

2025/
2026



WORK BOOK

1- hour
fill



Lash Bestie
Co.

INTRO

Welcome to Effective Lashing

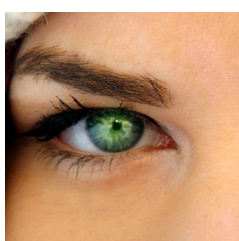


As a beginning lash artist it's very challenging to learn how to complete fills in a timely manner. It's common that I hear 1.5-2 or 2.5 hour fills! That's far too long of time to take to complete a fill for ONE client. **How many clients will you be able to take In a day** with turn times that long? Maybe 2-3 and depending on your pricing that's not reaching your full potential. So let's change that so you can fit more clients In a day.

In this workbook you will learn step by step how to complete a fill within an hour. This can be applied for all lash styles but really this is for volume and mega volume fills. If this book is followed step by step you will be able to complete a fill in an hour. We suggest taking screen shots or using the micro version at the end and add to your home screen.



CONTENTS



Welcome

005



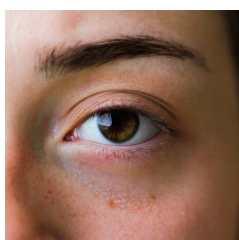
What you need

006



The Guide

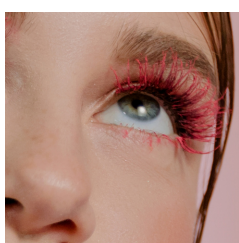
007



Our Suggestion

008

CONTENTS



Step-by-Step

009



Notes.

012



Model 1

013



Model 2

014

CONTENTS



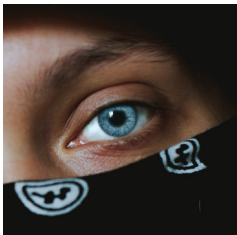
Micro Steps

015



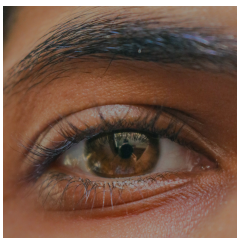
Help

016



Bonus

017



Notes



WELCOME

You are getting ready to embark on a new journey to completing a fill in an hour. The reason this is so important because it affects your ability to take more clients in the day. Of course, you want to complete a set effectively and efficiently, without creating messy work. **IT'S POSSIBLE.** This book was created for experienced lash artists that are close to 1.5 hour fill times.



WHAT YOU NEED



006

.03 or .05 lashes (any curl)

A model or a client

Your favorite glue

Your favorite tweezers

Eye pads

Reverse mirror

Your favorite tape

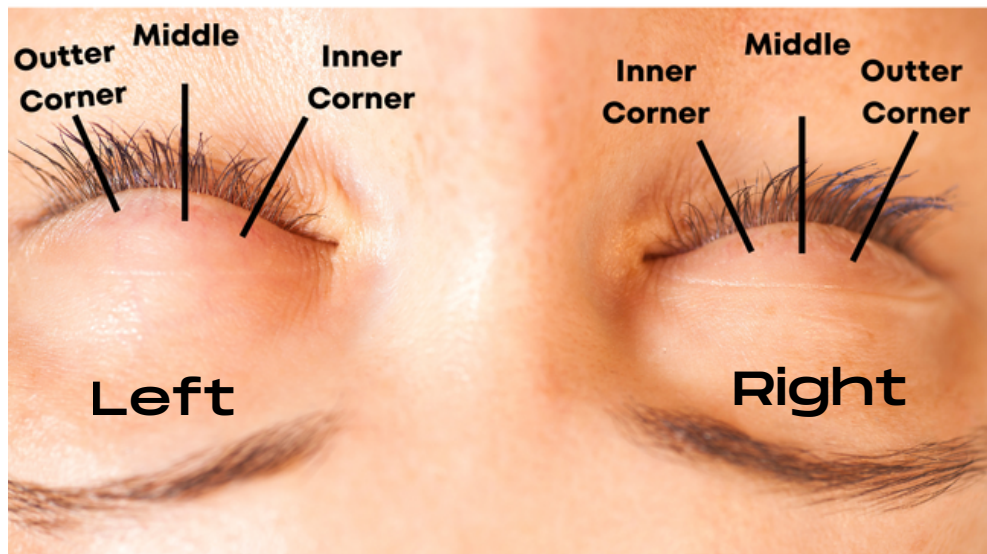
Primer

1 lash wand

Fan



THE GUIDE

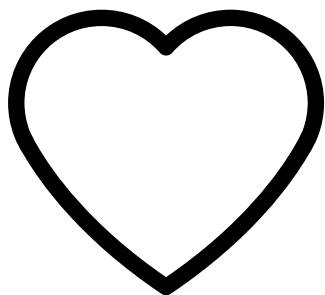




OUR SUGGESTION

We suggest that you use this workbook and go through it step by step with a close friend as a model or a loyal client that you've had for a while. We want to make sure you can take your time and read each step and practice as you're doing a fill.

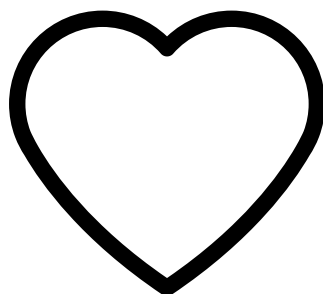
We've found great success with our workbook when it's used as you're working. The goal is to practice 2-3 times with the workbook and by that time you will have it memorized and doing 1 hour fills for every client. **THIS WORKS BEST WHEN THE CLIENT COMES IN WITH 50% OF THEIR LASHES LEFT.**





OUR SUGGESTION PT. 2

Before your client comes in, you want to make sure all of your supplies are ready, tile ls out, tweezers sanitized & ready at your station, tape pre cut, and glue ready so when the client arrives all you have to do is sanitize your hands and begin.



60 MIN LASH GUIDE

#	ACTION	IMPORTANT TIP	HOW TO GUIDE	TIME
#1	CLIENT CONSULTATION	ASK IF THEY WANT TO MAKE ANY CHAGES TO THEIR STYLE	Refer to sample questionnaire on page 12.	3 MIN
#2	PRIME EYES	BOTH EYES	Primer or Saline Solution	1 MIN
#3	REMOVE OUTGROWN	BOTH EYES	Remove outgrown lashes on both eyes. Leave the rest and remove as you get to that section	6 MIN
#4	TAPE BACK	TAPE BACK EYE THAT HAS THE LEASE AMOUT	Comb + tape back eye and get as many lashes on the bottom layer	6 MIN
#5	TAPE BACK OTHER EYE	OTHER EYE	Comb + tape back eye and get as many lashes on the bottom layer	5 MIN
#6	RIGHT EYE OUTER CORNER	OUTTER CORNER	Apply 2-3 fans In the appropriate length on right outer corner	4 MIN
#7	LEFT OUTER CORNER	OUTTER CORNER	Apply 2-3 fans In the appropriate length on left outer corner	4 MIN
#8	RIGHT EYE	CONNECT OUTER-MIDDLE	Apply 2-3 lashes from right eye from outter corner to the middle (connecting what you've already done going towards the middle of the eye)	3 MIN

60 MIN LASH GUIDE

#	ACTION	IMPORTANT TIP	HOW TO GUIDE	TIME
#9	LEFT EYE	CONNECT OUTER-MIDDLE	Apply 2-3 lashes from left eye from outer corner to the middle (connecting what you've already done going towards the middle of the eye)	3 MIN
#10	COMB + CHECK	BOTH EYES	Comb + check lashes with reversible mirror	0 MIN
#11	RIGHT EYE	INNER CORNER	Apply 2-3 fans from Inner corner on the right eye	2 MIN
#12	LEFT EYE	INNER CORNER	Apply 2-3 fans from Inner corner on the left eye	2 MIN
#13	RIGHT EYE	CONNECT INNER CORNER- MIDDLE	Apply 2-3 fans from the Inner corner (area you just did) towards the middle of the eye on the right side	3 MIN
#14	LEFT EYE	CONNECT INNER CORNER-MIDDLE	Apply 2-3 fans from the Inner corner (area you just did) towards the middle of the eye on the left side	3 MIN
#15	COMB + CHECK	BOTH EYES	Comb + check work with mirror	0 MIN

60 MIN LASH GUIDE

#	ACTION	IMPORTANT TIP	HOW TO GUIDE	TIME
#16	FILL IN	EYE WITH LEASE AMOUNT	Fill in the eye that has the least amount of lashes.	4 MIN
#17	FILL IN	OTHER EYE	Fill in the areas that need fans	4 MIN
#18	COMB + CHECK	BOTH EYES	Comb + check symmetry	0 MIN
#19	FINISHING TOUCHES	1 EYE	Go to area that needs 1-2 more lashes and apply them	2 MIN
#20	FINISHING TOUCHES	OTHER EYE	Add 1-2 fans In the other eye If needed	2 MIN
#21	DRY + ADD BONDER	BOTH EYES	Comb + remove tape from eyelid, dry + apply bonder	2 MIN
#22	REMOVE EYEPADS	BOTH EYES	Remove eyepads + show client your magic	1 MIN



Left side

NOTES

Right Side

[illegible]

MODEL 1

Grab your phone and set a timer & cross off each step once completed

1. **Priming + applying eyepads: 2 min**
2. **Remove outgrown lashes on both eyes**
3. **Comb + tape back right eye and get as many lashes on bottom layer (5 min)**
4. **Tape back left eye and get as many lashes on bottom layer (do the same amount of lashes on the left as you did the right, If you can)**
5. **Apply 2-3 fans In the appropriate length on right outer corner (3 min)**
6. **Apply 2-3 lashes from right eye from outter corner to the middle (connecting what you've already done going towards the middle of the eye**
7. **Apply 2-3 fans from the Inner corner (area you just did) towards the middle of the eye on the left side**
8. **Comb + check work with mirror**
9. **Fill in the eye that has the less amount of lashes (5 min)**
10. **Fill in the other eye after (5 min)**
11. **Comb + check symmetry**
12. **Go to area that needs 1-2 more lashes and apply them**
13. **Add 1-2 fans In the other eye If needed**
14. **Comb + remove tape from eyelid, dry + apply bonder**
15. **Remove eyepads + show client your magic**

MODEL 2

Grab your phone and set a timer & cross off each step once completed

1. **Priming + applying eyepads: (2 min)**
2. **Remove outgrown lashes on both eyes (6 min)**
3. **Comb + tape back right eye and get as many lashes on bottom layer (5 min)**
4. **Tape back left eye and get as many lashes on bottom layer (do the same amount of lashes on the left as you did the right, If you can)**
5. **Apply 2-3 fans In the appropriate length on right outer corner (3 min)**
6. **Apply 2-3 lashes from right eye from outter corner to the middle (connecting what you've already done going towards the middle of the eye**
7. **Apply 2-3 fans from the Inner corner (area you just did) towards the middle of the eye on the left side**
8. **Comb + check work with mirror**
9. **Fill in the eye that has the less amount of lashes (5 min)**
10. **Fill in the other eye after (5 min)**
11. **Comb + check symmetry**
12. **Go to area that needs 1-2 more lashes and apply them**
13. **Add 1-2 fans In the other eye If needed**
14. **Comb + remove tape from eyelid, dry + apply bonder**
15. **Remove eyepads + show client your magic**

MICRO STEPS

Take a screenshot of this and save it as your phone's screensaver so you can see it while working. You can also print it out and tape to your lash cart.

1. **PRIMING + EYEPADS:** 2 min
2. **REMOVE** outgrown lashes on both eyes (6 min)
3. **COMB & TAPE** back right eye and get as many lashes on bottom layer (5 min)
4. **TAPE BACK** left eye and get as many lashes on bottom layer (do the same amount of lashes on the left as you did the right, If you can)
5. **RIGHT OUTER 2-3 FANS** In the appropriate length on right outer corner (3 min)
6. **CONNECT SECTION** - Apply 2-3 lashes from right eye from outer corner to the middle (connecting what you've already done going towards the middle of the eye)
7. **LEFT INNER 2-3 FANS** - from the Inner corner (area you just did) towards the middle of the eye on the left side
8. **Comb + check work with mirror**
9. **Fill in the eye that has the least amount of lashes (5 min)**
10. **Fill in the other eye after (5 min)**
11. **Comb + check symmetry**
12. **Go to area that needs 1-2 more lashes and apply them**
13. **Add 1-2 fans In the other eye If needed**
14. **Comb + remove tape from eyelid, dry + apply bonder**
15. **Remove eyepads + show client your magic**

HELP

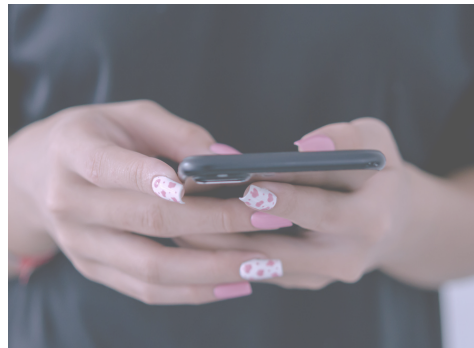
We're here to help if you have any questions or need help with anything.

EMAIL
LASHBESTICO@GMAIL.COM



CALL LINE
EVERY FRIDAY 10-1PM
702-688-0405

DM
@YOURLASHBESTIEE



FACEBOOK
YOU'RE LASH BESTIEE