

## The Dangers of Lash Extensions

This article is not here to turn you off Artificial Eyelash extensions; it is just to highlight some of the pitfalls. At **Amber Health, Beauty and Sports Injury Clinic** we apply semi-permanent Hollywood Lashes eyelash extensions <http://www.hollywoodlashes.co.uk/>, as we think they are one of the best. Our Therapist is fully trained in the process.

False eyelashes have been around for years, and while they are more popular than ever, a new craze for semi-permanent eyelash extensions is also emerging thanks to celebrity fans like Cheryl Cole. Yet while there is a growing trend for long, luscious lashes, eye experts at the College of Optometrists are warning women not to put fashion before their eye [health](#) when choosing to embrace the Cheryl look.

Unlike false eyelashes, where synthetic lashes are applied to the eyelid and then removed after usage, eyelash extensions are applied directly to the natural eyelash with a bonding agent and can last up to six weeks. These bonding agents and glues are irritants and can cause discomfort and potential eye damage in severe cases. Repeated use of eyelash extensions can cause Traction Alopecia, a condition where the hair falls out due to excessive tension placed on the hair shaft. As a result this can damage the hair follicle which can slow down and even cease production of hair.

Dr Susan Blakeney, optometric advisor at the College of Optometrists said: "Our eyelashes play an extremely important role in keeping our eyes [healthy](#) and act as a natural defence against dust, dirt and sunlight. While many of us covet long lashes, it's important to remember that eyelashes are there to perform a function and we need to be careful we don't hamper this vital natural defence mechanism. As eyelash extensions are such a new trend, there is little clinical research into their impact on eye health so we are urging women to take extra care."

### Comment on this Article

Dr Blakeney continues: "If you do want to go ahead and have this procedure, ensure you have them done at a reputable salon and follow the aftercare advice carefully. Eyelash extensions in the UK can be expensive, if you're tempted to have them done cheaply abroad make sure you go to a reputable provider although do be aware that hygiene standards may vary from country to country. For those who want long lashes without the risks, false eyelashes are a cheaper and safer alternative, although make sure you apply and remove them properly."

One traveller who learned the lesson the hard way is Anna, a 30-year-old PR consultant from London, who recently had a bad experience after having had eyelash extensions applied whilst on holiday: "I was in Thailand and the eyelash extensions were so cheap there compared to the UK that I couldn't resist having them done. They cost me £6 and at first I was really pleased with the result. However, after a week I noticed that they were beginning to fall out and then they started to take my own lashes with them. My eyes began to get quite sore and the final result was not pretty. Lucky for me it didn't get too serious and my eyelashes have grown back, but I did end up with sore eyes and the extensions didn't really last for very long in the end. In the future I'm going to stick to trusty mascara and false lashes." It is also an example of – Buyer beware.

**If it is cheap, it is not always cheapest and best. Trained professional time costs money.**

Ring Amber Health, Beauty and Sports Injury Clinic on 01752 251552 now, for a quotation.

## **If you decide to go ahead**

Semi Permanent Eyelash Extensions are synthetic eyelash extensions which are:

- Individually applied directly to the Clients own eyelashes.
- Attached using a specially formulated medical grade adhesive.
- There are a range of lengths, colours, thicknesses, curls and half straights to suit each Client's requirement; from un-detectable natural enhancement to a dramatic fashion statement. And some can be really dramatic – up to 15mm long.
- These lashes are suitable for all ages and lifestyles.
- They are waterproof and durable under normal activities such as showering and swimming.
- Need no regular application of mascara or the use of eyelash curlers.

Semi-permanent Lashes can last up-to eight weeks but depends upon your life-cycle of your own natural lashes, remember even you own lashes fall out and decide to replace themselves.

Like your nails and the hair on your head, your individual eyelashes grow out on a continuous cycle of replenishment. Though the average cycle of a single lash is about 90 days, these factors can effect just how long individual lash extensions will last.

## **Procedure Information**

The procedure is comfortable and relaxing, lasting approximately 1 to 1.5 hours, during which time the eyes are closed , covered and protected – for the duration of the application of the lashes. The process can be applicable to both Men and Women.

We recommend that initially you try about 10 – 25 lashes placed intermittently along the lash line, creating a mascara effect. A full set of 30 – 100 lashes could be considered later.

A maintenance programme is recommended for extending wear up to 3 months, and requires the replacement of extensions lost due to natural shedding of the eyelash. Lash rebalancing is recommended every two, to three weeks, and costs less than the first visit.

The lashes are lightweight and made of a synthetic material which is very soft and naturally curved. The sizes range from 7mm to 10mm and are available in a variety of colours. Some may have to be ordered in especially for you, so be prepared to be asked for an advanced order charge.

Semi-permanent lashes can easily be removed, although they will fall out anyway over time, and will be quite naturally replaced, as your own lashes re-grow. So it is a safe procedure. Semi-permanent lashes will not damage your natural lashes. Combining eyelash extensions and the adhesive to your natural lashes creates a polypeptide soft flexible bond, which allows the eyelash extensions to stay flexible and bouncy – just like your own natural lashes.

If Semi-permanent Lashes are not for you, ask about the application of “Pre-prepared” False Lashes. Some of these will allow you to literally “Try before you commit” to Semi-permanent Eyelash Extension lashes. False Lashes can also be applied quicker, the effect is immediate .... Therefore False Lashes can be ideal for the University Dance, Special Date or as part of your Wedding Package. On the other hand, they do not last as long and can look “Artificial or Tartie”. They can also have a heavy feel as the glue can dry semi-hard or feel stiff.