



LADY RED LASH

DUO COURSE- VOLUME I
LASH EXTENSION COURSE
TRAINING MANUAL

What is Volume?

Volume is the name of the lash extension technique that uses lightweight lash extensions handmade into fans and placed on one isolated natural lash. This technique is used to close natural gaps in lashes or create density in the lashline. Since its conception it has become one of the most widely requested looks in the lash industry.



History of Volume Lashing:

The volume technique originated in Russia in the early 2000's. Lash artists sourced very lightweight extensions that were able to be fanned together and placed on an isolated lash without overwhelming it with excess weight, therefore giving the lash line more fullness. Since then, this technique has dominated the

lash industry and has become one of the most requested and desirable looks for lash extensions.

Classic Lashes VS Volume Lashes

Classic Lashes:

- 1 TO 1 Application
- uses a larger diameter extension to thicken and extend natural lashes.
- Gives a "mascara" look, more spikey and thick towards the tips.
- Works best for clients who have a moderate to dense lash line with medium to strong natural lashes.
- Sparse lash lines or thin/weak lashes are not a candidate for classic lashes as these extensions will only emphasize those gaps.



Volume lashes:

- Lightweight extensions that are handmade in a fan and placed on one isolated natural lash.
- Gives a darker eyeliner effect but still a "fluffy" look through the tips.
- Works best for **ANY** natural lash strength (weak, medium and strong)
- Will give a dense strong natural lash client a dramatic "strip lash" look and is preferable for those with weaker, sparse lash lines to help fill in sparse areas

Client Expectations

It is important with any lash extension service, that you as the artist recognize what a clients lash line can handle and that matches up to the clients expectations.

This is by far one of the most challenging aspects of our job. It is imperative that we communicate to our clients that we only can only EXTEND what natural lashes the clients already have. Even with the addition of volume fans, a client with very weak sparse lash line will never leave with a dense strip lash look. Educating our clients and being able to communicate properly before the appointment begins is integral to a proper lash extension service.



Client Safety

It is highly recommended to become properly educated and skilled in the basic volume techniques before advancing to the others. An unskilled or uneducated technician can create immense damage to the natural lashes if the technique is done incorrectly.

- too heavy a fan could cause excess weight breakage of the lash and premature shedding therefore causing slowed lash cycles.
- too long of a fan on a short lash could cause improper weight distribution causing drooping/twisting of the extension and friction on the follicle.



Not a candidate for ANY lash extensions:
Serum needed for a minimum 6 weeks



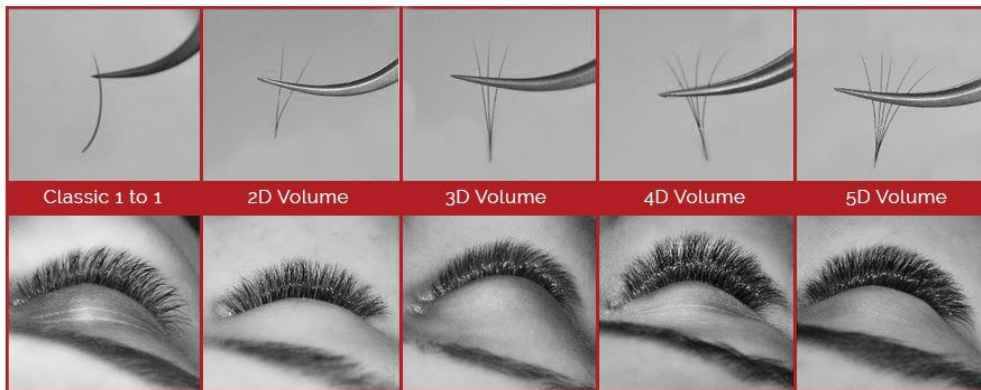
Volume Candidate:
Short, weak natural lashes with gaps in the lashline

➤ Lash Tech Tip

The volume technique is a challenging technique to master and only those who have passion, patience and perseverance will succeed. Hours upon hours of practice is needed to perfect volume fanning and it can take years to become a true volume master.

The many faces of Volume

The Volume Lash technique can go by many names. Each name or title has a specific technique, diameter of lash used and amount in a fan. The amount of extensions an artist uses in a set is described by the letter “D” or “V”. So a “3V” fan would have 3 lashes in it, and so on and so forth.



“3-D Volume”

This is the GENERAL term for any technique that utilizes the fan technique with smaller diameter extensions.

“Russian Volume”:

The original technique in the volume world.

These fans are characterised as perfectly spaced and symmetric with a top line effect. The Russian volume set is defined and has a very uniform and structured look.



“American Volume”

A breakaway from the traditional technique. This kind of volume Classified as more wispy, unstructured and feathered.



“Mega Volume”

Classified as 9-14 or more extensions fanned together Often in .03 - .05 diameter. Mega volume fans are characterised as slightly asymmetrical fans(bouquets) but still maintaining the correct adhesive, fan base structure and placement. The mega volume look is similar to the russian volume look, but typically longer lengths are used in the mega volume set.



“Pre-made Fans”: Classified as glue-bonded or heat-bonded at the base. These fans come premade and require a different technique similar to the classic lash application to apply.

*Many lash artists/companies do not recognize these as part of the “volume technique”.

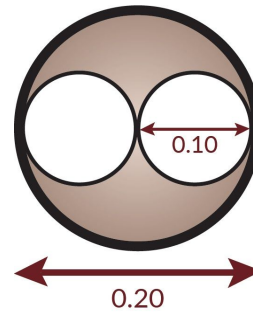
Lashes and how they are measured:

Lash Extensions are measured in two ways:

Lengths (6-16mm)

Thickness/Diameter(.03-.18 dia.)

The thickness or diameter of an extension is calculated by the distance across the extension. Therefore the higher the diameter = the thicker it is and the more it weighs.



REMEMBER: LASHES ARE NOT LABELED BY WEIGHT!!

This means that if you stuck Two .10 Diameter Lash Extensions inside a .20 diameter extension you would have empty space. This is because Two .10 Lash Extensions equal the Width of a .20 Extension but DOES NOT equal the weight!

The amount that a volume fan weighs is based on how many extensions we put in each fan, so it is important to know what each individual extension diameter weighs in order to determine total weight of volume fans.

These numbers can vary significantly and depend on different lash companies. Each lash company has their own parameters and weights for volume fans. The following numbers are based on measurements of LADY RED LASH extensions. All extensions were measured on a scientific scale and are approx. readings to the 1-1000th measurement.

Weight Comparisons:

ONE 16mm .18 Diameter Lash = .0004G

this is EQUAL TO

SIX 16 mm .07's

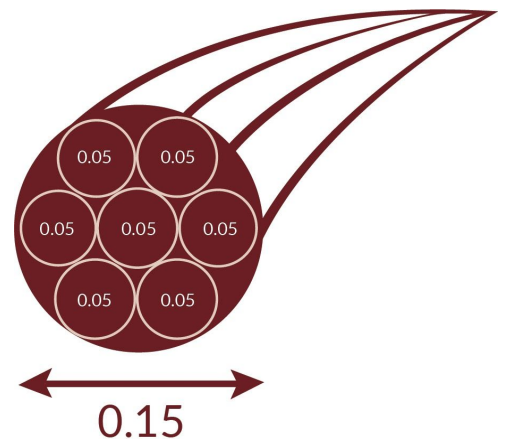
ONE 16mm .15 Diam Lash = **Four/ Five** 16mm .07's

ONE 16mm .12 Diam Lash= **Three/Four** 16mm .07's

Keep in mind that increasing length also means increasing weight.

3mm longer = 50% the weight

6mm longer = 100% the weight



The following general guidelines should be observed to maintain healthy and normal lash cycles:

- the **stronger** the natural lash, the heavier fan that can be applied,
- the **longer** the natural lash the longer the extension that can be applied.

Sub Factors:

It is truly impossible to be able to tell in definitive terms what weight and length each natural lash can handle long term. This is because there are so many other factors and variables that can affect lash growth and health. Sub factors can greatly affect consistent health of the natural lash and must be considered when maintaining the integrity of the natural lash long term.

1. Porosity (which is directly related to strength)
2. Use of a lash serum
3. Lash hygiene
4. Age/lifestyle and genetic factors

Someone who starts wearing lash extensions and has strong healthy lashes can over time with improper cleaning or a change in health issues see major stress and weakness to the natural lash. As lash artist it is our job to recognize the state of the lashes over long term extension wear and adjust the volume fan weight, length if needed. And inform our client if any changes to their aftercare needs to be made.

The most important part of being a lash artist is to always assess and be aware of what stage the lash line is at every appointment. Sometimes you may start your client with a 12mm 5v fan but after 2 months have to go lighter and shorter because her natural lashes are thinning or shedding quicker than usual. If this happens you **MUST** alert your client of what you are seeing and assess her aftercare, any changes in medical history, new medications or possible other factors.

ASSESSMENT PROTOCOL

The following steps will help in assessing the clients natural lashes and allow you to determine what length and weights you can safely apply. After cleansing and applying eyepads, measure the length of the natural lashes using a lash measuring tool or using different diameter extensions to comparing thickness, length and curl.

STEP 1:

The **THICKNESS** of the natural lash which can be classified as the following 3 categories:

WEAK- .07Diameter

MEDIUM- .10/.12 Diameter

STRONG- .15 Diameter

STEP 2:

The **LENGTH** of the natural lash which can be classified as

SHORT-8-9mm

MEDIUM10-11mm

LONG-12mm or over

Lash Tech Tip: there can be any natural combination of thickness and length, however, it is **VERY** rare if not nonexistent to have a client classified with natural lashes that are .18 Diameter.

It is also very rare if not nonexistent to have a client to be classified as:

- **strong/short** (.15 but shorter than 8mm) natural lashes
- **weak/long** (.05 to .07 dia. but longer than 13mm)





Lashing Guidelines for **WEAK** Natural Lashes:

Length: *Max length of 2 mm longer than natural lash*

Weight: *Can only handle 3D volume fans IN*

.07 2-3v OR lighter .05 Fans in 3-5v



Lashing guidelines for **MEDIUM** natural lashes:

Length: *Max length of 3 mm longer than natural lash*

Weight: *Can handle 3D fans in 4-6v .07 AND mega volume fans .03-.05 in 6-14v*



Lashing guidelines for **STRONG** Natural lashes:

Length: *Max length of 4mm longer than natural lash, can handle 3D AND mega volume fans*

Weight: *Can handle 3D fans in 4-6v .07 AND mega volume fans .03-.05 in 6-14v*

Lash tech tip: *it is not advised to max out your clients lashline. Instead, if your client wants to add length to her lashline, consider maxing out her length and decreasing the amount in the volume fan. OR if your clients focus is thickness, dramatically decrease the length in order to give her thicker denser fans.*

Product Knowledge

When practicing the volume technique, your volume tweezer will become an extension of your hand. Every tweezer is different and has its own specific pick up method it is good for or “sweet spot” of tension and grip strength.

Pick up methods:

There are many methods of picking up fans. The following is LRL’s most preferred and efficient methods of creating a fan.

- o **Rocking:** removing lashes in a group, setting them down on the lash strip and rocking the base with the tips of your tweezers to make a fan.
- o **Fanning:** removing the extensions part way off the strip, using the tips of your tweezers to fan them to the side.
- o **Bounce pad:** picking up a group of lashes then setting them down on a sticky dot with pressure downwards to open up the fan.
- o **Teasing:** using any of the above methods, use the tips of your tweezers to gently tease the extensions apart.

“Sweet spot” or “Grab zone”

Each tweezer has a specific area on the head of the tweezer that is its most efficient pick up area. It can be shallow or deep into the tweezer, but you will know if you have it when grabbing the fan before picking it up. If you wiggle the lashes back and forth, no extensions should be loose or move. You must establish this first in order to pick up consistent fans. Marking this with a marker is helpful to ensure you are hitting it every time.

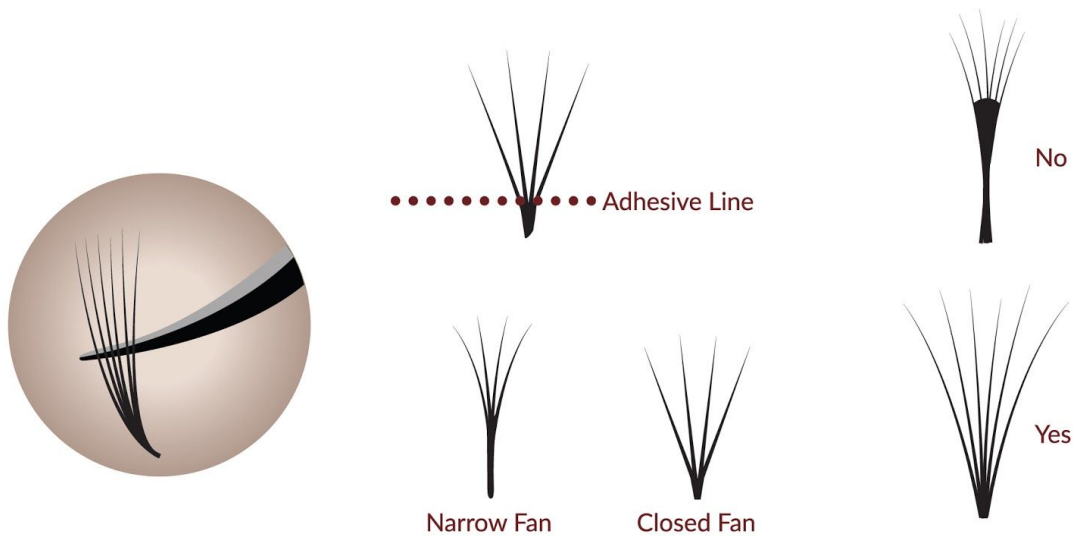


Grips: “tight” or “loose” grip:

Each tweezer will also have a specific grip strength. Some technicians prefer a looser grip, some prefer a tighter grip. Looser grip tweezers takes less pressure to hold and create fans, tighter grip tweezers require more force or pressure to hold fans.

Wide Fans vs Narrow Fans:

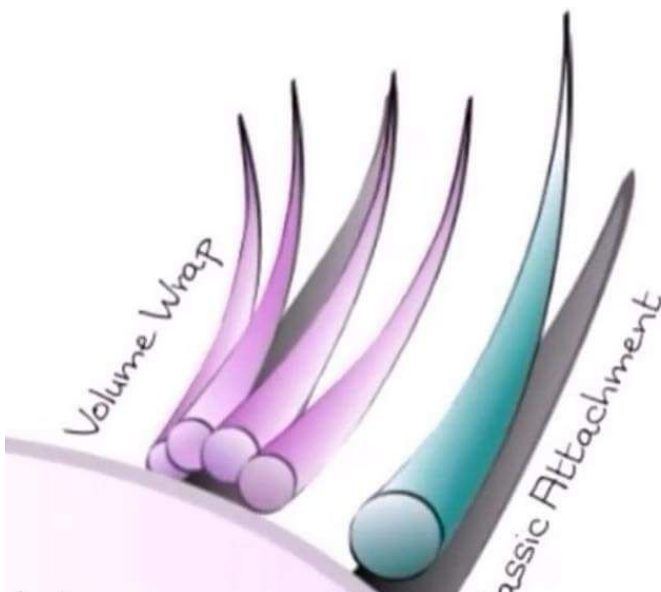
Both fans have specific uses when volume lashing, however, fans should never be completely closed. Wide fans are best used for sparse lash lines in need of filling gaps. Narrow fans are used for denser lash lines or to create classic like peaks in wispy sets.



Adhesive usage:

Volume lashing requires a completely different adhesive dipping technique than what is required for classic lashing. Also, Volume adhesive needs to be a quicker dry time and ideally a thinner viscosity. This allows for minimal 'wicking' and fan closing.

The idea is to dip the base of your fan into the center of your adhesive, where it is most fresh. Dipping it straight downwards only about 1 mm up into the fan and doing so very slowly will ensure that you have the correct amount of adhesive.



Volume fan placement and the "lash wrap":

This technique is an encasement of the fan onto the natural lash for a secure bond resulting in better retention. This may not be achieved EVERY time you place a volume fan but is ideal for the most optimal retention.

This wrap is achieved by having the correct amount of adhesive and the correct base of your fan. The more extensions in your fan the more adhesive you will need therefore the longer you may have to hold.

Step 1: Apply the fan to the top/bottom of the natural lash. With gentle pressure hold the fan for 1-2 seconds.

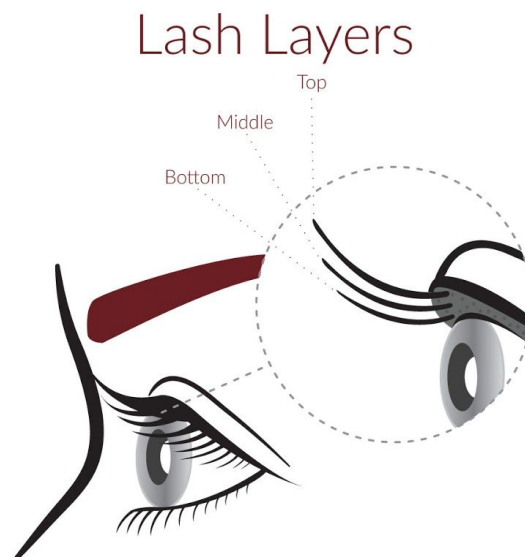
Step 2: Once the fan is slightly secure hold and press downward until the base wraps around the natural lash and base of your fan is .05mm from the lid. (this distance is closer than your classic fan but still not ever touching the skin)

Tips to achieving the lash wrap:

- keep an eye on your humidity. If it is too high, your adhesive will start drying too quickly not allowing for the wrap.
- Weak Natural lashes are harder to achieve the wrap as weak lashes move away from the “push” needed to achieve the wrap.
- Low porosity lashes. due to the texture of the cuticle and the absorption quality being less, it is harder to wrap the lash

Lash Layers:

Like an onion every lash line has layers. In order to create 100% coverage in a volume set and to create specific styles each layer needs to be lashed differently.



1. Top layer - high on the lash line and can curl upwards

2. Middle layer - these sit below the top layer in the middle of the lash line

3. Bottom layer - the hardest to isolate because they sit the lowest and often point and grow downwards

Top line effect:

Typically used when doing "Russian Volume" Lengths of extensions should be adjusted for each layer to achieve a uniform top line, also a curlier lash can be used on the bottom layers to give a "lift" to those that are pointed downward.

For Example:

Lower layer - 11mm

Middle layer - 10 mm

Top layer - 9mm



Jagged line effect:

This look is created by using the same length of extensions on every layer of the lashes. Creating small levels of length difference and dimension.

Top layer - 11mm

Middle layer - 11mm

Bottom layer - 11mm



Troubleshooting common volume problems:

- No Diameter larger than .07 can be safely used for volume lashing. **(NO .10 .12 or .15!)**
- Adhesive amount is PARAMOUNT! The correct amount of adhesive makes for a correct fan. Incorrect amounts of adhesive adds excess weight, placement difficulties (wicking) and is unsightly.
- Volume lashes should have correct placement and applied to the NL .5mm to 1mm from the base of the natural lash.
- Extra attention needs to be paid to aftercare and cleansing in between fans to ensure NL remain healthy. Incorrect aftercare is the number 1 cause of stress and thinning of the natural lashes.

Square bases: when you have a square base after you have dipped the fan in adhesive it makes achieving the lash wrap impossible. It is more like placing a premade or classic lash. Using the squeeze method with your tweezers can help close and point the base.

Closed fans: this can happen because of too much adhesive where the adhesive wicks up the fan OR not holding the fan long enough (can be disturbed by lower humidity) sometimes closed fans are helpful and can be used for peaks in wispy sets. however it is not ideal to use this technique all throughout the set.

Crossed bases: this happens when you do not pull the fan off of the strip correctly. Aim to pull off the volume fan off the strip without putting any pressure on the lashes below the grip of your tweezer: towards you in an upwards motion.

Open bases: this can be easily corrected by dipping the lashes slightly in adhesive and gently releasing your grip on the tweezers.

Volume Consultation Protocol

Welcome the client and Explain What appointment client is scheduled for:

"Hello_____. "Today you are scheduled for a VOLUME full set. Are you aware of what the volume technique is? With the volume technique we are using multiple lightweight lashes that we hand make into a fan and place that fan on top of your ONE isolated natural lash. Using lightweight extensions allows us to give you a thicker lash line but still maintaining the integrity of your natural lashes."

What the client can expect during the service:

"This service will be very relaxing. Your eyes will be closed, bottom lashes blocked off, minimal talking so that I can concentrate but please inform me if anything bothers you as we will be lashing for a little over 2 hours today."

Ask what look the client desires:

"What kind of look are you going for today? Are you interested in length ,thickness or curl?"

Ability to address and explain any contraindications/questions client may have:

"Do you have any questions for me today about the service?"

Lash assessment:

"_____(client name) Go ahead and lay down so we can assess your lashes and determine what style we can do for you today."

Make sure once you have assessed their lashes that you review the style you have decided on.

Volume Lash Aftercare Protocol:

1. Explain lash cycle:

"Your lashes can shed anywhere from 3-7 fans daily depending on what stage of your lash cycle you are in. Because we are applying fans to each of your natural lashes these fans will shed with a natural lash when its at the end of its cycle or without a natural lash when the adhesive breaks down. This is a normal process to see multiple lashes in a fan when they shed."

2. Explain lash hygiene and How to clean/wash/brush lashes:

"Lash hygiene is EXTREMELY important when wearing volume lashes. Because the lashes will be more condensed and denser, it is important that your cleaning on and around the waterline to rid interstitial spaces between fans of debris. Pink eye, eye styes and blepharitis are all things that can happen if you aren't washing your lashes correctly."

3. Discuss fill schedules:

"Fills will be needed every 2-3 weeks to maintain a full lash line."

4. Discuss what not to do:

"It is important not to pick or pull or wear any mascara on your lashes! Make sure to use oil free makeup remover and cleanser and avoid sauna/steam room or getting them wet for at least 4 hours. Volume lashes are extremely heat sensitive and can become singed with any direct heat such as blow dryers or heat."

5. Ask if they have any questions and send them home with aftercare card and lash products.

Volume lash fills

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.

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?

Poor Retention 40% or less at 2 weeks

Normal Retention 50%-60% at 2 weeks

Great Retention 70% or more at 2 weeks

Lash tech Tip: *if your client is using a lot of eye makeup and eye liners, this can affect the look of your volume fans when your clients return and affect their retention. Fans can look closed and lashes can lose their curl. advise client of this when you are discussing their retention.*

Protocol for Fill-ins

1. 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.
2. 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.
3. 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.
4. 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.
5. Once lash line is fully lashed. Nano mist and/or fan the lashes and remove eye pads.