

Creative

Touch

# LASH LIFT & TINT



Beautiful lashes  
are a  
blink away

Creative

Touch

## COURSE OVERVIEW

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- SECTION TWO - TREATMENT OVERVIEW
- SECTION THREE - ANATOMY & PHYSIOLOGY
- SECTION FOUR - CLENT CONSULTATION
- SECTION FIVE - CONTRAINDICATIONS
- SECTION SIX - UNDERSTANDING A LASH LIFT & TINT
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ACTIVITY**

10 Credit Hours

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# SECTION ONE

*Introduction*

# SECTION ONE

## INTRODUCTION

### Introduction

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**Welcome to Creative Touch's training course for eyelash lift and tint.**

**This treatment is highly sought after lash service, completed within 60 minutes and a profitable choice for a complete beginner or therapists looking to expand on their current portfolio.**

**We have created an easy to follow step by step guide to help you through your learning journey.**

**Along side your training manual you will find a step by step video for the preparation and application of lash lifting and tinting.**

# SECTION ONE

## INTRODUCTION

### Benifits Of Having A Lash Lift & Tint

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- No maintenance required.
- Treatment effective for up to six weeks.
- Best suited to an active lifestyle in comparison to lash extensions (gym, swimming, excessive sweating).
- No need for mascara.
- Time saving on the daily routine.
- Takes less than an hour to complete a treatment, suited to those with a busy schedule.



# SECTION ONE

## INTRODUCTION

### What Is A Lash Lift & Tint

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- A lash lift and tint is an extremely popular lash service for anyone wanting to enhance their natural lashes. A lash lift curls your lash from base to tip so that you can see the full length of the lash.
- The purpose of a lash lift is to create definition with the natural lashes by lifting the lash into a deeper curl creating the illusion they then look darker, thicker and longer, this leaves the eyes looking much brighter with a pop like finish.
- Lash lifting was originally made on perming rods both fiddly and not accurate but in recent times new silicone pads replace the old perming rods making the treatment much easier and more effective.
- The service is expected to take approximately 45 minutes and shows an instant effect before and after pictures are a perfect way to show your client how effective the treatment is for them.
- Lashes of all lengths can be lifted even the smallest of lashes can be placed onto the correct size shield and have impressive results.
- Although commonly used together lash lift can be completed without a tinting service. The lift will not be any less effective, but the overall effect of the treatment will not seem as dramatic if the lashes are not made richer in colour.
- It is the usual practice to tint the lashes using blue / black tint as it gives a glossy more light reflective finish, black and at times dark brown can also be a popular choice for tinting of the lashes. Colour selection should be done during the consultation stage of your service.



# SECTION TWO

*Treatment Overview*

# SECTION TWO

## TREATMENT OVERVIEW

### PPE Personal Protective Equipment

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The use of PPE during aesthetic services has never been more necessary than in recent times. PPE is the use of personal protective equipment some items will be of a clinical nature some are for safety and hygienic practice. Following these health and safety guidelines will protect both you and the client during a treatment.

The use of PPE is always subject to change based on government and industry guidelines. Always keep up to date with current government recommendations and adjust your working practice as appropriate.

Basic guidelines are:

Disposable gloves - We prefer to use Nitrile gloves when performing skin needling treatments. They fit snugly on the hand like latex gloves but without the allergy risk. You should always wash your hands prior to putting on your gloves following the NHS guidelines.

How to properly remove gloves:

1. Using your right hand grasp the rim of the left glove and remove it turning it inside out.
2. Whilst holding onto the glove turned inside out, use your left hand, grasp the rim of your right glove and pull it off of your hand without touching anything.
3. Dispose of the gloves in your bio-hazard waste bag.





# SECTION TWO

## TREATMENT OVERVIEW

### PPE - Face Masks, Shields & Disposable Aprons

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Face Mask Type II: A medical face mask made up of a protective 3-ply construction that prevents large particles from reaching the client or working surfaces.

Clear visors cover the face (and typically provides a barrier between the wearer and the client from respiratory droplets caused by sneezing, coughing or speaking). Visors should fit the user and be worn properly. They should cover the forehead, extend below the chin and wrap around the side of the face.



Disposable apron - One time use disposable aprons should be worn during your service. These should be fitted correctly and disposed of after each service into the clinical waste disposal.

# SECTION TWO

## TREATMENT OVERVIEW

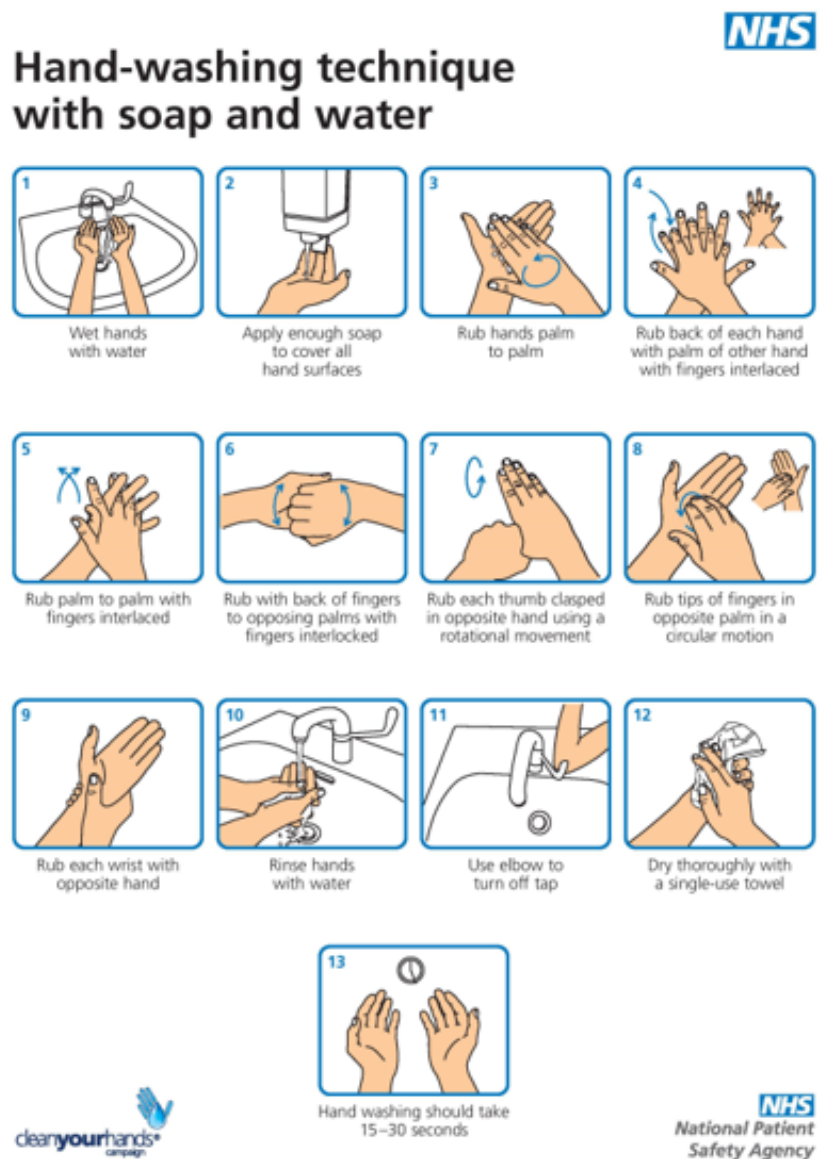
### NHS Guidelines To Hand Washing

Effective hand hygiene is the most important strategy in preventing infection. Hand hygiene is a general term applying to the use of soap/solution (non-antimicrobial or antimicrobial) and water, or a waterless antimicrobial agent to the surface of the hands.

An infection spread by unclean hands can have a devastating impact on a client and therapist.

Washing your hands properly should take about as long as singing "Happy Birthday" twice (around 20 seconds).

The poster displayed is the NHS guidelines to handwashing and the advised way of keeping your hands clean. It is advised that you display a copy in your clinic and encourage all attending to follow this guidance.



# SECTION TWO

## TREATMENT OVERVIEW

### Personal Presentation

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A beauty therapist should be a shining example to her trade. A client will look to their clinician as a professional and this will be reflected not only in how they look, but also their attitude and overall demeanour. If a client does not feel satisfied with the hygiene of either the therapist or the clinic, it is highly likely they will not return or recommend you to others.

#### Your uniform:

Is recommended to be worn at all times during working hours. It should be clean and smell fresh. Ideally a clean uniform is recommended to be worn each day. Your uniform should be kept simple not be decorated with anything other than a name badge or that of a professional organization to which the clinician is a member.

#### Hair:

Should be clean and secured away from the face.

#### Nails:

In the event that nail extensions are worn, these should be cleaned thoroughly underneath every time you wash your hands and they should be of a reasonable length and shape so as not to piece your gloves. Maintenance should be kept up regularly so to not look tatty.

#### Footwear:

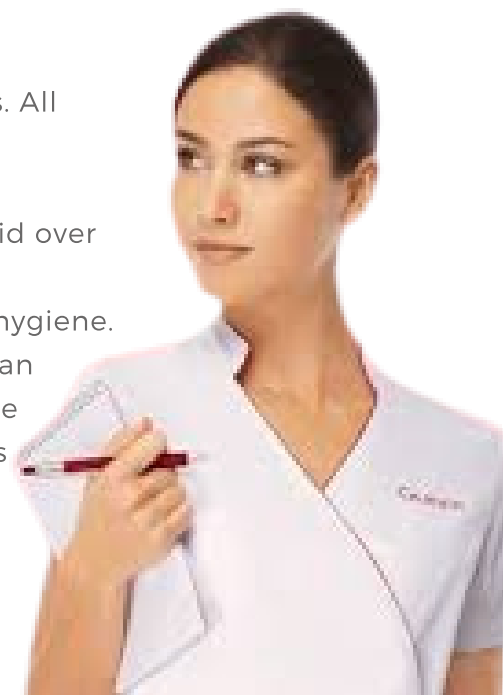
High heels are not to be worn for health and safety, and comfort reasons. All footwear should be enclosed no open toed shoes.

#### Personal Hygiene:

Deodorant should be worn at all times for person hygiene and try to avoid over powering perfume.

If you are a smoker extra care should be considered with their personal hygiene.

The smell of cigarette smoke clings to fingers, clothes and hair. Clients can often find this offensive. Be aware of fresh smelling breath. If having close contact with a client, avoid garlic and excessively spicy food the previous night. Face masks also help mask smells and allow you to work at close contact with your client.



# SECTION TWO

## TREATMENT OVERVIEW

### Working Environment

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When providing lash services your environment should be clean, inviting and hygienic.

Hand washing facilities should be available, keep the working room to an average room temperature of 18 degrees in colder months of the year remember that increasing the room temperature will effect the speed of your product activation.

Comfortable beds should be considered with a washable or wipeable material, if using couch roll this should be removed after each client and the same applies to the use of towels. Wash towels at 60 degrees for best hygienic practice.

No food, drink or pets should really be in the working environment.

Decor is often down to preference but ensure that surfaces including walls and floors are washable so where carpet in present plastic floor matting should be considered

# SECTION TWO

## TREATMENT OVERVIEW

### Barbacide

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Keeping yourself and your clients safe should be a top priority every day in the salon. That said, when there are new pathogenic threats, it should remind us of the importance of adherence to proper infection control guidelines.

#### Porous vs. Non-porous:

Things in our world can be categorized as either porous or non-porous. Porous items are things that can absorb liquids. Liquids can run through them, or they may be made of mostly liquid. Examples of porous items in the salon include your towels, neck strips and you! Non-porous items are generally made of glass, metal or plastic. Liquids cannot be absorbed or passed through these materials. In every state, porous items must be discarded after every service because there is no way to make them safe for use on multiple clients. Non-porous items may be used on multiple clients, but in every state, they must be cleaned and disinfected prior to use. That is where disinfectants come in! Disinfectants are chemicals that are designed to destroy the “germs” we are concerned about in the salon - bacteria, viruses and fungi.

The steps to proper disinfection are as follows:

- Wash non-porous item using either soap/water or a chemical cleaner.
- Rinse and dry item. Immerse, wipe or spray your item with an appropriate disinfectant.
- Adhere to contact time listed on the label. It might say something like “ensure the item is fully immersed for 10 minutes” or “surface must stay visibly wet for 2 full minutes”. The time referenced is for how long it takes to destroy every pathogen listed on the label.
- Concentrate immersion contact time: 10 minutes.
- Spray contact time: 10 minutes.
- Wipes contact time: 2 minutes.
- It is important that disinfectants used for immersion be changed daily.

# SECTION TWO

## TREATMENT OVERVIEW

### Insurance

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As a professional therapist setting high industry standards is a key factor to a successful business. Keeping your records up to date, following guidelines laid out by your insurance provider and keeping your insurance policy current are absolute basics all should follow.

There are many industry specific brokers and insurance firms in the UK that you can obtain a suitable public and professional liability insurance policy from. Several basic level beauty policies start at less than £100 per year. This will need to be put into place before working on the general public and charging for services.

Age of suitability of a service is set out by your insurance provider, always check their guidelines before offering services. From a professional opinion we do not recommend providing treatments to anyone under the age of 16 years.

# SECTION THREE

*Anatomy & Physiology*

# SECTION THREE

## ANATOMY & PHYSIOLOGY

### The Natural Lash Cycle

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Understanding the natural lash cycle will help you to better understand why the treatment requires redoing every 4-6 weeks. Lashes go through a growth cycle which makes your lashes naturally fall out and regrow in stages daily.

There are an average of 90-150 eyelashes on the upper eyelid and about 70-80 lashes on the lower lid. Eyelashes reach an average length of 10mm and they all follow their own shedding cycle.

There are three phases to the eyelash growth cycle (like all hair).

- Anagen - Is the active growth phase. Only about 40% of the upper eyelashes are in active growth at any one time, and only 15% of the lower lashes are in active growth. This phase lasts 30-45 days.
- Catagen - The transition phase where the lashes stop growing and the follicle shrinks, this lasts 2-3 weeks.
- Telogen - This is where the lash is in a resting phase and can last over 100 days before the eyelashes fall out.

Each eyelash is on its own cycle so there are lashes on each eyelid in all phases at all times. This means it is completely normal for a few lashes to fall out every day.

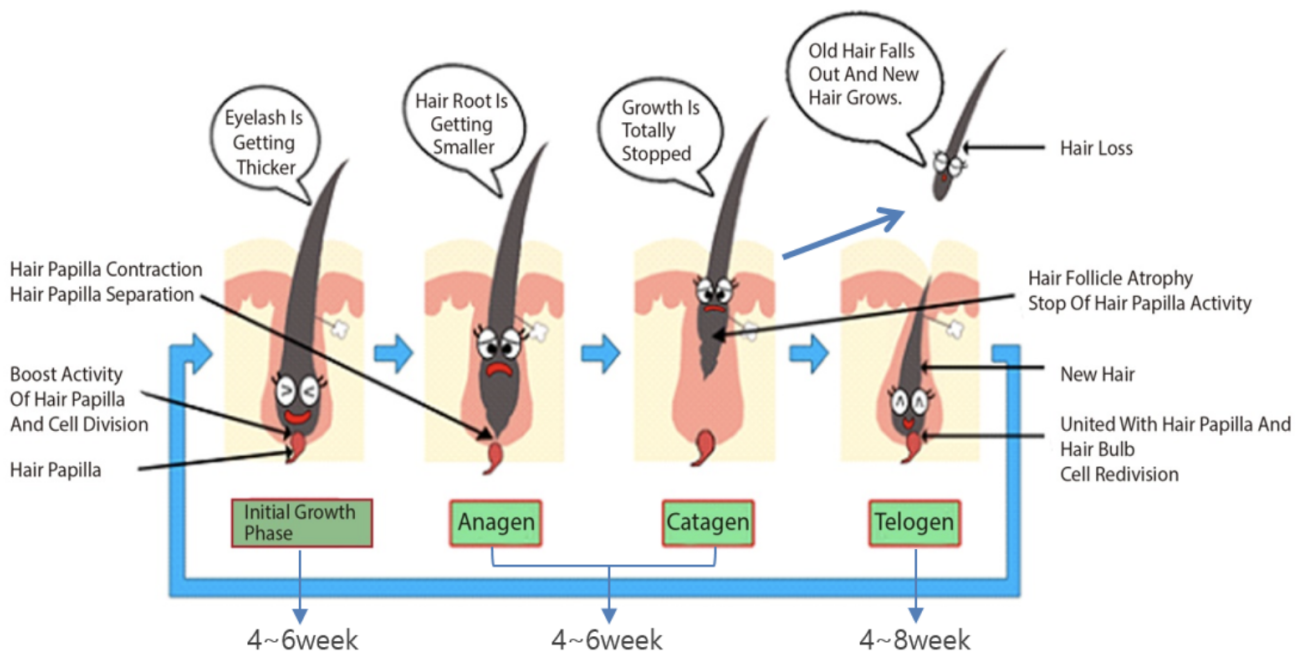
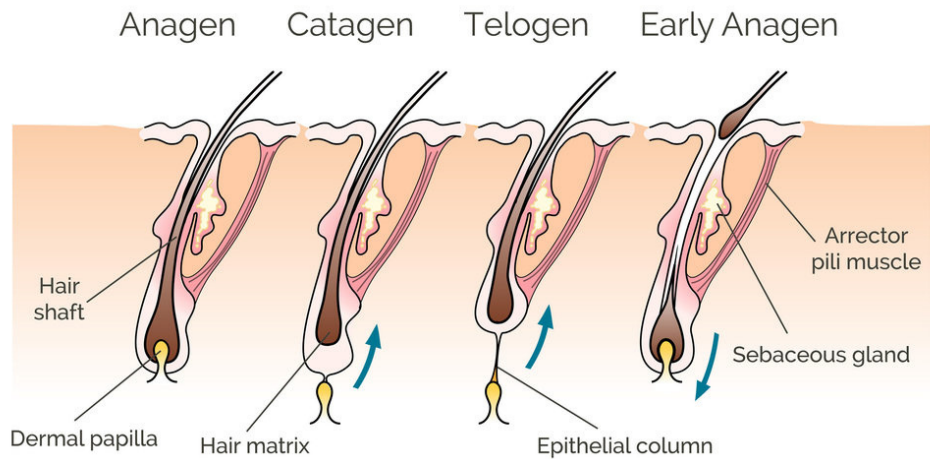


# SECTION THREE

## ANATOMY & PHYSIOLOGY

### The Hair Growth Cycle

#### HAIR GROWTH CYCLE



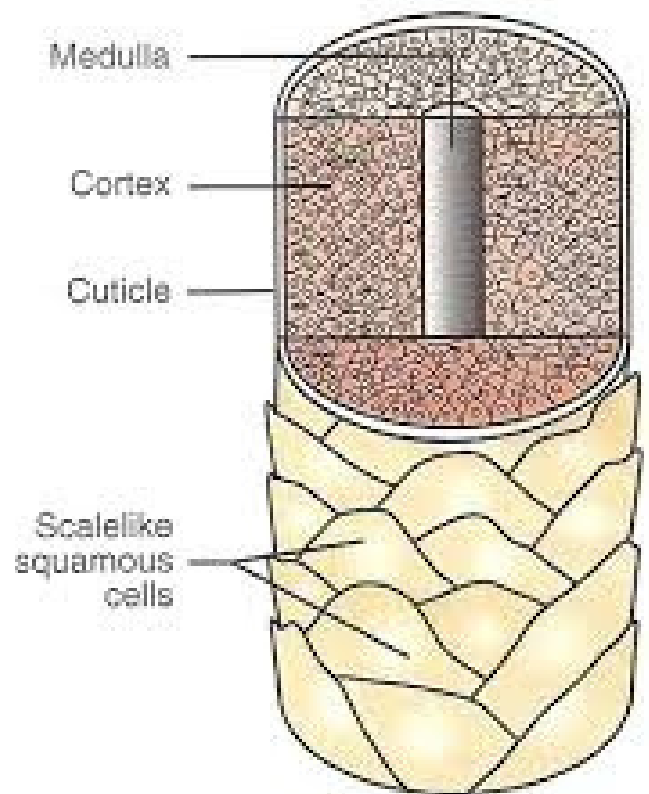
# SECTION THREE

## ANATOMY & PHYSIOLOGY

### Layers Of The Hair

The hair comprises of three layers:

- Cuticle.
- Cortex.
- Medulla.



The Cuticle is the outer layer of scale like keratinised cells with each scale overlapping another towards the tip of the hair. This layer contains no pigment; it is translucent and

allows the colour from beneath to show through. The cuticle protects the hair.

The Cortex is the main part of the hair, it contains elongated cells, which are keratinised and cemented together. The pigment granules (melanin for black/brown or pheomelanin for red/yellow) are present in this layer. The strength, thickness and elasticity of the hair is determined by how the cells are held together in the cortex.

The Medulla is the middle, soft, spongy core of the hair. This layer contains large, loosely connected, keratinised cells, which may or may not be continuous. This results in air spaces, which determine the sheen and colour tones by influencing the reflection of light. The medulla is often not present in fine terminal and vellus hairs.

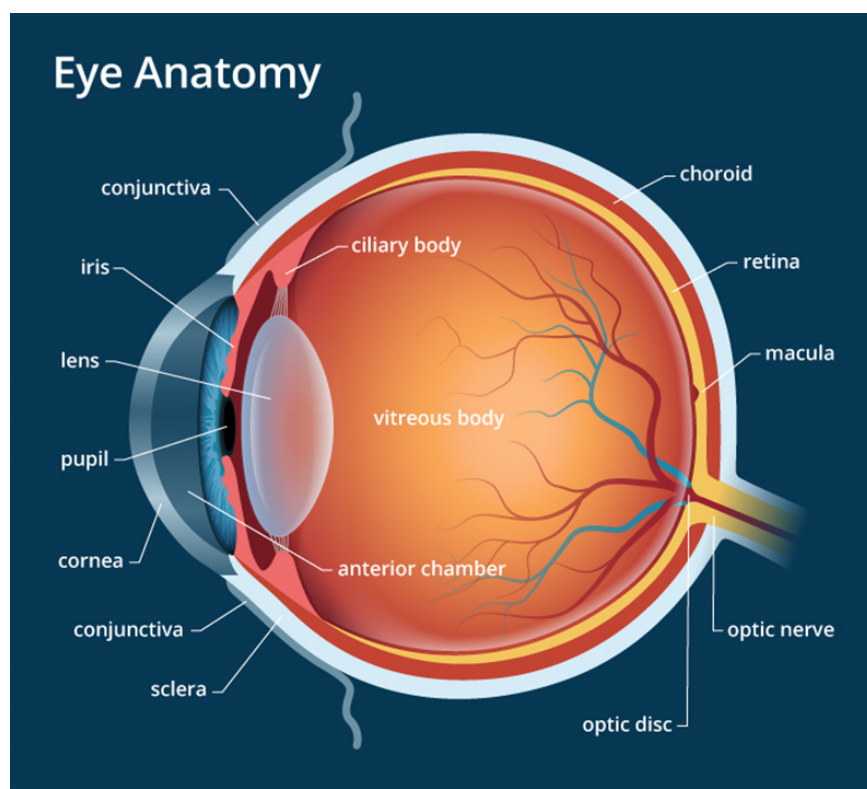
# SECTION THREE

## ANATOMY & PHYSIOLOGY

### The Eye

The eye is one of our sensory organs the creation of sight. The eye has a number of components which include but are not limited to the cornea, iris, pupil, lens, retina, macula, optic nerve, choroid and vitreous.

- Cornea: Clear front window of the eye that transmits and focuses light into the eye.
- Iris: Is the coloured part of the eye that helps regulate the amount of light that enters.
- Pupil: Dark aperture in the iris that determines how much light is let into the eye.
- Lens: Transparent structure inside the eye that focuses light rays onto the retina.
- Retina: Nerve layer that lines the back of the eye, senses light and creates electrical impulses that travel through the optic nerve to the brain.
- Macula: Small central area in the retina that contains special light sensitive cells and allows us to see fine details clearly.
- Optic nerve: Connects the eye to the brain and carries the electrical impulses formed by the retina to the visual cortex of the brain.
- Vitreous: Clear, jelly-like substance that fills the middle of the eye.



# SECTION FOUR

*Client Consultation*

# SECTION FOUR

## CLIENT CONSULTATION

### Completing A Consultation

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An important part of being a professional therapist is upholding professional standards this includes always carrying out an in depth consultation appointment before completing the service.

The most successful clinics earn their reputation by providing excellent personal service. A service can only be truly personal when the needs of each individual client are understood, and treatments and advice are matched to their needs. Clients have many different reasons for attending a clinic for treatment.

Information is obtained at the consultation by asking questions and by examining the client's need for the service.

Keep eye contact with your client, listen carefully and note the answers given to you. This way, clients know you are genuinely interested in what they are telling you. Remember, clients may disclose information to you of a personal or sensitive nature. It is a breach of the Industry Code of Ethics to discuss or disclose this information with third parties unless it directly affects the treatment being given.

A full consultation should be carried out, this is to ensure you have fully understood your client's expectations and also to ensure they are not contraindicated and a safe, effective and satisfactory delivery of the treatment is achievable. Always ensure your client is happy to go ahead with the service and have given their written consent.



# SECTION FOUR

## CLIENT CONSULTATION

### Consultation Forms Should Include

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- Written consent to be obtained for best practice.
- Name and explain the procedure.
- Discuss expectations and benefits.
- Check for contraindications.
- Explain possible side effects and recovery.
- Sign, date and store the consent.
- Incorporate a general medical questionnaire.
- Check ID if concerned they could be under 16.
- Failure to complete client record cards will void your insurance.
- All record keeping should comply with GPDR data protection.
- Client consultation template available with this training.



# SECTION FOUR

## CLIENT CONSULTATION

### Patch Testing

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Before a tinting service commences a patch test will be required. Your client will require to attend a 5 minute appointment to check for contraindications and complete a patch test. This is required to be done at least 24/48 hours prior to the treatment taking place. This will help to identify if your client may suffer sensitivity, or an allergic reaction to any of the products used. A treatment cannot be carried out if there are any signs of adverse reaction. Your insurance company will require a patch test to be carried out as a part of your insurance guarantee failure to complete a patch test will see your policy invalidated. In the event your client were to have an adverse reaction to a treatment and has not received a patch test without valid insurance this will prove costly if a legal claim was brought against yourself.

You will need to patch test for the tint colour and the lifting solution.

Steps to completing a patch test:

- Cleanse the area of skin to be tested (usually behind the ear, crease of the arm or wrist).
- Mix a small amount of tint colour and peroxide together to apply to the client.
- Apply a small amount of the tint to the area.
- Allow to dry.
- Get your client to sign to say they have received their patch test.
- Advise your client to leave the tint on the skin for 24 hours before removing.
- Should your client present with signs of a reaction happen (red, itchy, sore area) product should be removed immediately.
- Should a negative test be recorded a treatment can take place after 24 hours, should a positive test occur the treatment cannot take place, another brand may be tested after 4 weeks should you wish to try an alternative product. If you change brands a new test is required and also in the event that a service is not carried out for over six months.

Within the patch test form you will need to include:

Name of treatment, brand used, clients name, product used and date patch test received.

# SECTION FOUR

## CLIENT CONSULTATION

### Patch Testing

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- A patch test must be done for each lift system you use, so if you change brands or products change within the brand you use a new patch test will be required.
- To perform a patch test keep one sachet open but tapped sealed when not in use of your perming lotion (sachet 1) for patch testing this can be kept open for 4 weeks at a time before disposing.
- Firstly clean the patch test area which will be behind the ear and on the wrist, using either an alcohol wipe or cosmetic pad and cleanser. Once the area is clean place a small amount of your product onto a micro stick and apply to the skin behind one ear then the opposite wrist. Once complete you will then put a small amount of tint onto the opposite ear and wrist.
- Explain to your client to not wash the testing area for at least two hours and talk them through things to look out for. By testing on both sides of the body and in separate areas you are insuring that you are checking every possibility of reducing the risk of a reaction.
- Signs to make your client look out for in the event of a reaction could include hive like symptoms, burning, itching, soreness or irritation. If any of these occur the treatment should not go ahead. Although as a therapist we make every effort to reduce the risk of reaction on a treatment via the use of patch tests this does not stop them from occurring at any point.



# SECTION FIVE

*Contraindications*

# SECTION FIVE

## CONTRAINDICATIONS

### Contraindications

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All beauty services have a list of associated contraindications. This could be something that needs to be considered at the beginning of a service to assess for suitability of the service. We put these into three categories for lash services.

- Total avoidance - Example bacteria or viral infection.
- Aware of issue and to be monitored - Example mild eczema to the surrounding area.
- Make amendments to service to accommodate - Example skin tag or scar tissue.

Next you will find a range of commonly found lash related issues and conditions and if they are appropriate to have a service.



# SECTION FIVE

## CONTRAINDICATIONS

### Contraindications

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- There are many things that can affect, change or stop a lash treatment taking place as a lash technician it is your responsibility to assess your client and identify and potential issues.
- Reaction to patch test - Any reaction such as irritation or redness would mean the treatment should not go ahead but may consider patch testing with another glue.
- Weak eyelashes - If the natural lashes are damaged or weak this will mean a weak foundation for application meaning they could increase damage or not last as long.
- Allergies to tape or lash shields - This should be checking and identified in the client consultation form.
- Cuts or abrasions - May be open and can become exposed to infection.
- Scar tissue to the area - Avoid if less than 3 months healed to avoid irritation .
- Stye - Also known as a hordeolum, is a bacterial infection of an oil gland in the eyelid.
- Keratitis - Is a condition in which the eye's cornea, the clear dome on the front surface of the eye, becomes inflamed.
- The condition is often marked by moderate to intense pain and usually involves any of the following symptoms: Pain, impaired eyesight, photophobia (light sensitivity), red eye and a 'gritty' sensation.
- Dry eye syndrome - Lack of moisture can cause itching irritation or inflammation.
- Conjunctivitis or other contagious infections - Not to do lashes until completed treatment and clear of infection for at least 14 days.
- Eczema, Dermatitis or Psoriasis - Within the treatment area can become aggravated would avoid doing treatment.
- Eye surgery within 3 months.
- Trichotillomania - Is a hair pulling disorder which effects about 2/3% of the population lashes are generally in bad condition and weak so may be too damaged to have a treatment.
- Glaucoma - Is a condition that damages your eye's optic nerve.
- Hay fever - Lashes would not be recommended during flare ups.
- Contact lenses should be removed prior to treatment.

# SECTION FIVE

## CONTRAINDICATIONS



Eczema



Conjunctivitis



Glaucoma



Stye



Trichotillomania



Hay Fever

# SECTION FIVE

## CONTRAINDICATIONS

### Pregnancy

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Another contraindication is pregnancy, although no medical reason why you cannot lash a pregnant person other factors do come into play. Laying down on the back can be uncomfortable for most but during pregnancy in the latter stages can seem unbearable. It is also not medically advised during pregnancy women do not lay on their back for long periods of time.

If your client was pregnant and had an adverse reaction and required medical intervention, a doctor would be reluctant to give the client medication. This would cause an increased level of unnecessary discomfort and stress.

During pregnancy women experience a fluctuation of hormones and may find their tolerance to everyday products can diminish and become more likely to experience levels of irritation.

The baseline is there are factors to take into play as to the suitability of lashing pregnant people. Check with your insurance provider to see firstly if they will cover you, get to know your client's and take it on an individual basis of suitability.



*A*  
*Understanding*  
**SECTION**  
*Lash Lift & Tint*  
**SIX**

# SECTION SIX

## UNDERSTANDING A LASH LIFT & TINT

### Product Guide

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- Lash pads and / or micropore tape - This is to hold down the lashes on the lower lid line to stop them from being accidentally pulled up and curled in the wrong direction. always keep both lash pads and tape in stock just in case the client is allergy to one. Micropore tape is very cost affective, in comparison to lash pads.
- Lash shields - These are the silicone moulds we use to lift the lashes onto. They come in small, medium or large depending on your client's natural lash length. This will determine which lash shields will be used on your client for the treatment.
- Perming / lifting lotion - This is the first step to lift the lashes.
- Setting lotion - This is the second step, this sets the lift we have previously done in step 1.
- Tint colour - Is a dye used to colour the natural lashes. This is step 3 where we define the lashes by adding colour.
- Eyelash tint peroxide - This must be mixed to the tint to activate the colouring process.
- Tint brush - This is used to apply the tint with precision to the lashes.
- Mixing dish - Is used throughout the treatment to house each of the lotion steps and tint.
- Lifting tool - This is a metal hook that is used to help adhere the lashes to the shield.
- Y Comb - Is an alternative tool used to attach the lashes to the shield.
- Lash lift adhesive - Is the product that holds the lashes on the lash shield ready for lifting.
- Micro sticks - We use these to clean off the products between each step.
- Mascara wand - This is used before and after the treatment to neatly line the lashes for application and for a finished effect.
- Oil free make up remover - For the removal and cleansing of the lashes prior to treatment.
- Bowl - For the water to help clean off each step.
- Cotton pads - To help remove bulk product.
- Couch - Suitable bed or beauty couch to work from.
- Couch roll - Used to cover the beauty couch for each treatment.
- Towels - To cover bed for hygiene and comfort.

# SECTION SIX

## UNDERSTANDING A LASH LIFT & TINT

### Treatment Products

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# SECTION SIX

## UNDERSTANDING A LASH LIFT & TINT

### Lash Lifting Solution's

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STEP 1 - Lash perming is the first product applied once the lashes have been firmly applied to the shield. It can change in colour brand to brand but is commonly clear or cream. Timeframes for how long vary based on lash quality and product specification. Always follow the manufacturers guidelines. When removing the lash perming solution its important not to use too much water as this effects the lift. Use a damp cotton bud to gently remove the excess do not flood the eye with water.

STEP 2 - Neutralisation solution, we use this after the perm solution has been applied to set the lashes into place. without the setting the perm would simply drop out Again colours can vary, but in recent times it is usually clear or cream, Timeframes can also vary based on the product and brand used. Always follow the manufacturers guidelines. Once the second step is complete the lashes can be removed from the shield and the eye cleansed thoroughly to ensure that there is no irritation to the eye.

### **TINTING WILL BE DONE AFTER STEP TWO**

STEP 3 - lash serum or cream is not always provided with each brand but a lash serum os always advised post service. This is used to nourish the lashes and avoid them becoming brittle after the treatment. Nourishing solution should be advised to use at home post treatment. Aftercare kits can be given and included within your price or as an additional purchase for up sale opportunities.

# SECTION SIX

## UNDERSTANDING A LASH LIFT & TINT

### Lighting

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It is so important to have a good lighting source when completing any lash treatment. Giving you the ability to see in much better detail means the opportunity to complete the service to the highest standard. It also stops you from long term straining your eyes and in turn to keep your sight in good condition.

The brighter the light the better you can see clearly the tiniest of blonde lashes and taking photos with it will take your work to the next level for documenting and advertising of your beautiful services.

# SECTION SIX

## UNDERSTANDING A LASH LIFT & TINT

### Ergonomics

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Stretching and posture affect both comfort and ergonomics. Both are super important for long-term lashing and, well, general health!

For lash artists you spend hours at a time sitting with your back, arms and neck positioned whilst completing lash services. It is so very important to stretch those muscles. Stretching will help prevent and reduce stiffness and strain.

Along with stretching, good posture can make all the difference and help to alleviate pressure and fatigue to your back and upper body.

For good lash application posture:

- Maintain a slight 90-120-degree bend in your arms and knees while seated.
- Keep your back as straight as possible.
- Make sure your back is supported in your seat.

There are times you may have to lean in over your guest a little more, and that's okay. Just try to train yourself to be conscious of any ongoing slouching or straining throughout your day. When you do notice your posture is lacking, correct it right away.

# SECTION SIX

## UNDERSTANDING A LASH LIFT & TINT

### Lash Bathing

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The natural lash needs to be clean and free from all oil and dirt for a good bond with the lash lifting products to be made.

Lash bathing is one of the most effective methods of cleansing the natural lash and the surrounding skin, without causing dehydration of the lash or irritation to the skin.

Lash bathing should always be completed before a service and encouraged to do in between services at home as a part of good lash hygiene. Lash cleansing kits can be purchased from a wide variety of places, and you can make your own to retail at a cost of just a few pounds a kit.

Some lash cleanser will come pre mixed others will have concentrated solution that will require dilution. Both are equally effective and again down to personal preference.



# SECTION SIX

## UNDERSTANDING A LASH LIFT & TINT

### Lash Bathing Step By Step

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Steps for lash bathing are:

Remove makeup with oil free make remover on a cotton pad or wipes, ensure that all makeup surrounding the immediate area of the eye along with all mascara is removed.

Shake the lash bathing pump to create a foam.

Hold a cotton pad on the outer corner of the eye to stop residue from dripping into the ear, squirt a few pumps of solution across the eye and using your lash cleansing brush circulate the product gently across the entire lash line and surrounding area.

Use the cotton pad to remove the immediate excess, replace with a fresh cotton pad and wash the eye with sterile saline pod or purified water. Ensure all soap residue and water is removed from the eye and client feels no discomfort.

Repeat on the second eye, once both are cleansed avoid touching the lashes brush through with a clean mascara wand and move onto securing your bottom lashes.

# SECTION SIX

## UNDERSTANDING A LASH LIFT & TINT

### Lash Bathing Kit Example



# SECTION SIX

## UNDERSTANDING A LASH LIFT & TINT

### Where They Lay They Stay

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- This will be the statement you tell yourself every time you stick your lashes to the shield. Placement is key for the perfect lift, the shield should be well secured and as close to the lash line as possible to begin with.
- Lashes should be well secured but not glue saturated as it can act as a barrier to the product aiding a poor result.
- Take your time to lift the lashes onto the shield, as straight as possible and equally spaced apart, ensure every lash is secured to the shield firmly before applying your first product.



# SECTION SIX

## UNDERSTANDING A LASH LIFT & TINT

### Shield Application

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Lash adhesive is wet when first applied, lashes are slightly resistant to attach in the first few seconds and will often slip straight off the rod. If you wait 15 seconds the glue begins to tack and then begin your lash attachment, you will find it far better for attachment and much easier process.

Applying the lashes to the shield is the most tedious part of the treatment but a perfect application to the shield gives the perfect finish to a lift!!

Take your time its not a race, ensure the shield is as close to the lash line as possible and apply the lash adhesive in stages as seen in the picture.

Breaking it up into sections means you can concentrate on one small section at a time getting each lash perfectly straight and lifted properly onto the shield.



Some of the newer, smaller lashes in the anagen phase may require a touch more adhesive and patience but they will attach if you are persistent.



# SECTION SIX

## UNDERSTANDING A LASH LIFT & TINT

### Shield Application Tools

Like most tools and products they often come down purely to preference.

To lift the lash onto the shield two of the most common items used will be:

Lash Lifting / Separator Tool. This is made of metal so can be reused and cleansed in barbicide. Being light weight and reusable its often a first choice for lifting onto the shield having a long sharp end it is highly effective to separate and straighten the lashes to the shield perfectly.

A Y Comb. This handy tool is perfectly designed to be an alternative to the Lash Lifting and Separating Tool as the Y Comb helps to brush the lashes up onto the curling shield during the lift. Lightweight and precise, it gives you an even application with its fine teeth.






















# SECTION SIX

## UNDERSTANDING A LASH LIFT & TINT

### Picking Your Shields

To get the best result from your lift many factors must be considered, making sure the products are applied correctly and for the right time frame. Making sure the shields are well placed and picking the correct lash shields suited to the client. This guide was created from the Lash Art Air Lift collection and is a great example of creating amazing results every time. By using the measuring tool provided to check the length of the clients natural lashes and discussing the expectations you can confidently choose a shield to accommodate the client with little room for guessing or error.

Natural Lash	Desired Curl	Shield to Use
6mm	DD 	XS3
	D 	XS2
	C 	XS1
7mm	DD 	XS2
	D 	XS1
	C 	XS
8mm	DD 	XS1
	D 	XS
	C 	S
9mm 	DD 	XS
	D 	S
	C 	M
10mm	DD 	S
	D 	M
	C 	L
11mm	DD 	M
	D 	L
	C 	XL
12mm	DD 	L
	D 	XL

# SECTION SIX

## UNDERSTANDING A LASH LIFT & TINT

### Securing The Bottom Lashes

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Once you have cleansed your clients lashes at the beginning of a service you then need to secure the bottom lashes to the skin before starting your lash lifting service.

We secure the lashes using either micropore tape or lash shields and many opt to use both for added protection.

All the bottom lashes must be secure under the tape otherwise they may end up being secured into the lift and become over processed and curled by mistake.

The lashes must be carefully secured avoiding contact with the wet line or the eye may not close fully during the treatment causing potential irritation during the service.

If the tape is poorly placed it can also cause the eye to water throughout the treatment affecting the and activation of the product.



# SECTION SEVEN

*Treatment Technique*

# SECTION SEVEN

## TREATMENT TECHNIQUE

### Completing A Tint Service

A lash tint is created using two products. The lash tint colour itself which is most commonly blue / black or just black and Hydrogen peroxide. The hydrogen packaging will state its volume or percentage strength. To activate tint for safe use around the eye area a 3% or 10% volume peroxide is used.

These two products need to be mixed together to activate it to work. The process needs to be mixed up when required not prior to service as it will only be effective for a short period of time.

When mixing tint you will require a pea size amount of tint colour added to your dappen dish followed by 3/5 drops of peroxide. The two products are whipped together then applied to the lashes. It is always recommended that the same brand of tint colour and peroxide are used during the service, mixing products can lead to adverse reactions and many insurance companies may not cover brand mixing.



# SECTION SEVEN

## TREATMENT TECHNIQUE

### Tinting Step By Step

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- Make sure that the treatment area is clear of your first and second part of your lifting treatment products.
- Using warm water applied to a micro stick or cotton pad remove the top lashes from the lash shield and thoroughly wash the entire eye area.
- Blot dry then have your client open up to check for sensitivity, if any stinging sensation occurs rewash the area.
- Place micropore tape under the bottom lashes in a cross like fashion to avoid tint staining the skin. The use of petroleum jelly may also be used on the skin surrounding the eye both bottom and top lid if you wish as an extra precaution to stop tint staining the skin.
- Once tape is secured have your client close their eyes and mix up your tint using your clients desired colour no more than a pea size amount is required and 3-5 drops of peroxide.
- Whip the products together to create a creamy texture then using your tint brush apply the tint from the root brushing up to the tip taking time and caution to catch all the lashes with the tint.
- Leave to process for 12-15 minutes based on manufactures guidelines.
- Thoroughly wash away all tint residue using warm water and cotton pads, take care to not get the tint into the clients eye and cause potential irritation.
- Once you feel you have washed away all the remaining tint give your client a clean damp cotton pad so they two can have a little reassurance wipe before opening up.
- Give the lashes a brush through and carry on the remaining parts of your service.



# SECTION SEVEN

## TREATMENT TECHNIQUE

### Step By Step

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- Thoroughly cleanse the eyes using a lash bath of oil free wash or protein wipes, ensure the lashes are free of debris and blotted dry before next steps.
- Using your under eye lash shields or micropore tape secure the bottom lashes down, not too close to the lash line to avoid eye watering.
- Assess the size of the natural lashes and select the shield size best suited. Make sure you check you have a left and a right silicone shield.
- Apply fixing gel to the back of the shield apply the shield as close to the lash line as possible to not cause a ledge or misshaped finish.
- Apply the fixing gel to the silicone shield and blot across the lashes, allow 10 seconds for the fixing gel to become tacky then start pulling the lashes from the root to the tip as straight as possible up the shield until all are firmly secure.
- Once fully secure, open your sachet 1 and using a micro stick blot a small amount of product all along the lash line from as close to the root without contact to the skin up to 2/3 of the natural lash avoiding the tips as to not cause them to become burnt from processing. Leave on for the recommended time for the quality of the lash.
- Once processed, remove the bulk of the product from the lashes and using a damp cotton bud or micro stick try to remove the rest before applying sachet 2 again leaving to process for the correct time frame and avoiding the tips of the natural lashes.
- Again wipe away fully and begin removal of the lashes from the lash shield, this is done using a damp cotton bud. Using the tip of the bud detach the lashes by breaking down the remaining lash fixing glue and taking the shields away from the eyes. Make sure the eyes are fully washed so there is no discomfort or stinging upon opening.
- Do your lash tinting at this point following the steps already laid out.
- Once the tint is completed apply lash nourishing lotion to rehydrate the lashes and avoid them becoming brittle.
- Brush through your clients lashes thoroughly, photograph for your records and advertising if you have permission to share.
- Show your client their beautiful new lashes and arrange their next appointment.

# SECTION SEVEN

## TREATMENT TECHNIQUE

### Contra Actions

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Contra-actions: These are conditions which may arise during the treatment which would indicate that the treatment must stop.

During a treatment be aware to any abnormal changes happening with the client. These changes can signal you should stop performing the treatment.

allergic reaction to eye products – the client may experience sensitivity or a burning sensation. Remove all products immediately, apply a cold compress, if product has got in the eye use an eye bath to flush the eye, record the information on the clients record card and seek medical advice if symptoms persist.

These conditions include:

- Redness
- Itching
- Swelling
- Sensitivity
- Burning or stinging





# SECTION SEVEN

## TREATMENT TECHNIQUE

### Product Disposal

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During your service you will usually be generous and mix up too much tint and become to realise there is often enough product in your sachets to complete two full lash services.

Tint once mixed it starts to activate this eventually stops and becomes less effective so cannot be kept for further treatments, because the brush is repeatedly dipped in the tint there is also the risk of cross contamination therefore all left over products will need to be discarded of.

Lifting and setting solution can be left open for use within 24 hours after that the product is deemed less effective and can often create poor results when used. If you have multiple clients in for the service on the same day pop half the sachet into a dappen dish and apply with a disposable micro stick.

This stops cross contamination and allows you to use the other half of the product for your next client creating a larger profit margin on your services.

# SECTION SEVEN

## TREATMENT TECHNIQUE

### Client Aftercare

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Giving correct aftercare will help the client to keep the treatment in the best condition and return for a new treatment when the time is due.

- Avoid rubbing or picking the lashes and do not touch the skin around the eyes after treatment.
- If you feel congested or slight discomfort around the eyes after the treatment take antihistamines to alleviate sinus pressure.
- Do not submerge the lashes in water for the first 24 hours.
- Do not use heat treatment or curlers on the lashes, you should not need to.
- Do not swim in chlorine or visit steam or saunas for 72 hours.
- Do not sunbed for 24 hours.
- Avoid makeup on the eyes for 24 hours.
- Use lash conditioner or oil regularly to avoid lashes becoming dry or brittle.
- Brush daily to keep perfect.
- Repeating a lifting service is recommended between 4 and 6 weeks.
- Avoid waterproof mascara due to harsh removal required and excess rubbing.



# SECTION SEVEN

## TREATMENT TECHNIQUE

### Trouble Shooting

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So like any treatment, sometimes it is not always going to go 100% the way we expect the importance is being able to try and identify why it may not have given the correct results. Once you have established issues you can correct them or make sure mistakes are not made in future. If a lift is not as successful as anticipated, it could be because of things like:

- Using incorrect sized lash shields causing the curl to not be as defined as wanted.
- Not adhering the lashes straight and the lashes looked crumpled or to an angle.
- Lashes not looking as defined with the tint, this can be because the consistency of the tint mix is not correct or not applied for correct length of time.

These are all simple things that can produce incorrect results making sure you consider all these processes will ensure the best results.

The lowest pricing for an treatment can be seen advertised around £20. The average charge for the service is around £45 and the top end charge for the service can be seen advertised at £75.

# SECTION SEVEN

## TREATMENT TECHNIQUE

### Lash Relaxation

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Lash lifting services can for one reason or another go wrong! In the event this does happen and a client presents themselves to you with lashes that are poorly placed or badly crimped then a relaxing needs to be completed.

This is a simple process of taping down the bottom lashes and applying lash lifting solution to the lashes at the route and brushing the solution through the lashes gently and repeatedly in a downwards fashion for 2/3 minutes this will create a reversal effect to the lift that was initially created.

All products need to be thoroughly removed and the client will need to use a lash serum or oil to help hydrate the lashes as a double service can be rather harsh on the lashes and make them feel dry for a time.

Hydration daily is the key to returning to good health and it is not recommended that a service is completed again before 8 weeks and if the lashes are in a good healthy state.

Lash relaxation is not advised unless absolutely necessary due to the need to apply additional product creating potential damage to the lashes. Where possible try to encourage lash serum.



# SECTION EIGHT

*Pricing*

# SECTION EIGHT

## PRICING

### Pricing

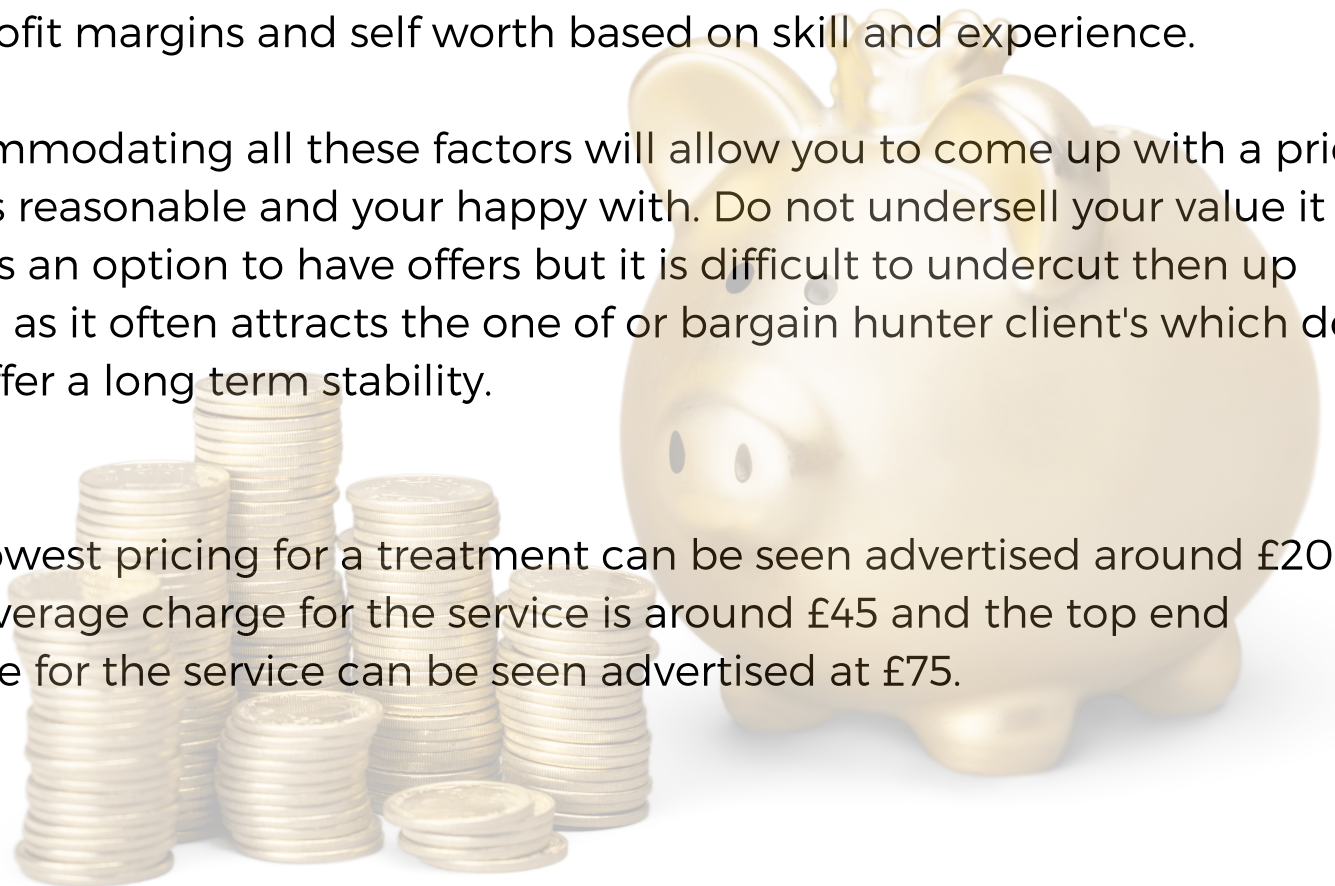
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Treatment prices for a Lash Lift & Tint vary place to place due to a range of factors. When working out your prices things to consider will include:

- Product costing.
- Overheads - room rent, rates, booking system, waste disposal, card machine.
- Local area and competition prices.
- Profit margins and self worth based on skill and experience.

Accommodating all these factors will allow you to come up with a price that is reasonable and your happy with. Do not undersell your value it is always an option to have offers but it is difficult to undercut then up prices as it often attracts the one of or bargain hunter client's which do not offer a long term stability.

The lowest pricing for a treatment can be seen advertised around £20. The average charge for the service is around £45 and the top end charge for the service can be seen advertised at £75.



# SECTION NINE

*Shopping List*

# SECTION NINE

## SHOPPING LIST

To Begin This Treatment You Will Need

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- Lash pads and / or micropore tape
- Lash shields
- Perming / lifting lotion
- Setting lotion
- Tint colour
- Eyelash tint peroxide
- Tint brush
- Mixing dish
- Lifting tool
- Y Comb
- Lash lift adhesive
- Micro sticks
- Mascara wand
- Oil free make up remover
- Bowl
- Cotton pads
- Couch
- Couch roll
- Towels





# SECTION TEN

*Vertical*  
*Context*

# SECTION TEN

## NEXT STEPS

### Next Steps

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So now you have looked through the training manual its time to prepare for your in house training. On the day of training you do not need to bring anything with you. Hot and cold drinks along with light snacks are provided. All models are also provided, if you wish to provide your own please let us know in advance so we do not over advertise for places.



**ACCREDITED:  
ACTIVITY**

10 Credit Hours

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