Ellisons®
The Academy

Mylash lift

Online training manual

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Mylash lift

This popular treatment will enable you to offer a treatment designed to create longer, thicker lashes without the need for extensions.

The Mylash lift online training course comprises both theory and practical modules.

You will work independently through the theory modules, completing a series of question and answer sections to assess your learning progress. You will have access to the Mylash lift training manual together with a video tutorial to guide you through the step by step process. In addition, one of our professionally qualified trainers will be available to address your personal requirements as you work through the course content.

You will have successfully qualified once you have completed the theory modules, Q&A's and submitted your assessment video which we will assess and provide feedback.

Supporting training manual

This manual supports the online training course, use it to help you work through the modules. Each module includes an examination these must be completed online to move through the course, the treatment video is available to view online at the end of module 5.

To pass the course and to gain certification pass the final examination and upload the videos requested of you performing the treatment.

The certification is accredited by The Guild of Beauty Therapists and the International Practitioners of Holistic Medicine (IPHM) and is used to gain insurance.

Mylash lift
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Welcome

Welcome and thank you for choosing the Ellisons online Mylash lift training course.

This course is designed for the experienced lash technician. Expand your treatment menu and offer your clients longer, thicker lashes without the need for extensions.

You will work though the modules at your own pace, answering the end of module examinations to test your learning. You are required to submit a practical demonstration of yourself performing a Mylash lift treatment which will be assessed by an Ellisons educator.

You will have completed the course when you have passed all of the required theory, module examinations and received notification of your competent practical assessment. You will then receive an accredited certificate to download.

Please email any questions throughout your learning experience to academy@ellisons.co.uk we will respond by the next working day.

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Mylash lift

Unit 1: About Mylash lift

Introduction to the treatment

Mylash lift is designed to create the illusion of longer thicker lashes without the need for extensions. Using a silicone shield the lashes are straightened rather than curled which in turn lifts the client's natural lashes, by incorporating a tint the lashes will also appear darker creating overall definition to the eye.

The treatment takes approximately 45 minutes depending on the health and length of the clients natural lashes.

The results of Mylash lift are immediate and your client can expect the effects to last for six weeks, the results will gradually begin to fade away as the natural lashes come to the end of their growth cycle. No subsequent maintenance is required; however your client may wish to return for a lash tint in between treatments.

Pre Mylash lift treatment.

Post Mylash lift treatment.

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Aims and outcomes of the course

This course is designed to ensure you:

- Maintain safe and effective methods of working when enhancing the appearance of eyelashes
- Complete a client consultation and record card
- Effectively consult, plan and prepare for the treatment with clients
- Identify contra-indications to Mylash lift treatment
- Identify all tools and products used in the procedure
- Understand the importance of performing a patch test and have a knowledge of how this is performed
- Understand and perform the procedure required to apply a Mylash lift treatment
- Have the knowledge to select the correct silicone pad for the look your client wants to achieve
- Safely and effectively carry out the treatment
- Recognise the features and benefits of the treatment
- Understand the importance of aftercare and communicating this effectively to clients
- Identify opportunities for your business

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Features and benefits of the treatment

- The Mylash lift treatment is ideal for clients who dislike eye makeup, are allergic or find it irritating
- Small, medium and large shields are available to suit all clients and lash lengths
- The treatment can be performed in 45 minutes depending on the length and health of your clients natural lashes
- The results of the treatment are immediate and will last up to six weeks with no maintenance required
- Lashes will appear longer, thicker and darker without the need for lash extensions

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Module examination

Complete the module examination online to move to the next module.

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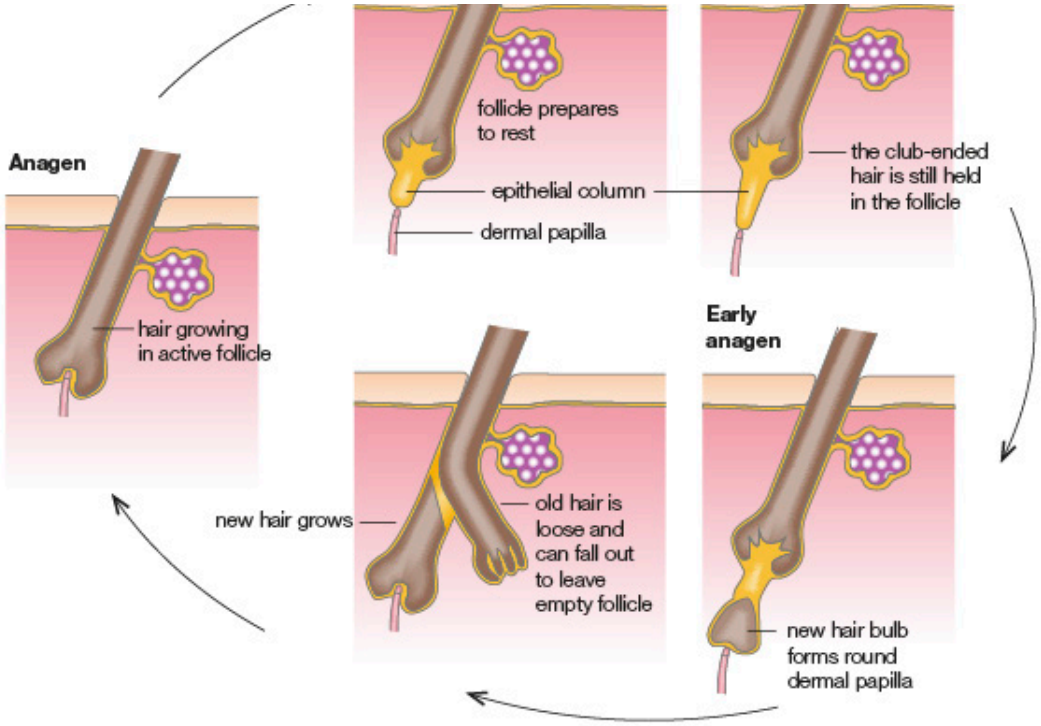
Life cycle of hair

The hair growth cycle consists of three distinct stages: anagen, catagen and telogen. Each hair can be at a different stage of the growth cycle at any given time.



Illustrations by Edwin Allan MA (Oxon)

Anagen (growing phase)

The active stage. Can last from a few months to several years.

Catagen (transition phase)

Growing stops and the bulb begins to collapse.

Telogen (resting phase)

Final stage where the follicle shrinks, this is of short duration after which cells become active to prepare for new anagen regrowth.

The human eyelash

Unlike hair, eyelashes and eyebrows have a very short anagen phase this last for around 30-45 days. The short duration of eyelash growth stage is why they are shorter than scalp hair. Approximately 60-80% of the eyelashes are in this phase.

How the human eyelash grows

The human eyelash grows between 6-9mm in length and they are located in distinct rows on the eyelid. The eyelashes in the upper eyelid are coarser and longer than the eyelashes on the lower eyelid.

The eyelash grows for approximately 30-45 days and then rests for the remainder of its life. An average life span of the eyelash is approximately three months.

Contra-indications

- Weak lashes
- Positive reaction to patch test (allergy)
- Styes
- Cysts
- Blepharitis
- Cuts, abrasions and swelling in the immediate area
- Chemotherapy
- Recent lash perming or lifting service
- Any eye infections such as conjunctivitis
- Skin disorder in or around the eye area
- Skin disease
- Recent operations around eyes
- Dry eye syndrome
- Watery eyes
- Hypersensitive skin/eyes
- Keratitis
- Contact lenses, client to remove prior to application
- Hayfever/rhinitis, eyes may be watery check client comfort
- Claustrophobia
- Post chemotherapy
- Conditions that cause shaking/jerking movements

Whilst contra-indications will prevent or restrict the treatment there are some circumstances when it is acceptable for you to proceed with caution after adapting your treatment protocol. If you are in any doubt request a letter from your clients GP or do not carry out the treatment.

Contra-indications requiring medical referral or restricting treatment

Eyelash weakness

Clients who have weak or broken lashes are unsuitable for treatment until lashes become stronger. Performing a Mylash lift treatment to very weak natural lashes can cause further damage. Advise clients to use a lash and brow conditioner until their lashes have recovered.

Positive reaction to patch test

Under no circumstances should a Mylash lift treatment be performed if a client has experienced a reaction to the patch test. Performing the Mylash lift treatment would cause client suffering and will invalidate your insurance.

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Styes

Treatment should not be carried out until the condition has cleared up. Performing the treatment will cause discomfort and irritation.

Cysts

Treatment should not be performed as it will cause discomfort.

Blepharitis

Chronic inflammation of the eyelid at the base of the eyelashes. Treatment should not be performed as it will cause discomfort.

Abrasions or swelling

Any treatment in or around the area of abrasions or swelling could aggravate or worsen the condition.

Chemotherapy

Lashes are weakened by chemotherapy. Do not carry out any eyelash treatments on someone who is being treated with chemotherapy.

Conjunctivitis

Conjunctivitis is an infection of the conjunctiva (the outer most layer of the eye that covers the sclera). The three most common types of conjunctivitis are viral, allergic and bacterial. With the exception of the allergic type, conjunctivitis is highly contagious. Treatment should not be performed.

Eyelash treatments should be avoided if there is inflammation of or around the eye. Treatment can be carried out once inflammation has cleared.

Contact lenses

Contact lenses need to be removed before treatment. Ask your client to bring their lens case and solution with them to their appointment.

Hayfever/rhinitis

Can cause watery eyes, clients may also tend to rub their eyes. Check with client how severe their rhinitis is before performing the treatment.

Claustrophobia

If a client is claustrophobic they may not be able to have you in close proximity to them and or have their eyes closed for a long period of time. Most people with this condition are not suitable for eyelash treatments.

Post chemotherapy

For six months after chemotherapy eyelash treatments should not be performed.

Module examination

Complete the module examination online to move to the next module.

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Mylash lift
Unit 1: Equipment required

Equipment required

- Mylash record card
- Mybrows eyebrow comb
- Cotton wool discs
- Tissues
- Cotton buds
- Small towels
- Headband
- Hair cap
- My Beautiful Eyes eye wash pod
- My Beautiful Eyes make-up remover
- My Beautiful Eyes under eye patches
- Mylash silicone pads, small, medium, large
- Mylash lift bonder
- Mylash lifting solution
- Mylash setting solution
- Mylash nourishing solution
- My Beautiful Eyes microbrush
- My Beautiful Eyes primer
- Apraise tint blue/black
- Mybrows oxidant cream
- Mylash lift tool
- My Beautiful Eyes scissors
- Timer
- Mixing dish, glass
- Mybrows tint brush
- Mirror

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Product knowledge

My Beautiful Eyes make-up remover

This oil free formulation is an effective cleanser for the delicate eye area. It will remove oil and make-up without leaving a film or residue on the eyelashes or surrounding skin.

My Beautiful Eyes primer

Ensure your client's eyelashes are thoroughly cleansed of residual oil and sebum. Apply sparingly with a My Beautiful Eyes microbrush after cleansing with My Beautiful Eyes make-up remover.

Mylash lift silicone shield

The silicone shield determines the final look of the lashes. There are three sized silicone pads available: small, medium and large.

Mylash lift bonder

The bonder has two uses, firstly, to fix the Mylash lift silicone shield in place on the client's closed eyelid. Secondly, to fix the client's eyelashes to the silicone shield in preparation for the application of Mylash lifting solution.

Mylash lifting solution

Mylash lifting solution breaks down the links in the lash that determine its shape. This allows the eyelash to be repositioned, straightened and lifted.

Mylash setting solution

Mylash lift setting solution rebuilds the bonds within the lash, setting the eyelash into the new lifted, straightened position.

Mylash nourishing solution

Mylash nourishing solution is applied to the eyelashes towards the end of the Mylash lift treatment. It provides the lashes with essential nourishment and a protective coating that should not be removed for 24 hours.

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Choosing a silicone shield

The silicone determines the final look of the lashes, take time to select the right size to ensure excellent results, referral bookings and repeat business.

There are three sized silicone pads available: small, medium and large.

Small

Suitable for short lashes, creates an intense, dramatic lift.

Medium

Suitable for short to mid length lashes, clients with thick, coarse lashes or heavy upper eyelids.

Medium silicone pads are reliable and if used as instructed always give good results. Using the medium shield should also be considered for clients who wish to follow with the application of eyelash extensions.

Large

Suitable for long lashes or curly lashes that require straightening, creates a soft, relaxed lift.

Module examination

Complete the module examination online to move to the next module.

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Patch test

A patch test should be carried out 24 hours before the treatment to check for any allergic reactions.

A patch test should be carried out for the following products:

- Mylash lift bonder
- Mylash lifting solution
- Mylash setting solution
- Mylash nourishing solution
- Apraise tint blue/black
- Mybrows oxidant cream

To perform the patch test, apply a small amount of each product to inside of the clients elbow, cover and monitor for 24 hours. Record the placement on your Mylash record card. This must be signed by the client confirming the patch test has been carried out.

The results of the test will either be positive or negative; a positive result will be recognised by irritation, swelling or inflammation of the skin. If this occurs no not proceed with thetreatment. A negative result produces no skin reaction and you may proceed with the treatment.

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Mylash lift
Unit 2: Set up and preperation

Preparation

1. Check for any positive reactions to the patch test
2. Carry out a client consultation, check verbally for contra-indications. Client to complete and sign record card.
3. Position the client comfortably, in a flat or slightly elevated position. Check visually for contra-indications. If client is wearing glasses or contact lenses they must be removed.
4. Protect the client's hair with a towel or cap and drape a towel over client's upper body to protect clothing.
5. Therapist must wash their hands with hot water and antibacterial wash then dry their hands.
6. Cleanse the eyes using a non-oily eye make-up remover, dry the area (see image 1).
7. Cover the lower lashes with under eye patches to protect them (see image 2).
8. Dip a disposable super fine microbrush in the primer, dab off the excess on couch roll or tissue and cover all the lashes with primer. This will remove any oils or make-up remaining on the lashes (see image 3).
9. Select the appropriate shield size for the client's lashes and trim to size is necessary.

Image 1 – cleansing the eye.

Image 2 – applying eye patch.

Image 3 – appying primer.

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Lifting and setting

1. Apply a small amount of bonder to the underside of the shield and wait a few seconds for it to go tacky, ask the client to close their eyes.
2. Place the shield along the upper eyelid aiming to get as close as possible to the lash line, it may help to lift the brow slightly. Ensure you don't catch any upper lashes under the shield. Hold the shield in place for around 10 seconds which will allow it to adhere securely on to the lid.
3. Repeat on the other eye.
4. Apply bonder to the surface of the shield; (see image 4) working on small areas and using the lifting tool carefully pull the lashes (see image 5) back onto the shield. Check all the lashes are isolated, straight and flat against the shield (see image 6).
5. Repeat on the other eye.
6. Using a clean microbrush apply a small amount of lifting solution to the root of the lashes; ensure you do not get any product on the wet line. Take the product approximately half way up the lashes and once applied to both eyes begin timing (see image 7).

   The Mylash lifting solution should remain on the client's eyelashes according to the following guidelines:

   - 7 minutes for weak and sparse lashes
   - 8 minutes for weak to average lashes
   - 9 minutes for healthy full lashes
   - 10 minutes for healthy, long and dense lashes

   Make a note of the number of minutes the lifting solution was applied to the client's eyelashes. This will determine the application time of the setting solution detailed in the next step of the treatment procedure.
7. Remove the lifting solution with a clean microbrush ensuring no product comes into contact with the tips of the lashes.
8. Apply setting solution to lash area where lifting solution has been applied. The setting solution should remain in contact with the lashes for half the time of the lifting solution. Once applied to both eyes begin timing (see image 8).

   - 7 minutes lifting solution/3.5 minutes setting solution
   - 8 minutes lifting solution/4 minutes setting solution
   - 9 minutes lifting solution/4.5 minutes setting solution
   - 10 minutes lifting solution/5 minutes setting solution
9. Remove the setting solution using a clean microbrush, leave the shield in place.

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Mylash lift

Unit 3: Treatment step by step

Lifting and setting

Image 4 – apply bonder.

Image 5 – pull lashes back onto shield.

Image 6 – lashes flat against the shield.

Image 7 – apply lifting solution.

Image 8 – apply setting solution.

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Tinting

1. Using a clean microbrush gently release the lower lashes from under the under eye patch.
2. Mix and apply the tint to the lower lashes, ensure lashes are coated from root to tip (see image9).
3. Apply the tint to the upper lashes; ensure lashes are coated from the root to the tip (see image9).
4. Allow the tint to develop for approximately 5 minutes on the upper lashes and remove using a microbrush.
5. Remove tint from the lower lashes using a damp cotton pad or cotton bud; ensure you avoid the upper lashes.

Image 9 – apply tint to lower and upper lashes.

Nourishing

1. Apply nourishing solution to the lashes using a clean microbrush, coating the lashes from root to tip; this should gently release the lashes from the shield.
2. Gently remove the shield from the eyelid using additional nourishing solution to soften the shield away from the skin.
3. Using a midi wand comb the nourishing lotion through the lashes.
4. Remove the under eye pads and clean any residue with a damp cotton pad.

Module examination

Complete the module examination online to move to the next module.

Aftercare

- For the first 24 hours, avoid direct contact with water
- For the first 24 hours, avoid saunas and steam rooms
- For the first 24 hours, avoid swimming or exercise that could cause excessive perspiration
- For the first 24 hours, avoid covering and sleeping on the lashes as this will cause lashes to distort
- For the first 24 hours do not apply lash extensions, strip lashes or mascara
- Do not use eyelash curlers or have a lash perm or lash lift treatment for at least 6 weeks (a chemical procedure has taken place, repeating the treatment may case damage to thenatural lashes)
- Use the My Beautiful Eyes lash and brow conditioner to condition the lashes at home between treatments
- Return for a lash tint after four weeks

Please note: many insurance companies insist on clients receiving written aftercare advice along with verbal advice.

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Contra-actions

In the event of an allergic reaction, remove the product immediately and apply a cool compress. Record details on the Mylash record card.

If eyes are red and watery they should be flushed with a My Beautiful Eyes eye wash pod and the client should seek medical attention if the symptoms persist.

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Frequently asked questions

Question: Can I wear lash extensions after having a Mylash lift treatment?

Answer: Yes. Strip and individual lashes can be applied after having a Mylash lift treatment. Ensure your client waits 24 hours after having the lash lift before applying extensions.

Question: How long will the lash treatment effects last?

Answer: The lash lift will last approximately six weeks; your client may wish to return for a tint after four weeks which will contribute towards additional revenue, this can be included as part of the lash lift package.

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Troubleshooting and additional content

What should I do if I get any of the products in my client's eye?

- Stop the treatment, remove the product and flush the client's eye with an eye wash pod or eye bath then allow the client to open their eyes and blink, if stinging persists flush again until it stops. To ensure this does not occur avoid applying any products too close to the water line.

The client's lashes have not lifted as well as expected, this could be due to:

- The eye area was not thoroughly cleansed prior to the treatment and perhaps there was some makeup or oil left on the lashes
- Not leaving the lifting solution and setting solution on for the sufficient amount of time
- Insufficient product applied to the lashes
- The client may be taking medication which has affected the treatment results
- The wrong size shield was used
- A previously opened sachet was used – always use freshly opened sachets

Lashes have dropped or not lasted as long as expected, this could be due to:

- Client not following their aftercare advice
- Incorrect treatment timings

Lashes have lifted too much, this could be due to:

- Too small a shield was used, always start with a medium shield if you are unsure

Lashes have crossed over, this could be due to:

- Lashes not being straight on the shield before applying the lifting solution. To make sure you are happy with the positioning, view the lashes from the back and the front. Remember to work in small sections when securing the lashes to the shield, ensure that all the lashes are straight before they set and before you move onto the next section.

Should I work on pregnant clients?

- They are not contra-indicated but the change in hormone levels can affect how long the lashes last.

How should I store my products?

- All products should be stored in a cool, dry and dark place. They should not be kept in a warm room for any length of time.

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Next steps

We advise you to practice the treatments on at least six models in order to become proficient.

Research the price that you will be charging for the treatment within your business. This will depend on the price range of treatments in your area, the price your direct competitors are charging and your present pricing structure.

Focus your promotional activity around seasonal events, holidays and weddings.

Module examination

Complete the module examination online to move to practical assessment module.

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Mylash lift
Unit 1: Practical assessment

Practical assessment

You are now required to submit a series of videos for assessment by one of our educators. Complete each of the treatment steps below to ensure you have demonstrated a full treatment.

Watch each video hint to show you what the educator needs to see in order to assess your competency.

Please submit short videos of each step like the examples shown, please do not submit one long video of you performing the complete treatment.

1. Cleanse the eye area with My Beautiful Eyes make-up remover.
2. Apply under eye patches.
3. Apply My Beautiful Eyes primer to one eye.
4. Position the silicone shield on the client's eyelid and show placement on one eye.
5. Secure the client's lashes to the silicone shield using Mylash lift bonder, show one completed eye.
6. Apply Mylash lifting solution to one eye.
7. Remove Mylash lifting solution from one eye.
8. Apply Mylash setting solution to one eye.
9. Remove Mylash setting solution from one eye.
10. Apply tint to the lower and top lashes of one eye.
11. Remove the tint from the lashes of one eye.
12. Apply Mylash nourishing solution to one eye.
13. Remove the under eye patches.
14. Show the finished result with the client's eyes open.

Upload the video examples online

Please select the text reply button to notify us of your submission.

We will provide feedback within two working days.

Please note: our business hours are Monday – Friday, 8.30am – 5pm.

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