natural lashes health with long term extension wear.



Lash serum used daily for 90 days

Contraindications: *a contraindication makes a particular treatment or procedure potentially inadvisable.*

Remember, as lash artists we are looking for evidence of a contraindication, not to diagnose any health conditions. Any client with an illness or infection must be symptom free for at least 2 weeks prior to any lash service. With recent invasive surgeries or treatments, a doctor's note is required.

Medications

Be aware that some medications can affect natural eyelashes, the retention of extensions and also timeframes in between infills. It is beyond our scope of practice to discuss medications in details and side effects as we are not medical professionals.

If a client has any of the following conditions, extensions should NOT be applied:

Recent eye injuries, disorders or surgeries. A doctor's note or a minimum of 2 weeks is needed symptom free before performing lash extensions.

Client undergoing chemotherapy. A minimum of 6 month in remission or doctor's note is needed

Clients whose lids do not close or flutter excessively

Anyone that has had an allergic reaction to lash extensions before.

Pets should never be allowed in treatment rooms for health and liability reasons. The health department will shut you down if they find animals on the premises

No children should be allowed in treatment rooms as it is a liability because of the nature of our products and the level of skill and focus required to perform lash services properly.

The following conditions should be included on your intake form and discussed with the client prior to the lash service. These conditions can affect retention and possible eyelash health.

Moderate to severe seasonal allergies. Clients who have seasonal allergies CAN get extensions but during these seasons they may have more irritation and may need to take a break if allergies are severe.

Pregnancy. Women who are expecting can have lash extensions, but due to hormonal changes during this time the state of the client's natural health must be kept a close eye on. She may need to take a break if lashes begin to suffer

Menopause, Menstrual cycles, breastfeeding, Hypo & Hyper thyroid disorders. These all can cause hormone fluctuations and a disruption of hair cycles therefore effecting retention of lash extensions.

Recent botox or fillers. Client cannot lay flat for 3 hours post treatment.

Clients who Pick or pull at lashes.

Contact lens wearers should remove them before any lash extension service. Contacts could hinder properly flushing of the eye if any debris were to get inside the eyeball. They also could cause eyes to be dry and red because of the eye needing to be closed for a long amount of time during lash services with no natural lubrication of blinking.

Lash Tech Tip: Always have an unopened bottle of emergency sterile eye wash on hand during lash services in case you need to flush or irrigate the eye. Remember, it must be replaced by a new bottle once opened.

Risks

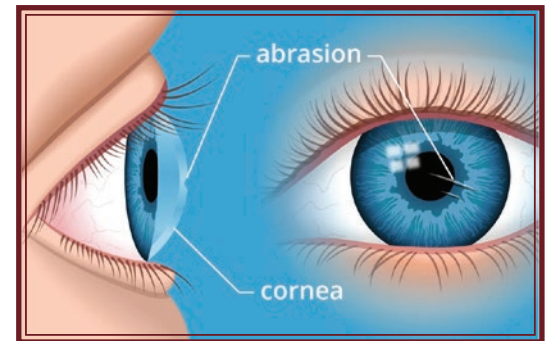
Corneal Abrasion or Bruise to the Eyeball

Corneal abrasion is a scratch to the surface of the cornea of the eye. Symptoms include pain, redness, light sensitivity, and a feeling like a foreign body is in the eye. Treatment is typically with antibiotic ointment.

A corneal abrasion is caused by microscopic cuts in the eye and can occur from:

- Eye Pads being to close or resting on the waterline.

- Clients talking and causing eye pads to move up into the eye.



Example of Corneal Abrasion

Chemical Burn

A chemical burn is when vapors from the adhesive enter the eye producing sore, red eyes that can look and feel like pink eye. This happens when the eye is cracked open and fumes can permeate the eye.

Preventative Measures for Avoiding Reactions

- Make sure eyes are closed during the entire service.

- Minimal to no talking to ensure cheeks don't move causing eye pads to shift

- Nanomisting can relieve irritation symptoms and soothe the eyes after the service.

- Cleansing and rinsing the lashes after nanomisting can rid the lash line of adhesive residue and dramatically reduce irritation symptoms.

Risks - Continued

Allergy

Definition: An allergy is a condition in which the immune system reacts to a foreign substance in which the body has become hypersensitive.

Allergic Reaction

A client can at any time develop an intolerance to any substance including eyelash extension adhesive. Once someone has had an allergic reaction, they will most likely always have that reaction no matter what adhesive brand is used, due to the main ingredient in all lash extension adhesives being cyanoacrylate. An allergic reaction can also develop over the course of time while wearing extensions as your body's defense against a foreign substance.

Allergic reactions can look like any of the following:

- Redness on the lash line or lid
- Swelling of the lid
- Itchiness
- Excessive crusting or secretions of the eye

In the event that a reaction does occur:

You must advise your client to come for a consultation to assess the lashes. After you have looked at the lash line and see any signs of the above symptoms you must suggest a full removal of the lash line and it is recommended that they see an eye doctor. If the reaction is severe and the lid is extremely irritated, you may have to avoid using remover (which is an eye irritant) and remove lashes one by one with tweezers using the banana peel method. Note: Those who have had an allergic reaction to extension adhesive before should have a doctor's note to proceed with another application.

Sensitivity

A sensitivity is different than an allergic reaction because the immune system does not kick in. This can happen because of procedure products such as eye pads, tape, etc. A sensitivity usually dissipates within a short time and does not cause severe reactions. (Example: Client experiences itchiness with tape used on her upper lid, but it dissipates once tape is removed.)

Patch Test

A client who has sensitivities or is nervous about an allergic reaction can come in for a "patch test". When doing a patch test, we NEVER apply to the skin!

Step 1: Follow all necessary protocols for prep of lashes and eye pad application.

Step 2: Apply 5-10 lashes per eye matching the client's natural lash diameter and length.

Step 3: Wait 24 hours and assess.

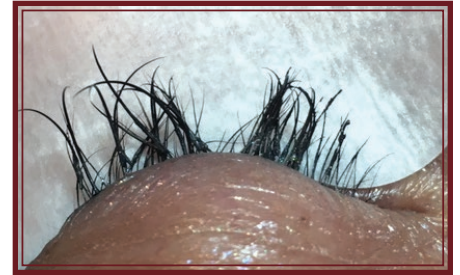
Always inform the client that a patch test does not guarantee that she won't have a reaction when her entire lash line is covered with extensions. If she shows signs of irritation such as redness, itchiness or swelling she must return and have them removed. Never recommend products such as Benadryl to your clients. You are neither a medical doctor or pharmacist. Suggest your client see an eye doctor or allergist.

The Unfortunate Side of Our Industry

In many states, there is not specific guidelines governing the quality of lash extension application. Because of this there will be times that you will need to assess and possibly remove other technician's work. Knowing how to approach these situations will allow you to possibly save the client's natural lashes and rehab them if necessary. Note that if you are working with excess adhesive and improper application, removals will typically take more time and possibly reapplying remover to loosen the bonds of the adhesive.

A Removal is Needed for Any of the Following:

- If you are unable to properly sift or brush through the lashline.
- If any lashes seem caught, stuck, or need to be pulled apart with tweezers.
- Natural lashes that are damaged or broken.
- Extensions that are excessively long or heavy for the natural lash.
- Crystallized buildup or an overly congested lashline.



Damaged set with adhesive buildup and extensions too heavy and long for natural lashes to support.

Can Lash Extensions Cause Damage to Natural Lashes?

In order for lash extensions to cause long term damage to the natural lash, there would have to be permanent damage done to the follicle. This can happen by the natural lash being constantly damaged at the follicular level by things such as:

- A person picking or pulling at their lashes.
- Extensions being applied improperly without proper isolation or excessive adhesive.
- Lash follicle being constantly congested with improper cleansing resulting in conditions such as blepharitis.
- Improper weight/length causing follicular damage.



Extensions applied are too long/heavy causing twisting and flipping of the natural lashes.

Lash Tech Tip: Always require a consultation appointment when accepting fills from other salons. These usually are 15 minutes and free of charge. Taking pictures during your consultation will also let the client see exactly what you are seeing and will better help you explain your course of action.

Lash Structure & Function

Lash Definition: 'One of the Hairs that Grows at the Edge of the Eyelid'

Based on this definition, we are going to assume that lashes take on the same physical and chemical characteristics as the hair on our head, with only minor differences in growth cycles. We need to first understand our hair and its structure and biological function, then can we fully understand how lashes work in partnership with extensions and lash adhesive.

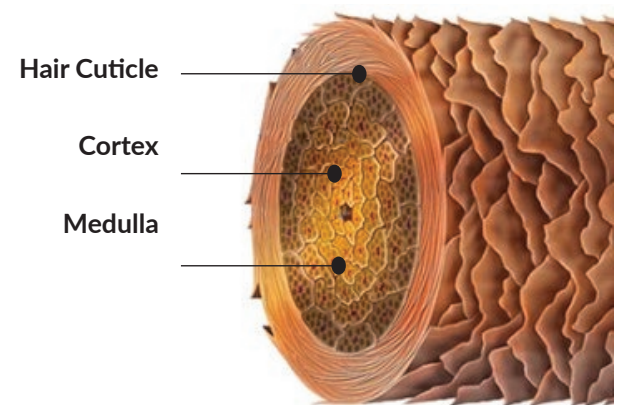
Structure

Cuticle: outermost layer that protects the cortex.
Shingle-like layers of overlapping cells, like scales.

Cortex: composed of keratin (protein) that gives our hair color, moisture, and strength.

Medulla: inner most layer and is absent in blonde or fine hairs.

One of the most important elements that make up the chemical composition of lashes is keratin, a fibrous protein found in the cortex (or the thickest layer) forming the main structural constituent of hair. 80% of the weight of hair is due to the presence of protein or amino acid polymers. Therefore the more keratin the lash contains, the stronger it is.

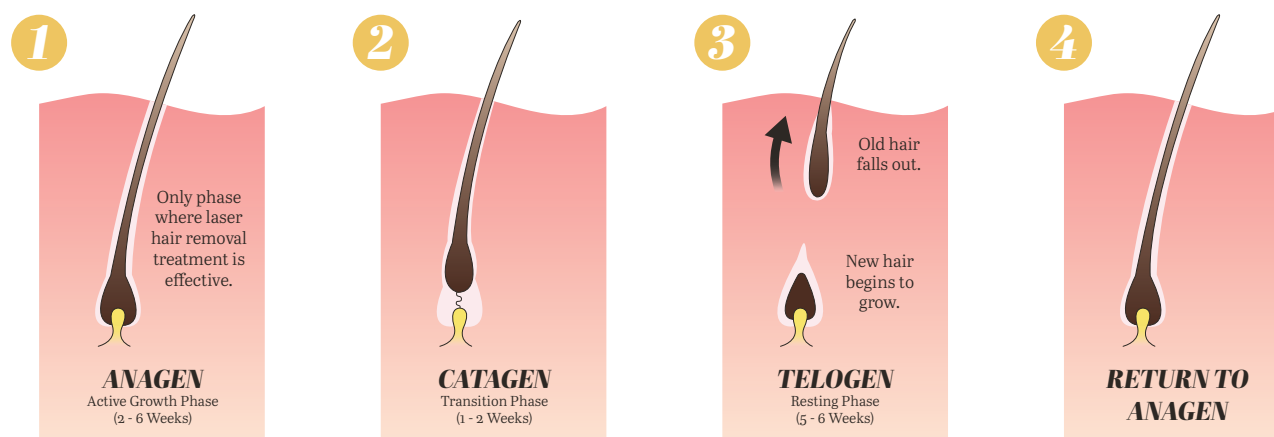


The Hair Growth Cycle

The main function of our eyelashes is to protect our eyes from dust and foreign matter. There are between 90-150 that grow on each of our upper eyelids, and between 35-45 on each of our lower lids. Hair grows from the follicle, or root, underneath the skin. The hair is 'fed' by blood vessels at the base of the follicle, which give it the nourishment it needs to grow. Between starting to grow and falling out, each hair passes through three stages: anagen > catagen > telogen.

(ACT- Acronym to remember this by) Every hair can be at a different stage of the growth cycle at any given time.

Eyelashes cycle and shed just as your hair does. The average life of an eyelash is between 90 and 120 days or 3-4 months. During this time the eyelash will go through three phases of growth: anagen > catagen > telogen.



The Anagen Phase

During this phase, the cells in the root of the hair divide rapidly, adding to the hair shaft. At any time, about 80-90% of your lashes are in the anagen phase. Lashes at this stage are actively growing, and are at their strongest as they are still attached to the dermal papilla and blood supply. The amount of time that a hair follicle stays in the anagen phase is genetically determined and slows as we age. The reason that our hair grows longer than our lashes is that our hair on our head can stay in the anagen cycle for years where as our lashes only stay in this cycle for months.

An anagen lash can still be lashed with an extension, but great attention needs to be given to how long we make it, as the weight distribution of an extension that is too long can create friction and damage to the follicle.

The Catagen Phase

The catagen phase is a short transition stage that occurs at the end of the anagen phase. It signals the end of the active growth of a hair. Only about 1% of hair is in This phase at any time and it lasts for about two to three weeks. When it's in the catagen phase, the hair follicle shrinks to around a sixth of its original length, causing the strand of hair to detach from the blood supply and push up towards the skin's surface.

The blood supply is still present, the sensory nerves are still attached however the hair shaft is shriveling and the cuticle of the hair remains attached to the inner root sheath. Since the cells are still active, just regressing, there can be discomfort related with injury or trauma. If an eyelash falls out or is plucked out during this phase, it won't grow back right away because the follicle needs to complete the catagen and telogen phase before it can return again to anagen.

The Telogen Phase

After the short catagen phase, the hair is released and the hair follicle rests. The telogen phase takes over and the hair lies dormant before the cycle starts again. At this stage, the lash can be more easily pulled out and is at its weakest. Around 10-15% of lashes are in the telogen phase at any given moment.

Normal Lash Shedding

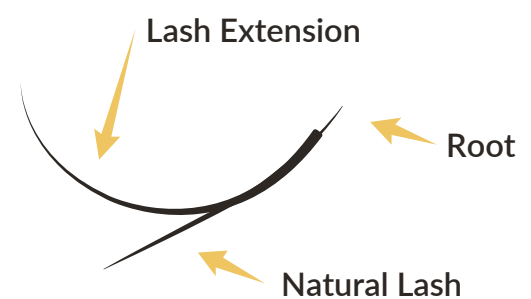
Lashes cycle and regrow daily, it's important to note that all lashes do not go through these stages at the same time. At any given time some hairs are in the anagen phase, some hairs are in the catagen phase, and some hairs are in the telogen phase. Lashes shed just like our eyebrows or the hair on our head. An extension can shed with a natural lash attached meaning it was at the end of its cycle or an extension can shed on its own without the natural lash attached as the bond of the adhesive breaks down. Because each individual lash is in its own phase of the growing cycle, it's normal for approx. 1-7 lashes to fall out daily.

Each person's individual lash cycles vary. Certain illnesses and medications can effect lash cycles, as well as sub-factors like:

- Porosity (which is directly related to lash strength)
- Age
- Genetic factors
- Lash hygiene
- Use of serum

Seasonal Lash Sheds

Humans are mammals and we shed seasonally in the autumn and spring. During the summer, intense heat may trigger more lash hairs to go into the resting phase, halting growth, and causing them to fall out over the next month or two. Your client's natural lashes will look much thinner and more sparse during these times, so they may need to return sooner for fills and thinner extensions may need to be used until lashes return to normal. You can tell if your client has gone through a shed by the increased amount of anagen or baby lashes on the lash line, and also if the natural lashes are attached to the extensions when they shed.



Stress Cycles

A stress cycle is where there is a break in the normal lash cycle due to excess weight that lash extensions put on the natural lash. If a natural lash carries too much weight due to too heavy (too much weight) of an extension, that lash can shed prematurely once it reaches the telogen cycle. Due to the fact that a telogen lash is not attached to the blood supply and at its weakest it becomes unable to carry that overweight extension for the proper length of time. The anagen lash that is forming in the dermal papilla is not yet grown through the surface. Because of this gap in the normal lash cycle, the lash line may appear to be less dense at this time until the anagen lashes grow. The amount of time spent in this forced lash can be shorter or longer based on hormones, genetics, age, etc.

Therefore, when applying too heavy of extensions, we are not necessarily causing immediate 'damage', but slowed lash cycles. This is why we may see shedding periods of weaker, less dense lashlines in every client's lashlines periodically. We can supplement and assist to boost this lash cycle with serums, biotin, and maintaining a healthy lifestyle.

Understanding Lash Porosity & Retention

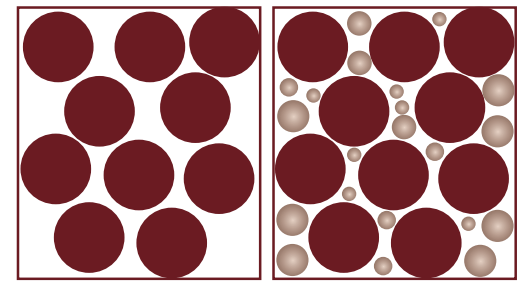
As a lash artist, understanding porosity is crucial to understanding strength and resilience of clients natural lashes and how porosity affects adhesive and retention.

Porosity: 'The Quality of Being Porous, or Full of Tiny Holes'

Porosity in hair and lashes is determined by how tightly the cuticle scales adhere to the surface of the hair shaft, and how adjacent scales overlap one another.

Something that has more holes in it is MORE porous.

Something that has less holes in it makes it LESS porous.



High Porosity:
Large Spaces

Low Porosity:
Small Spaces

Characteristics of Low Porosity Lashes

Usually a thicker lash (.15 diameter).

Low porosity lashes have very compact/closed cuticles.

Shiny especially if it is a darker color due to an accumulation of protein.

Natural oils don't readily penetrate, but rather sit on the lash.

Takes much longer to get fully saturated.

Achieving proper application with adhesive is harder due to the texture of the surface.

More adhesive may be needed to wrap both the natural lash and extension.

Needs primer to strip the lash of oils/proteins.

Consistency in retention may be a challenge to achieve due to above factors.

They are much more able to sustain the weight of lash extensions due to the cortex having less spaces interstitially, therefore being stronger.



Low Porosity /
Closed Cuticle

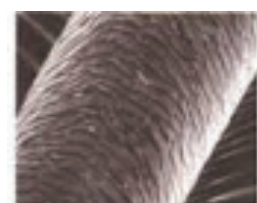
Characteristics of Normal Porosity Lashes

Usually a medium thickness lash (.12/.10 diameter).

Cuticle is open.

Easily accepts and retains moisture/liquid inside the cuticle.

Lash adhesive typically absorbs into the cuticle evenly, with consistent retention results.



Normal Porosity /
Open Cuticle

Characteristics of High Porosity Lashes

Usually a weak/thin lash (.05/.07 diameter).

Cuticle is raised.

Overly absorbs water/liquid, however, releases it overly as well.

Often looks brittle and feels dry.

Needs serum to sustain long term extension wear.

Lash breaks are needed for this lash if not on a serum. This is due to the lash being weaker and having a tendency to shed quicker under weight of extensions.



Highly Porous /
Raised Cuticle

Diseases & Histology

Blepharitis

Blepharitis is an inflamed or infected eyelash follicle that has become blocked. The sebum (oil), dead skin cells and bacteria on the eyelid block up the natural lash follicle. Over time the mouth of the follicle (at skin level) becomes inflamed and red. The natural lashes become thinner and sparse causing big gaps between the natural lashes.



Example of Blepharitis

What Does it Look Like?

The easiest way to recognize Blepharitis is that there are tiny small white flakes between the lashes that look a bit like dandruff. Pull the eyelid and stretch the skin out to the side (like your drawing eyeliner on it) and have a good look at the follicles. The skin around the lashes will look raised, bumpy, and white.

Do Eyelash Extensions Cause Blepharitis?

Only if they don't wash their eyes or the condition was pre-existing before they had their first full-set. Many people have Blepharitis for years and don't even know they have it. Putting eyelash extensions on a client with an existing Blepharitis infection, will only enhance the condition and make it worse. Blepharitis cannot be cured. However, it can be treated and controlled through proper eyelid hygiene. Left untreated, Blepharitis can cause more serious conditions such as scarring or injury to the eye's tissue.

What this Means for Lash Technicians

If you notice any MINIMAL dry, flaky, or scaly buildup on or around the lash line, double cleanse with lash shampoo, micro swab the lashline with saline, then dry. Lash extension fill is permitted, HOWEVER, your client needs to be alerted of what we are seeing, and cleaning aftercare needs to be addressed. If you notice EXCESSIVE crystallized or hardened buildup, REMOVAL of lashes is needed immediately.

Lash Tech Tip: Your clients should be washing their eyes with a lash shampoo every day if they are wearing eye makeup and at least 2-3 times a week if they are not makeup wearers. Baby shampoo and face wash are not recommended as these were made to clean the SKIN not the HAIR. Foaming lash shampoo will clean the lashes and the lash line properly.

Eyelash Mites

Eyelash mites also known as Demodex “parasitic mites that live in or near hair follicles of mammals”. There are about 65 different species of demodex with only two species known to attack human beings, i.e. the Demodex Brevis and Demodex Folliculorum both of which are commonly refers as to face mites.

Causes of Facial Mites or How Do You Get Eyelash Mites?

Scientists have shown no relationship between personal hygiene and infestation of these mites. However, there seems a connection between eyelash mites and mascara as women who wear a lot of mascara tend to have a higher prevalence of these mites on their eyelashes. This is the same case for people who wear a lot of eye makeup in general.

What Does This Mean for Us as Lash Techs?

Because mites are microscopic to the naked eye, it is near impossible to be able to distinguish if a client has “mites” or if it is just a symptom of Blepharitis, irritation, allergic reaction, etc. The main and most important thing we can do is educate our clients in proper lash cleansing and maintenance and if they have any symptoms that are progressive, refer to an eye doctor.

Chalazion (eye sty) (eye stye)

What is a Chalazion?

A chalazion is a small bump that appears on your eyelid because of a blocked oil gland. It can develop on the lower or upper eyelid, and it often disappears without treatment in about one month. The bump that characterizes a chalazion is caused by a blockage in the meibomian gland on the eyelid. Meibomian glands produce oil in both the upper and lower eyelids. Certain people are more likely than others to get a chalazion.



Example of Chalazion

Common Risk Factors Include:

History of Chalazion; If you have had a chalazion in the past, you are at a slightly higher risk of getting another one.

Unclean Hands; If you often touch your eyelids with unclean hands, you may increase your risk of getting a chalazion because dirt can block your oil glands.

What Does This Mean for Us as Lash Techs?

If a client has a existing chalazion and booked for a full set service, waiting until it has cleared up is recommended. If they develop it WHILE wearing extensions cleanliness and washing lashes need to be addressed as it is a blockage of an oil gland. If the chalazion is red and inflamed and bothersome to the client, removal of extensions is necessary.

Lash Tech Tip: There are many diseases of the eye. We as lash techs are NOT medical professionals. If your client has ANY diseases/disorders and conditions of the eye, they MUST have a doctor’s note to proceed – we do not diagnose.

Conjunctivitis

Also known as pinkeye, is an inflammation of the conjunctiva. The conjunctiva is the thin clear tissue that lies over the white part of the eye and lines the inside of the eyelid. It can be highly contagious but it's rarely serious, especially if it is found and treated quickly.

What Causes Pink Eye?

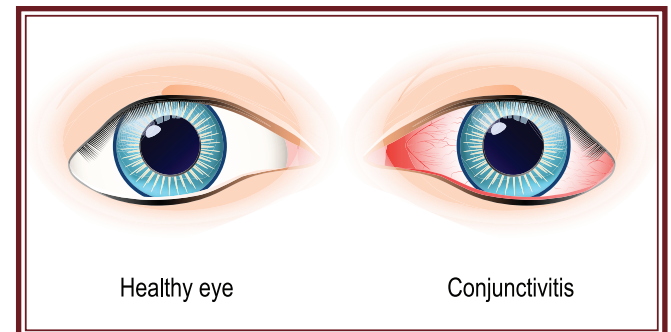
Viruses, including the kind that causes the common cold.

Bacteria, that can be transferred from unclean workspaces or instruments.

Irritants such as shampoos, dirt, smoke, and pool chlorine.

An allergic reaction to things like pollen, dust, or smoke.

Fungi, amoebas, and parasites.



**Example of Conjunctivitis
(Pinkeye)**

Symptoms can mimic those of an allergic reaction but include:

Burning, itchy eyes that discharge a thick, sticky mucus may indicate bacterial pink eye.

Tearing, a swollen lymph nodes under the jaw or in front of the ear, and a light discharge of mucus from one or both eyes are often signs of viral pink eye. People with viral pink eye commonly have symptoms of an upper respiratory infection or cold as well.

Redness, intense itching, and tears in both eyes may indicate allergic pink eye.

Slight blurring of vision.

What Does This Mean for Lash Technicians?

If any above symptoms are recognized the service should not proceed and the client should be referred to an eye doctor.

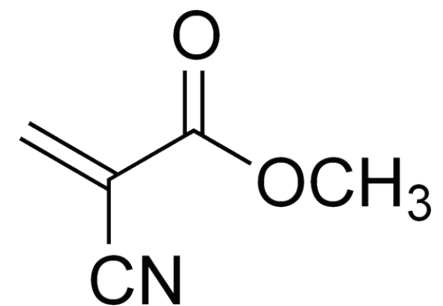
What is Cyanoacrylate?

[sahy-uh-noh-ak-ruh-leyt]

Our eyelash extension adhesive is 80% Cyanoacrylate (CA), which is an acrylic resin – a family of fast-acting adhesives with industrial and medical uses.

Along with the main ingredient, eyelash extension adhesive is carefully formulated with other ingredients such as: balance thickeners, pigment stabilizers (carbon black or hydroquinone), and accelerators.

CA is an acrylic resin that rapidly ‘polymerizes’ in the presence of moisture forming long, strong chains, joining the bonding surfaces together.



There Are Four Main Types:

Ethyl/Methyl: Cosmetic grade – most widely used eyelash extension adhesive. Fast curing, strong strength with fumes.

Butyl/ Octyl: Used in medical applications.

Toxicity

Cyanoacrylate fumes can be irritating the mucous membranes however, once polymerized the product is less reactive and becomes almost nonirritating and non-allergic. We do need to protect ourselves from overexposure of fumes from our adhesive and invest in a high-quality protective mask with a carbon filter. The N95 with carbon filter is recommended to block VOC's (volatile organic compounds). Make sure you have a protective seal around your nose and replace the filters monthly.

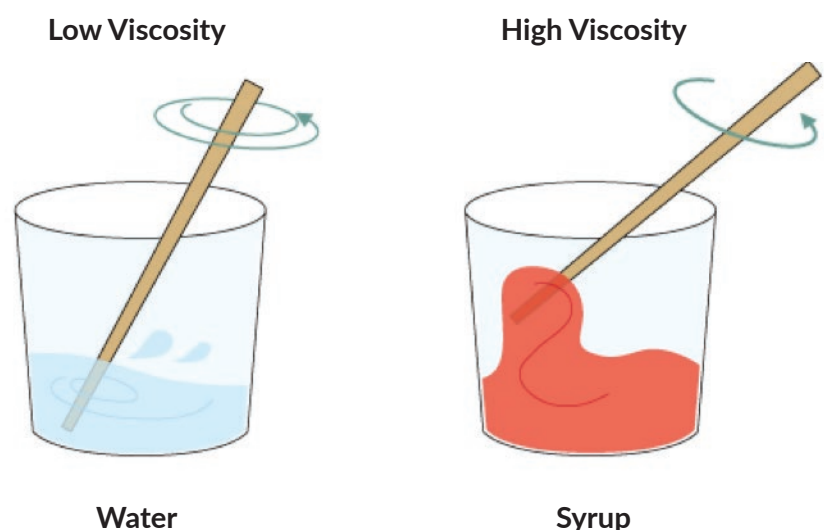
Formaldehyde

Formaldehyde is a dry gas and NOT a cosmetic ingredient. It is actually a 100% reoccurring substance that is found in organic foods, and something that our bodies naturally produce. Most CA's omit low levels of formaldehyde in PPM (parts per million) emitted as a byproduct as cyanoacrylate cures.

Viscosity

What is viscosity? – Viscosity is the property of resistance to flow in a fluid or semifluid.

Some adhesives are thicker, and some are thinner than others. The thicker (high viscosity) allows for more reposition time while the thinner (Low viscosity) formulas have immediate grab.



Medical vs. Industrial

Medical-grade adhesives are similar in chemistry to industrial adhesives. However, they differ in a major way. Medical-grade adhesives are solvent-free and nontoxic once they are cured.

And, unlike industrial adhesives, medical-grade adhesives must be tested for biocompatibility. This testing can differ extensively from supplier to supplier. A MSDS (Material safety data sheet) can be requested and should be on site at all times.

Temperature & Storage

Most eyelash adhesives work best between 68-72 degrees and 35-65 percent humidity. Anything over or under is not within optimal conditions and will cause faster/slower curing speeds. Every adhesive has specific conditions that it works best under. Contact your supplier for this information.

What is Dry Time?

When talking about cyanoacrylate, 'dry time' is actually different than 'cure time'. Our adhesive dries to the touch within seconds. The amount of time your adhesive takes to dry or bond to the natural lash is specific to that adhesive, your client's PH and moisture levels in your room.

What is Curing?

The curing or hardening of our adhesive is called polymerization, with moisture acting as the primary method and heat as secondary. There can be extreme heat produced when cyanoacrylate reacts with cotton, wool, and sometimes leather. Heat and occasionally even smoke and fire can be produced when cyanoacrylate adhesives come into contact with natural fibers, particularly cotton and wool.

The "24 Hour Rule"

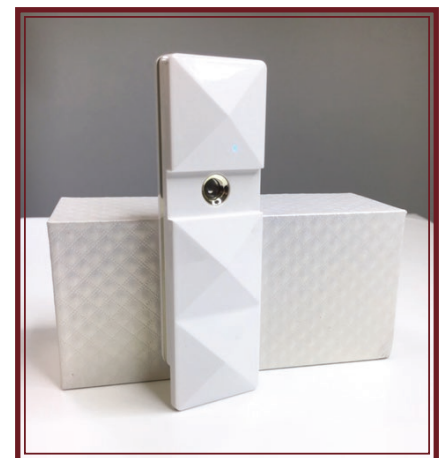
Our adhesive slowly cures from the inside out. In the past, we were taught that we needed to wait 24 hours in order for that curing process to fully complete. Now with the advancement in the industry, and our knowledge of cyanoacrylate, with the use of a nanomister we can create and immediate cure our adhesive in as little as 30 seconds!

Nano Mister

Adding moisture with a Nano Mist Sprayer can help with the humidity by directly adding a fine mist of moisture to the lashes. Be cautious not to over mist! Over misting will cause blooming which is when excess cyanoacrylate monomers vaporize reacting with moisture from the nanometer.

Nanomister directions for use: Hold the nanomister a forearm's length away from the lashes and mist for 15-30 seconds.

Lash Tech Tip: For those clients who has allergies or sensitivities you can nanomister after the service and immediately wash and rinse the lashes with lash shampoo to rid the lash line of any adhesive residue that could cause any possible irritation or reaction.



Example of Nanomister

ADHESIVE – CYANOACRYLATE

Adhesive Tips & Troubleshooting:

Because our adhesive cures with moisture in the air, A new drop will be needed every 15-30 minutes depending on the humidity levels in your room. NEVER APPLY A NEW DROP ON TOP OF THE OLD!

Always shake your adhesive for at least 60 seconds before use. If you see that the adhesive is clear or separated, you have not shaken it enough!

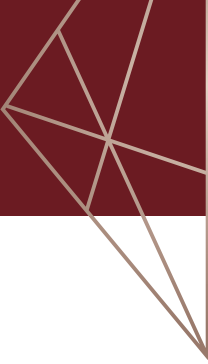
Date your adhesive bottles. Adhesive has a shelf life of 4 weeks once opened and 6 months unopened.

Make sure to 'burp' your bottle after use and wipe off the cap with adhesive wipes to prevent buildup.

Do not store in freezer or refrigerator.



Lash Tech Tip: All lash extension adhesives have almost the exact same ingredients, just in different formulations. Retention has almost 90% to do with your lash prep, knowledge of the clients lashes, and the humidity and environment in which you are working.



What Lengths & Weights Do I Choose?

There are many variables and factors that go into determining correct weight and lengths of lash extensions. As lash techs it is our job to balance our knowledge of the lash line along with the creative process of lash styling in order to deliver the most complimentary set based on the strengths and lengths of our client's natural lashes. The first step is to assess our client's natural lashes and match them to their appropriate strength and length category. At this point we know what we can safely give them based on their lash goals.

Performing a lash assessment:

Before being able to choose a diameter or length for your client, we must first perform a lash assessment. This can be done immediately after your consultation.

STEP 1: Lay client down and remove any traces of eye makeup from the lashes.
Assessment cannot be done with mascara or any other strip or temporary lashes on.

STEP 2: Place eye pads under eyes.

STEP 3: Using a lash ruler measure length of natural lash and note it.

STEP 4: Using a lash from your lash tray compare the diameter of the natural lash to the diameter of the extensions finding the best fit.

.10 = weak .12 = medium .15 = strong

Guidelines for Clients Who Desire A Longer Lash:

Remember that when we increase length, we also increase weight. We must be careful not to overwhelm an anagen (baby lash) with an overly long or heavy extension. This can cause flipping and twisting of the extensions. This also may result in bad retention as the bonding surface of the natural lash and the extensions is so small. Remember when dealing with a client who wants length, we can give her length but use a SMALLER diameter extension in order to protect the natural lash.

Guidelines Looking To Increase Density or Thickness in Their Sets:

For those clients wanting a thicker look, consider increasing the diameter of the extension one size up but using a shorter extension, only 1mm or 2 longer than their natural lashes.

Guidelines For Clients Who Desire Both Length & Thickness in Their Sets:

These can sometimes be the most challenging client especially if they have a weak lash line. You can achieve the best of both worlds by doing a 'wispy' set. Use a lighter diameter in a longer lash to create areas of length throughout the set and use a thicker extension in a shorter length to create darker thicker valleys.

Lash Tech Tip: REMEMBER: the longer we go with the extension, the lighter we must go with the diameter. The heavier extension we choose the shorter we must make that extension. the lashline, along with the creative process of lash styling in order to deliver the most complimentary set based on the strength and lengths of our client's natural lashes.

DETERMINING WEIGHT & LENGTH

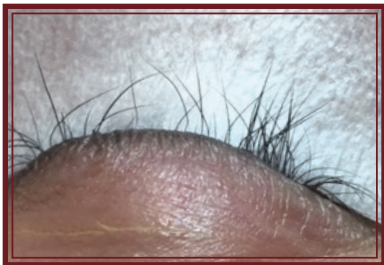
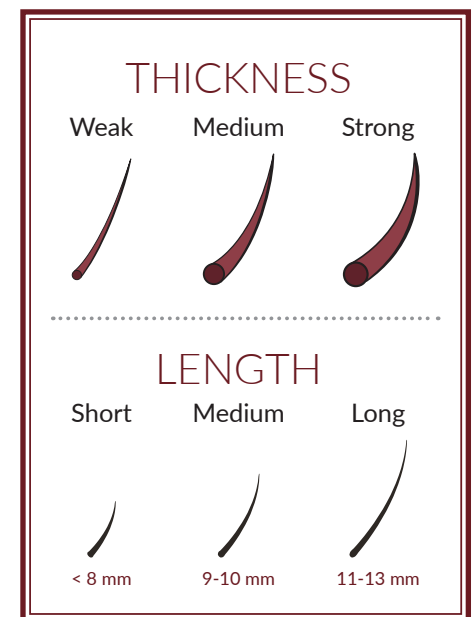
Protocol for Determining The Correct Weight & Length of Lash Extensions

In order to determine correct weight and length, we must first gather important information on the clients natural lashes. This information is directly related to the strength of the natural lash and relative to how much weight a natural lash can handle without causing any forced shedding.

Main Factors:

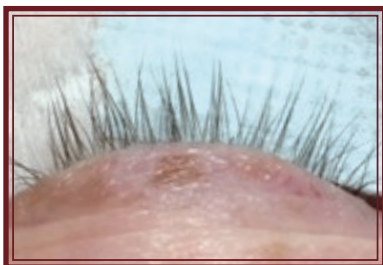
The thickness of the natural lash can be defined as: **weak, medium, or strong**

The length of the natural lash can be defined as: **short, medium, or long.**



Damaged Lashline

Very damaged sparse areas, natural lashes are missing.
NOT a candidate for ANY lash extension service.
Lash rehab suggested with Lash Serum for a minimum of 6 weeks.



Weak Strength / Short Length

Short/fine natural lashes shorter than 8mm. Volume lash candidate, serum suggested.
To increase length: max of 2mm longer than natural lash.
To increase thickness: max diameter of .12



Medium Strength / Medium Length

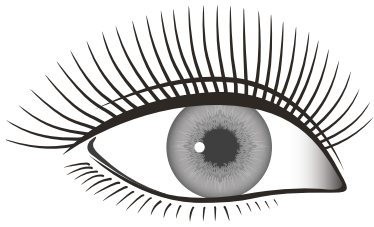
To increase length: max of 3mm longer than natural lash.
To increase thickness: max diameter of .15 (.18 if decreasing length)



Strong Lashes / Long Length

To increase length: max of 4mm longer than natural lash.
To increase thickness: max diameter of .18

These lash styles are a guide to achieving different looks with lash extensions. Diameter/length of extensions can be adjusted based on the strength/length of the client's natural lashes.

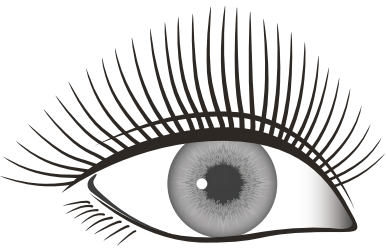


Natural

Ideal for natural client/everyday wear.

Lashes are enhanced by adding subtle length and volume.

Three lengths needed, 1 mm longer than natural lash, no more than .15 in diameter. Typically C-Curl.

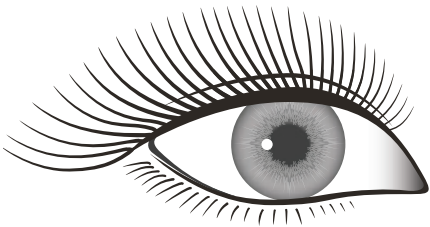


Halo (Doll Eye)

Ideal for narrow eyes/hooded lids.

Longer lengths are placed in the center of the eyes fanning down to smaller in corners.

Four lengths needed, longest length over the iris must be at least 2 mm longer than natural lashes.

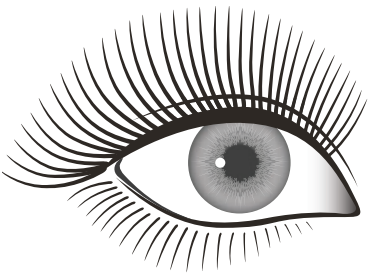


Cat Eye

Ideal for small close set eyes.

Longer lashes are placed on outer corners to emphasize the width of the eyes.

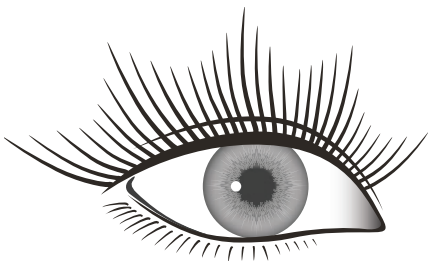
4-5 lengths needed, longest length is focused on outer 3/4 of the eye.



Glamour

Ideal for those who want high volume, length, and curl.

Lashes are extended 2 mm longer than NL. Fanned down to no shorter than 9 mm on inside corner. Typically D-Curl.

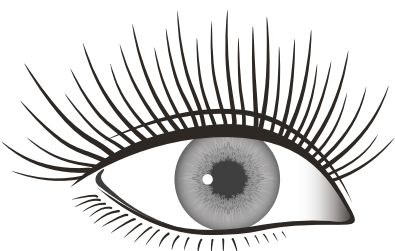


Wispy (Structured)

Ideal for those who want high volume, length, and curl.

Can be styled as more natural or dramatic based on client preferences.

High spikes of length 2-3 mm longer than NL in points of 5 are surrounded by shorter lengths 2 mm shorter to create a wispy look.



Wispy (Feathered)

Ideal for those who have varying length to their natural lashes.

Long lengths in a lighter diameter are used on client's longer natural lashes. Shorter lengths are used in heavier diameter on the short natural lashes to create a textured look.

Long and short lengths need to be at least 2 mm difference in order to achieve this look.

Lash Mapping

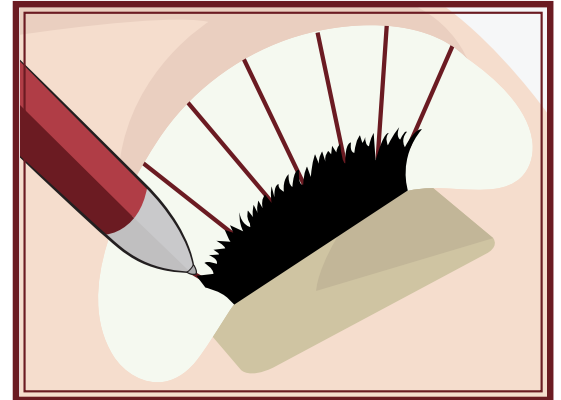
The following lash styles are a guide to achieving different looks with eyelash extensions. There are different effects that are created using each of these styles and one look does not suit all. Customizing the diameter, length and curl that you use, can either highlight or attempt to camouflage particular features. Creating symmetry and a cohesive look can be done with the help of lash mapping.

Steps to lash mapping:

STEP 1: Choose your desired style, curl, and diameter.

STEP 2: Using a fine tip marker, map out sections for each different length on the eye pad in order to achieve the specific style desired.

STEP 3: Place one lash in each section of the map then fill in as you go, moving from eye to eye and section to section.



Lash Tech Tip: When styling, always use a minimum of three lengths and decrease or increase the length consecutively to ensure smooth transitions.

Tools & Supplies

Professional products are tools, equipment, and supplies that are solely meant for the purpose of use for eyelash extension application. The following is the full list of Lady Red Lash tools and supplies that will be needed to efficiently complete a lash extension service.



Adhesive

LRL Black Diamond is formulated for use for both classic and volume
1-2 Second Dry Time
35-55% Humidity
Low Viscosity
Store adhesive at room temperature



Remover

Formulated to remove individual eyelash extensions
Removes extensions 3-5 minutes
*This is an eye irritant, must never come in contact with skin



Lash Shampoo

Professional lash shampoo is formulated specially to clean and degrease the lash line
*Many companies sell already pre-packaged foaming lash cleanser. Others sell NON-diluted gel lash cleanser. We don't advise self-dilution at all. You will be diluting the active ingredients, as well as preservatives, and thus open the product up to contamination and bacteria.



Cleansing Brushes

Soft bristles to help cleanse the lash line
Helps to get deep in the lash line to remove any buildup
Great take home tool for your client



Tweezers

High-quality lightweight metal. Each tweezer is designed for a different purpose.

Isolation Tweezer:

To be able to separate each individual natural lash for proper application of an extension. Can be straight or hooked.



Classic Pick Up Tweezers:

To be able to pick up a classic lash extension with ease and apply to the natural lash. Can be crane or straight. Shorter tweezers are often recommended for lash artists with smaller hands.



Volume Tweezers:

To be able to pick up 2-3 lashes, fan them out and hold together to place fan on natural lash. Often in curve, hook, or boot style.



Eye Pads

Place on bottom lashes to hold them down
Non gel, non collagen
Great for sensitive eyes



Crystal Glue Holder

Crystal stone
Great for your drops of adhesive
Easy clean off
Can be used with adhesive stickers

TOOLS & SUPPLIES

Tools & Supplies - Continued



Lashes

Diameter: .05, .07, .12, .15, .18
Curls: C, D, DD, DDD, L, M
Length: 8mm – 17mm
Synthetic mink with a matte finish
Comes in both classic and flat



Tape

Great for sensitive skin
Helps pull eyelid up to get better access to lash line



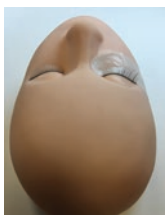
Palette

Hold lash extension strips
Easy read diameter lines to keep your lashes organized
Lays flat on table (left)
Paw palette for your hand (right)
Holds lash strips to work right off the back of your hand (right)
Flat palette can be used with adhesive stickers



Magnifying Glasses

5 different magnifying lenses
Help you see the lash better for application
Battery powered light

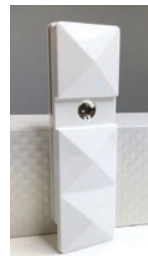


Mannequin Head

Great for isolation and lashing practice
Rubber material
Easily attach practice lashes

Distilled Water

For your nano mister



Nano Mister

Hold forearm length away for 10-20 seconds
Cures lashes immediately after application
Distilled water only
Clean daily



Mini Fan

Used to fan dry the lashes after cleansing or dispel fumes after service
USB chargeable



Hygrometer

Used to measure temperature and humidity levels in the room



Classic Course Kit Checklist

- 3 lash trays
- Adhesive
- Remover
- Lash shampoo
- Magnifying glasses
- 1 Isolating tweezer
- 1 pick up tweezer
- Clear tape
- Nexcare tape
- 10 eye pads
- 3 cleansing brushes
- Mascara wands
- Eyewash solution
- Adhesive stickers
- Palette
- Mannequin head
- Kit bag

Decontamination

Definition of Decontamination: The neutralization or removal of dangerous substances, viruses, or germs from an area, object, or person.

It is imperative as lash artists that the following methods of decontamination are properly adhered to and that this is our number one priority. Due to the eye being a mucous membrane, it is possible to transfer viruses and bacteria from ourselves to our clients or vice versa.

We must be aware of airborne pathogens, these pathogenic microbes are small enough to be discharged from an infected person via coughing, sneezing, laughing, and close personal contact. Because of this, It is recommended to wear gloves during any lash treatment to protect yourself and your clients from any viruses that could be transmitted. If you are not wearing gloves, hand sanitizer must be easy accessible and used when you touch any surface or body part that is considered contaminated (your hair, face, or body part).

Supplies needed:

- Gloves
- Disinfection tray/container
- Hand sanitizer
- Acetone
- Disinfectant wipes (clorox or cavicide)
- Dish soap
- Disposable headrest/bed covers
- Paper towel/dental bibs

Recommended disinfecting solutions for tweezers and implements:

- PreEmpt (Accel CS20)
- Barbicide Plus
- VIRALEX T36 Disinfectant

These items ARE NOT approved methods for decontaminating your tweezers/implements:

- Glass bead sterilizer
- UV sterilizer
- Regular Barbicide (considered a low level disinfectant)
- Alcohol wipes
- Disinfecting wipes
- Acetone

The Three Levels of Decontamination

Sterilization: Eliminates all forms of life and other biological agents. Requires the use of dry or steam heat.

Disinfection: Kills most microorganisms. The three levels of disinfection are low, medium and high.

NOTE: Medium to high level disinfectant solutions are required for decontaminating lash extension application tools.

Sanitization: A low level of disinfection that is deemed safe for use on the skin and is used to reduce the number of pathogens by using soap, or antiseptic such as alcohol or hand sanitizer.

Decontamination of Workspace

Step 1: Place anything you touched during the service in the “contaminated area” for decontamination (such as lash shampoo, jade stone, adhesive bottle, etc)

Step 2: Once service is concluded and your hands are washed/ sanitized, wipe these objects with a disinfectant wipe (Clorox, Cavicide) or spray sanitizer (low level disinfectant accepted for these elements).

Step 3: Store disinfected tools in a clean, covered container, or cover tools with a clean, single-use towel until ready to be used.

NOTE: Treatment table must be cleaned with disinfectant and a disposable (or single use) cloth after each client. If linens are used, they must be changed between each client. Lamps/doorknobs/countertops, trolleys, and trays must be cleaned with disinfectant and a disposable (or single use) cloth after each client.

Step-by-Step Protocol for Decontamination of Lash Tweezers

Step 1: Remove any adhesive residue from tweezers using acetone.

Step 2: Wash tweezers if necessary, with warm soapy water to remove any buildup.

Step 3: Completely submerge tweezers in a high-level disinfectant solution for the manufacturers recommended amount of time.

Step 4: Wearing gloves, Remove the tweezers from the solution.

Step 5: Properly store disinfected tweezers in a clean, covered container, or cover tweezers with a clean towel until ready to be used.

Repeat these steps between EVERY client.

Decontamination of Lash Palettes

Our lash palettes carry the biggest risk of cross contamination as our lash strips, bounce pads, sticky tape and the entire palette in general comes in contact with our tweezers in each lash service. The following are the protocols and guidelines for preventing cross contamination between clients.

Step 1: Remove any remaining lash strips from palette and discard.

Step 2: Wash any residue with soap and water if needed.

Step 3: Spray/wipe palette with a medium level disinfectant such as Clorox or Cavicide wipe. If wearing a paw palette, lash strap should be disinfected as well.

NOTE: Lashes should NEVER be returned to original container. Any unused lashes that remain on your palette must be discarded after each use. Saving individual tiles for each client is also not recommended as transferring bacteria or contaminates from that client to herself next visit or possibly to other palettes it could come in contact with.

Lash Tech Tip: Lashes can be cut into smaller sections in the lash containers with an exacto knife to prevent waste. Also, when working back to back a second pair of tweezers can be used to rotate and ensure proper disinfection time frames are being met.

How to Pass A Health Inspection:

Here is the list of requirements for your workspace to be up to industry standards and to ensure you will pass a health inspection:

The personal area must be separated from any area used for sleeping, dining, food storage/ preparation, bathing and washroom purposes.

A sink that is dedicated for the purpose of hand washing and instrument processing.

A washroom must be provided with a toilet and a hand wash basin, equipped with liquid soap, single use towels or air dryer.

All work surfaces shall be constructed of smooth, non-porous and cleanable materials (ie. painted drywall, vinyl composite tiles, linoleum or sealed concrete, etc.) and these must be in good repair.

Work areas must be adequately lit and ventilated.

If linens are used, they must be changed between each client.

Adequate covered storage space must be available for equipment, instruments and supplies.

Suitable garbage containers must be readily available, maintained and have a covered lid.

Approved disinfectants for disinfecting equipment, surfaces and reusable instruments must be available.

Items that cannot be properly disinfected, or are intended for single use, must be discarded after each client use.

Chemicals, detergents, and cleaners must be stored, maintained, and prepared in accordance with the manufacturer's instructions.

Client Consultation

As a lash artist it is VERY important that you establish a professional atmosphere and clear communication during your consultation and during the entire service. Being able to clearly relay important information is key to educating your client and maintaining client expectations. Before starting the consultation make sure to have new clients fill out an intake form in order to gather important information and look for anything that may be a contraindication for the service or that you would need to discuss before proceeding. It is advisable that this form be written or reviewed by a lawyer and is sound in protecting you from liability.

The image shows a sample 'Eyelash Extension Consent Form'. It includes fields for 'Client Information' (Name, Address, City, State, Zip, Phone, Email) and 'Appointment Information' (Date, Time, Lash Technician, Esthetician, Esthetician License). There is a table for 'Eye Measurements' with columns for 'Eye', 'Length', 'Thickness', 'Curl', and 'Notes'. Below the table is a 'Consent' section with a paragraph of text and a line for the client's signature. The form is titled 'Eyelash Extension Consent Form'.

Before & After Pictures

Before and after pictures are key in supporting your decisions as an artist and to show the client the state of their natural lashes from the birds eye view. This can help be a tool to show your client and point out any areas of concern or for a reference in their fill appointments. Make sure however that there is a section in your intake form with initialed consent to take pictures and use them for marketing purposes.

Use the Following Script to Help You Perform A Professional & Cohesive Consultation:

Step 1: Welcome your client and explain what appointment the client is scheduled for:

"Hello, _____. Today you are scheduled for a full set of lash extensions. This is a one to one application where i will be applying one extension to your one isolated natural lash using lash adhesive."

Step 2: Explain what your client can expect during the service:

"The approximate appointment timeframe is 2 hours. During this time, I will have your bottom lashes blocked off with eye pads, and your eyes will be closed. There will be minimal talking, so I can concentrate, but please inform me if anything bothers you and we can adjust if needed."

Step 3: Ask if she has any questions:

"Do you have any questions about the service, or anything I just explained?"

Step 4: Ask what look the client desires:

"Tell me what kind of look are you going for – are you interested in length, fullness, or maybe more curl?"

Step 5: Perform a lash assessment:

"OK, I'm going to have you go ahead and lay down so that we can assess your lashes and determine what lengths and thicknesses we will be using based on your goals and what your natural lashes can handle."

Step 6: After assessment make suggestions of what you think would work best and confirm with client your joint decision:

"You have expressed that you would like to see _____ (length, thickness, curl) in your set. I would suggest a _____ (suggest a specific eye style, curl, and length you think would be best for them: cat eye, halo, d curl, etc.) How does that sound?"

Room Set Up & Prep

Having the proper room setup and correct equipment will ensure a safe and efficient work environment.

Treatment room checklist

Ensure proper ventilation and invest in an air purifier

We recommend: QuietPure Whisper air purifier by Aerus

Make sure your room is handicap accessible

Hydraulic table for anyone who is disabled or pregnant women that need to be inclined

Storage cabinets and/or cart with covered doors to store tools and implements to prevent contamination.

Proper lighting such as an LED dual arm or ring light

Bolster and headrest for client comfort

Blanket or heating pad in colder seasons (blanket should be washed after each client)

Hygiene considerations: All surfaces should be Nonporous surfaces, refrain from fluffy pillows blankets etc. Keep your workspace as clinical and easily disinfected as possible

All disinfection supplies (full list in disinfection section)



Technician Body Positioning & Self Care

Being aware of your body mechanics is imperative to a long lash career and to prevent injury. Invest in yourself with high quality equipment and being aware of your own body and its needs.

Always take breaks in between clients and long lashing days

Utilize stretching for low back pain and hand strengthening exercises

If using a hydraulic table, you can lift it and lash standing up to prevent sitting for 8 hours straight

Set appropriate timeframes for lashing and don't overbook

Magnifiers are recommended to protect your eyes

Adjustable ergonomic stool such as a saddle stool can be a great investment

Eyelash Cleanse & Prep

Tools needed:

- Lash shampoo
- Cleansing brush
- Distilled water
- Eye Pads
- Mini fan
- Primer
- Micro Swabs
- Nexcare tape

Client Body Positioning

Make sure clients head is near the edge of the table and is level with your chest. If the client is too far down, you will have to hunch over to see her lashes and this will strain your back

The client should have their chin tilted slightly upwards. (neck pillow helps to keep the clients head in the correct position)



Cleanse

With the client in the correct position on the table, assess lashes.

If the client has not removed eye makeup or has a lot of buildup, have THE CLIENT remove this with eye makeup remover.

Dip your cleansing brush in lash shampoo and apply across the entire lid and move in a downward motion on the lashes.

Reapply shampoo if necessary, till all residue is gone.

Rinse brush with distilled water. Dab off excess on paper towel and move across lid with the rinsed brush to fully rinse the lash line. NOTE: If you still see residue between the lashes you can go in with micro swabs or lip applicators after eye pads are on to see better.

Fan the lash line dry.

Prep (Eye Pad Application)

There are many different eye pads on the market and also many different ways to apply them. This can often be the trickiest part to a newer lash artist. Having multiple options of eye pads on hand and also multiple ways to apply them will help you when you encounter a more challenging eye shape or difficult bottom lashes.

Have your client look straight up and NOT back towards you. (This will cause the eye pad to ride up into the waterline when they close)

Apply eye pad on the bottom lashes at a 45-degree angle, starting with the outside corner applying gentle pressure to secure then moving towards the inside corner.

Once lashes are secured have client gently close their eyes.

After client's eyes are closed, raise the lid gently upwards and check to make sure there are no bottom lashes that are exposed.

If some bottom lashes are exposed, apply two or sometimes 3 SMALL strips of Nexcare tape on an angle that matches the shape of the eye to secure them down.

Once all bottom lashes are secured double check to ensure it is not riding to close to the waterline, there are no bottom lashes exposed and check with the client to make sure she is comfortable.

Once eye pads are on you can apply primer if needed with micro swabs or a mascara wand that is lightly coated.

Eye pad troubleshooting:

For watery or sensitive eyes it is best to apply the eye pads with the client's eyes closed. You can do this by gently lifting the top lid and sliding the eye pad over the bottom lashes, moving slowly towards the inside corner.

In RARE occasions only using tape on the bottom lashes may be needed. You can do this method by applying no more than three small strips over the lashes. *Make sure when removing this tape, you are moving slowly and gently as tape tends to be more tacky and can pull the skin.

During the appointment approximately every 30 minutes, check to make sure the eye pads are still in the correct place and have not moved or no bottom baby lashes are exposed.



TOP: Taping method over eyepad
BOTTOM: Correct eyepad positioning

Hand Positioning

How you hold your tweezers and how you pick up your extensions are the two main fundamentals and foundation for everything that comes next in lashing. If these things are off then the rest of your application will likely falter. For your pickup hand, the closer you hold the tweezer towards the pickup end, the better control you will have. Using the ring finger at the base is also recommended for stability.

Pick Up Hand



YES



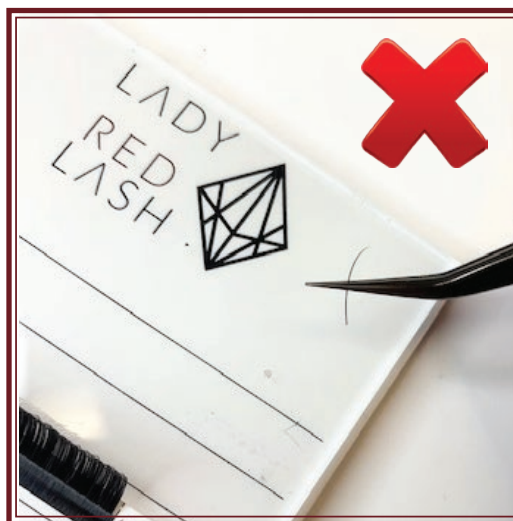
NO

Lash Pickup

When you pick up your extension you will be grabbing the extension from the strip and pulling towards you, NOT away. Your goal is to pick up the extensions 1mm into the tweezer $\frac{1}{4}$ from the top of the extension. This will give you the most control when you go to dip and place the extension on the natural lash.



YES



NO

Lash Tech Tip: A section of double sided tape of a sticky dot can be used as a 'bounce pad' to set your extension on in order to get the perfect grip.

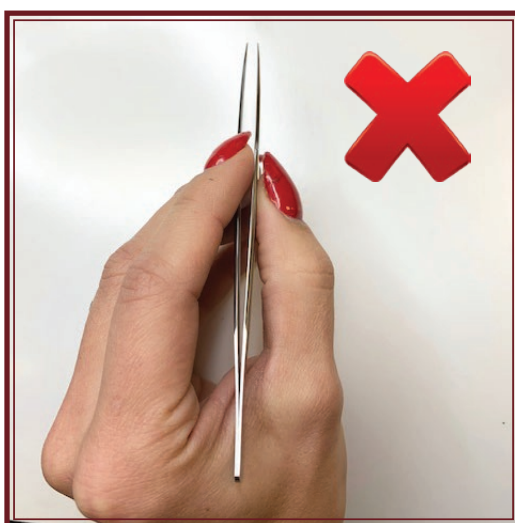
Isolation Hand

Most every beginner student struggles with isolation as there are so many different aspects to tackle in order to be efficient in isolation. The most important part to understand is your hand positioning. When holding your tweezer, think of it as a dart. If the tweezer is resting in the dip in your hand or your fingers are overlapping the middle, you will have less control. You must aim for this tweezer to be resting on the pointer finger, near the knuckle.

When isolating a lash, aim to go in with semi-closed tweezers near the middle of the natural lash then opening up once you have one lash to separate the neighbor lashes. Isolating too far up the lash will allow baby lashes to interfere. Isolating too far to the base will result in pressure on the client's lid from the tweezer. Once isolation has been achieved GENTLY rest the point of your tweezers on the client's eye pad for stability. Resting the side of your hand or pinky finger on your client's head is also a method for creating stability when lashing.



YES



NO

Adhesive Application

Using the correct amount of adhesive is KEY to success and long-term lash retention. Resist the urge to swipe or paint the adhesive on the natural lash. This can create uneven adhesive areas and uneven application.

There are two methods for adhesive dipping that are as follows:

Even coating method:

This method is best for thicker viscosity adhesive.

Dip the base of extension into the glue dot $\frac{1}{2}$ of the way up the extension and SLOWLY bring the extension out.

DO NOT swipe the adhesive off on the stone or sticker! This will take off adhesive and create uneven application



EVEN COATING



BEAD METHOD

Anchor bead method:

This method is best for thinner viscosity adhesive OR low porosity lashes.

Dip the base of extension into the glue dot $\frac{1}{2}$ of the way up and with a LITTLE more speed remove the extension until you see 1 or 2 small beads.

DO NOT move too quickly or you will get too much adhesive. IF you have multiple beads that are large, YOU HAVE USED TOO MUCH!



TOO MUCH ADHESIVE

Placement Methods

When placing your extensions:

This method is best for **thicker** viscosity adhesive.

Isolate the natural lash.

Pick up the extension and dip in adhesive.

When you have made contact with the natural lash Make sure you have the “press” or ‘pause’ that creates a bond with the natural lash. Do not just “DROP” the extension on the natural lash. Doing this will create crooked and wayward extensions

The extension should be placed 1 MM from the base of the natural lash. Extensions should NEVER be in contact with the skin.

When placing the extension, be aware of the direction of the natural lash. We can use the methods illustrated above to correct directionally challenged natural lashes.

The base of the extension should always be flush and in contact with the natural lash. If the base of the extension is lifted, retention will be compromised.

Top

Extension is placed directly on top of NL 1 mm from base.

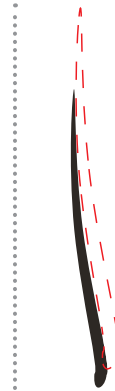
**Most consistent placement method.*



Side

Extension is placed on either side of NL 1 mm from base.

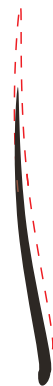
**Best used to correct directionally challenged NLs.*



Bottom

Extension is placed in a downward sliding movement down the back of NL 1 mm from the base.

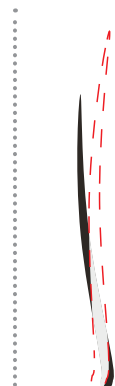
**Best for curly NLs.*



Candycane

Extension is placed in a downward sliding movement down the back of NL wrapping around to opposite side of NL.

**Best used to lift straight NLs.*



Checking Your Work

During the lash extension process make sure to sift and brush through the set periodically. This will help and prevent any lashes that may stick together. If you find that your lashes are sticking together, you may need to adjust the amount of adhesive as it may be too much. Also, in certain humidity levels you may need to hold your isolation longer after placing the extension to be sure that it is fully dry before releasing your isolation to avoid neighbor lashes becoming stuck.

Lash Layers

Isolating on a dense lash line or a lash line where all the lashes are short and all the same length are the most difficult. Utilizing different methods of isolating sometimes is necessary.

Using your fingers or tweezers to separate lashes and aid in isolation

Taping the lid upwards to lift and separate dense lashes

Utilizing an eye pad to fold back the top layer to reach bottom layer

Speed Techniques

Refrain from brushing the lashes excessively during the set, this wastes time and adds up over the course of the set.

Limit client conversation! This is the number one way to add 25% more lashes to the lash line.

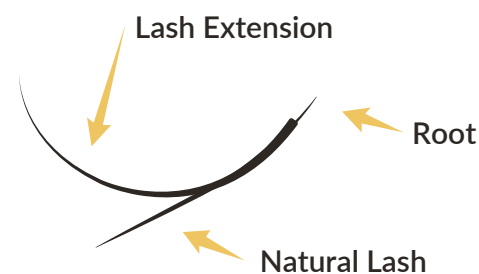
Becoming more efficient with isolating will dramatically speed up your sets.

How? PRACTICE. PRACTICE. PRACTICE. This is the only way you will truly become a quicker and more efficient lash artist.



Aftercare

It is imperative that you are able to educate your client on how to care for their lash extensions. Remember, the more informed the client is, the better they will take care of their extensions and the more you are protected from potential mishaps. Along with Basic aftercare, it is also a good idea to Inform them of things that may affect their retention such as seasonal allergies, sleep habits and frequent sweating for those who exercise daily. The following is a basic aftercare mini consultation that you want to have with your client before they leave the appointment.



Step 1: Explain fill cycle

“Your lashes can shed anywhere from 1-7 lashes daily just depending on your lash cycle. Lashes can shed with the natural lash attached which means the extension has adhered for the lashes full cycle. Or an extension will shed without a natural lash attached, which means the adhesive broke down over time. Both these ways are normal and necessary shedding, and this is why fill ins are needed to maintain a full lash line.”

Step 2: Discuss fill schedules, general timeframes and pricing

“Everyone’s lash cycles are different but typically fill ins should be booked every 2-3 weeks. The longer you go between fill-ins the more time may need to be booked to get you full again and the cost can fluctuate based on the amount of time needed.” (This is a great time to review your fill timeframes/prices/policies etc.)

Step 3: Tell your client how to prepare for lash service appointments

“You will want to arrive to your lash appointments with clean lashes and no eye makeup. We do have makeup remover in case you need to remove any eye makeup in the bathroom before the service. Also please remember to remove contact lenses or bring your case to remove them.”

Step 4: Demonstrate how they will need to clean their lashes

It’s a great idea to actually act this out while speaking so that they can see how you do it step by step.

“If you are wearing eye makeup daily, your lashes will need to be cleaned every day. Those who don’t wear any makeup can wash their lashes every 2-3 days. Cleaning should be done one eye at a time with a cleansing brush and lash shampoo, moving across your lid and down your lash line. Once the lashes are shampooed you can rinse with water, pat dry or use a blow dryer on a cool setting. Brush with mascara wand once dry.”

Step 5: Discuss what NOT to do

It is a great idea to have aftercare cards printed for your clients. Most clients don’t immediately retain all the aftercare information so this card can be a great reminder once they leave.

Mascara is not recommended especially for volume lashes as this will close up the fans. If mascara is needed for classic application only water-based extension approved mascara is approved.

Avoid heavy eye makeup such as gel liners or glitter shadows. These are hard to remove and can cause buildup in the lash line.

Lashes are synthetic therefore heat sensitive. It is best to stay away from direct heat, ovens or blow dryers.

Lash Tech Tip: A retail lash shampoo is recommended to send home with your clients for correct cleansing after the service. It has been specially formulated to clean the buildup and debris from your lash line, whereas baby shampoo or face wash is NOT recommended because they are meant to clean the skin and not degrease the lash line. Advise your clients most lash shampoos are NOT tear free as this would affect the cleansing strength of the shampoo.

Fill-in Protocol

Most clients will return within 2-3 weeks for refill appointments, but this depends greatly on the client, their lifestyle, aftercare and shedding cycles. Communication is key in your fill in appointments. It is best to conduct a mini consultation before each fill in order to gain information that will ensure the best results.



Poor Retention	Normal Retention	Great Retention
<i>40% or less at 2 weeks</i>	<i>50%-60% at 2 weeks</i>	<i>70% or more at 2 weeks</i>

Mini Consultation Q's

Ask How did their lashes do? How is their retention?

Ask How long has it been since their last fill?

Does their retention match up to how long it's been? If not, discuss this and review options (is more adhesive needed? Use of a primer for low porosity lashes? A lighter/shorter extension? Change in aftercare?)

Discuss How much time do you have to complete the fill.

Be realistic with what kind of coverage you can get in that time frame. If you are unable to get them 100% covered in the time that you have or if more time is needed and the price point changes, this also will need to be reviewed BEFORE the service.

Ask if they were happy with the style of the last set.

Is there anything they want to adjust or change?

Protocol for Fill-ins

Clean/prep lashes (refer to cleanse and prep protocol on page 31) Usually a client will come to fill in appointments with more buildup on their lash lines. Remember you MUST get the lash line 100% free of debris. If this takes longer than normal discuss this with your client and inform them that this is limiting your time to apply extensions.

Refer to the lash map/chart from the last visit. Map out lengths on the eye pad and Adjust if needed based on your mini consultation.

Remove any outgrown lashes that will affect the end style with the banana peel method. These outgrown lashes typically are more than 2mm away from the lash line and are directionally challenged or wayward. Only remove those that will affect the set. Over removing can cause stress and damage to the natural lash.

Move from outer corners of the lash line in, lashing back and forth from eye to eye.
Fill in gaps and spaces as you go. Sometimes if major loss is in one eye or in one area, focus on that area first then move back and forth to create symmetry.

Once lash line is fully lashed. Nano mist and/or fan the lashes and remove eye pads.

Client Retention Troubleshooting

Here are a few ways to fix retention issues that may come up after the full set at your fill in appointments. Abnormal lash extension loss is almost ALWAYS a technician issue. If you are cleansing properly, using the correct amount of adhesive, and if placing the extensions properly there is no reason as to why a client should have abnormal loss.

Make sure you reassess the amount of adhesive being used, humidity level you are lashing in and placement of your extensions

Assess the weight and length of extensions that you are using. Too heavy or long can cause the natural lash to shed prematurely because it is creating friction on the follicle or cause the extensions to fall off without the natural lash attached because the area of attachment is too small to hold long-term.

Assess porosity of the lash, if a client has low porosity, retention will be more of an issue. Make sure to prime the lashes before to ensure a better bond.

Sometimes no matter how well you apply the set or attempt to meet your client's goals, there are some who may never be happy. Respect your skill level and never be afraid to refer these clients out if needed.

Lash Extension Removal

Block off lower lashes with eyepads. This allows you easily distinguish extensions from natural lashes, and allows for easy clean up.

Apply gel remover 1mm from base to tip of extensions with micro swab, making sure not to get gel on skin. **Gel remover is an eye irritant it is very important to make sure none is in contact with the skin or eye. If this happens, the eye must be flushed immediately and client needs medical attention.*

Let gel remover sit for approx. 3-5 minutes in order to break down bond of adhesive.

Gently release extensions with lip applicators using an upward brushing movement.

Remove any stubborn lashes still adhered with tweezers using the banana peel method.

Banana Peel Method:

Grip natural lash with your isolation tweezers, above the bond of adhesive. Using your pick up tweezers, grip extension and gently pull away from natural lash in a downward motion.

Remove under eyepads.

Cleanse with lash shampoo.

Rinse with saline, then dry.

Lash Tech Tip: When removing clusters, flares, or built up adhesive it is important to let the adhesive sit longer and apply it in sections as needed. Reapplication of remover may be needed.



LADY RED LASH