



EDUCATE • EMPOWER • ELEVATE

LASHES

MANUAL

FULL PROFESSIONAL STUDY & PRACTICAL TRAINING MANUAL

MUHLE Glow Beauty Resource Library



THEORY

In-depth knowledge of lash anatomy, growth cycles, & extension principles.



TECHNIQUES

Step-by-step lash extension techniques for classic, volume & mega volume.



PRODUCTS & SAFETY

Understanding adhesives, products, tools & safety standards for flawless results.



LASH CARE

Client aftercare, maintenance & retention techniques for long-lasting lashes.



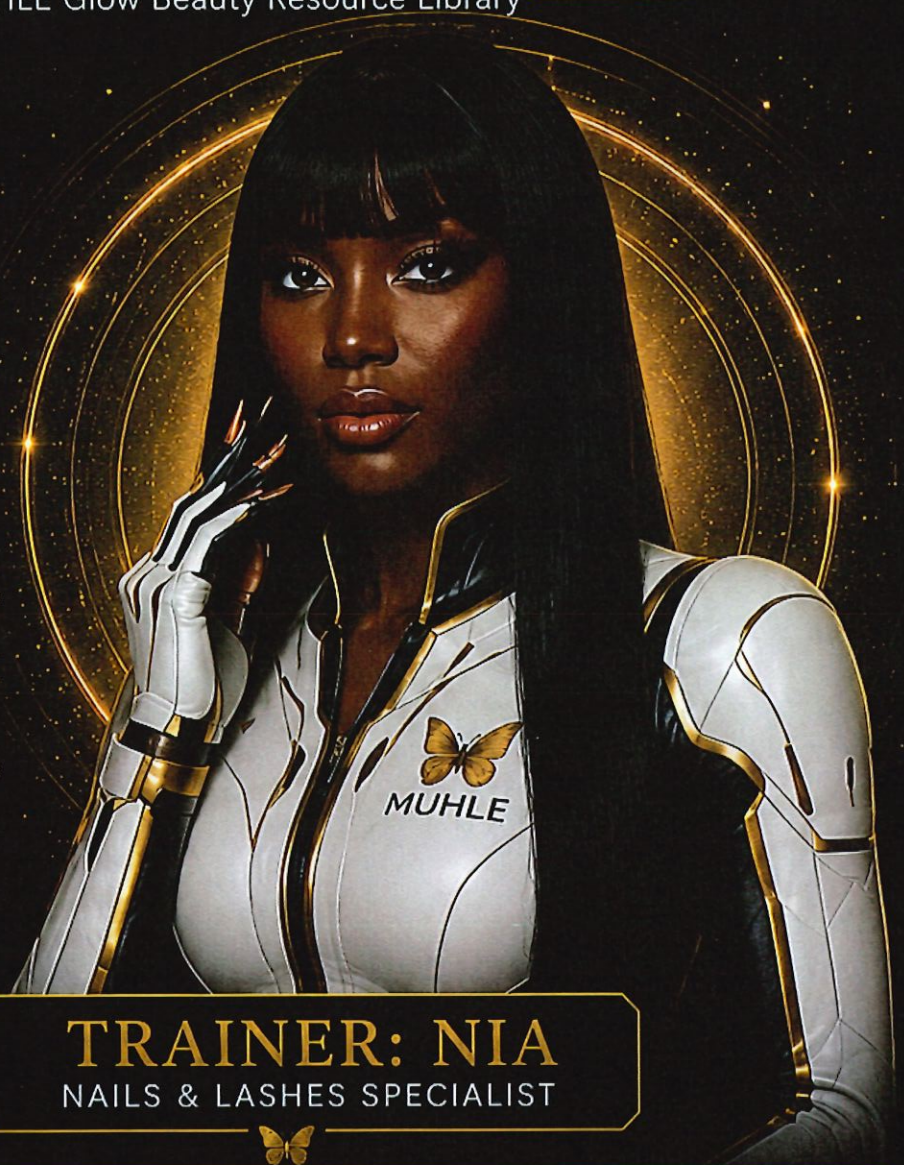
PRACTICAL TRAINING

Hands-on practice to build speed, precision, confidence & client satisfaction.



CERTIFICATION

Master your skills.
Become accredited.
Advance your career.



TRAINER: NIA
NAILS & LASHES SPECIALIST



EXPERT
KNOWLEDGE



PRACTICAL
TRAINING



PRECISE.
PERFECT. PROFESSIONAL.



ACCREDITED
CERTIFICATION



SUCCESS
CAREER GROWTH

PRECISION. CONFIDENCE. BEAUTY.

© 2026 MUHLE Glow Beauty (Pty) Ltd. All Rights Reserved.

MUHLE GLOW BEAUTY ACADEMY

PROFESSIONAL LASH EXTENSIONS TRAINING MANUAL

Trainer: NIA — Nails & Lashes Specialist

This manual provides structured theory and practical training for professional lash services. Product chemistry, adhesive use, curing, tinting and lifting procedures must always follow the manufacturer's instructions and applicable local regulations.

MODULE 1 — THE PROFESSIONAL LASH INDUSTRY

Professional lash services require precision, patience, hygiene and an understanding of natural lashes. The technician's first responsibility is client safety and preservation of the natural lash.

Professional Standards

A professional lash technician conducts a consultation, assesses the natural lashes, selects an appropriate design, maintains hygiene and provides aftercare.

Client Experience

The service should be calm, comfortable and professional. Explain the procedure, expected result, maintenance and possible sensitivities before beginning.

MODULE 2 — NATURAL LASH ANATOMY & GROWTH

The technician must understand the natural lash before applying any extension.

Key Structures

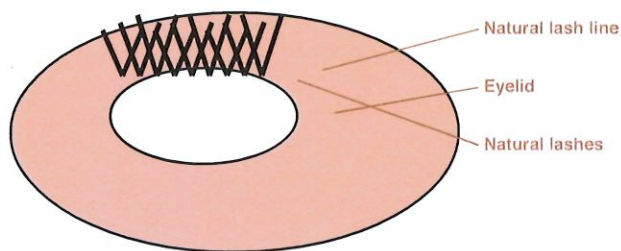
The lash line contains natural lashes that vary in length, thickness, direction and growth stage. The eyelid and surrounding skin must be protected throughout the service.

Growth Cycle

Natural lashes grow, transition and shed in cycles. Because lashes naturally shed, extensions will also shed as the attached natural lash reaches the end of its cycle.

Weight Selection

The extension must be appropriate for the natural lash. Excessive weight or length can create unnecessary stress.



MODULE 3 — CONSULTATION & CONTRAINDICATIONS

A detailed consultation determines whether the service is suitable and what design is appropriate.

Consultation Questions

Ask about previous lash services, sensitivities, allergies, eye conditions, medications or treatments that may affect the service, desired style and maintenance expectations.

Postpone or Refer

Do not proceed over active eye infection, significant inflammation, open skin, unexplained swelling or other conditions that make the service unsafe. When in doubt, refer the client to an appropriate healthcare professional.

Patch Testing

Where required by the product, local regulations or salon policy, follow the manufacturer's patch-testing procedure. A patch test does not guarantee that a reaction cannot occur.

MODULE 4 — HYGIENE, INFECTION PREVENTION & SAFETY

Strict hygiene protects both client and technician.

Before the Service

Clean and disinfect the workstation, prepare clean tools and wash or sanitise hands.

During the Service

Avoid cross-contamination. Keep adhesive and products closed when not in use. Use clean disposable items where appropriate.

After the Service

Dispose of single-use items correctly and disinfect reusable tools according to the approved procedure.

Eye Safety

Never allow adhesive or chemical products to enter the eye. If a product enters the eye, follow the product safety instructions and seek appropriate medical assistance.

MODULE 5 — EQUIPMENT & PRODUCTS

Every lash service should begin with a prepared professional workstation.

Core Equipment

Isolation tweezers, application/volume tweezers, lash trays, adhesive, adhesive tile or palette, eye pads, tape, micro brushes, spoolies, cleanser, primer where required, lash fan or suitable drying method, scissors where appropriate and a timer.

Optional Equipment

Nano mister or fan, lash mirror, magnifying lamp, pillow or bed support and client consultation forms.

Adhesive Safety

Adhesive must be stored, handled and replaced according to the manufacturer's instructions. The technician must understand humidity, temperature and curing requirements for the specific adhesive system.



ILLUSTRATED EQUIPMENT REFERENCE

MODULE 6 — LASH CURLS, LENGTHS & THICKNESSES

Choosing the correct extension is essential for both design and lash health.

Curls

Common curls include J, B, C, CC, D, L and L+ styles. The exact appearance varies by brand.

Lengths

Shorter lengths are generally used toward the inner corner and longer lengths may be used in the design according to the client's eye shape and natural lash strength.

Thickness

Thickness must be selected in relation to the natural lash and the chosen technique. Volume fans use multiple finer extensions rather than simply applying excessive weight.

MODULE 7 — LASH MAPPING & EYE SHAPES

Lash mapping is the planned distribution of lengths, curls and styling across the eye.

Mapping Process

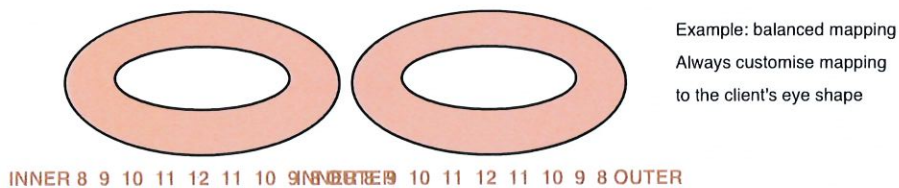
Assess the eye shape, natural lash direction and desired result. Divide the lash line into sections and plan the lengths before application.

Common Styles

Natural, doll/open-eye, squirrel and cat-eye styles are common design approaches. The map should be adapted to the individual client.

Professional Principle

A map is a guide, not a rigid rule. Natural lash health and the client's eye shape take priority.



MODULE 8 — CLASSIC LASH EXTENSIONS (1:1)

Classic lashes use one extension applied to one isolated natural lash.

Preparation

Cleanse the natural lashes, protect the lower lashes with appropriate eye pads or tape and ensure the client is comfortable.

Isolation

Use isolation tweezers to separate one natural lash from neighbouring lashes.

Pick Up

Select an extension appropriate to the natural lash and pick it up with the application tweezer.

Adhesive

Dip the base of the extension into the appropriate amount of adhesive according to the product system.

Placement

Place the extension onto the isolated natural lash with a controlled, clean attachment and without touching the skin.

Repeat

Continue across the lash line while maintaining consistent direction and design.

Final Check

Check for stickies by gently separating lashes and correct any unwanted attachments.

Finish

Allow the adhesive system to stabilise according to the product instructions, remove eye pads carefully and provide aftercare.

CLASSIC LASH VISUAL

Base remains controlled and extensions remain separated.

MODULE 9 — HYBRID LASH EXTENSIONS

Hybrid lashes combine classic individual extensions with volume fans to create texture and fullness.

Design

Plan where classic extensions and volume fans will be placed.

Application

Isolate the natural lash for classic placement. For volume areas, create or use an appropriate fan and attach it to a suitable natural lash.

Balance

The final result should have controlled texture rather than random weight distribution.

Check

Inspect for stickies, poor direction and excessive weight before finishing.



HYBRID LASH VISUAL

Base remains controlled and extensions remain separated.

MODULE 10 — VOLUME LASH EXTENSIONS

Volume lashes use multiple lightweight extensions arranged into a fan and attached to one natural lash.

Fan Creation

Create a controlled fan using the chosen technique. The base must remain neat and suitable for attachment.

Weight Control

The total weight of the fan must be appropriate for the natural lash.

Attachment

Attach the fan to one isolated natural lash without placing the base on the skin.

Direction

Maintain consistent direction and symmetry throughout the set.



VOLUME LASH VISUAL

Base remains controlled and extensions remain separated.

MODULE 11 — MEGA VOLUME

Mega volume requires advanced skill and extremely fine extensions. The technician must be trained to control fan weight and adhesive quantity.

Advanced Technique

Use only suitable lightweight extensions and a fan size appropriate to the natural lash.

Safety Priority

A fuller appearance must never be achieved by overloading the natural lash.

Quality Control

Check weight, attachment, direction and comfort continuously.



VOLUME LASH VISUAL

Base remains controlled and extensions remain separated.

MODULE 12 — LASH LIFT & TINT

Lash lifting changes the appearance of the natural lash by creating a curl or lift. Tinting adds colour where permitted and appropriate.

Consultation

Assess the natural lashes and check the product requirements and contraindications.

Preparation

Cleanse the lashes and protect the surrounding skin as required.

Shield Placement

Select and position the appropriate shield or rod according to the desired result.

Lifting Process

Apply the system's products in the correct sequence and timing. Never exceed the manufacturer's instructions.

Tinting

Where tinting is performed, follow the product instructions and applicable safety requirements.

Finishing

Remove products carefully, cleanse as directed and provide aftercare.

1 PREP

2 SHIELD

3 LIFT

4 TINT

5 FINISH

MODULE 13 — LASH REMOVAL

Removal should be performed professionally and without pulling or damaging the natural lashes.

Assessment

Identify the type of extension and assess the condition of the natural lashes.

Professional Removal

Use the correct professional removal product and procedure for the extension system.

Aftercare

Cleanse the lashes and advise the client on the next suitable service.

MODULE 14 — INFILLS & MAINTENANCE

Infills replace extensions that have shed and restore the design.

Assessment

Check for grown-out extensions, twisting, lifting and natural lash growth.

Removal of Problem Extensions

Remove grown-out or poorly positioned extensions safely.

New Application

Cleanse, isolate and apply new extensions to suitable natural lashes.

Rebalancing

Restore the intended map and overall symmetry.

MODULE 15 — RETENTION & TROUBLESHOOTING

Good retention depends on preparation, adhesive compatibility, environmental conditions, correct attachment and client aftercare.

Poor Retention

Review cleansing, preparation, adhesive freshness, humidity and temperature, attachment technique and client aftercare.

Stickies

Stickies occur when neighbouring lashes become attached. They must be separated before the service is completed.

Twisting

An extension may twist if the attachment is poor, the natural lash grows or the extension is too heavy.

Irritation

Stop and assess any significant discomfort or reaction. Follow product safety instructions and seek appropriate medical assistance when required.

MODULE 16 — CLIENT AFTERCARE

Aftercare protects the investment in the service and supports lash health.

Daily Care

Cleanse lashes as recommended using a suitable lash-safe cleanser and gently brush when appropriate.

Avoid

Do not pick, pull or cut extensions. Avoid unnecessary rubbing and follow product-specific aftercare.

Maintenance

Return for professional infills or removal at the recommended interval based on the client's lash growth and retention.

Professional Advice

If the client experiences significant pain, swelling or a suspected reaction, they should stop using the service and seek appropriate professional or medical advice.

PRACTICAL COMPETENCY ASSESSMENT

Competency	Observed	Competent	Further Practice
Consultation	■	■	■
Hygiene & workstation	■	■	■
Natural lash assessment	■	■	■
Equipment preparation	■	■	■
Classic 1:1	■	■	■
Hybrid	■	■	■
Volume	■	■	■
Mega Volume	■	■	■
Lash mapping	■	■	■
Isolation	■	■	■
Adhesive control	■	■	■
Lash lift	■	■	■
Removal	■	■	■
Infills	■	■	■
Aftercare	■	■	■

Student Name: _____

Trainer: NIA Date: _____ Signature: _____

© 2026 MUHLE Glow Beauty (Pty) Ltd. All Rights Reserved. This manual and its original MUHLE Glow Beauty branding, training content and materials may not be reproduced, copied, distributed or commercially used without written permission.