


MUHLE
GLOW BEAUTY

BEAUTY ACADEMY

Professional Training Manual

MICRO BLADING LIPS

FULL PROFESSIONAL STUDY &
PRACTICAL TRAINING MANUAL

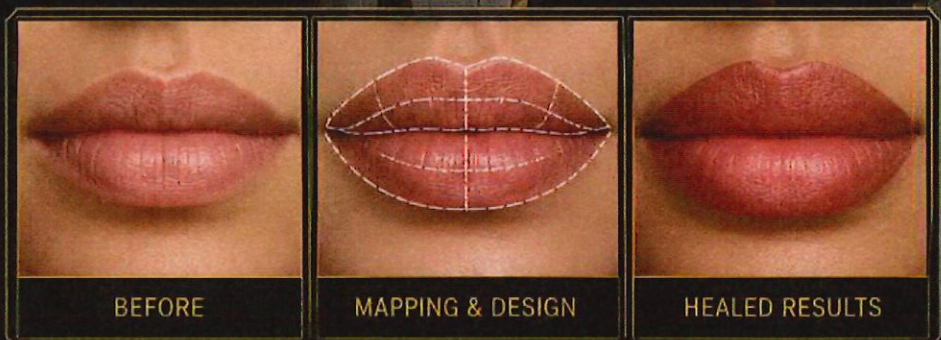
NIA

NAILS & LASHES
AI AVATAR

WHAT YOU WILL LEARN:

-  LIP ANATOMY & PHYSIOLOGY
-  MICRO BLADING TECHNIQUES
-  LIP MAPPING & DESIGN
-  PIGMENT SELECTION & COLOUR THEORY
-  SAFETY, HYGIENE & STERILISATION
-  NUMBING & PAIN MANAGEMENT
-  AFTERCARE & HEALING PROCESS
-  PRACTICAL TRAINING & GUIDANCE

“Beautiful lips
begin with
precision,
heal with care
and last with
expertise.”



DEFINE. ENHANCE. PERFECT. *Naturally Beautiful.* 



NATURAL
BEAUTIFUL
RESULTS



PRECISE
TECHNIQUE



LONG LASTING
COLOUR
RETENTION



SAFE &
HYGIENIC
PRACTICES



SATISFIED
CLIENTS



GROW YOUR
SKILLS &
BUSINESS

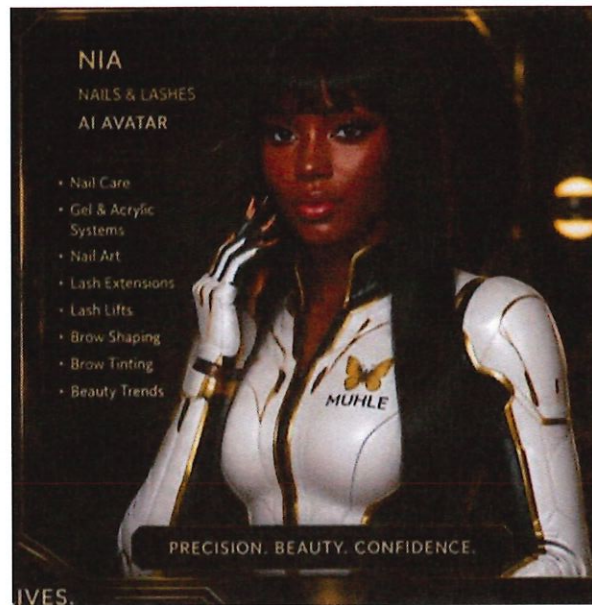


CERTIFICATION
OF
EXCELLENCE

TRAINER: NIA – NAILS & LASHES SPECIALIST

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MUHLE GLOW BEAUTY • MICROBLADING LIPS



NIA — TRAINER / AI BEAUTY TRAINING AVATAR

NIA is the MUHLE Glow Beauty training avatar guiding students through professional beauty education. This manual is structured for study, examination preparation and supervised practical training.

DOCUMENT CONTROL & COPYRIGHT

Manual	Professional Microblading Lips / Lip Blush Training Manual
Academy	MUHLE Glow Beauty Academy
Trainer	NIA — MUHLE Glow Beauty Training Avatar
Edition	2026 Professional Student • Examination • Practical Training Edition
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Training and safety: Lip permanent makeup is an invasive cosmetic procedure. Students must complete supervised practical training and comply with applicable South African/local health, infection-control, sharps-disposal, workplace and product requirements. This manual does not replace hands-on instruction.

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1. INTRODUCTION & LEARNING OUTCOMES

Lip blush is a cosmetic permanent makeup service that enhances the apparent colour, definition and balance of the lips. The professional objective is a soft, healed result that complements the client's natural features.

Students completing this module should understand consultation, safety, anatomy, mapping, colour theory, controlled pigment implantation, healing, aftercare and professional documentation.

- Explain the purpose and limitations of lip blush.
- Identify important lip anatomy and natural asymmetry.
- Screen a client and identify contraindications.

- Prepare a hygienic treatment environment.
- Understand professional equipment and pigment selection.
- Map lips before treatment.
- Understand the supervised procedure workflow.
- Explain neutralisation principles for cool/dark lips.
- Provide appropriate aftercare and recognise when referral is required.

2. LIP BLUSH / MICROBLADING LIPS EXPLAINED

The beauty industry sometimes uses the term 'microblading lips', but professional lip permanent makeup is more commonly described as **lip blush** or **lip micropigmentation**. The service uses a professional PMU device and sterile single-use needle cartridge to deposit cosmetic pigment into the skin.

The goal is not to create an opaque lipstick effect. A well-planned treatment generally aims for controlled colour enhancement, improved visual definition and balanced appearance.

Lip blush is not ordinary topical makeup. Pigment is implanted into the skin, so safety, hygiene, informed consent, professional training and appropriate client screening are essential.

NIA'S GOLDEN RULE: Enhance the client's natural lip architecture. Never force a shape or promise an identical result to a photograph.

3. LIP ANATOMY & TISSUE CONSIDERATIONS

The practitioner must understand the visible vermillion, upper and lower lip, Cupid's bow and the transition between lip tissue and surrounding skin. Natural asymmetry is normal.

Feature	Professional relevance
Vermilion border	Visible lip edge; mapping should remain conservative and respect natural anatomy.
Cupid's bow	Central upper-lip contour; should be balanced rather than artificially identical on both sides.
Upper lip	Shape and volume vary significantly between clients.
Lower lip	Often fuller, but proportions differ naturally.
Inner mucosal area	Different tissue environment; practitioner must understand and respect the treatment boundary.

4. CONSULTATION, CONSENT & CLIENT SCREENING

The consultation protects both client and practitioner. It should be completed before treatment and documented.

- Discuss desired colour, shape and level of enhancement.
- Review previous permanent makeup, lip tattoo, fillers, surgery or other procedures.
- Ask about allergies, sensitivities and relevant medication/medical history.
- Check the lips for active sores, lesions, infection, inflammation or unexplained changes.
- Discuss history of cold sores and advise appropriate medical guidance where relevant.
- Explain realistic healed results, possible uneven retention and the potential need for a later touch-up.
- Obtain informed consent and record the agreed treatment plan.

5. CONTRAINDICATIONS & MEDICAL REFERRAL

A practitioner must recognise situations where treatment should be postponed, declined or referred. Never diagnose a condition.

- Active cold sore, infection, open wound or lesion in the treatment area.
- Unexplained swelling, significant inflammation or severe irritation.
- Any condition outside the practitioner's scope of practice.

- A client who requires medical clearance but has not obtained it.
- Inability to obtain valid informed consent.

WHEN UNCERTAIN: STOP, POSTPONE AND REFER APPROPRIATELY.

6. HYGIENE, INFECTION PREVENTION & SAFE SETUP

- Perform hand hygiene before and after each client.
- Use appropriate PPE and change gloves as required.
- Use sterile, single-use needle cartridges.
- Dispose of sharps immediately in an approved sharps container.
- Disinfect surfaces using suitable products and correct contact time.
- Use barriers on equipment/cables where appropriate.
- Separate clean and contaminated items.
- Never reuse single-use items.
- Follow local regulations and manufacturer instructions.

7. EQUIPMENT, NEEDLES & PIGMENTS

- Professional PMU machine suitable for lips.
- Sterile, single-use needle cartridges selected according to supervised training and manufacturer instructions.
- Professional cosmetic tattoo pigments from reputable manufacturers.
- Mapping pencil/tools and suitable measuring aids.
- PPE, barrier film and disposable supplies.
- Appropriate cleansing/preparation products.
- Bright task lighting and suitable client positioning.
- Approved sharps container and clinical/waste disposal system.
- Client consultation, consent and aftercare documentation.

Needle principle: Students must be taught cartridge selection, machine configuration, hand speed, depth and movement under qualified supervision. Do not improvise settings from a written manual.

8. COLOUR THEORY & PIGMENT SELECTION

Pigment selection considers natural lip colour, skin tone, undertone, desired healed result and whether the treatment is enhancement or neutralisation.

- Warm/red/pink lips may be suitable for a straightforward enhancement strategy.
- Cool, purple or bluish tones may require neutralisation depending on assessment and practitioner training.
- Darker or uneven lips may require a staged plan rather than maximum saturation in one appointment.
- Very bright colour requests require realistic discussion because healed results generally soften.
- Record pigment brand, colour and batch/lot information where required by your professional system.

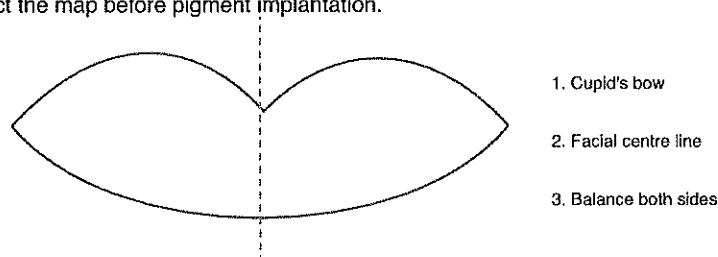
Never select colour solely from a swatch. The client's natural tissue and expected healed result must guide the plan.

9. LIP MAPPING & SYMMETRY

Mapping creates the design before pigment implantation. Assess the lips at rest and with natural facial movement. The objective is balanced enhancement—not artificial mathematical perfection.

- Observe the natural vermilion border.
- Identify the facial centre line.

- Assess Cupid's bow and existing asymmetry.
- Map upper and lower lip proportions together.
- Check the design from multiple angles.
- Show the client the mapped design and obtain approval.
- Correct the map before pigment implantation.



Training diagram: simplified mapping illustration. Always assess the client's actual anatomy; do not use a generic outline as the final design.

10. PRE-PROCEDURE PREPARATION

- Complete consultation, screening and consent.
- Photograph the client according to your documentation protocol.
- Confirm approved shape and colour plan.
- Prepare the workstation before opening sterile supplies.
- Explain the procedure and expected sensations/healing.
- Check all equipment before beginning.

11. PROFESSIONAL PROCEDURE WORKFLOW

The exact machine settings, needle configuration, pressure, depth and movement must be taught practically under qualified supervision and must follow manufacturer instructions. The following is the professional workflow—not a substitute for hands-on training.

- **Step 1 — Confirm:** Reconfirm consultation, consent, shape and colour plan.
- **Step 2 — Prepare:** Position client and establish sterile/hygienic field.
- **Step 3 — Map:** Finalise and approve the design.
- **Step 4 — Colour plan:** Confirm pigment strategy and expected healed effect.
- **Step 5 — Controlled implantation:** Work systematically within the practitioner's training parameters.
- **Step 6 — Monitor tissue:** Observe swelling, irritation and tissue response; avoid unnecessary overworking.
- **Step 7 — Review:** Clean, inspect and document the completed treatment.
- **Step 8 — Aftercare:** Explain and provide written aftercare.

12. LIP NEUTRALISATION & DARK LIPS

Neutralisation is a corrective colour approach for lips with unwanted cool, grey, purple, blue, brown or uneven undertones. It is a more advanced skill than straightforward colour enhancement.

- Assess natural lip tone under suitable lighting.
- Identify whether the undertone is warm, cool, grey, purple, blue, brown or mixed.
- Choose a corrective strategy based on professional colour theory and expected healed result.
- Work conservatively; do not chase darkness with excessive passes.

- Allow healing before judging final colour.
- Consider staged treatment for significantly uneven or pigmented lips.
- Refer complex cases when they exceed the practitioner's training.

ADVANCED PRACTICE: Neutralisation should be performed only after appropriate colour-theory education and supervised practical competency.

13. SHADING, SATURATION & TECHNIQUE PRINCIPLES

- Work systematically rather than repeatedly concentrating on one area.
- Maintain controlled, consistent coverage.
- Avoid excessive pressure and unnecessary passes.
- Monitor tissue response continuously.
- Do not attempt to force pigment into irritated tissue.
- Aim for a soft, even healed effect rather than maximum immediate colour.

14. HEALING & AFTERCARE

Stage	What the client may notice
Immediately after	Stronger colour and swelling can occur.
Early healing	Colour begins to soften; lips may feel dry or sensitive.
Flaking/peeling	Surface shedding may occur; do not pick or pull skin.
Healed stage	Colour is generally softer than the immediate result.
Review/touch-up	Healed colour and symmetry are assessed before refinement.

15. CLIENT AFTERCARE

- Keep the area clean according to the practitioner's approved protocol.
- Do not pick, scratch or forcibly remove peeling skin.
- Do not apply unapproved products.
- Avoid unnecessary irritants during healing.
- Follow practitioner guidance regarding cosmetics and activities.
- Contact the practitioner/healthcare professional if symptoms are severe, unusual or worsening.

16. COMPLICATIONS & CORRECTIVE MANAGEMENT

The practitioner must recognise the limits of their scope. Do not diagnose medical conditions.

- Document the concern and visible observations.
- Provide only advice within your professional scope.
- Escalate/referral should occur when symptoms are concerning or outside scope.
- Do not perform corrective pigment work on tissue that is not appropriately healed.
- Record follow-up communication and any professional referral.

17. CLIENT RECORDS

- Client details and contact information.
- Consultation/screening and consent.
- Before photographs.
- Mapped design and colour plan.

- Pigment manufacturer, shade and batch/lot where applicable.
- Treatment date and practitioner.
- Aftercare instructions supplied.
- Follow-up and touch-up notes.

18. PRACTICAL ASSESSMENT CHECKLIST

Competency	Achieved
Professional workstation and preparation	■
Hand hygiene/PPE/infection prevention	■
Consultation and screening	■
Consent and documentation	■
Mapping and symmetry	■
Colour selection rationale	■
Controlled technique under supervision	■
Tissue response monitored	■
Aftercare explained	■
Client record completed	■

19. STUDENT EXAMINATION

1. Define lip blush and explain how it differs from topical lipstick.
2. Why is consultation essential before lip permanent makeup?
3. List five contraindications or reasons to postpone treatment.
4. Explain why mapping is performed before pigment implantation.
5. What factors influence pigment selection?
6. What is lip neutralisation and when may it be considered?
7. Why should the practitioner avoid overworking tissue?
8. List six aftercare instructions.
9. Why are sterile single-use needle cartridges essential?
10. When should a practitioner stop and refer a client?

20. GLOSSARY

Aftercare: Instructions given to support appropriate healing.

Cupid's bow: Central curved feature of the upper lip.

Lip blush: Cosmetic permanent makeup intended to enhance lip colour and definition.

Mapping: Planning/drawing the intended treatment shape.

Neutralisation: Corrective colour strategy for unwanted undertones.

Pigment: Professional cosmetic tattoo colour product.

Touch-up: Later assessment/refinement after healing.

21. NIA'S PROFESSIONAL MESSAGE

Precision, hygiene, patience and communication are as important as technical skill. Work conservatively, respect natural anatomy, protect the client and document every treatment.

— NIA, MUHLE Glow Beauty Training Avatar

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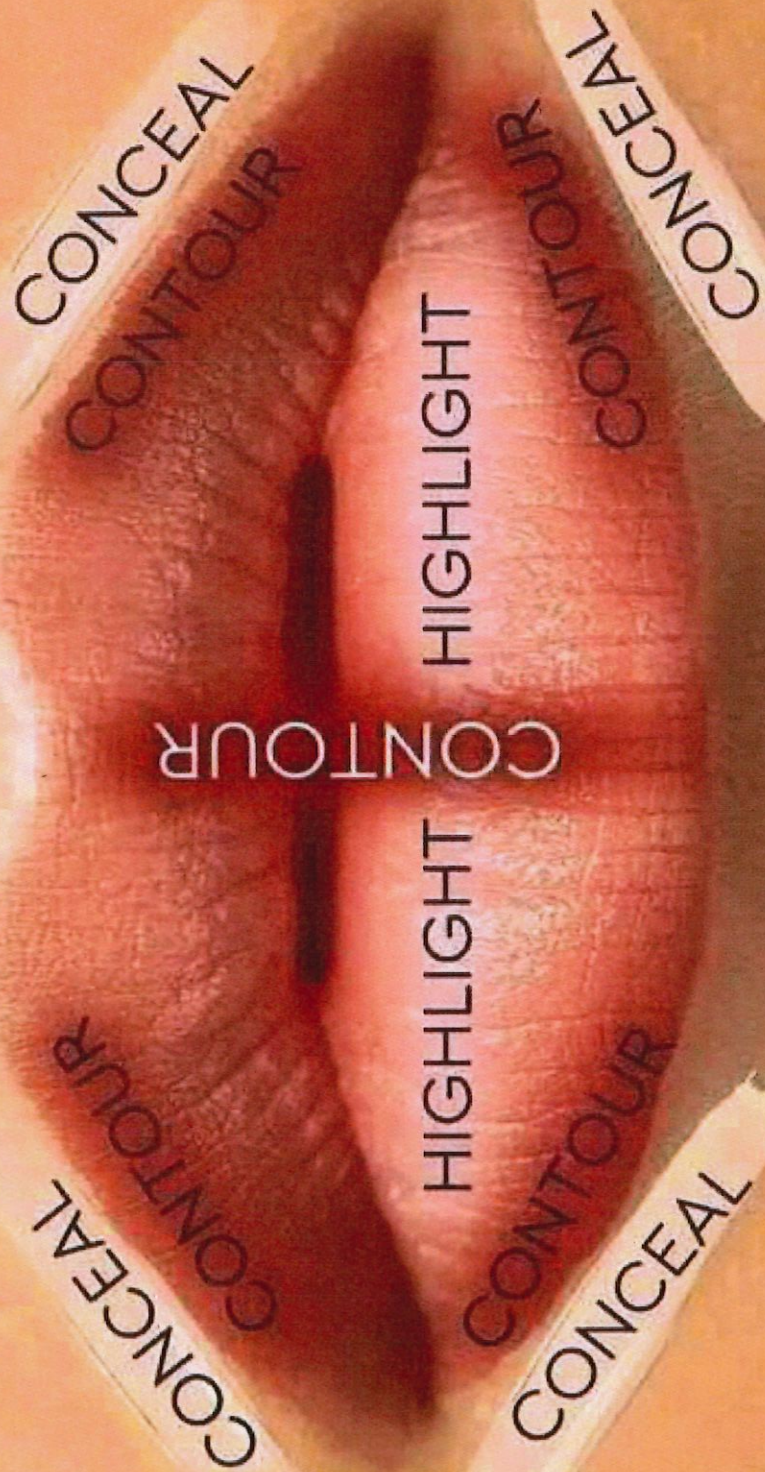
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MUHLE GLOW BEAUTY

BEAUTY EDUCATION • PROFESSIONAL STANDARDS • CONFIDENT PRACTITIONERS

HOW TO CONTOUR YOUR LIPS?



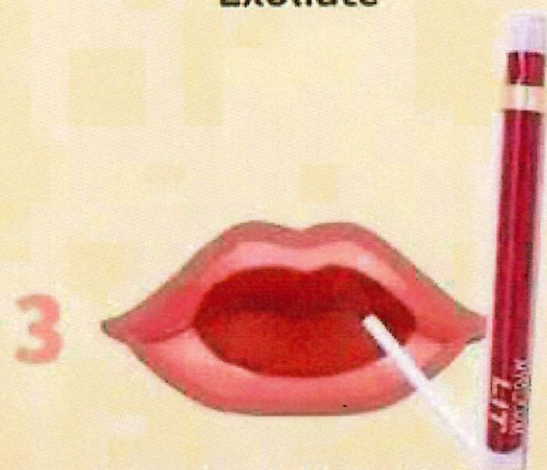
Glossy Lips Douyin Style



Exfoliate



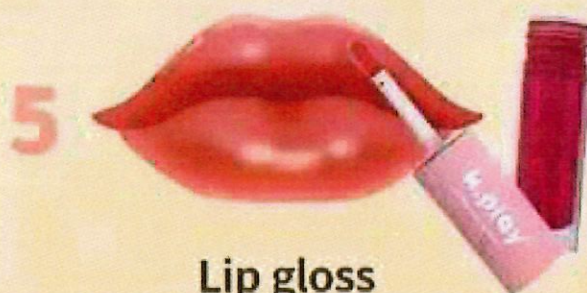
Overline



Apply red lipstick
on the insides of your lips

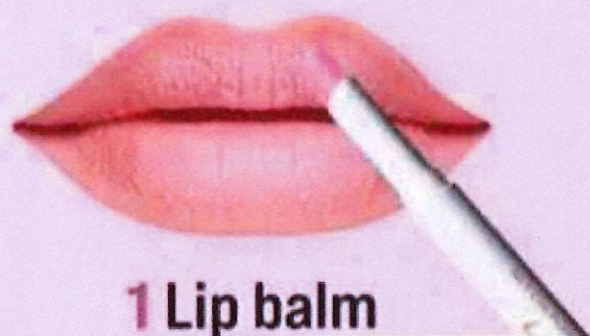


Highlight the
cupid's bow



Lip gloss

How To Apply Lipstick Perfectly



1 Lip balm

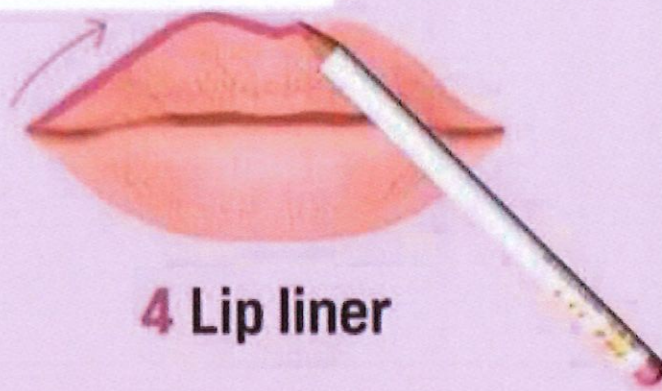


2 Wipe off lip balm

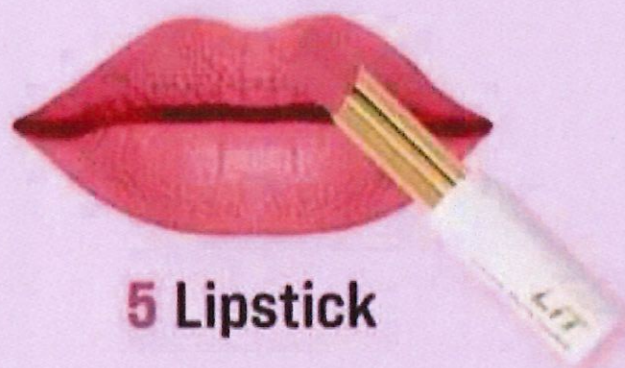
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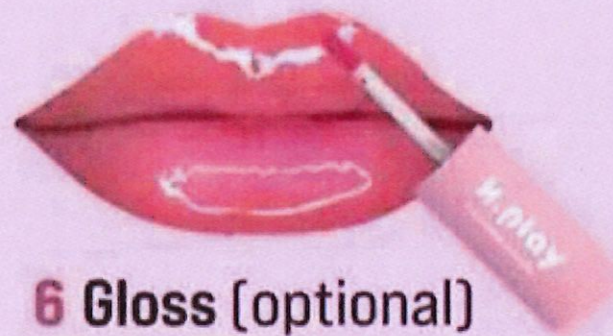
3 Concealer/Compact



4 Lip liner



5 Lipstick



6 Gloss (optional)

HOW TO CREATE *Ombre Lips*



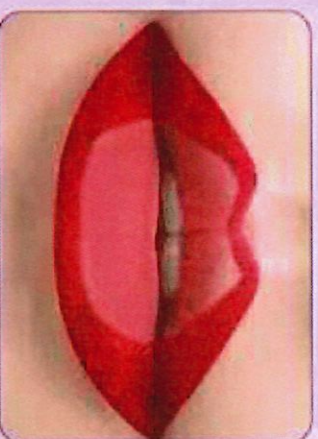
STEP 1

Use a dark lip liner



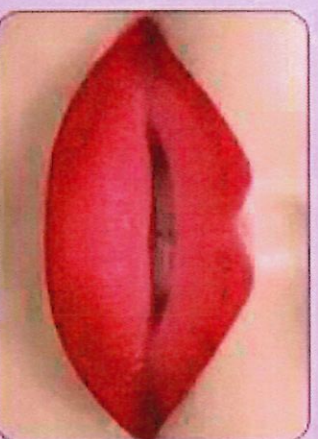
STEP 2

Fill in the outer corner
with lip liner



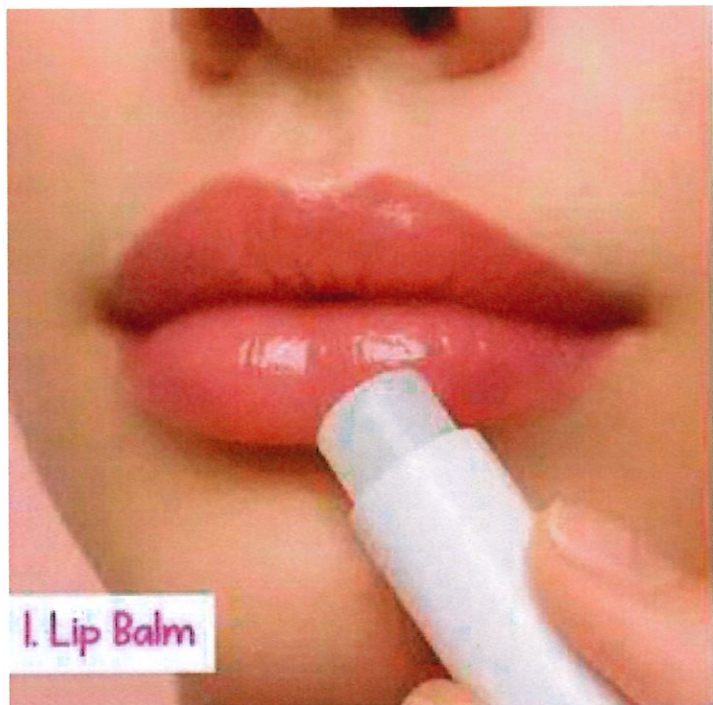
STEP 3

Apply a lighter shade
of lipstick in the center

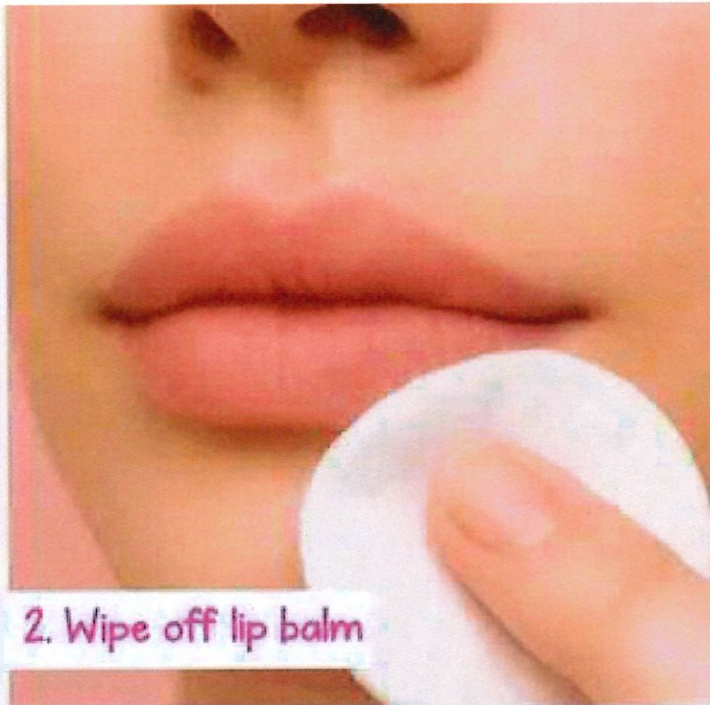


STEP 4

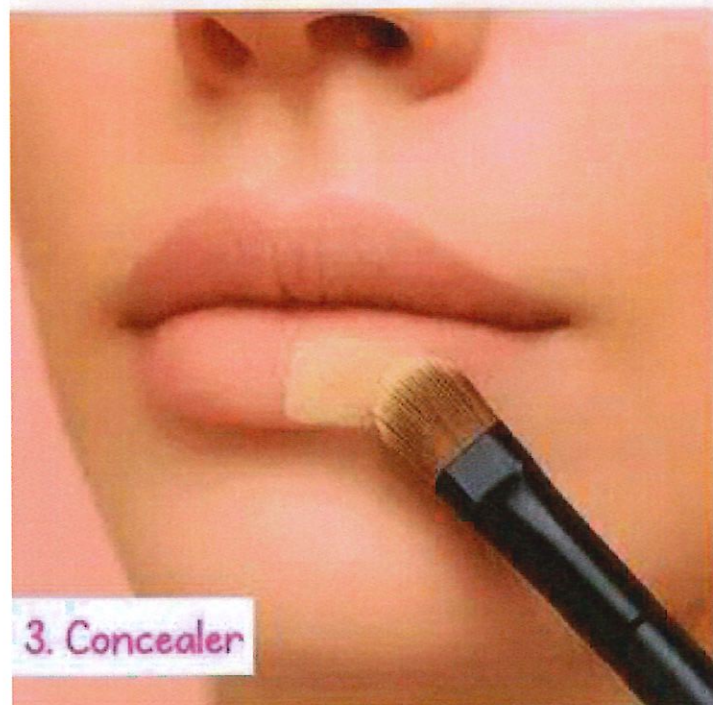
Final look



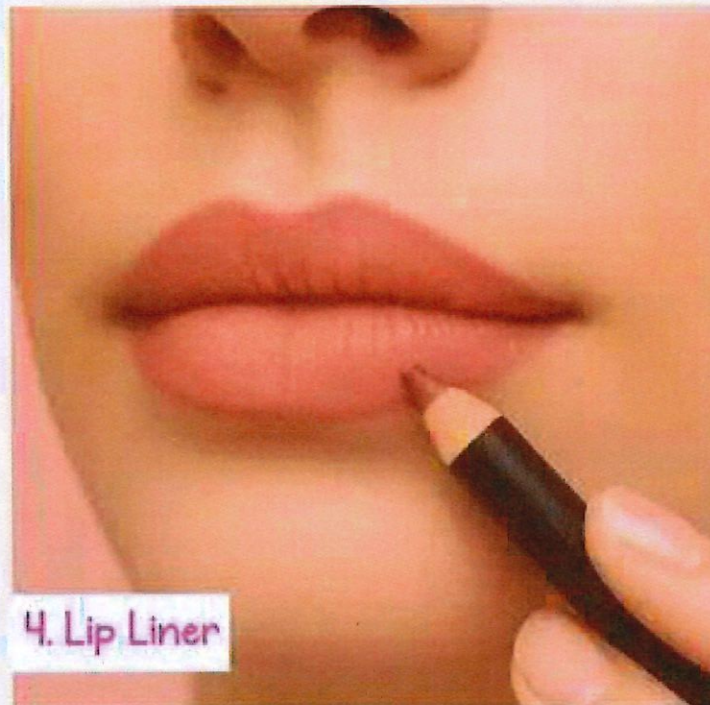
1. Lip Balm



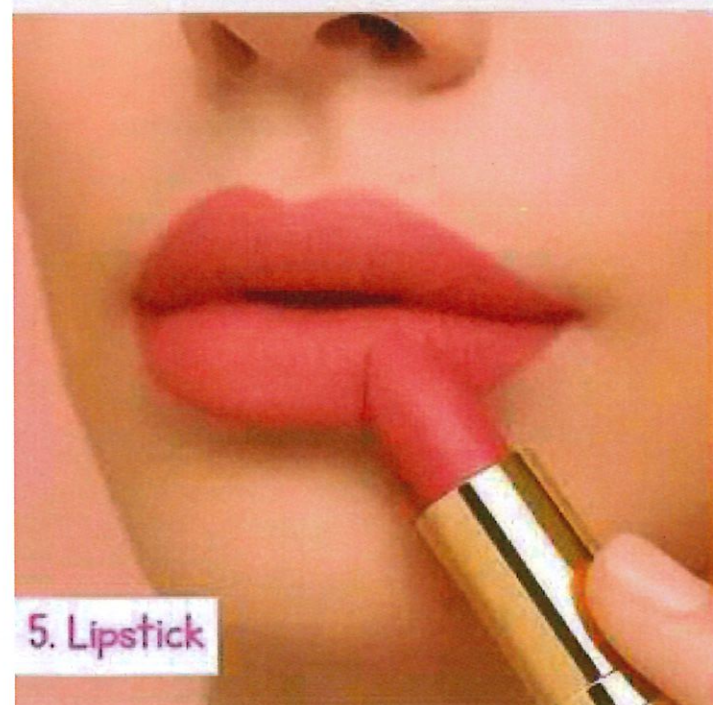
2. Wipe off lip balm



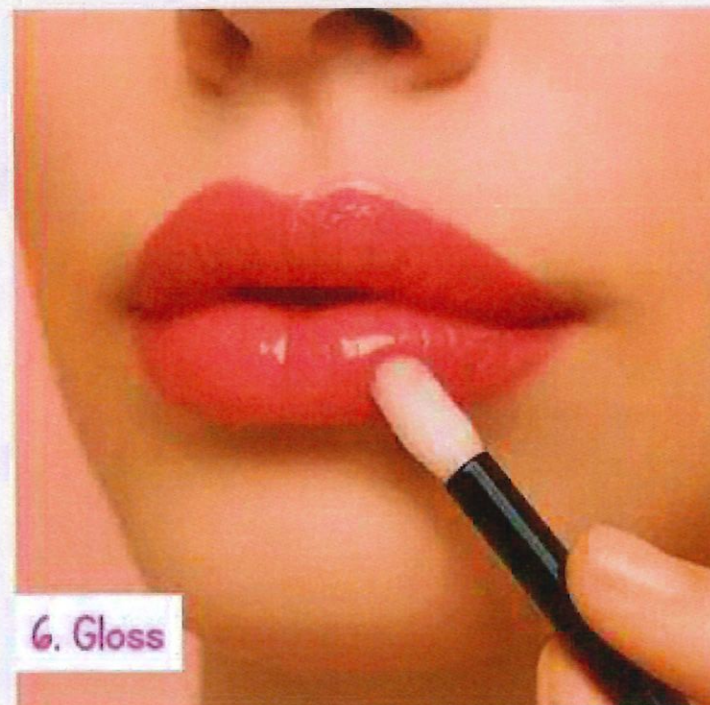
3. Concealer



4. Lip Liner



5. Lipstick

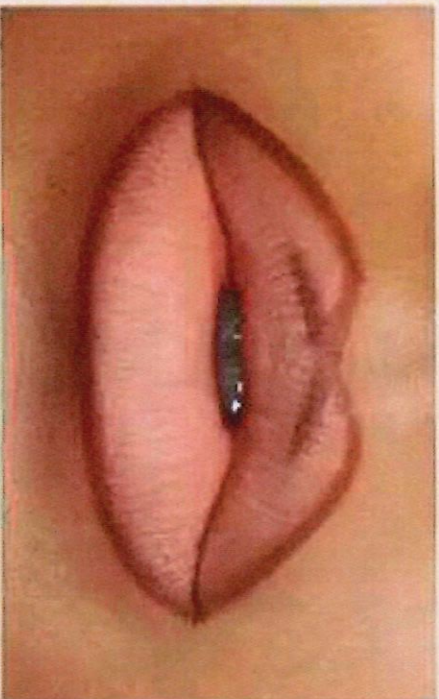


6. Gloss

HOW TO USE LIP LINER

STEP 1

Line your lips
with the lip liner



STEP 2

Shade the outer corners
by blending it inwards



STEP 3

Fill in your lips with the
matte lip color & blend

