

Mylash professional

Online training manual



Mylash professional

This classic semi-permanent eyelash extension treatment will allow you to add length and volume to natural lashes which will last 8 to 12 weeks.

The Mylash professional 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 professional 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 professional

Contents

Module 1: Introduction

Unit 1: Welcome	4
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Module 2: The treatment

Unit 1: About Mylash professional	5
Unit 2: Aims and outcomes	6
Unit 3: Features and benefits	7

Module 3: Anatomy

Unit 1: Life cycle of the hair	8
Unit 2: Contra-indications	9-10

Module 4: Equipment and product knowledge

Unit 1: Equipment required	11
Unit 2: Product knowledge	12
Unit 3: Lash extension selection	13-14
Unit 4: Lash styling	15-16

Module 5: Treatment procedure

Unit 1: Patch test	17
Unit 2: Set up and preparation	18
Unit 3: Treatment step by step	19-21

Module 6: Post procedure

Unit 1: Aftercare	22
Unit 2: Contra-actions	23
Unit 3: Frequently asked questions	24
Unit 4: Troubleshooting	25
Unit 5: Next steps	26

Module 7: Assessment

Unit 1: Practical assessment	27
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Welcome

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

This course will teach you how to apply classic semi-permanent lash extensions which will last 8 to 12 weeks.

You will work through 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 professional 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.

Unit 1: About Mylash professional

Introduction to the treatment

Mylash professional eyelash extensions are semi-permanent individual eyelash extensions.

They are individually applied to the natural eyelash and last for 8 to 12 weeks, the average life of a natural eyelash. Eyelash extensions provide length and thickness to the natural eyelashes. The treatment has been designed to allow your clients to have beautiful, full eyelashes in around two hours.

Different looks can be achieved from a natural look to a full, glamorous look. A wide range of widths, lengths and curls are available to suit every lash type.

Mylash professional extensions must be applied professionally. They are waterproof and can be worn while your clients shower, swim or exercise. Clients can also choose to apply water based mascara to the tips of their lash extensions, however most clients will not feel the need to wear mascara with extensions.



Pre Mylash professional treatment.



Post Mylash professional treatment.

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 professional eyelash extensions
- 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 professional treatment
- Have the knowledge to select correct lashes 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
- Understand and perform the procedure required to remove the eyelash extensions
- Identify opportunities for your business

Unit 3: Features and benefits

Features and benefits of the treatment

- Mylash professional eyelash extensions are ideal for your clients who dislike eye make-up, are allergic to it or find it irritating
- Mylash professional eyelash extensions are comfortable to wear so are ideal for daily wear, going on holiday and for special occasions
- The synthetic lash is curled eliminating the need for using eyelash curlers
- Eyelashes will look longer, thicker and darker so accentuating the eyes
- With the correct care and infill procedures every two to three weeks, Mylash professional eyelash extensions can last for 8 to 12 weeks
- Mylash professional eyelash extensions are versatile. Natural, full or glamorous looks are achievable

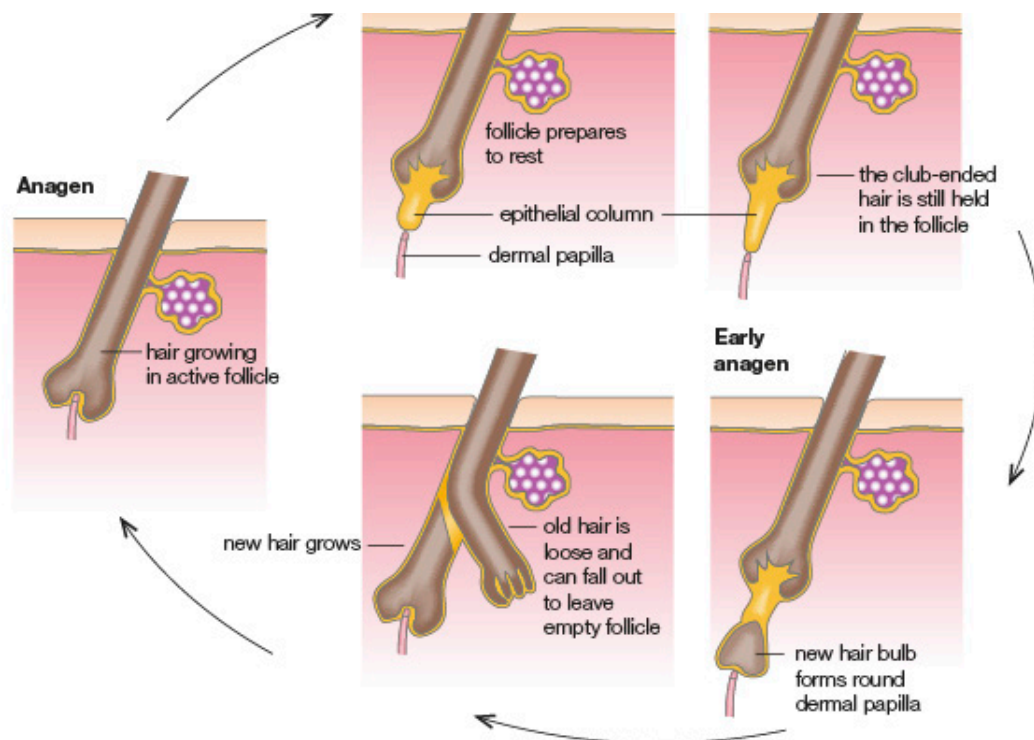
Module examination

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

Unit 1: Life cycle of the hair

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.

Unit 2: Contra-indications

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 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 professional 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 professional treatment be performed if a client has experienced a reaction to the patch test. Performing the Mylash professional treatment would cause client suffering and will invalidate your insurance.

Unit 2: Contra-indications

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.

Equipment required

- Mylash record card
- Cotton wool discs
- Tissues
- Cotton buds
- Small towels
- Headband
- Hair cap
- Mirror
- Jade glue stone
- My Beautiful Eyes eye wash pod
- My Beautiful Eyes midi wands
- My Beautiful Eyes microbrush
- My Beautiful Eyes make-up remover
- My Beautiful Eyes under eye patches
- My Beautiful Eyes micropore tape
- My Beautiful Eyes primer
- Mylash professional/express tray lashes, various lengths
- My Beautiful Eyes tweezers, RV curve and I type
- Mylash adhesive
- My Beautiful Eyes gel debonder

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 adhesive

Use this self sealing, water resistant adhesive for the application of Mylash extensions.

The low odour formula dries in less than 10 seconds upon application, be sure to shake for approximately one minute before use.

My Beautiful Eyes gel debonder

My Beautiful Eyes Debonder will gently remove Mylash extensions by breaking down the bond between the adhesive and the natural eyelash.

Use sparingly to avoid irritation.

Unit 3: Lash extension selection

Client analysis and lash extension selection

When choosing the appropriate lashes for your client it is important to look at the pattern of their natural lashes, remember to look at the client from a side angle to assess the lift and curl.

Choosing the correct thickness

Care must be taken when choosing the correct thickness of extension for your client. You need to determine the client's expectation, whilst ensuring the extension will not be too heavy to avoid damaging the natural lashes. The options for Mylash professional are:

0.15mm

- A similar thickness to the average natural lash
- Gives a natural weightless result
- Ideal for clients with weak, fine, natural lashes

0.20mm

- Thicker than the average natural lash
- Provides volume
- Gives a weightless result
- Ideal for clients with healthy lashes

0.25mm

- Thicker than the average natural lash
- Provides extra volume
- Ideal for clients with healthy, full, natural lashes

0.30mm

- Thicker than the average natural lash
- Provides XX volume
- Only to be used for clients with thick, full, natural lashes

Choosing the correct lengths

Mylash professional extensions may be used to create volume and length. You should use a selection of lengths on each eye, it is recommended to use extensions no longer than half to a third longer than the natural lashes. Extensions are available from 7mm up to 14mm.

Unit 3: Lash extension selection

Choosing the correct curl

Consider the look your client wishes to achieve and assess her natural lashes, the options with Mylash professional lashes are:

J Curl

- Gives a natural result with a slight lift
- Ideal for clients with straight natural lashes

B Curl

- Gives a natural result
- Ideal for clients who already have a soft curl to their own natural lashes
- Popular with lash technicians and clients

C Curl

- Creates a dramatic result
- Gives a defined, opened eye result
- Ideal for clients who already have a natural curl to their own lashes
- Popular with lash technicians and clients

D Curl

- Very dramatic
- Clients must have a lift to their own lashes
- Good for creating lift at the outer corners

Unit 4: Lash styling

Lash styling

Lash styling is an important step to help you determine placement of extensions. You can create different looks by applying various lengths, curls and thicknesses at the lash line. Lash styling will allow you to create balance to the eye area, to create the most flattering result possible.

Assess the client's eye shape, facial features and natural lashes, then, divide the lash line into sections, each section indicates the extension length to be applied.

You should record the lash style you create on the client's record card, as you will need to refer to this when the client returns for maintenance treatments.

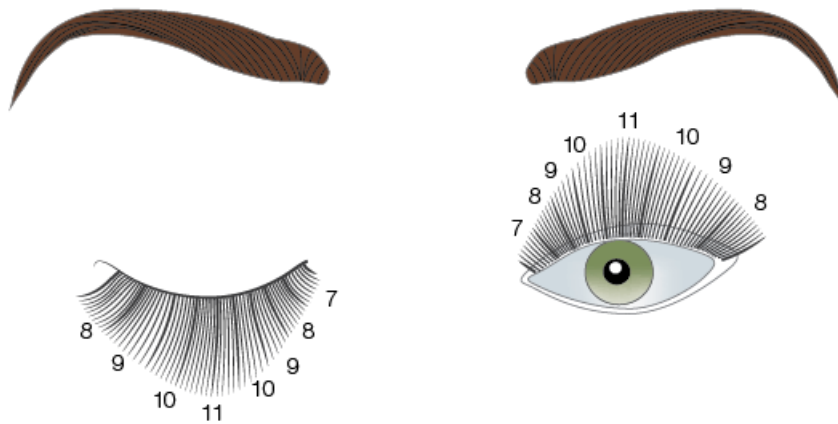


Illustration by Edwin Allan MA (Oxon)

Dolly

Create an 'open' eye effect by placing the longest lash length at the centre of the eye. Reduce your lash extension length as you graduate towards the corners for a tapered, symmetrical effect.

Suitable for: Wide set, deep set or small eyes. Also suitable for clients who have hooded eyelids.

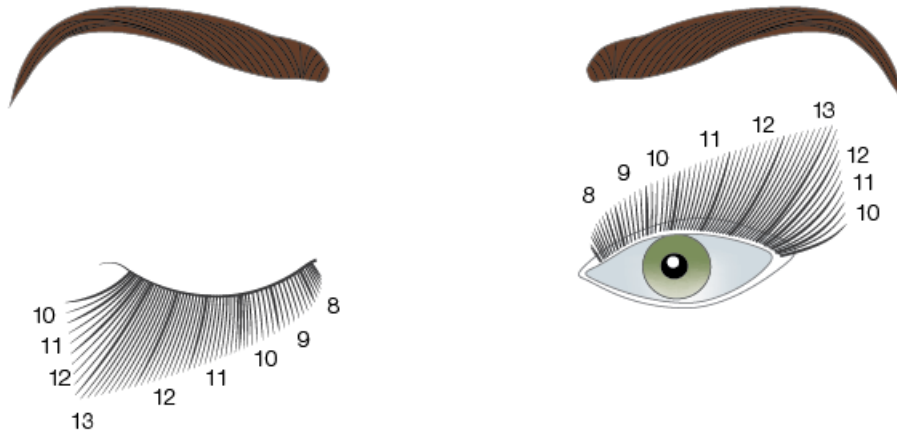


Illustration by Edwin Allan MA (Oxon)

Soft feline

Create a feminine effect by placing the shortest lashes at the inner corner and gradually increase in size towards the outer corner of the eye. Add a small decrease towards the very outer edge to soften the look

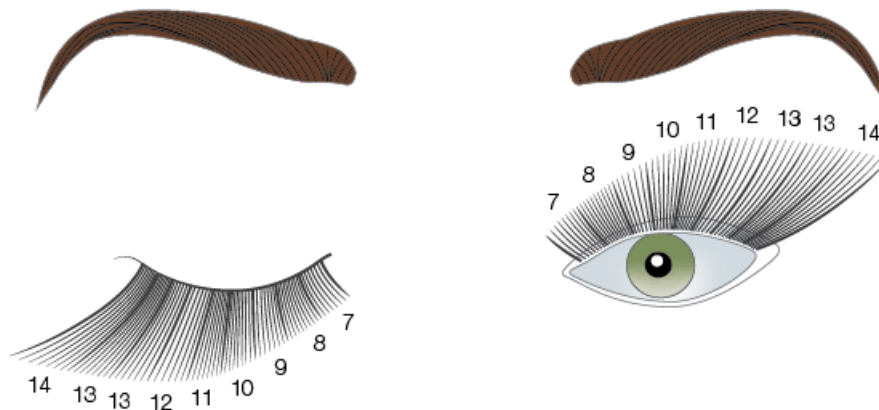


Illustration by Edwin Allan MA (Oxon)

Feline

Create a dramatic, feminine effect and elongate the eyes with this look. Use the shortest lash length at the inner corner and graduate up in size using the longest lash length at the outer corner.

Suitable for: Close set, round and down turned eyes.

Module examination

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

Unit 1: Patch test

Patch test

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

Perform a patch test as follows:

1. Cleanse the client's eyes with My Beautiful Eyes make-up remover.
2. Use under eye patches over the lower lashes to protect the client's bottom lashes (Micropore tape can be used as an alternative).
3. Prime the lashes by dipping a super fine disposable microbrush into the primer, dab off the excess primer onto couch roll or tissue. Stroke down the lashes to remove oil and any remaining make-up.
4. Brush through the lashes with a disposable midi wand.
5. Isolate a donor lash and place a lash extension on the outer corners of both eyes. Lash extension adhesive must not touch the skin at any time. Repeat this process so each eye has two lash extensions.
6. Leave the adhesive to dry for one minute.
7. Instruct your client to open their eyes. Check with the client that extensions feel comfortable.

If the client complains of an uncomfortable feeling, stinging or their eyes are excessively watery then remove extensions immediately using the gel debonder and rinse eyes with eye wash pod or eyebath with solution. If this occurs you must not proceed with the treatment and note this on the client's record card. Advise client to seek medical attention if discomfort continues.

If there is any soreness or irritation over the next 24 hours do not carry out the treatment.

Preparation

Carry out a client consultation, check verbally for contra-indications. Client to complete and sign record card.

2. 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.
3. Protect the client's hair with a towel or cap and drape a towel over client's upper body to protect clothing.
4. Therapist must wash their hands with hot water and antibacterial wash then dry their hands.
5. Cleanse the eyes using My Beautiful Eyes make-up remover, dry the area (see image 1).
6. Cover the lower lashes with under eye patches to protect them (see image 2).
7. 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).
8. Select the lashes you will be applying. Lay out the lashes you are starting to apply on the silicone pad. Arrange the lashes so they are facing the correct way for lifting up with the tweezers.



Image 1 – cleansing the eye.



Image 2 – applying eye patch.



Image 3 – applying primer.

Application

1. Select a donor lash by identifying natural eyelashes in the lash line which are in the catagen stage of hair growth. These lashes will not be the longest or the shortest eyelash, they are medium length and because of their stage in the growth cycle have the ability to carry the extension for a reasonable amount of time before shedding and subsequently taking the extension with it.

If you are right handed, isolate a natural lash with left hand tweezers and apply the extension with the right hand tweezers (see image 4).

2. Starting with the longest extension, dip approximately two thirds of the extension into the adhesive, against the jade glue stone wiping off the excess within the adhesive trail (see image 5).
3. Working from the outside corner inwards place between 12-15 foundation lashes at 3-4mm intervals. Apply the lash using a sweeping motion to the donor lash. This will create a surface bond allowing the lash to adhere to the donor lash and ensure it is long lasting.
4. As you are working along the lash line remember to gradually decrease or increase your lash size according to your lash selection and design. Remember to leave a 0.5-1mm gap at the root of the lash for comfort so that the natural lash can grow as normal.
5. Regularly lift the client's eyelid slightly to check it has not stuck to the pad or bottom lashes.
6. When the adhesive has dried you can brush through the lashes gently to separate them.
7. Repeat on the other eye.
8. Once you have laid your foundation lashes on both eyes return to the starting point and place more lashes in between all the foundation lashes. Continue all the way along the lash line again decreasing in size as you work towards the inner corner to create the desired look. Regularly check that no lashes have stuck to the pad or bottom lashes.
9. You should aim to apply approximately 70 to 90 extensions per eye, however this will vary depending on the client's natural lashes and the look you are aiming to achieve. When you have applied the desired amount of lashes remove the under eye patches, wait for three minutes then ask your client to open their eyes slowly.
10. Check the results and offer your client a mirror.
11. Book an appointment for 2-3 weeks time for maintenance



Image 4 – isolating the lash.



Image 5 – applying the lash.

Maintenance

Mylash professional lash extensions are semi-permanent which means they will only last as long as the natural lash cycle.

Maintenance should be carried out 2-3 weeks after the initial application. Within the maintenance appointment you should assess areas on the lash line which require attention and subsequently top up with the appropriate extension length, curl and thickness.

1. Carry out a client consultation, check verbally for contra-indications or any changes since their previous appointment. Client to complete and sign record card.
2. 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.
3. Protect the client's hair with a towel or cap and drape a towel over client's upper body to protect clothing.
4. Therapist must wash their hands with hot water and antibacterial wash then dry their hands.
5. Cleanse the eyes using a non-oily eye make-up remover, dry the area.
6. Cover the lower lashes with under eye patches to protect them
7. Refer to the client's unique lash styling design as a reference to which lengths, curls and thickness should be applied.
8. Identify any lash extensions which need to be removed:
 - Extensions that have grown too far down the natural lash and are now too long or not laying in the desired position
 - Extensions that look like they may come loose if left on the lash line
 - Extensions that are causing discomfort to the client
9. Dip a disposable super fine microbrush in the gel debonder and lightly brush the extension you wish to remove, this will eventually tease out the extension without affecting the surrounding lashes. Repeat as required.
10. Dip a microbrush in the primer and dab off the excess on couch roll or tissue and cover all the lashes with primer. This will remove any oils, make-up or debonder remaining on the lashes.
11. Apply lash extensions across the lash line in the areas that require attention. Remember to leave a 0.5-1mm gap at the root of the lash for comfort and so that the natural lash can grow as normal.
12. When you have sufficiently topped up the lashes on both eyes remove the under eye patches, wait for three minutes then ask your client to open their eyes slowly.
13. Check the results and offer your client a mirror.

If total isolation was achieved, maintenance should be carried out 2-3 weeks after the initial application. If full isolation was not achieved and an express technique is used, the client should be advised to return after 2 weeks for a professional removal.

Removal

Please note: client's eyes must be closed throughout the removal procedure.

1. Cleanse the eye area with eye make-up remover.
2. Place damp cotton pads under each eye.
3. Place a pea sized amount of gel debonder on to a cotton bud.
4. Gently stroke over the lashes of one eye with the cotton bud and leave to dissolve.
5. Using a new cotton bud repeat on the other eye.
6. Return to the first eye and use gentle rolling/sweeping moves with a cotton bud until the lashes are removed. Do not pull on the lashes. You may need to add more gel debonder as you work.
7. Continue on to the other eye until all lashes are removed. Do not allow any remover to enter the client's eyes the damp cotton pads will absorb any excess remover.
8. When the removal is completed, cleanse the eye area with eye make-up remover.
9. Protect client's eyes from any bright lighting then ask your client to open their eyes and offer them a mirror.

If you are only removing one or two lashes be careful not to contaminate neighbouring lashes with the gel debonder as it will compromise the bond. Instead of using cotton buds apply debonder to a microbrush and place a cotton bud under the lash you wish to remove, wedging the extension between these. If you intend to reapply a lash to this area you will need to repeat this procedure with My Beautiful Eyes make-up remover and lash primer.

Module examination

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

Aftercare

- Your client must not allow any water to come into contact with the lashes for two hours after the treatment
- Do not wash eyes or lashes with hot water or steam the face for 48 hours
- It is advisable to avoid activities such as swimming, sauna or steam for 48 hours
- Do not cover the eyelash area. It may cause eyelashes to curl, break and overlap each other
- Avoid sleeping on your lashes; this can bend the natural and synthetic lash
- Avoid rubbing eyes, lashes can loosen with persistent rubbing and can become uncomfortable
- Only use water soluble mascara. Do not apply mascara to the adhesive area as remover will weaken the adhesive bond
- Do not use oily eye make-up remover. This can weaken the lash extension adhesive
- Do not use any products near the eyes that contain oil
- Do not attempt to pull out lashes. Pulling out the synthetic lash will also pull out the natural lash
- Book an appointment for your client to return for maintenance for two weeks after the original application

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

Contra-actions

In the event of an allergic reaction to the eyelash extension products, remove the product immediately and apply a cool compress to the area to reduce redness and irritation. Record details onto 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.

Frequently asked questions

Question Should I work on pregnant clients?

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

Question How should I store my products?

Answer: 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.

Troubleshooting and additional content

Eyelash extensions are not sticking to the natural lash. This could be due to:

- The adhesive has been exposed to the air for too long, to avoid this replace your adhesive regularly. If the problem persists the adhesive may have been stored in the wrong conditions and will need to be replaced.
- Too much adhesive is being wiped off the lash before application; always wipe any excess adhesive off the lash in a trail of adhesive.

What do I do if I get primer into the client's eye?

- Flush with an eye wash pod or eye bath and solution then allow client to open their eye and blink, if stinging persists flush again until stinging stops. To ensure this does not occur do not overload the applicator with product and dab excess off onto a tissue prior to application.

The client's lashes are crossing over shortly after the treatment. This could be due to:

- The eyelash extensions that were applied were too long for the natural lash and therefore the natural lash is not strong enough to carry the extension.
- The lash extension has been applied too low down the natural lash and too far away from the root.

The client's lashes are sticking together. This could be due to:

- Too much adhesive has been applied to the extension
- Insufficient drying of the extension leaving the adhesive feeling tacky

The client's lashes are not lasting for as long as expected. This could be due to:

- Not enough adhesive used in application
- Make-up not removed before application
- Incorrect application technique used
- Oil based product used before application. If an oil based make-up remover is used to remove waterproof mascara it is important to wipe over the lashes twice with a water based product.
- The client may not be following the aftercare instructions, check if the client understands them.

The adhesive is too runny:

- It is advisable to shake the bottle well before use.

Unit 5: Next steps

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.

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. Apply 10 Mylash extensions to one eye using the professional application technique.
5. Remove under eye patches.
6. Show the finished result with the client's eyes closed and then 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.

