

# **Eyelash Extension Base Course**

## **Theory**



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## FACTUAL INFORMATION

The eyelash extension treatment is a treatment during which the mucous membrane of the skin is not damaged (contrary to, for example, permanent makeup, where there is normally a contact with blood). Eyelash extension is done by using specially destined, disposable or single-use (eye patches, microfibre q-tips, paper tissues etc.) and reusable (tweezers) materials and instruments. After use the reusable ones should be rinsed, dried and disinfected before each client to avoid bacteria contamination. Additional sterilisation means can be used (to kill the spores of bacteria) such as hot air sterilisation machine called autoclave. Please, refer to the tool disinfection regulations in your country, as they might differ according to the region.

Cleaning (or sanitation) is used before the disinfection (which is used to destroy microorganisms but not their spores) and can be in these forms:

- Washing machine for towels, linens, wipes
- Rinsing the reusable tools in water with soap

Disinfection methods, where pathogens on non-living surfaces are destroyed, are as follows:

- disinfectants specially destined for the purpose with the claims on the label against bacteria, fungi and viruses
- isopropyl alcohol solution 70-90%
- ethyl alcohol solution 70-90%
- 10% bleach solution

Sterilisation for the tweezers can be used if they are made from stainless steel.

## TOOLS NEEDED

1. Two tweezers
2. Glue
3. Eyelashes
4. Micro brushes to clean the eyelashes
5. Non-oily makeup remover
6. Cotton q-tips
7. Under-eye patches
8. Hand disinfection solution

## GENERAL INFORMATION

Eyelash extension treatment is offered in beauty salons or at home by specially trained professionals. This service can also be carried out at your home by a mobile specialist. The treatment is not new, although many women have not tried it yet. The main questions are: does it look natural? How long do eyelash extensions last? How are they removed? Is the treatment suitable for blondes and light eyelashes? Is it possible to color the extensions, curl them or can we apply mascara?

The eyelashes grow on the edges of the eyelids and have a protective function of the eyes against dust and dirt.

The eyelashes of the upper eyelid are stronger and longer than those of the lower part. On the upper eyelid there are about 90-160 eyelashes while the lower eyelid only has 70-80.

The eyelashes have a length of 7-9 mm and are aligned in 2-5 lines on the eyelid. The lifespan of an eyelash is approximately 4 months. It grows for 1 month and stays in place until it falls out. A new eyelash begins to develop before the old one falls out.

Who is the treatment not recommended for? Those who are in general very allergic should abstain. If in doubt, a client can always request a patch test where a few eyelashes are placed and left for a few days to see if an allergy occurs. However, an allergy can occur after many appointments, as it is cumulative. If the client has experienced frequent recurring conjunctivitis, which is an inflammation of the outer layer of the white part of the eye, eyelash extensions should be applied with caution. It is not recommended to make eyelash extensions for those who have very weak natural eyelashes. Weak eyelashes will find it difficult to support the weight of the extensions and may fall out faster. It is not possible to carry out the treatment in the case of alopecia, when there are no eyelashes, because the false eyelash is not glued on the skin but on the natural eyelash. If the client's skin is very oily, the eyelashes can fall out very quickly, because oil dissolves the glue. In case a client had her permanent makeup eyeliner done, at least 4 weeks must pass before having done the eyelash extension. Pregnancy is not a contraindication, but due to hormonal changes, the lifespan of glued eyelashes could be altered.

## EYELASHES AND CONTACT LENSES

If you wear contact lenses, you should remove them before treatment to avoid any risk of them being damaged. There are no other contraindications, the extensions are placed in the same way and hold as well.

## TYPES OF EYELASHES AND METHODS

The touch up is done in around 2 to 6 weeks depending on the technique used, bonding strength and the client's natural eyelash growth cycle. Without retouching, false eyelashes can last up to 2 or 3 months before the last one falls out. There are many types and methods of eyelash extensions: one by one or Japanese type extension, Russian volume, 3/4/5/6/7 ... D or HD, etc. These last three methods are very similar and in fact only differ by brand or it's a question of marketing; in principle, these names simply indicate the number of false eyelashes that are applied on one natural eyelash (4D means 4 fake eyelashes, which are normally very thin, are applied on one natural eyelash). In this course, we will talk about one by one eyelash extension technique, where a single false eyelash is stuck on each natural eyelash. False eyelashes can be made of synthetic material (acrylic, polyester, nylon, synthetic silk) or natural material (sable or mink hair).

False eyelashes can be classified by length, thickness and curve. The short eyelashes are about 6-8 mm long; medium length eyelashes are around 10 mm; long eyelashes are considered from 12 mm and longer, however slight differences in length can be observed with different brands.

Thin eyelashes are less than 0.15 mm thick, medium eyelashes are 0.20 mm, thick eyelashes are 0.25 mm or more. Very thick eyelashes are not recommended due to their heavy weight.

The curves are designated by the letters L, J, B, C, D and/or by other names (M, sugar cane curl etc.).

The length of the false eyelash should in principle not exceed the one of the natural eyelash by more than 1/3, to avoid excessive weight.

The glue can be transparent or black. The transparent glue camouflages the point of attachment; black glue gives more intensity.



## TO GET EYELASH EXTENSIONS OR NOT?

Many women wonder if the treatment will damage their natural lashes, if the result will be long-lasting, etc. However, there is no single answer to these questions; each result is individual and depends on the person. The lifespan of the extensions can vary depending on the products used and the quality of the service, but also on the natural growth cycle of the lashes.

The false eyelash falls with the lash on which it is placed, the newly growing lash remains healthy.

Here are a few things that a client may ask to verify when she is at the beauty salon: certificates related to cosmetic products, certificate proving that the beautician has followed a training course in eyelash extensions and that she has the technical background necessary to perform the service.

## CONSEQUENCES OF A POOR QUALITY SERVICE

-Lashes can be damaged if a single false lash is attached to several natural lashes because they cannot freely grow by their own natural growth cycle.

-The base of a false eyelash is not properly aligned with the natural eyelash on which it is being glued. The lash may then fall out or come off more quickly, the growth of the natural lash may be altered and the lash may cling to neighbouring lashes, creating a feeling of discomfort.

-If the chosen length is not correct - if, for example, the false eyelashes are too long or too thick - the weight of the extensions will be too heavy for the natural eyelashes, which may start growing not straight, clump together, get damaged or fall out prematurely.

-The false eyelashes do not have to be all exactly of the same length or the result will look unnatural. There must be gradation of lengths observed; in the inner corners shorter than the rest of extensions will be put.

-If the number of lashes applied is too small, the result will look incomplete or irregular and a touch-up will have to be done more quickly.

-If the natural lashes are very light, there may be too much variation in colour; then it is recommended to tint them before the first-time treatment (it can be done a couple of days or immediately before); however colouring cannot be

done before a touch-up. Furthermore, if the number of lashes applied is sufficient enough, the lighter lashes will not be too noticeable.

## WORKING PROCESS

- The cabin must be hygienically appropriate and clean.
- Wear clean work clothes
- Hair must be tied back
- Always wash your hands before each client.
- After each client reusable materials have to be disposed of.
- All surfaces must be disinfected.

## EYELASH EXTENSIONS

### -Step 1

First the lashes are cleaned with a cleansing liquid-primer. Wait until the lashes are completely dry and make sure there is no make-up residue left.

### -Step 2

A special patch is glued on the lower eyelashes to prevent the upper and lower lashes from sticking together.

### -Step 3

The eyes must be closed. The eyelashes are removed from their packaging and placed on a surface, allowing them to be easily picked up with tweezers.

### -Step 4

A small amount of glue is prepared.

### -Step 5

The client's eyelashes are carefully brushed with a special eyelash brush.

### -Step 6

An eyelash is taken with tweezers, the thicker side of the eyelash is dipped in glue. A false lash is glued on a natural one. This process is repeated until the lashes have more volume and are longer. As a general rule, all mature lashes should be covered with false lashes (one false lash per one mature, strong lash).

### -Step 7

After having applied all the eyelashes, you have to wait until the glue dries. To speed up the drying process, a mini fan can be used. A customer is informed about the maintenance required for a long-lasting result (it is especially advised to avoid eye rubbing, contact with water, solarium for 24 hours). All products containing oils are prohibited, as these will remove false eyelashes.

#### -Step 8

Inform the customer about further precautionary measures to be taken to achieve a lasting result :

- For 24 hours, avoid contact with water, do not sunbathe and do not rub your eyes.
- Avoid using any product that contains oil, which would unattach false eyelashes.

### SOME OTHER INFORMATION ON TREATMENT FROM THE CLIENT'S PERSPECTIVE

-The client should be willing to lay with eyes closed, for approximately 1 to 2.5 hours. The treatment is not painful, and the client will not feel any discomfort, she can even sleep during it.

-The upper lashes are separated from the lower lashes with a special patch or tape.

-The false eyelash is stuck to the base of the natural lash, about 1mm from the eyelid/skin.

-The price of the service can be a fixed price or vary according to the duration of the treatment or the number of lashes to be glued.

-If the work is of excellent quality, the lashes applied must be separate, without sticking to each other.

-Lashes can also be applied only at the outer corners of the eyes for a stronger look.



## PRECAUTIONARY MEASURES AFTER THE TREATMENT

- Do not wet the lashes immediately after the eyelash extension.
- Do not use oily cosmetics on lashes or on the skin nearby; avoid cream powders and creamy eye shadows.
- Be careful with rubbing your eyes.
- Do not overuse sauna or swimming pool; chlorinated water and overly high temperatures are not ideal for the extensions.
- Do not use mascara, especially water-resistant mascara (it will be very difficult to remove it and false eyelashes will come off more easily).
- Remove make-up with a water-based lotion or simply with soap and water.
- It is not recommended to sleep face down; in this position, the extensions may be damaged.

## FALSE EYELASH REMOVAL

Extensions must be removed with a special remover in liquid, cream or gel form. Use the product according to the manufacturer's instructions: apply a small amount of the remover product at the point where the lash has been glued. After a waiting time of around 5 to 10 minutes, false eyelashes can be easily removed with tweezers or cotton wool. Excess product can be removed with water and cotton pads or baby wipes.

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## Lash Lamination/Curling

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Lash curling is a treatment for those who want their eyelashes to be more curly and create the impression of more volume and longer natural eyelashes. You can find this treatment under different marketing names such as lash lift, lash curling, lash lamination or lash botox etc. The truth is that each of these treatments use the same active products. Depending on the company, they might use more or less active ingredients what will impact the processing time, additionally there might be some finishing products used such as special oils or colour enhancing liquids. Other than that, the steps are the same.

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The treatment itself would normally take from 45min to 1h30, depending on the processing time and manufacturer. Silicone shields should be adapted, the longer the lashes, the bigger the size. The shields can come in different styles, they can have smooth or rough surface, be transparent or colourful, look like a little shield or have a shape of a straw.

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The achieved result will normally stay for around one month, the more eyelashes the client will have, the longer the result will last. The treatment can be repeated in around 1 month or when the effect wears off.

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## The products needed:

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- Makeup removing product
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- Eyelash degreasing product or primer
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- Under eye pads
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- Curling product
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- Fixing (or neutralising) product
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- Optional strengthening or colour enhancing lotion (in the end of the treatment)
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- Eyelash tint
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- Special glue
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- Silicone shields
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- Lash separating or brushing tool
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- Microfibre (or similar) brushes
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- Warm water
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- Cotton pads
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- Cotton q tips

## Treatment Steps:

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1. Remove any eye makeup

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2. Degrease the eyelashes

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3. Choose appropriate size of silicone shields:

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- S: small. Gives the strongest curl. Choose if your client's eyelashes are very short or if she wants a more dramatic curl. Beware that if the curl is too strong, it will bother the client, the eyelashes might touch the eyelids.
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- M: medium. Can be further divided in M1 and M2 accordingly to the natural eyelash length. For medium length lashes.
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- L: large. Some manufacturers will also have XL or LL. For very long lashes.
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4. Glue the chosen silicone shields on the eyelid skin. The distance from the eyelash roots should be maximum 2mm, otherwise as close as possible to the roots.

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5. Brush the eyelashes up and separating them for the most beautiful result.

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6. Apply curling lotion. Remove it after the accorded time with a microfibre brush.

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7. Apply fixing lotion. Remove it after the appropriate time.

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8. Tint the eyelashes. You can apply the product directly onto the shields or after removing the shields.

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9. Remove any product residue (and the silicone shields)

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10. Apply any final lotions such as vitamin oil or colour enhancing product.

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## **Contraindications:**

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It is important not to perform the treatment in case of any skin, eye irritations or lesions. A patch test of the products used during the treatment can be done 24-48 hours before the treatment. Because of the hormonal changes, it is not advised to have treatment done for pregnant or breast-feeding women.