

Ready to Train?



LUXURY LASH UK
The Lash Manual 2020



LIVE.LASH.LOVE
LUXURY LASH UK

Lash Tips



By Luxury Lash UK

welcome

Over the past several years the eyelash industry has grown at an explosive rate. This course will explain variations in the industry, how to identify good clients for this service, how to keep your clients safe, and how to effectively apply and design semi-permanent lashes.

I hope this training manual helps you grasp the basics of Eyelash Extension Application, and you grow to love this profitable, creative and amazing industry which makes women feel good about themselves.

With Love
Rachel x

A close-up photograph of a hand holding a pair of light-colored tweezers. The hand is positioned on the right side of the frame, with the fingers gripping the handles of the tweezers. The background is a white and grey marble pattern. The lighting is soft, highlighting the texture of the skin and the metallic sheen of the tweezers.

"Trust the process."

A decorative graphic element consisting of several overlapping, horizontal gold brushstrokes of varying lengths and thicknesses, located in the bottom left corner of the page.

Aims & Objectives

Current industry knowledge

The aim of this manual is to teach you the theory related to semi-permanent eyelash extensions, this manual also covers the

background, benefits, treatments, consultations, contra-indications, contra-actions, aftercare, equipment and products needed.

You will be taught the theory and practical element of the course.

The objective of this manual is that by the end of it you are able to perform a professional treatment in a safe and hygienic manner in a commercially acceptable time, along with gaining experience of carrying out a consultation with the knowledge of the background, benefits, contra-indications, contra-actions, aftercare, equipment and products needed.

This Manual will teach you:

Prepare the treatment area

Prepare the client for treatment

Carry out a client consultation

Carry out the treatment to a standard that meets client's requirements

Provide after care advice

You will also study

Related hygiene, health and safety

Related anatomy and physiology

Contra indications

Contra actions

Treatment procedures

You will study theory and practical elements required to perform a professional treatment

What do you need in your Kit?

Supplies you will need:

- Micropore tape (Green Hulk Tape LLUK)
- Individual Classic lashes (Matt Lash LLUK)
 - Tweezers (straight LLUK)
 - Curved tweezers (LLUK Curved)
- Glue - around 3-4 seconds (Once upon a dream LLUK)
- Glue remover (Watermelon or Bannana Cream remover LLUK)
 - Oil free make up remover
- Glue stone (LLUK Pink Jade stone)
 - Micro brush (LLUK Micropores)
- Mascara Wands (Glitter Wands LLUK)
 - Glue ring
- Eyelash primer (LLUK Bannana Primer)
 - Under Eye pads (Gold LLUK)
 - Lash Fan (LLUK Kitty Fan)

Safety & Hygiene

Sanitation is Key in Prevention In order to safely and effectively keep a clean and comfortable work space as well as avoid any chances of causing eye affections, one must follow these simple rules:

1. Use 1 towel per person
2. One blanket per customer or suggest customers come dressed comfortably
3. Change the bottom sheet once a week
4. Submerge tweezers inside barbicide after every client for 10 min
5. Keeps lash trays dry and clean and covered when not in use
6. Wash hands and use hand sanitizer before touching an item and clients
7. Wash their hands between each client
8. Arrive clean and neat. Pay attention to personal hygiene (oral, nails, skin, hair)
9. No glue should ever touch clients skin

There's a big difference between cleaning and sanitizing. Cleaning removes food and other types of soil from a surface such as a countertop or plate. Sanitizing reduces the number of microorganisms on that clean surface to safe levels.

Use a EPA grade cleaning solution such as Barbicide®. The concentrate is mixed correctly by adding 2 oz (1/4 cup) concentrate to 32 oz of cold water. Barbicide® Plus concentrate is mixed correctly by adding 1 oz (2 Tbsp) of concentrate to 128 oz (1 gallon) of cold water. Barbicide® should be changed daily in all containers used to submerge combs, brushes, shears, implements—that is all tubs, glass or plastic jars. It should also be changed whenever contaminated or diluted incorrectly.

IMPORTANT:::

“Sanitize”, “clean” and “hygiene” all refer to the broad category that means you have done something to remove visible debris. Examples of this would be wiping down a counter, holding something under running water, using soap and water on an item or using a cleaning solution like Ship-Shape® Cleaner.

Disinfecting is the killing of most microbial life that can lead to infection in humans—such as Influenza, Staphylococcus, HIV/AIDS, Herpes, Salmonella and Hepatitis. This step is done following cleaning and requires the use of a disinfectant such as Barbicide®, Barbicide® Plus or Barbicide® Wipes.

Sterilization is the killing of all microbial life and requires an autoclave or cold sterilizer.

We suggest Saloncide followed by LLUK UV S terilisation box after.



Hair Anatomy and Cycle

Hair Growth Cycle

Each hair follicle lives in a cycle consisting of a long period of growth followed by a relatively short period of rest. During the rest period the hair is still attached to the hair follicle, but it is not growing. After the resting phase the hair is shedding and a newer hair begins to grow, thus, starting a new hair growth cycle.

There is a genetic precision of each hair follicle to follow a particular pattern of growth and rest. Hair follicles are programmed to stop producing hair and spend more time in the resting stage with the progression of age.

The growth cycle of a hair consists of 3 stages:

Anagen

Anagen is the growing period of a hair follicle.

Catagen

At the end of the growth period, hair follicles prepare themselves for the resting phase.

Telogen

Telogen is the resting period of a hair follicle, it is usually 3-4 months in length and at the end of this period older hairs that have finished their life will fall out and newer hairs will begin to grow.

The growing stage constitutes about 90% of the growth cycle of a hair follicle, while intermediate and shedding stage constitutes only 10% of it.

Types of hair

There are 3 types of hair growing on the human body:

*Vellus

*Terminal

*Intermediate

Vellus hairs

Vellus hairs are short hairs of a centimetre or two long. A vellus hair contains little or no pigment, and this, is colourless. Vellus hair follicles do not have adjacent sebaceous glands. At the same time, their shaft does not have a melanin layer. Vellus hairs are fine and soft and are not cosmetically important.

Terminal hairs

Terminal hairs are long hairs that grow on the scalp and in many people on the body. They are produced by hair follicles with adjacent sebaceous glands. Terminal hairs have large, dark pigmented hair fibres that have a medulla at the innermost part.

Intermediate hairs

An intermediate hair shows the characteristics of both vellus hairs and terminal hairs. Intermediate hairs have a medulla and contain a moderate amount of pigment, less than that found in the terminal hair type. During the balding process terminal hair follicles and intermediate hair follicles change in such a way that they no longer produce terminal hairs. In these areas, hair follicles grow vellus hairs rather than terminal hairs.



Client Consultation

A consultation is a one to one discussion with your client which allows you to find out the important and confidential information that will help you advise and give clients the best treatment.

Always introduce yourself to your client and treat clients as a whole taking into consideration general well-being, i.e health, emotional, physical and mental states. You need to explain clearly why you are carrying out a consultation.

Within your consultation it is important to make the most out of your session, not only getting to know your client but getting to know their requirements for treatment, this is done through visual observation, verbal questioning and physical examination.

Use open questions to encourage your client to give you information without them feeling interrogated, this will allow you to connect with

your client and offer them the best possible solution which will match their criteria, work together to set an objective for the treatment



Contraindications

Certain clients may not be suitable candidates for eyelash extensions. It's important to have clients fill out a medical form before proceeding. Here are a few other points to consider before taking on a client.

Clients with redness, bumps, and cuts around the eyes

Clients with crusty lashes or styes

Clients with sensitive or itchy eyes

Clients with medical conditions (cancer patients, medical treatments, chemotherapy)

Clients with weak, brittle and unhealthy lashes

Clients with eye infections or swelling (conjunctivitis, pink eye, blepharitis)

Clients that are pregnant. Request to have a doctors note.

Clients that have recently permed or tinted their eyelashes (must wait 2 weeks)

As a lash technician, it is your responsibility to assess the clients health and candidacy for eyelash extension. If in doubt, do not proceed. Working in close proximity of the client's eye should not be taken lightly. Remember to always ask if there have been any health changes or allergic reactions with all clients even if it's frequent a returning client. Practice precaution and safety at all times.



Treatment Patch test

Always make sure you give yourself plenty of time to prepare and set up your work space before the client arrives.

Patch testing

A patch test needs to be carried out before the treatment takes place. Your client needs to have a patch test done at least 24/48 hours prior to the treatment taking place. This is to identify if your client has any sensitivity or allergic reaction to any of the products used. Treatment cannot be carried out if there is any adverse reaction. Also, for legal reasons insurance companies require a patch test to be carried out. If your client has an adverse reaction to a treatment and has not received a patch test then your insurance policy will be invalidated, which could prove costly.

Patch test procedure

- Cleanse the area of skin to be tested (usually behind the ear, crease of the arm or wrist)

- Apply a small amount of the glue to the area
- Allow to dry, cover with micropore tape
- Advise your client to leave on the skin for 24 hours. If no reaction, then to wash off.

- Advise your client should a reaction happen (red, itchy, sore area) product should be removed immediately with water and apply a cool soothing lotion.

Positive reaction – sore, red itchy – DO NOT TREAT

Negative reaction – nothing at all – TREAT

You must record patch testing on the consultation card and it must contain the following information.

*Name of treatment

- Brand used
- Client's name
- Product used/Date

Lash Thickness explained:

We'll start with the big ones...

0.25mm Thickness

They are mainly used by therapists who are just starting out as they are easier to pick up between tweezers. Unfortunately, they are super thick, heavy on the natural lash and look fake!

0.20mm Thickness

Is also a rather thick lash, again used for beginners. Unfortunately, again continual use of this thickness is a risk with natural lash health vs lash extension.

0.15mm Thickness

This thickness is becoming more common with most lash technicians, they are readily available, and most lashes can tolerate the weight.

There is only 0.05mm in difference with the above thickness but they will certainly be kinder to your natural lashes.

0.12mm Thickness

They look like your client's own lashes but better! If applied correctly you can achieve amazing results even better than what your client can achieve with a good mascara. Perfect for an every day, glamorous look and no one would necessarily know your client was wearing eyelash extensions. They allow a good length extension on your clients own natural lash.

0.10mm Thickness

0.1mm is on average the same thickness as your natural lash. Classic lashes with 0.01 thickness would look very natural. They are extremely suitable for fine and twisty lashes providing a longer and fuller look. The clients who use these lashes are generally aiming for a more even length or longer natural look to their own existing lashes.



Lash Curl explained:

The curl, is the shape of the lash that is attached to your existing lash. The letters are given to the name of the different types to represent their shape. I'll start in order:

J curl

These have the least amount of curve of all eyelash extensions. This style lash extension is great for the straighter lash client. The main body of the lash is straight with a gentle lift at the tip. Having a straighter shaft on the lash extension can give a greater surface area for the extension to adhere. A curlier lash would only have minimal surface to surface adhesion, so a j curl lash extension would definitely last longer. However, that isn't to say a tighter curl can't be used, but a j curl you may find more manageable.

B curl

These eyelash extensions are best suited for clients who would like to add a curl to naturally straight eyelashes. These eyelash extensions are not as straight as the J-Curl but not as curved as the C-Curl, giving extraordinary results to ordinary straight eyelashes. B-Curls are gaining in popularity with clients desiring a very natural look and are also used to add a fluffy texture and volume effect to a set of classic lashes.

C curl

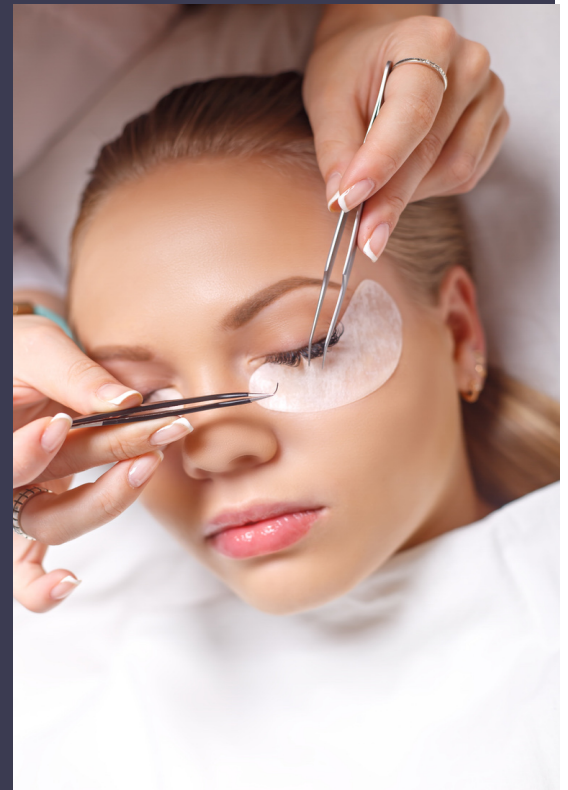
This is the most popular curl it provides the lovely flowing curl that we would hope to achieve from the use of lash curlers or a lash perm. It also, if the appropriate length is applied to the lash, gives a gently lift and will help open up your eyes.

D & CC curl

These as you may now be able to work out is a much tighter curl. These eyelash extensions are best suited for clients with a natural curve to their lash or short lashes but are also very popular with clients who seek a bold, stylish and glamorous look. I personally combine short D curls with longer C curls, to create an effective 'fluffy voluminous' lash design. Please note the surface area is minimal when used on straighter lashes so care should be taken to increase their lifespan.

L curl

This lash was designed for extremely straight, downward pointing lashes. Also known as a 'tick lash' this style eyelash extension gives a very dramatic look. This curl has a sharper lift which makes it ideal for clients with naturally straight lashes or a heavier eyelid. It can make the eye appear more open than normal. The base of the eyelash extensions is positioned on the straight lash giving maximum surface area for adhesion. The flick of the lash points directly upwards like a tick. This lash gives an instant lift and the impression of long, natural



Lash mapping

Lash mapping allows you to determine what length of extensions you should use on what part of the lash line. The process itself is simple but you may need some practice before knowing what your client needs.

Place a gel pad or some mepore tape under the eye protecting the lower lashes. Draw angled lines from the inner and outer corners of the eye. Try to match these lines to the angles of the client's own lashes. Find the center of the client's lash line. Draw a vertical line going from that point towards the edge of the pad. Again, the length of the line does not matter. One side of the line will be referred to as the "inner eye," and the other side of the line will be the "outer eye. Plan on having 3 segments towards the inner eye, and 4 segments towards the outer eye. Keep these lines straight and angled; they need to match the natural angle of the client's lashes. Play around with different widths.

- *Put the widest segment in the middle.
- * Put the narrowest segments in the outer eye area.
- *Keep the medium segments in the inner eye area.

Write the numbers right inside each segment, starting from the inner corner and finishing at the outer. Match the first and last segments to the person's natural lashes, then increase the numbers by increments of 1 as you go towards the middle. When you reach the middle, decrease them by 1.

Your lash sample might look like this: 8, 9, 10, 11, 11, 10, and 9.

Another example might look like this: 8, 9, 10, 11, 10, 9, and 8.

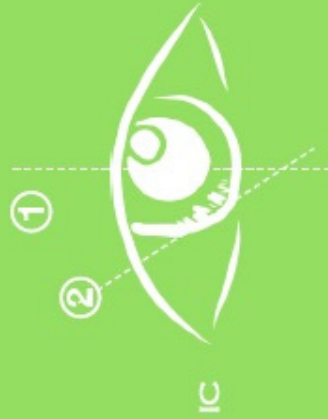
There is no one-size-fits-all when it comes to lashes. Most close-set eye shapes will benefit from a cat-eye effect, meaning the lashes get longer toward the outer corner. Wide-set eyes will look better with a doll-eye effect in which the lashes are long in the center and are feathery rather than dense. There are always exceptions, however, and you should also take into consideration what the client wants.

The client is not always right, and sometimes, he or she may request a look that will not look good on them. In these cases, you will need to compromise.



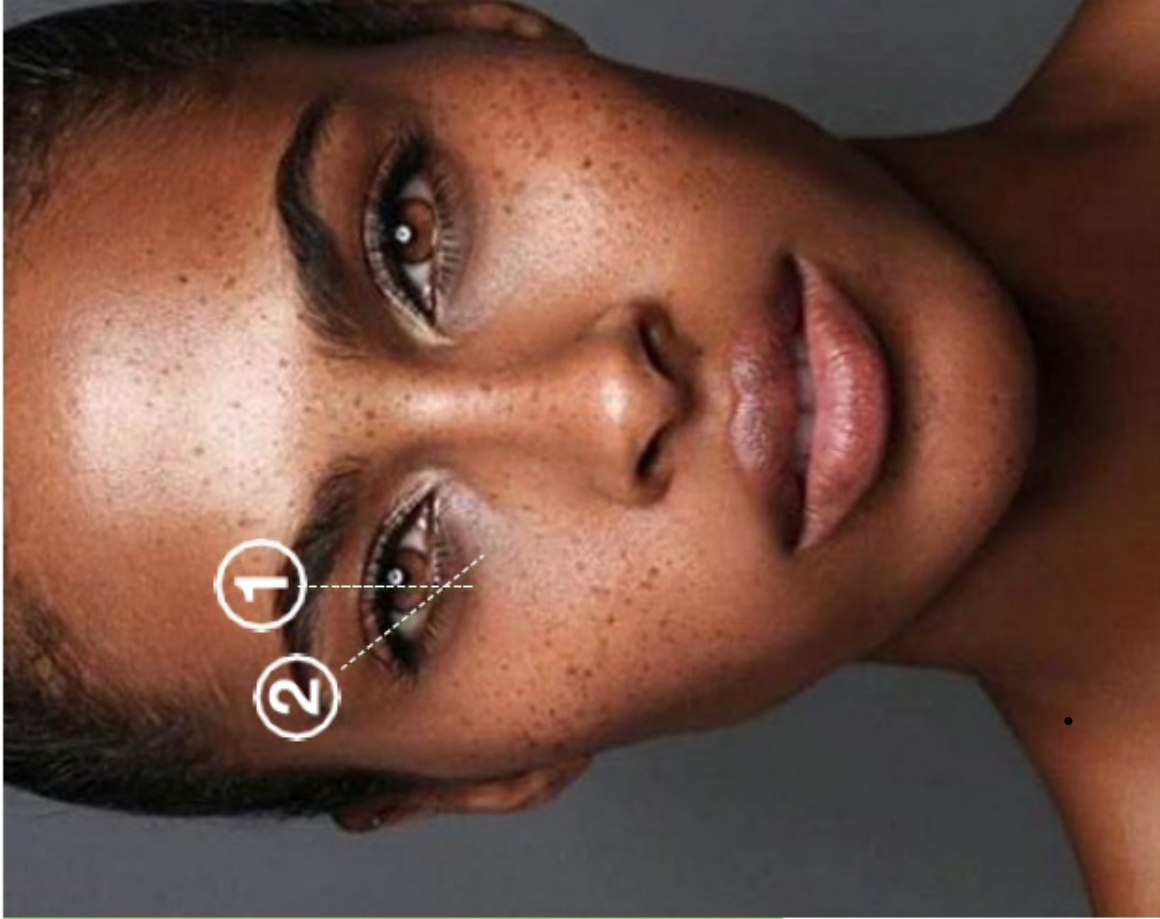
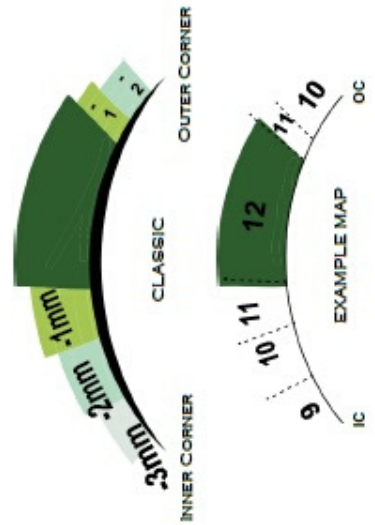
CLASSIC

YOUR TRUSTED AND TRUE LASH MAP STYLE. EASY MAPPING FOR NO FUSS CLIENTS.
*HOW TO MEASURE YOUR CLIENT'S EYES:



- ① STRAIGHT LINE - MIDDLE OF THE PUPIL
- ② SECOND LINE 45° - OUTER IRIS

SUBTLE LASH STYLING IS THE MAIN FEATURE OF NATURAL STYLING
THIS STYLE MIRRORS NATURAL LASH GROWTH
IT IS UNIVERSALLY FLATTERING



EYE BALANCE CHEAT SHEET

FIND THE RIGHT BALANCE FOR YOUR CLIENT



01

SET



EYE SET
The set of the eyes is determined by the distance between each inner corner in relation to the eye size.

02

PLANE



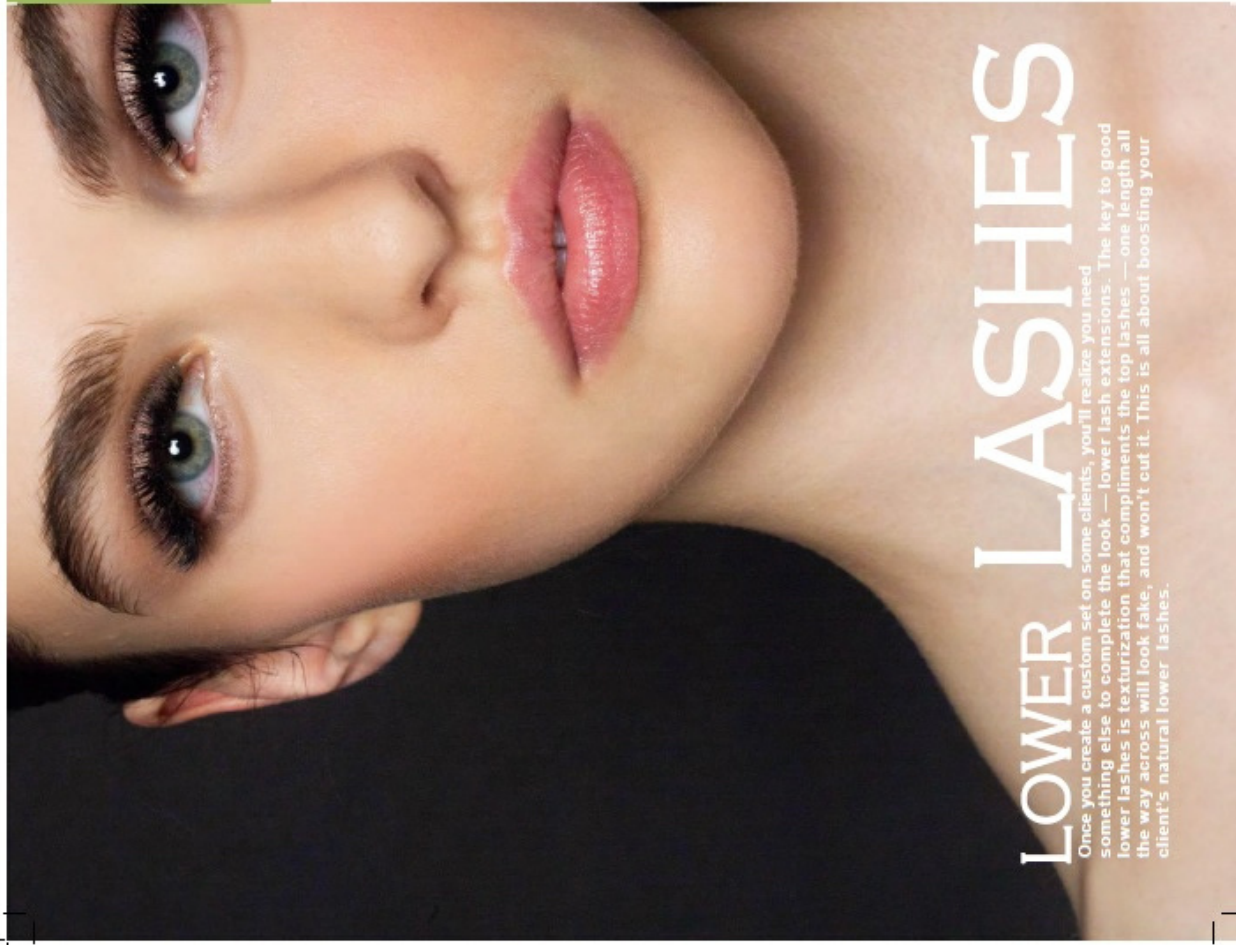
EYE PLANE
The eye plane is determined by where the outer corner of the eye lies in relation to the inner eye.

03

SHAPE



EYE SHAPE
We usually calculate the eye shape by comparing the eye's width to its height. The eye shape is crucial to determining which curl type to use.



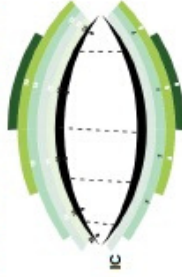
LOWER LASHES

Once you create a custom set on some clients, you'll realize you need something else to complete the look — lower lash extensions. The key to good lower lashes is texturization that complements the top lashes — one length all the way across will look fake, and won't cut it. This is all about boosting your client's natural lower lashes.

LOWER LASHES CHEAT SHEET

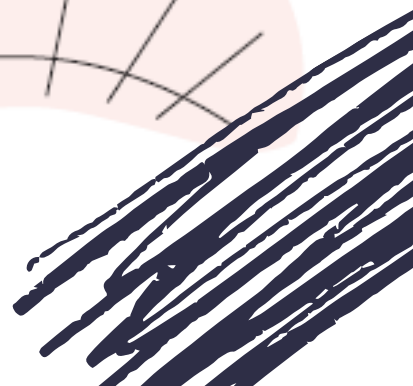
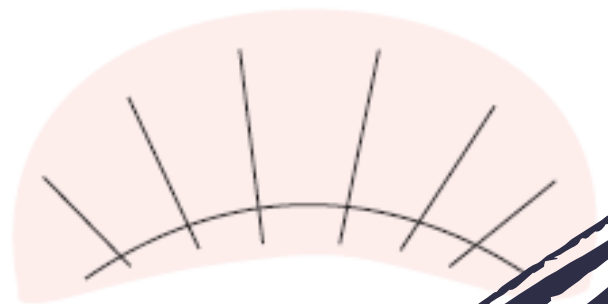
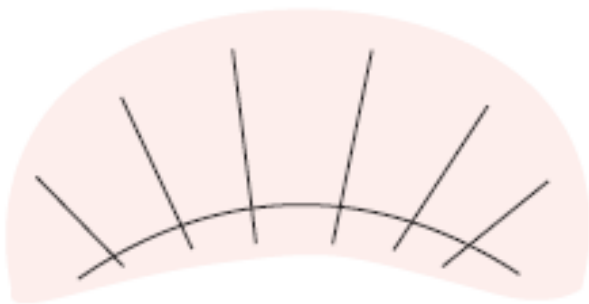
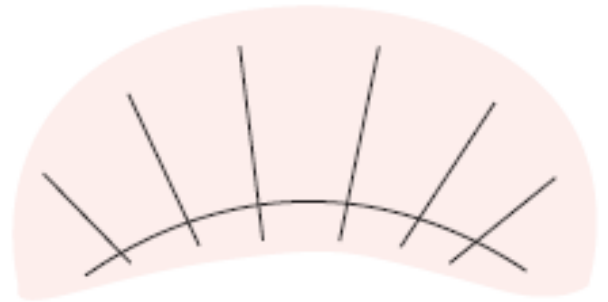
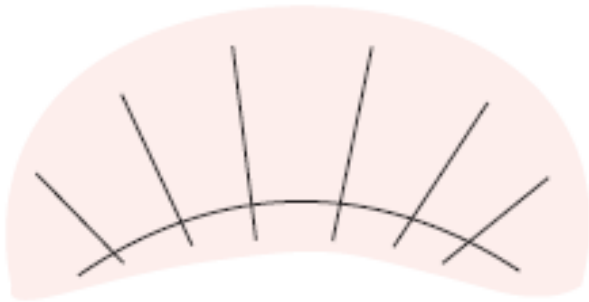
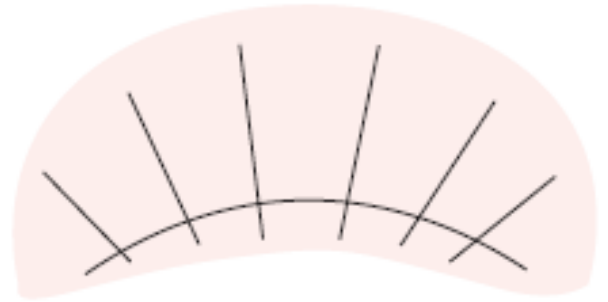
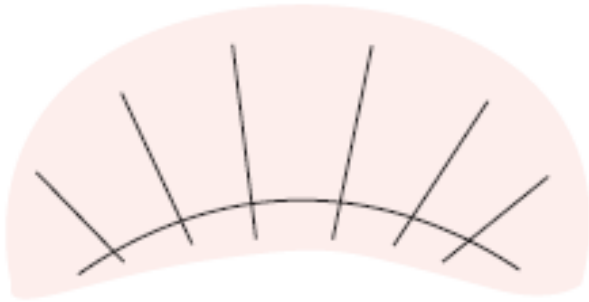
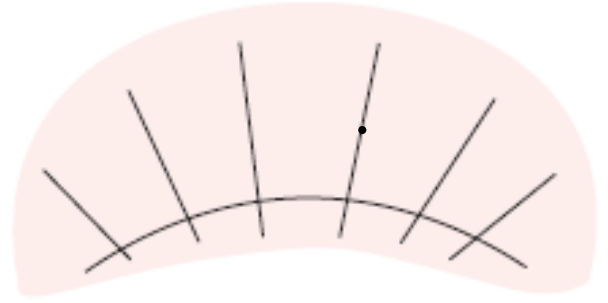
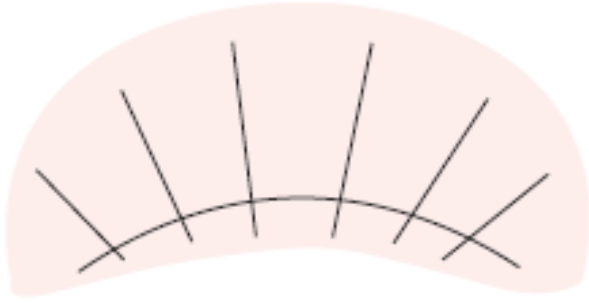
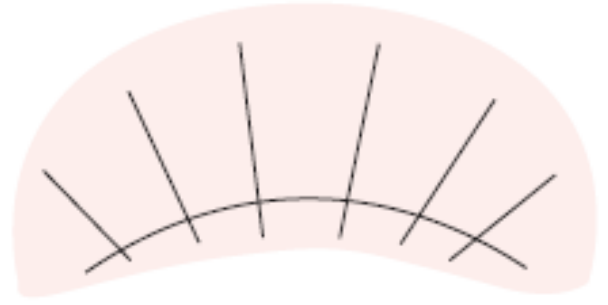
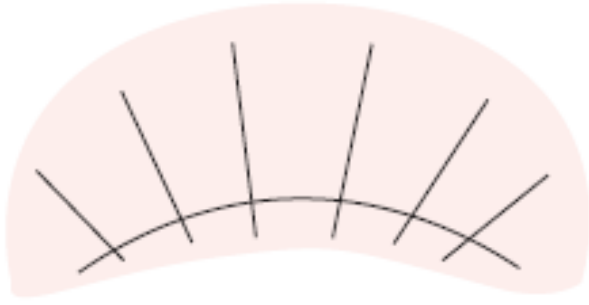
For lower lashes, you'll need to mirror the upper lash map. Texture and angles are both important aspects to great lower lashes — make sure you only cover 40-60% of what's there naturally

Ex. Upper lash emphasis length = 13 mm
Lower lash emphasis length = 10 mm
Texturizing = 9 mm, 8 mm, 7 mm



- 01** Apply 7 mm lashes across the whole eye.
- 02** Next, apply 8 mm lashes across MOST of the eye (avoiding the 7 mm section.)
- 03** Apply 9 mm lashes within the emphasis area and the sections neighboring it.
- 04** Finish with 10 mm lengths in the emphasis area



LASH MAPPING

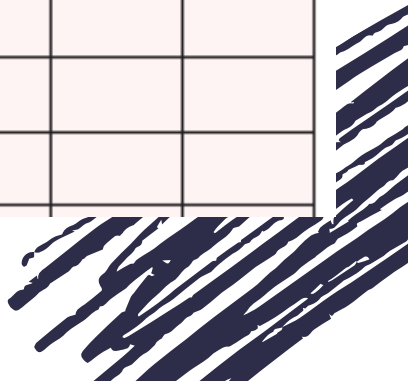


DETAILED CLIENT HISTORY FORM

NAME

DATE

DATE	FULL <input type="checkbox"/> FILL <input type="checkbox"/>	DATE	LENGTH	CURL TYPE	THICKNESS	SET TYPE	FANS	LASH TYPE
								
								
								
								
								
								
								
								



Preparation

1. Determine your client's desired look using the lash mapping technique.
2. Sanitize your hands.
3. Apply Green LLUK micropore tape to the lower lashes, checking to make sure your client's eyes can fully close. Also make sure the tape is not in their eyes.
4. Clean eyes with an Strawberry scented LLUK Lash cleanser and lash cleanse brush
5. Apply the LLUK Bannana primer with micro brush.
6. Shake your LLUK glue for 60 seconds, and after a good shake, put a pea-sized portion on your Jade Stone or glue ring. Put a fresh dot of glue down every 20-30 minutes.
7. Make sure your tweezers are completely clean for application
8. Using your tweezers, separate one eyelash at a time. Do NOT apply more than one eyelash extension to one natural lash.
9. Pick up a lash, dip it in glue, and apply it to the natural lash. Use one very small bead of glue on the extension.
10. Alternate between the eyes every 2-3 lash applications.
11. Throughout the application, use a mascara wand to brush the extensions.
12. A full set of eyelash extensions per eye is an average of 60-125 lashes, or 95-99% of the natural lashes covered.
13. Alternate until the set is complete on each eye.
14. Separate lashes that are stuck together or to the micropore tape with the tweezers and wands.
15. Remove the tape while your clients eyes are still closed.
16. Help the client slowly open their eyes.



Aftercare

It is very important to give your client clear instructions about what to expect and what to do at home in order to get the best from their treatment, as it will prolong the effects of the treatment.

- DO NOT get excessively wet for the first 24 hours. This allows the adhesive to cure (dry)
- DO NOT use steam rooms, saunas or sun-beds for 48 hours
- DO NOT perm, tint or use eyelash curlers
- DO NOT use waterproof or oil-based mascara on your extensions as they contain chemical properties that will break down the adhesive
- DO be gentle around your eyes, don't rub or pick at your extensions
- DO use an eyelash comb or mascara wand, these are great for grooming your lashes each morning.

Eyelash extensions are individual and can last up to 2-3 months depending on the life cycle of the client's natural lashes, which is an average of 90 days and based upon successful adhesion of the false lash and how your client treats them.

The life cycle of the eyelash hair is approximately 4-6 weeks therefore to ideally maintain thickness and fullness for best results it is recommended your clients have a top up every 14-21 days.

Storage & Insurance

Storage

All products require a copy of Material Safety Data Sheet (MSDS) these can be obtained from your supplier.

Store all products correctly following the guidance of the MSDS, carry out a risk assessment on each product or COSHH report if required.

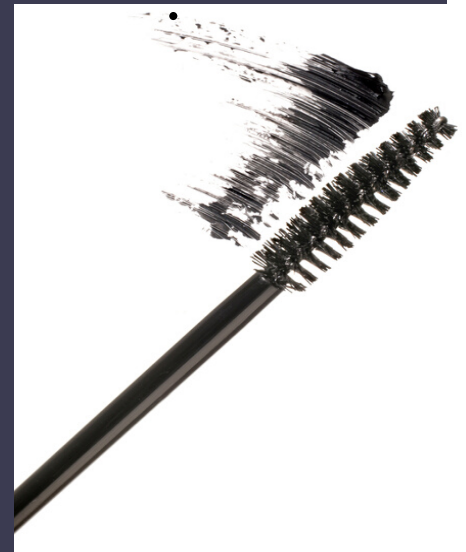
Keep all products in original containers where possible and ensure any decanted products are fully labelled in smaller, purpose-built containers.

Keep all flammable products out of direct sunlight and at room temperature or below.

Mobile therapists must make suitable travel arrangements to avoid spillage and ensure safe working practice and be professional in appearance.

Insurance

There are several types of insurance that are potentially relevant to you as a therapist. The most important are the 'professional indemnity insurance' and 'public liability insurance' both of these are required in the unlikely event that a client decided to sue you.





Need anymore help with products

I am here to help you with any product enquiriies, either by email, phone, I will always try my best to help you whenever I can as soon as I can, I can give you advice on application, timings, I have great product knowledge of all my products.

I am forever looking for new exciting and inovative products from across the globe to help us become better Lashand Brow Technicians, as i source these products I will add them to the Luxury Lash UK online store.

If you would like to become an Ambassador or a distributor for Luxury Lash UK please get in touch, I would love to hear from you.

Visit the online shop

Be sure to follow me on social media to stay up to date with all of my new product releases! @luxurylashuk

