



EDUCATE • EMPOWER • ELEVATE

THREADING THERAPY MANUAL

FULL PROFESSIONAL STUDY & PRACTICAL TRAINING MANUAL

MUHLE Glow Beauty Resource Library



THEORY

In-depth knowledge of threading techniques, facial anatomy & hair growth.



TECHNIQUES

Step-by-step threading methods for perfect, precise results.



BROW MAPPING

Learn brow shaping, design & symmetry for every face.



SKIN CARE

Pre & post-threading skincare for calm, healthy, glowing skin.



PRACTICAL TRAINING

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



CERTIFICATION

Master your skills. Become accredited.



TRAINER: AMARA
BODY & SKIN GLOW SPECIALIST



EXPERT
KNOWLEDGE



PRACTICAL
TRAINING



PRECISE.
PERFECT. PROFESSIONAL.



ACCREDITED
CERTIFICATION



SUCCESS
CAREER GROWTH

PRECISION. CONFIDENCE. BEAUTY.

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Trainer: Amara — Body & Skin Glow Specialist

Subject: Professional Threading

Purpose: Student study, practical training, examination and competency assessment.

Scope: Threading is a cosmetic temporary hair-removal service. Students must work within their training, local regulations and salon policy. Do not diagnose medical conditions; refer where appropriate.

LEARNING OUTCOMES

- Explain threading principles, hair structure and the growth cycle.
- Identify thread, tools, workstation and hygiene requirements.
- Perform brow mapping and controlled threading of facial zones.
- Recognise contraindications, reactions and referral situations.
- Complete consultation, aftercare, records and practical assessment.

CONTENTS

Foundations • Hair & Skin • Equipment • Hygiene • Consultation • Preparation • Thread Mechanics • Brow Mapping • Brows • Upper Lip • Chin/Jaw • Forehead/Sideburns • Full Face • Sensitive/Mature Skin • Correction • Aftercare • Troubleshooting • Records • Protocols • Examination • Practical Assessment

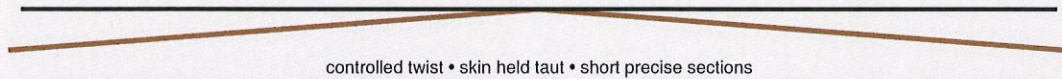
1. FOUNDATIONS OF THREADING

Threading is a temporary cosmetic hair-removal technique using a twisted strand of thread to capture hairs and remove them from the follicle. It is particularly useful for precise brow shaping and facial hair removal.

Professional threading depends on control of the thread, skin tension, finger movement and working direction. Speed is secondary to accuracy, comfort and skin safety.

- Precise shaping
- No depilatory wax or chemical hair remover is required
- Results are temporary; regrowth varies between clients
- Poor technique can cause pinching, broken hairs or irritation

THREAD LOOP & TWIST



2. HAIR, SKIN & GROWTH CYCLE

Hair grows from follicles within the skin. The visible shaft is largely keratin. Hair cycles through **anagen** (active growth), **catagen** (transition) and **telogen** (rest). Because follicles are in different phases, regrowth is gradual.

Skin integrity matters. The therapist must protect the epidermis from unnecessary friction and repeated passes, especially on thin, sensitised or recently exfoliated skin.

- Do not promise permanent hair removal
- Hair texture and density vary
- Hormones, age and genetics influence regrowth

3. EQUIPMENT, THREAD & WORKSTATION

Use a clean, uncluttered workstation. Professional cotton facial-threading thread is preferred because it provides predictable grip and control. Keep clean supplies protected from contamination.

- Thread suitable for facial threading
- Clean spoolies
- Brow mapping pencil/tool
- Disinfected scissors when trimming is required
- Clean gauze/cotton and approved soothing product
- Hand hygiene supplies, waste bin, clean towel/headband and suitable lighting

4. HYGIENE & INFECTION PREVENTION

Perform hand hygiene before and after every client. Clean and disinfect the workstation and reusable tools according to the manufacturer's instructions and salon policy. Dispose of used thread immediately.

Do not hold thread in the mouth. Saliva is a contamination risk and this traditional practice is not appropriate for a professional hygiene protocol.

- Use clean/disposable materials as required
- Do not return used thread to clean stock
- Cover therapist cuts and follow PPE policy
- Never treat over visibly contaminated or compromised skin

5. CONSULTATION & CONTRAINDICATIONS

Ask about the desired result, previous reactions, recent waxing/threading, aggressive exfoliation, peels, resurfacing, laser or other procedures, active breakouts and products that may increase sensitivity. Examine the skin in good light before treatment.

Postpone over open wounds, active infection, significant inflammation, sunburn, fresh abrasions, weeping lesions or severely compromised skin. After professional resurfacing or peels, follow the treating professional's recommended waiting period.

- Do not diagnose skin disease
- Explain possible temporary redness
- Obtain informed consent
- Document relevant disclosures and aftercare

6. SKIN PREPARATION

Seat the client comfortably and secure hair away from the face. Cleanse gently, remove makeup/oil/residue and dry completely. Threading requires a clean, dry working surface; excessive slip reduces control.

Avoid aggressive scrubbing immediately before threading. Explain the movement before starting, especially around sensitive areas such as the upper lip.

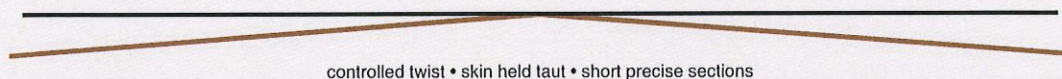
7. THREADING MECHANICS & HAND CONTROL

Create a loop and twist the centre several times. Finger movements open and close the loop so the central twist travels and catches hair. Hold the skin taut and work in short, controlled sections.

The thread should glide; aggressive sawing is not required. Use the minimum effective pressure and avoid repeated passes over the same area.

- Anchor and stabilise the skin
- Maintain a consistent twist
- Coordinate opening/closing fingers
- Work according to hair direction and design
- Stop if the skin becomes increasingly reactive

SKIN TENSION & THREAD CONTROL



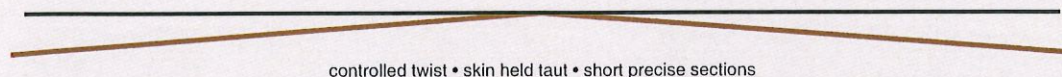
8. BROW MAPPING & DESIGN

Brows must be assessed as a pair. Establish the starting point, natural arch and tail using a clean mapping pencil/tool. The design should respect facial proportions, natural density and the client's preference.

Map lightly, compare both sides from several angles and remove only hair outside the agreed design. Human faces are naturally asymmetrical; aim for visual balance rather than identical follicles.

- Preserve density where possible
- Do not over-thin the tail
- Confirm the shape before removal
- Step back from the face to reassess

BROW MAPPING — START / ARCH / END



9. EYEBROW THREADING — FULL METHOD

MODULE 6 — THREADING HAND POSITIONS & BASIC TECHNIQUE

The technician must develop control of the thread before working on a client.

Thread Preparation

Cut a suitable length of clean thread and form a loop according to the selected technique.

Twist Formation

Create a controlled twisted centre in the thread.

Hand Movement

Open and close the hands in a coordinated movement so the twist travels across the treatment area.

Skin Tension

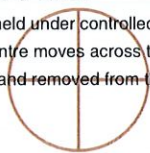
Use appropriate skin tension and work in small controlled sections.

THREAD LOOP & TWIST

The thread is held under controlled tension.

The twisted centre moves across the skin.

Hair is caught and removed from the follicle.



THREADING ACTION



Thread catches hair as the twist travels across the skin.

MODULE 7 — FACIAL THREADING ZONES

Facial threading should be planned according to the area and hair-growth pattern.

Forehead

Work in controlled sections while protecting the hairline and avoiding excessive repeated passes.

Cheeks

Follow the natural hair-growth direction and maintain client comfort.

Sideburns

Use careful sectioning and maintain facial symmetry.

Jawline and Chin

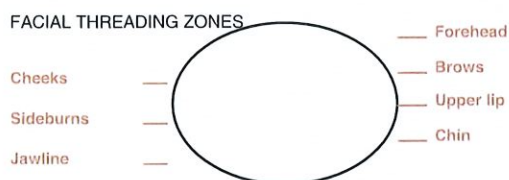
Work with controlled tension and assess the direction of growth.

Upper and Lower Lip

Use small precise movements and careful skin tension.

Nose Area

Work cautiously around the contours of the nose.



MODULE 8 — BROW MAPPING DIAGRAM

Professional mapping supports proportion, symmetry and controlled hair removal.

Mapping Principles

Assess the natural brow before marking any design.

Balance

Aim for visual balance rather than forcing identical brows.

Client Consultation

The final shape should reflect the client's desired result and natural facial structure.

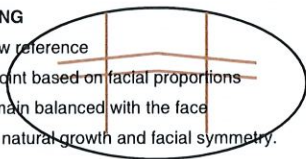
BROW MAPPING

Start: inner brow reference

Arch: highest point based on facial proportions

Tail: should remain balanced with the face

Always assess natural growth and facial symmetry.



1. Cleanse and dry. 2. Map and confirm. 3. Prepare clean thread. 4. Hold skin taut. 5. Begin with small passes under/above the mapped design. 6. Progress from inner brow toward arch and tail. 7. Remove isolated strays precisely. 8. Comb through with a clean spoolie. 9. Recheck symmetry and finish.

Do not remove additional hair merely to force symmetry. Over-removal is harder to correct than a conservative first pass.

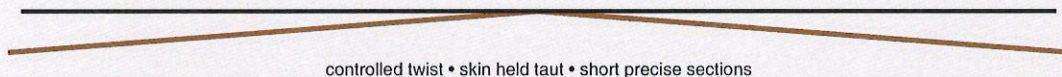
10. UPPER-LIP THREADING

Cleanse and dry. Position the client comfortably and divide the upper lip into small sections. Support the skin and use short controlled passes. Avoid the wet mucosal surface.

Monitor the skin frequently. If redness becomes increasingly intense or discomfort becomes unusual, stop rather than repeatedly passing over the same area.

- Use short sections
- Keep the skin controlled
- Avoid mucosal tissue
- Communicate throughout

UPPER LIP — SHORT CONTROLLED SECTIONS



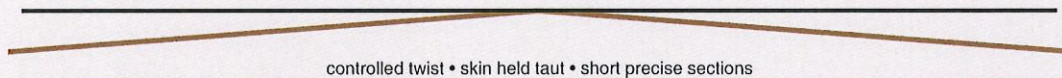
11. CHIN & JAWLINE

Divide the chin into small zones. Hold the skin comfortably taut and use controlled passes. Coarse and fine hairs may be present together, so do not repeatedly treat one patch simply to achieve absolute smoothness.

Follow the jaw contour and avoid unnecessary stretching of delicate skin. Reassess from several angles.

- Small sections
- Minimum effective pressure
- Check skin response
- Recheck symmetry

CHIN / JAWLINE — ZONED WORK



12. FOREHEAD & SIDEBURNS

Divide broad areas into zones and work systematically. Avoid active blemishes or compromised skin. For sideburns, agree on the desired endpoint and compare both sides before removal.

Where a client requests a major change to the hairline or sideburn shape, explain the implications before removing hair.

13. FULL-FACE THREADING

Use a sequence such as brows → forehead → side/sideburn areas → cheeks → upper lip → chin/jawline, adapting to the client. Complete design-sensitive areas first and broad areas systematically.

Monitor skin response between zones, limit repeated passes and use fresh thread according to hygiene protocol. Finish only after checking the entire face.

- Map brows first

- Work zone by zone
- Avoid active lesions
- Monitor cumulative irritation

14. NECK & FINE FACIAL HAIR

Neck and fine facial hair can be treated when skin integrity and client expectations are suitable. Fine vellus hair may be difficult to capture consistently.

Use gentle tension and small sections. Thin or loose skin requires extra caution. A small test area may be appropriate for a highly sensitive client according to salon policy.

15. SENSITIVE, MATURE & PROBLEM-PRONE SKIN

Sensitive skin requires conservative technique. Mature skin may have reduced elasticity and greater fragility. Use minimal passes and excellent skin support.

Do not thread over active inflammatory lesions, open skin or clearly compromised barrier function. Clients using potent exfoliating/resurfacing products may need postponement.

- Stop if redness is intense, spreading or painful
- Do not diagnose
- Refer unexplained or suspicious lesions
- Follow treating professional/manufacture guidance

16. CORRECTION & SYMMETRY

Correct conservatively. Compare brows from front, three-quarter and side views. Comb through to reveal natural hair direction. Preserve density whenever possible.

Explain that over-removed hair needs time to regrow and that an exact regrowth date cannot be guaranteed.

17. FINISHING & AFTERCARE

Remove loose hairs with clean gauze or a disposable applicator. Apply a compatible calming product according to salon protocol. Avoid unnecessary touching, rubbing, intense heat and irritating cosmetics immediately after treatment.

Normal skin protection remains important; advise gentle skincare and daily broad-spectrum sunscreen.

- Keep the area clean
- Do not pick or scratch
- Use gentle products until settled
- Maintenance depends on individual regrowth

18. TROUBLESHOOTING

Pinching: reset skin tension and thread control. **Broken hairs:** reassess direction, tension and capture. **Uneven brows:** stop and remap rather than removing more hair impulsively. **Excessive redness:** stop repeated passes and assess. **Unusual pain:** stop and investigate rather than continuing.

19. CLIENT CARE & RECORDS

Professional service includes consultation, consent, safe treatment, communication, aftercare and documentation. Record areas treated, agreed brow design, relevant disclosures, products used, skin response and aftercare.

Client photographs require appropriate consent and must be stored according to privacy and salon policy.

20. QUICK TREATMENT PROTOCOLS

Brows: cleanse → dry → map → confirm → thread small sections → comb → symmetry check → finish → aftercare.

Upper lip: cleanse → dry → position → section → support skin → short passes → inspect → finish → aftercare.

Chin/jaw: cleanse → dry → zone → support → controlled passes → inspect → finish.

Full face: consultation → cleanse → brow map → systematic zones → monitor → finish → aftercare → record.

21. THEORY EXAMINATION & REVISION

Short-answer questions

1. Define threading.

2. Explain anagen, catagen and telogen.
3. Why is skin tension important?
4. Why should thread not be held in the mouth?
5. List six essential items of equipment.
6. Give five reasons to postpone treatment.
7. Explain the purpose of brow mapping.
8. What should you do if redness becomes increasingly intense?
9. Why should repeated passes be limited?
10. Give four aftercare recommendations.

MULTIPLE-CHOICE

1. Skin should be held taut primarily to:

A increase absorption • B improve control and reduce pinching • C speed hair growth • D change pigmentation

Answer: B

2. A professional thread should be:

A clean and suitable • B previously used • C rough household string • D contaminated

Answer: A

3. Which requires postponement?

A intact healthy skin • B active open/infected lesion • C normal brow hair • D mild dryness

Answer: B

4. Brow mapping establishes:

A hair colour • B design landmarks and balance • C skin pH • D product absorption

Answer: B

5. Increasing intense redness requires the therapist to:

A continue faster • B add pressure • C stop and assess • D ignore it

Answer: C

22. PRACTICAL COMPETENCY ASSESSMENT

The student must demonstrate the complete service under trainer supervision. Competency requires safe technique, appropriate consultation and a professional finished result.

Assessment criterion	Competent	Reassess
Consultation, consent and contraindication screening	■	■
Hand hygiene and workstation preparation	■	■
Correct thread preparation and clean handling	■	■
Skin preparation and positioning	■	■
Controlled twist and finger coordination	■	■
Skin tension and pressure control	■	■
Brow mapping and symmetry	■	■
Eyebrow threading method	■	■
Upper-lip method	■	■
Chin/jawline method	■	■
Communication and comfort checks	■	■
Aftercare explanation	■	■
Treatment record completion	■	■

TRAINER SIGN-OFF

Student: _____ Date: _____

Result: ■ Competent ■ Further Practice ■ Reassessment Required

Trainer: Amara — Body & Skin Glow Specialist

Trainer signature: _____ Student signature: _____

FINAL STUDENT CHECKLIST

- I can explain threading and the hair-growth cycle.
- I can prepare a hygienic workstation.
- I can identify contraindications and when to postpone/refer.
- I can map and thread brows safely.
- I can perform upper-lip, chin, jawline and facial threading.
- I can explain aftercare and complete client records.
- I can pass the theory and demonstrate practical competency.

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