



Eye Treatment Basics



What it is:

Are you looking to enhance your lashes but not sure because you've heard or had a bad experience that has put you off? Do you love the look but are not sure who to go to? Do you want a glamorous look that you can wear indefinitely that also looks after your natural eyelashes? Ageing aside, for many of us nature has always been cruel, instead of a fluttering sweep of slinky lashes; they can be stubby, pale, weak or sparse. But it doesn't have to be that way and semi-permanent eyelashes especially could be the answer. They widen small, tired eyes to make you look instantly younger. Because eyelashes get shorter with age, as hormone levels change, long eyelashes are seen to symbolise youth and fertility.

They were originally invented by silent movie director D. W. Griffith in 1916 for the heroine of his epic movie *Intolerance*. They started to catch on until, in the 1940s and 1950s, make-up artist brothers David and Eric Aylott perfected false lashes for the likes of Marlene Dietrich, Elizabeth Taylor and Joan Collins. They increased significantly in popularity in 2004 and now celebrities are wearing such as Cheryl Cole and ladies on programmes such as *The Only Way Is Essex* (TOWIE).

There are a few different methods of extending your lashes from wearing temporary solutions such as false strip lashes (last a day) and clusters you can do yourself to having a professional treatment promoted as eyelash extensions or party lashes which will last longer. Only **individual** eyelash extensions will look after your natural lashes and give you longevity with a great result.

Have you ever heard a friend say, *'I had my eyelashes done and it was the worst experience of my life. They were itching and painful and I had to have them removed'*, or *'They were so uncomfortable I pulled them out and was left with no natural lashes.'*

Bigger is not always better! The super fake-look treatments are often simply too heavy for most natural lashes to support the look which will cause the natural lashes to fall out sooner. Do you want a glamorous look that you can wear indefinitely that also looks after your natural eyelashes. **FACT:** The professional treatment of individual eyelash extensions will not damage your natural lashes. This is because each extension is bonded individually to each natural lash therefore enabling the natural lash to grow at its own pace without being stuck to the lashes next to each other.



Eyelash extensions: Is one of the fastest growing beauty treatments both in the UK and internationally. Eyelash Extensions is a practice that enhances the length, thickness and fullness to natural eyelashes. The extensions are single strands and may consist of silk, mink, or synthetic hair and are available in varying lengths and thickness. These eyelashes are curved to replicate a natural eyelash. An extension is placed on an individual lash. Gives the best natural looking effect and lasts the cycle of own eyelashes. It can be worn indefinitely as there is no risk of damage to the natural lashes or their growth. The skill required and products used require a professional to apply the extension which should not be too heavy for your natural lashes and is enhanced to keep the look through in-fills. Without natural lashes you cannot place an extension. Treatment takes up to 2 hours. As the extensions are bonded to several natural lashes, if you do not want long lasting extensions and do not want infill's, it is important to remove them after 2 weeks otherwise there is a risk of prematurely pulling out the natural lashes as they grow.

Individual eyelash extensions should feel natural and weightless, be water resistant and look after the health of your natural lashes. If you've tried semi-permanent eyelash extensions before and they did not last long, damaged your natural lashes, irritated your eyes, had a bad reaction or simply considered the maintenance too expensive it could have been to poor technique or poor self-maintenance.

This treatment is as much an art form as it is a technical skill because it takes time to perfect and experience to bring out the creative flair.

Eyelash Party / Strip Extensions: comprise several single strands, which are joined together on a strip which forms the base. They are like little bulbs with 4 or 5 lashes on them that you can glue in to give the look of longer and fuller lashes and usually last a few days. So great for special occasion wear.

This application is water based and, therefore, you are able to remove them on your own by gently supporting the skin and peeling the band of the false eye lash away from the eyelid.

Cluster lashes: consist of 5 to 8 blunt-end lashes tied together in a tiny knot at the base in between the lashes. Because they come together at the base, they allow room for more lashes and thus create a fuller, more flared effect.

The only problem with cluster lashes is that, because they're bound together and need extra support, they often get glued to more than one natural lash. So, when one of the natural lashes falls out, the other will also be ripped out prematurely, potentially damaging the follicle, so are generally for short-term use.

Eyelash Tint: particularly suitable to people with lighter brows and creates the impact of darkening eyebrows. A tint should usually be one shade darker than your natural hair colour. An eyebrow tint takes minutes to apply and lasting up to 3/4 weeks. This will usually be necessary when applying eyelash extensions to dark hair.

FACT: Most eyelash enhancement treatments such as express eyelash extensions, cluster lashes or party lashes, after continual use, *will* cause natural eyelash damage through.

This is because these treatments bond more than one natural lash to the extensions placed in the lash-line. Grow at different speeds and are at different stages of their growth cycle thus making the faster growing lashes pull out the slower growing lashes when bonded together.



The Benefits:

Benefits Eyelash extensions: is semi permanent and can last up to 8-12 weeks, depending on your natural lash growth cycle. Your eyes are one of the first things people see, and having the enhancements to your natural eyelashes can help you to feel confident about the way you look.

Eyelash Extensions benefits include:

- Longer, thicker, fullness look
- Eyes seem more open and an enlarged look – hence drawing people's attention
- Drooping eyelids appear younger and fresher
- Enhance and lift the eyes to give eyelashes a full bodied, natural effect.
- Extra length in your eyelashes that frame your eyes naturally and beautifully.
- The more extensions applied the more the eyelashes look sexy, sultry and glamorous.

Benefits Eyelash Party / Strip:

The benefits include:

- They are glued to the skin rather than the actual eye lashes, so are easily removed
- Great for special occasions or a night out
- There is no need to wear mascara (although it can be applied)
- They give a dramatic effect to the eyes
- They make the eye appear bigger and lifted
- They can be used over and over again

Benefits Eyelash Cluster:

The benefits include:

They can last several weeks

an eyelash curler can be used on them

There is no need to wear mascara, (although it can be applied) so good for people who don't have time for makeup, or who are allergic to makeup.

Eyelashes appear longer and thicker, good for people with short or sparse lashes.

They make the eyes appear bigger and lifted

Benefits Eye tint:

The benefits include:

A tint allows you to ditch the mascara

Enjoy enhanced dark lashes for up to 4 weeks.

Give your brows the depth and presence to enhance your eyes



What to expect:

What to expect Eyelash Extensions:

The extensions are synthetic eyelashes and will be applied to your individual eyelashes, by strips, clusters or one lash at a time. There are between 30-60 lashes on each eye, so for semi-permanent eyelashes, it is not a quick process and can take 2-3 hours. So you might prefer to have it done in two appointments!

- Following a brief consultation on your general health and any contra-indications to face treatment, we will discuss your treatment process.
 - Your therapist will begin by washing their hands with anti-bacterial soap and hot water
 - If you have long hair it will be removed from face and tied back
 - You will be made aware of contraindications and then the process commences; it can be relaxing and maybe you will fall asleep!
1. The extension lashes are removed from the pack and measured against the length of your own natural lash line to identify the correct size for your lashes. If they are too long, they will drag your eyes down - which will have the opposite effect of the youthful look you are aiming for.
 2. Cleaning your eyelashes so they are free of makeup and oily residue.
 3. Taping down the bottom of your natural lashes to prevent glue from sticking to unwanted areas during application.
 4. Specialty tweezers are used to isolate an individual lash.
 5. The artificial eyelash extension has adhesive is applied to half the length of the base of the false lashes and this takes around 30 seconds to become tacky. (Some therapists use a micro-brush especially for this purpose or using ready-glued lashes which are peeled off).
 6. The artificial lash is then applied to individual lashes. Typically in groups of three. Alternating from eye to eye.
 7. An air puffer is used to help set the lashes. This will take about 1 ½ to 2 hours to get a full set. If you have any discomfort, itching or pain during your treatment you must let your technician know.
 8. When your lash technician has finished applying your lashes a final check will be done before you open your eyes to make sure there are no lashes sticking to one another and that the set looks perfect.
 9. Once you open your eyes the collagen pads will be removed and the skin cleansed.
 10. Slowly you will get up and make sure you feel comfortable before having a long awaited look in the mirror at your new lashes.
 11. Eyeliner can be added if needed. Mascara can be used but is not advisable. If used, it should be non oil based but ideally on to the natural lashes only. You may find you don't need any other eye make-up at all.
- Following the treatment there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment.
 - You will be left feeling relaxed, revived and indulged.
 - *Clients are always amazed at how eyelash extensions beautifully frame the eyes without any mascara as well as how it naturally boosts their confidence. Whether you are a student with a busy social life, a mum with a million things to do, or a businesswoman with no personal time, these are the types of clients who keep coming back for infills because eyelash extensions are more than a beauty treatment.*
 - With eyelashes being so on trend at the moment, failing to enhance them means you're missing out on a 'must have' in your beauty routine. Fabulous natural and glamorous lashes are still the newest trend – and here to stay.

What to expect:

Eyes Description Detail



What to expect Eyelash Party / Strip

- Following a brief consultation on your general health and any contra-indications to face treatment, we will discuss your treatment process.
- Your therapist will begin by washing their hands with anti-bacterial soap and hot water
- If you have long hair it will be removed from face and tied back
- You will be made aware of contraindications and then the process commences
- The procedure will usually start at the outer corner of the eye.
 1. The strip is removed from tray and flexed several times
 2. The lash is brought to the eye lid and draped along as close as possible to the natural line of the eyelid.
 3. The lash is then pressed in place (it may need to be removed again and trimmed, if too long.
 4. A thin coat of adhesive is applied onto the skin of the eye-lid, as close to the natural eye lash line as possible. Several seconds are allowed to enable the lash to become tacky and then is attached to the eyelid.
- Following the treatment there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment. They can be cleaned and re-used and advice will be given on this.
- You will be left feeling relaxed, revived and indulged.

What to expect Eyelash Cluster

- Following a brief consultation on your general health and any contra-indications to face treatment, we will discuss your treatment process.
- Your therapist will begin by washing their hands with anti-bacterial soap and hot water
- If you have long hair it will be removed from face and tied back
- You will be made aware of contraindications and then the process commences
 1. Cleaning your eyelashes so they are free of makeup and oily residue.
 2. Taping down the bottom of your natural lashes to prevent glue from sticking to unwanted areas during application.
 3. Removal of a few eyelash extensions from their packaging tray and placing onto silicon pad for easy retrieval.
 4. Squeezing a small amount of lash glue onto a disposable plastic spatula or other surface.
 5. Using the glue covered tip to coat the natural eyelash of one eye with the lash glue in the location where one or two lash extensions will be placed.
 6. Using curved tweezers to pick up from the tip one cluster eyelash extensions located on the silicon pad.
 7. Then dip the base to the middle of the eyelash extension into the adhesive and apply to the glue coated section of the natural eyelash as close as possible to the intersection of the eyelid and natural eyelash.
 8. Once all eyelash extensions have been applied, tweezers will be used to squeeze eyelash extensions to the natural eyelash to secure a tighter bond.
 9. Then the entire process is performed on the other eye.
 10. Once completed, the tape will be removed the tape from the eye area
- Following the treatment there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment.
- You will be left feeling relaxed, revived and indulged.

What to expect Eye Tint



- Following a brief consultation on your general health and any contra-indications to face treatment, we will discuss your treatment process.
 - Your therapist will begin by washing their hands with anti-bacterial soap and hot water
 - If you have long hair it will be removed from face and tied back
 - You will be made aware of contraindications and then the process commences
1. Squeezing ¼ inch of lash tint into pigment cap (provided in kit) or small glass or plastic dish. Mixing 3 drops of Oxidant, stir until creating a smooth paste.
 2. Applying a small amount of Vaseline around the eyebrows (for eyebrow tinting) and/ or on the upper and lower eyelids for lash tinting using a Q-tip. You will be asked to look up towards the sky making it easier.
 3. Placing (half moon shaped) moist cotton cosmetic pad under the lower lashes.
 4. Covering of the eyelashes and or eyebrows with tint paste using wooden applicator sticks.
 5. Cover the eyes with warm moist eye pads.
 6. **Eyebrow process time: 1 to 2 minutes** the colour is checked and re applied if necessary...
 7. **Eyelash process time: 5 to 15 minutes.** The longer process time the deeper the colour.
 8. The eye pads are removed and wiped clean with a warm moist cotton pad.
 9. The lashes or brows are cleaned with witch hazel so removing all residual chemicals.
 10. The eye area is rinsed with saline.
 11. After you open your eyes they are flooded with saline to make sure no residual products are left in the eyes.
 12. **Time needed for service is Eyelash 20 – 25 minutes, Eyebrows 10 – 15minutes**

Following the treatment there is a quick debrief to assess the effect of the treatment. Aftercare advice will be given regarding the best way to maximise the effect of treatment.

You will be left feeling relaxed, revived and indulged.

Demonstration of Application:

- <https://www.youtube.com/watch?v=cYro5L3Y1Vs>
- <https://www.youtube.com/watch?v=menxMqij35Q>
- Filling gaps <https://www.youtube.com/watch?v=rr19owpHxYc>
- Separation technique: <https://www.youtube.com/watch?v=KV1njbDm430>
- 9D Eyelash <https://www.youtube.com/watch?v=pUn0RJ-GDK0>
- 2x-3x Eyelash Volume Advance course <https://www.youtube.com/watch?v=prscFFQIzsA>
- Eyelash extensions for Asians or hooded: <https://www.youtube.com/watch?v=OZEbZ4WxvC4>
- Party lashes application:
<https://www.youtube.com/watch?v=tEl0EpCKDfM>
- <https://www.youtube.com/watch?v=zE4dVQ2bXfI>
- Example of range of products <http://www.lashbase.co.uk/index.html>



After Care Advice:

Beware, some products used with eyebrows and lashes can be very powerful and you should always check to ensure they will not affect the bonding of your extensions. I-Lash Volume mascara ok for extensions although not mascara is recommended as a rule.

Eye lash tint

- If any redness or irritation occurs apply a damp cotton wool compress. If symptoms persist for more than 24 hours seek medical advice.
- Avoid eye make-up and other eye treatment for 24 hours.
- Avoid touching/rubbing your eyes straight after the tint application.
- No swimming/saunas/sunbeds for 24 hours.
- Avoid rubbing the eyes
- Try to use oil free facial products around the eye area to prolong the colour

Eye lash Extension, clusters, strips etc.

- Avoid getting eye wet to allow to dry
- Do not use a steam room/sauna for 48 hours to allow glue to cure
- Do not pick and play with your lashes, the less you play the longer they stay
- Do not pull your new lashes as this will pull out your own natural lashes
- Avoid getting them caught on clothes and towels
- When drying face, blot rather than rub (no hair-dryer), be careful with towels / clothes
- Do not perm or curl the extensions
- Avoid mascara and petroleum products (reduces life of your extensions) – use oil free/water based mascara
- Do keep the eye area clean.
- Try and sleep on your back to avoid crushing your extensions in the pillow
- However, it is important to keep the eye area clean.
- Return for an infill treatment every 2 -3 weeks to keep your lashes in optimum condition.
- **Never attempt to remove lashes by pulling them out. Always return to Therapist for correct and safe removal to avoid damage to your natural lashes**

Contraindications of all Eye treatments

- Eye inflammation e.g blepharitis (where eyelash joins the eyelid)
- Madarosis (natural eyelashes lost)
- Trichiasis ingrowing eyelashes
- Distichiasis (eyelashes growing in abnormal sites on the eyelid)
- Parasites (Crab louse)
- Styes (hordeoleum)
- Trichotillomania (tendency to pull out hairs)
- Demodex folliculorum (mites in eyelash follicles)
- Alopecia (slow hair loss)
- Eye allergies