



## **Lash Extension Info for Beginners**

Lash extensions can be safely worn indefinitely. At your initial appointment, our lash artist will carefully select the correct length and diameter of lash extension specifically for your natural lash. This will preserve the integrity of your natural lash and ensure you continue to look your best at all times. Classic lash extensions are a 1:1 application where a single lash is carefully secured to your natural lash with an adhesive.

The initial application of a full set of lash extensions can take from 2-3 hours, depending on the number and health of your natural lashes. After a consultation with your lash artist, you will lie down, free from distractions, and relax while your lashes are cleansed and prepared for application. Your eyes remain closed throughout the entire application period. Though soft music will be played in the room, feel free to bring a set of headphones with your favorite music, audiobook, or podcast to enjoy. Placing each individual lash extension requires concentration on the artist's part and stillness on the client's, so please relax and enjoy your time of rest.

Maintenance of your lashes is a team effort. Your natural lashes have a lifespan of about 5 months. You have an average of 100 lashes on your upper lid and they each go through several growth stages. Lash extensions are placed on the sturdier lashes in later stages of growth, so you can expect them to shed with the regular cycle of your natural lash. You may lose up to 4 lashes a day, this is completely normal and to be expected. If you are concerned at any point that you are losing more than normal, please contact us. Our lash artist takes the utmost care when placing extensions to preserve the health of the natural lash.

Beyond the responsibility and skill of the lash artist is that of the client. Please be aware that how you take care of your lashes at home best determines how well they are retained and their appearance. As long as you follow your aftercare instructions and refrain from stressing the extensions, they will remain beautiful for your next fill appointment and beyond. You will need to schedule fill appointments every two weeks to replace the lashes that were shed and/or damaged through wear.

There are things to avoid with lash extensions, such as oil-based products and sleeping on your face. More information on aftercare can be found on our [Lash Aftercare Instructions](#) sheet, which you will receive at your initial appointment and can request at any time.

Cleansing your lashes daily is the best way to ensure long-lasting extensions and a healthy natural lash. Oils in your skin and environmental debris can build up on the lash line, clogging follicles and eroding the adhesive. Failing to clean lashes can result in infection and permanent damage to the follicle, causing it to cease to grow lashes. It is imperative that you keep your lash line clean. Once you make lash cleansing a part of your daily skincare routine, you will find it a quick and pleasant addition. Your lash artist will guide you through the cleansing procedure and you will be provided with a cleansing kit at your first appointment.

If at any point you decide you would like to discontinue your lash extensions, please make an appointment for removal with your lash artist. Lashes can be easily and safely removed only by a trained professional if you wish to preserve the health of the natural lash.

Please make sure you have read and understand the procedures and policies of Shine Studio when making an appointment. Our goal is to work with our clients toward best possible outcomes, keeping you feeling and looking your best. Questions and suggestions are always welcome.