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JUST THE STRIP

Lash Lift Training Protocol

FOR LICENSED BEAUTY PROFESSIONALS

ROD & SHIELD SELECTION GUIDE

Choosing the correct rod or shield is the single most impactful decision in a lash lift service. Use the table below as your quick reference, then read the detailed notes for each style when needed.

Rod/Shield	Effect	Best For	Eye Shape
Basic	More curl, less lift	Fine-medium lashes; uneven curl direction	Most eye shapes
Round	Curl, less lift; natural look	Medium-thick lashes; downturned lashes	Big eyes
Hybrid	Curl then lift; brings lashes out first	Deep-set or hooded eyes; prevents crease curl-back	Deep-set, hooded, or small eyes
Small Teardrop	Lift, little to no curl; straighter tips	Short or fine lashes; naturally curly wanting lift only	Fine/short lashes
Large Teardrop	Lift, little to no curl; straighter tips	Medium-long or thick lashes; naturally curly wanting lift only	Longer/thicker lashes

Every pro develops preferences over time. Try a few rod brands and styles to discover what works best with your technique and your clientele. The right rod for you is the one that consistently gives you clean, predictable results.

Detailed Rod Notes

Basic

- Flatters most eye shapes — your safe default when unsure which style to choose
- Delivers more curl with less lift
- Well suited for fine to medium lashes that want curl
- Excellent for balancing lashes that point in multiple directions or have inconsistent curl

Round

- Flatters bigger eyes
- Delivers more curl with less lift; produces a natural-looking result
- Ideal for medium to thick lashes and for downturned lashes that need extra coaxing to curl

Hybrid

- Flatters deep-set and hooded eyes
- Delivers curl first, then lift — brings lashes out before pulling them up
- Prevents lashes from curling back into the crease and becoming invisible
- Opens the eye for clients with smaller or hooded eye shapes

Small Teardrop

- Delivers lift with little to no curl; lashes will be straighter at the tip
- Ideal for short or fine lashes
- Great for clients with naturally curly lashes who want lift without additional curl
- Thinner base anchors better to fine or short lashes

Large Teardrop

- Delivers lift with little to no curl; lashes will be straighter at the tip
 - Ideal for medium-long or thicker lashes
 - Great for clients with naturally curly lashes who want lift without additional curl
 - Thicker base provides a more secure anchor for longer or thicker lashes
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FINDING YOUR PERFECT RODS & GLUE

Part of growing as a lash lift pro is developing your own toolkit. There is no single "right" brand for rods or adhesive — what matters is understanding what to look for so you can evaluate products confidently and build a kit that works for your hands, your pace, and your clients.

Choosing Your Rods

- Start by identifying the rod styles you use most (refer to the selection guide above), then try two or three brands in those styles side by side
- Key things to evaluate when testing a new rod: How well does it grip the lash? Does it hold its position against the lash line? Does it flex or feel stiff? Is the base thin enough (or thick enough) for your target lash type?
- Some rods are naturally tacky and require little to no glue — this can speed up your process and reduce the barrier between solution and lash
- Others have a smoother surface that works better with a thin layer of adhesive to anchor the lashes in place — neither approach is wrong
- Pay attention to how the rod responds when you brush lashes onto it during Step Two; a rod that shifts easily can cause lid flipping, while one with good grip stays put
- Once you find a rod brand and style that consistently gives you clean, predictable results, stick with it — consistency in your tools means consistency in your outcomes

Pro tip: Keep a small notes section in your client file for which rod style and size you used. Over time you will build a reference library of what works for different lash types — and you will stop second-guessing yourself mid-service.

Choosing Your Lash Lift Glue

- Lash lift adhesive comes in a range of viscosities — from thin and runny to thick and gel-like. Neither is universally better; each has tradeoffs
- Thinner glues give you more working time and spread more evenly, but may not hold lashes in place as quickly — better for beginners or detailed work
- Thicker, tackier glues grip fast and hold lashes firmly on the rod, but can be harder to control and more likely to create a thick barrier if over-applied

- Less is always more with adhesive: a thin, even layer is all you need. Excess glue creates a barrier that prevents solution from fully penetrating the lash
- Look for a glue that dries clear or semi-clear so you can see lash placement clearly through Step Two
- Test new adhesives on a slow day or a practice run before using them on clients — some glues interact differently with certain rod materials

You may find that some rod brands grip lashes so well on their own that you barely need glue at all. Others need a light tack layer. Let the rods guide how much adhesive you use, not habit.

REGULAR LASH LIFT VS. KOREAN LASH LIFT

Understanding the difference between these two techniques helps you select the right approach for each client and set accurate expectations.

Regular Lash Lift	Korean Lash Lift
Processes part of the lash to add curl or lift	Processes the entire lash, then sets it in the desired shape
Shorter processing times	Longer processing times
Traditionally ammonium thioglycolate based	Traditionally cysteamine based; generally gentler on the lash
Results typically last 6-8 weeks	Results typically last 8-10 weeks with proper care
More adhesive typically required	Little to no adhesive needed for Step 1; less barrier = better penetration

KOREAN LASH LIFT: KEY CONCEPTS

Step One Application Methods

There are two approaches for applying Step One. Both are valid — choose based on the client and your comfort level.

Flat Shield Method — Recommended

- Apply a layer of Step One to the flat shield, then coax the lashes up onto it, sandwiching them between layers of solution
- Use silicone guards or plastic wrap to hold the lashes flat while processing
- Check at five minutes and brush as needed — lashes will progressively relax and flatten, similar to how brow hairs soften during lamination
- Keeps solution away from the eye area, reducing irritation risk
 - Try a few flat shield brands to find one that suits your workflow — some have more natural tack than others, which affects how much glue (if any) you need

Brushed Down Method

- Apply Step One directly onto the lashes while they point downward

- Hold flat with silicone guards or plastic wrap
- Reusable silicone under-eye pads work well here and can be sanitized between clients
- Solution stays closer to the eye area — weigh this carefully against the client's sensitivity

Step One Processing: What to Watch For

- Step One is softening the lash — perfect separation is not required at this stage
- At five minutes, remove the guard or wrap and test: brush lashes to the side. If they stay, processing is on track. If they bounce back, they need more time
- Also at five minutes, remove solution from the tips of the lashes to prevent over-processing
- Just The Strip solution processes for 10-15 minutes. Test around the 10-minute mark
- Confirm all of Step One is fully removed before moving to Step Two

Ready check: lashes that stay where you brush them are ready. Lashes that spring back to their natural shape need more time.

Step Two: Setting the Shape

Whatever position the lashes are in during Step Two processing is the shape they will hold. Precision at this stage defines the final result.

- Position the rod or shield so it is touching the lash line — close, but not sitting on top of the lashes
 - Too much gap between the rod and lash line: lashes lie flat on the rod, resulting in a weak or anticlimactic lift
 - Rod sitting on the lashes: creates a crimp, causing angular or downswept lashes before the lift begins
- Ensure lashes are smooth, uniform, and fully separated on the rod before Step Two
- Hold the rod in place while gently brushing lashes up — brushing without holding can flip the lid and leave lashes flat
- Process Step Two over the entire lash for the same duration as Step One
- Test by pulling a few lashes off the rod to confirm they hold the shape
- Confirm all of Step Two is fully removed before continuing

Since the entire lash is processed in a Korean lift, always size up on rods — not down. A slightly larger rod gives a more natural result than one that is too small.

STEP-BY-STEP PROTOCOL

1. Cleanse the lashes thoroughly
 - Remove all makeup, oils, and residue — solution cannot penetrate through buildup
2. Select the correct rod size and style
 - When in doubt, size up — the full-lash processing of a Korean lift makes oversizing safer than undersizing
 - Refer to the Rod & Shield Selection Guide at the start of this document
3. Place lash pads or tape to secure the bottom lashes
4. Apply Step One using your chosen method
 - Flat Shield: sandwich lashes between layers of Step One; hold flat with silicone guards or plastic wrap
 - Brushed Down: coat lashes in Step One; hold down with silicone guards or plastic wrap
5. At five minutes: check processing and remove solution from the tips
 - Test by brushing — lashes should stay without bouncing back
 - Remove solution from tips to prevent over-processing

- Re-wrap and continue processing; check again at the 10-minute mark
- 6. Remove all of Step One thoroughly
- 7. Adhere lashes to the chosen rod or shield
 - Adhesive preference is personal — experiment with a few lash lift glues to find your go-to. Some pros prefer a thinner glue for more control; others like a tackier formula that holds lashes in place immediately. Less is always more: the thicker the adhesive layer, the more it can block solution penetration
 - Ensure lashes are smooth, uniform, and fully separated on the rod
- 8. Apply Step Two over the entire lash for the same duration as Step One
 - Use silicone guards or plastic wrap to hold in place
 - Test by lifting a few lashes off the rod to confirm they hold their shape
- 9. Remove all of Step Two thoroughly
- 10. Tinting (optional)
 - Wiggle bottom lashes free from under the eye patches before applying tint
 - Mix a pea-sized amount of tint with one drop of developer immediately before use — tint begins developing the moment it is mixed
 - Apply to bottom lashes first, then top lashes; bottom lashes get extra processing time for a richer color without overloading them
 - Process for six minutes; remove from top lashes first, then bottom lashes
- 11. Gently remove all rods, shields, and eye patches
 - Avoid rinsing the eye area unless necessary; if you must rinse, dry lashes immediately with saline
- 12. Apply a small amount of keratin through the lashes to condition
- 13. Have the client open their eyes and confirm there is no sensitivity
- 14. Review results, then send the client home with aftercare instructions

AFTERCARE INSTRUCTIONS

Aftercare for a Korean lash lift is the same as a standard lash lift. Share these instructions with every client at checkout — and take a moment to walk them through why each step matters. Clients who understand the "why" are far more likely to follow through.

- No water, steam, or humidity for the first 24 hours — the lash is still setting and moisture will disrupt the bond
- No waterproof mascara — the aggressive rubbing required to remove it can break down the lift prematurely
- No sleeping on or pressing the lashes for the first 24 hours
- After 24 hours, begin conditioning the lashes daily with a nourishing lash oil — this is the single most important thing clients can do to extend their results

Results typically last 8-10 weeks depending on the client's natural lash cycle and how consistently they follow aftercare.

Retail Recommendation: Just The Strip Lash Oil

The lash lift process, while gentle, does put the lash through a chemical change. Daily conditioning is not optional — it is what keeps lashes strong, flexible, and holding their shape between appointments. This is your opportunity to set your clients up for success and add a retail product to every ticket.

- Just The Strip Lash Oil is specifically formulated to nourish and hydrate lifted lashes, replenishing moisture lost during the lift process
- Regular use keeps lashes supple and less prone to breakage — clients who condition consistently will see their results last longer and their lashes come back healthier at the next appointment
- Position it as part of the service, not an add-on: "I'm going to send you home with the lash oil we recommend — starting tomorrow night, just one drop along the lash line before bed."
- Clients who use it regularly will notice the difference and re-book knowing their lashes are in good condition — it builds loyalty and trust in your recommendations

Selling the oil is not just good for your bottom line — it is genuinely good for your client's lashes. When you believe in the product, the recommendation feels natural. Keep a bottle at your station so clients can see it, touch it, and ask about it before you even bring it up.

TROUBLESHOOTING

Lashes Are Overcurled

- Select a rod style that would normally be considered too large for the client — this relaxes the overcurled result
- Process Step One and Step Two for approximately five minutes each
- If the client was tinted, tint for one minute only — the perming solution strips some color, so less time prevents further fading

Lashes Are Undercurled

- Confirm the correct rod size and style was used; swap if needed
- Process Step One and Step Two for approximately five minutes each
- If the client was tinted, tint for one minute only

The Lift Was Anticlimactic — Work Through This Checklist

- Were the lashes cleansed thoroughly? Residual oils or product prevent solution from penetrating
- Was Step One left on long enough? Lashes that bounce back were not fully processed
- Was the rod the right size and style? Sizing up is always safer than sizing down for a Korean lift
 - Basic: curl, fine to medium lashes, fixes mixed-direction lashes
 - Round: curl, medium to thick lashes, lifts downturned lashes
 - Hybrid: curl then lift, deep-set or hooded eyes, keeps lashes visible out of the crease
 - Small Teardrop: lift only, short or fine lashes
 - Large Teardrop: lift only, medium-long or thick lashes
- Was the rod positioned correctly? Any gap between the rod and lash line produces a flat result
- Were lashes smooth and separated on the rod during Step Two? They set in whatever position they were in

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