

PERSONAL REFLECTION

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31.March

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In that document i will present my personal reflection how I learned to do eyelashes extetion.

DESCRIPTION

I learned a lot about the methods of eyelash extension and eyelash styling during the eyelash training, which was a fantastic learning opportunity for me. The training material was thorough and useful, giving me the skills and knowledge I needed to begin practising independently. I valued the well-structured course design that guided me step-by-step through learning about the different kinds of eyelash extensions, the anatomy of the eye, safety measures, and best practises. I had the chance to hone my abilities thanks to the practical instruction, and I was more at ease using clients as practise subjects. I was able to resolve any questions and fix any errors thanks to the teacher' encouragement and criticism. All things considered, the training was a fantastic investment in my professional development, and I look forward to implementing my newly acquired skills in my personal career.

FEELINGS

I was excited and satisfied when I began the course of eyelashes. My dream was to complete that course. I was quite anxious since I never imagined that I would complete the course. I am therefore extremely grateful and joyful that I can do what I enjoy doing for someone who needs my assistance. Using my hands and eyes is crucial for the course I'm taking. I work slowly and gently, and it takes me 2 hours to finish one customer. My hands were trembling continually, which made it difficult for me to focus on the customer during our initial encounter.

ACTION PLAN

- 1. The edges of the eyelids produce structures resembling eyelashes.*
- 2. They act as a shield for the eyes, preventing the entry of dust, dirt, and other foreign objects.*
- 3. The hair follicle, the hair shaft, and the lash root are the three components that make up an eyelash.*

4.The visible portion of an eyelash is its hair shaft, which is made up of a cortex and cuticle.

5.The hair follicle, which is found beneath the skin's surface and produces the hair shaft, is in charge of creating hair.

The base of the eyelash links to the eyelid at the lash root.

There are three phases in the growth cycle of eyelashes: the growing phase, the transitional phase, and the resting phase.

Eyelash length and thickness vary.

EVALUATION

The typical of any physical beauty procedures like eyelash extensions in contrast, there are a number of things to take into account when assessing eyelash extensions, including the technician's training and expertise, the salon's hygienic and safety procedures, and the calibre and robustness of the materials employed. To preserve the longevity and health of the extensions, it's crucial to thoroughly implement the aftercare guidelines. Before selecting a salon or professional for eyelash extensions, it might be helpful to do some research and read customer evaluations,like i did.

An eyelashes course's terminating will likely rely on its goals and objectives. It could include an overview of the major subjects addressed in the course, such as the many kinds of

lashes, application methods, safety measures, cleanliness guidelines, and maintenance advice. It might also emphasise how crucial it is to match clients' lashes to their eye shape, natural lashes, and desired look.

Overall, a course on eyelashes would stress the value of professionalism, expertise, and knowledge in the lash industry at its completion. In order to give my customers the finest care possible, it could inspire prospective lash technicians to keep developing my skills. My hobby is reflecting on my own experiences and abilities for the benefit of the future.

REFERENCE LIST

Cardiff Nails and Beauty Training School

Tutor name: Jade Emmment



PRESENTATION VIDEO

[Video 4-13 at 18.39.webm](#)