



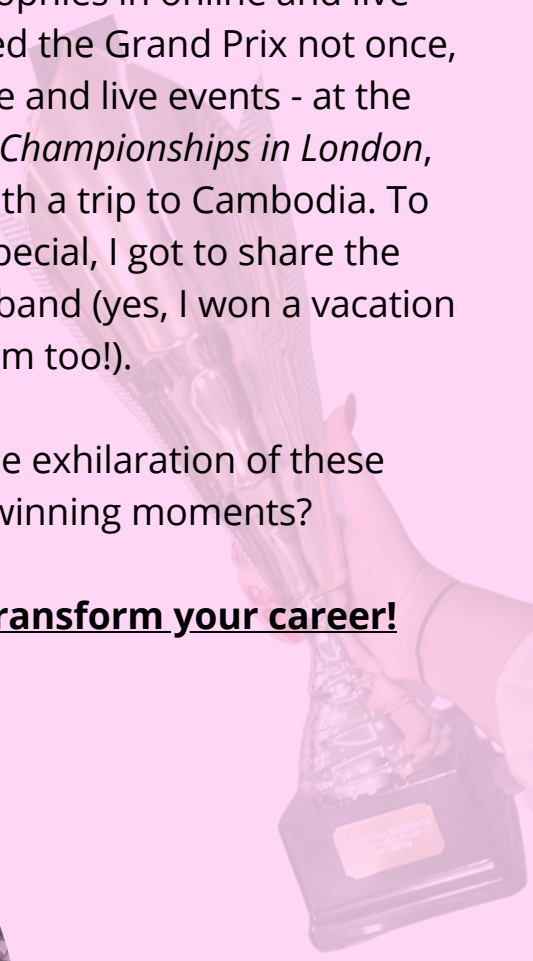
HOW TO WIN
LASH CHAMPIONSHIPS

Discover my tricks and secrets that will help you to win lash competitions!

I have won over 40 trophies in online and live championships. I clinched the Grand Prix not once, but twice - both online and live events - at the *Kingdom Beauty Crown Championships in London*, which rewarded me with a trip to Cambodia. To make it even more special, I got to share the experience with my husband (yes, I won a vacation for him too!).

Are you ready for the exhilaration of these championship-winning moments?

Keep reading and transform your career!



HOW TO FIND LASH CHAMPIONSHIPS ?

To find lash championships, you can try the following methods:

1. **ONLINE SEARCH:** Conduct a comprehensive online search using search engines like Google. Use keywords such as "lash championships," or "eyelash extension competitions"
2. **SOCIAL MEDIA:** Follow lash educators or lash artists on social media platforms. They often share information about upcoming lash competitions. **Look for hashtags like #lashchampionships or #lashcompetition to discover relevant events.**
3. **LOCAL BEAUTY EXPOS:** Keep an eye out for local beauty expos or conventions happening in your area. These events often include lash championships as part of their program. Check their websites or contact the event organizers for more information.

IMPORTANT

When searching for lash competitions to participate in, it's crucial to conduct thorough research and ensure that the organizers are reputable within the lash industry.

Before committing to any competition, take the time to investigate who the organizers are and if they have a solid presence in the industry. Look for their track record in organizing similar events and if they have a website or online platform that provides detailed information about the competition. One essential aspect to consider is how judges are selected.

Be cautious of competitions where judges are required to pay to be on the panel. This practice can compromise the integrity of the competition and potentially result in judges with less experience than the participants. Remember, the purpose of entering a lash competition is to showcase your skills and receive fair evaluation. By being diligent and discerning, you can ensure that you're entering competitions that provide a reputable platform for showcasing your talent.

01

RULES & EVALUATION CRITERIA

Read them carefully and do everything what's required. Check what kind of pictures you have to send, if they want you to send lash map details etc. if you participate in online lash competitions. For in person championships check what time you have to be there to register, what kind of lashes you can use for each category etc.

02

PHOTOS (ONLINE CHAMPIONSHIPS)

Submit all required pictures. If judges will not be able to see inner/outer corners or any other details you will get 0 points.

Remember that your pictures must be really good quality. Blurry pictures or pictures taken from different angle than required can result in lower score

03

ENSURE YOUR WORK IS CLEAN

Make sure that no eye boogers, spare lashes, tears or even make up are visible on your models eyes/face. If you want to do a make up for your model for after pictures be carefull and do not apply make up on lashes.

Make sure there is no glue touching the eyelid and no stickies.

04

CHOOSE CATEGORY AND THEN THE MODEL, NOT THE OTHER WAY AROUND

Start by determining the categories you are participating in. Will it be classic, light volume, mega volume, male styling, or maybe Art Lash? Once you've decided in which category you feel most comfortable (or maybe you want to participate in all of them), and then choose the perfect model. Make sure that the method will compliment your model's beauty.

05

USE PRODUCTS WHICH YOU ALREADY KNOW

Do not use completely new products that you are unfamiliar with. Use products that are easy to work with, curls that you are familiar with, and so on. You don't need additional stress or any surprises.

06

WORK IN LAYERS AND CREATE PERFECT TOP LINE

If you're not participating in categories such as Kim K or wispy lashes, it's important to create a perfect top line. Work in three or even four layers and ensure that you avoid changing the lengths or curls in stress zones.

07

CREATE PERFECT SET

Doesn't matter if you participate in online or live lash competitions - you must create the perfect lash set.

- perfect fans
- consistent distance from the eyelid
- perfect modeling
- 100% coverage
- perfect top line
- great choice of lash colour for your model
- consistent directions, no criss crossed lashes

08

MAKE YOURSELF COMFORTABLE

Yes, your comfort affects your lash sets so make yourself comfortable. Wear comfy clothes, arrange your space so you can reach anything you need easily. For live competitions I recommend to take with you your lash chair.

THE RIGHT MINDSET FOR WINNING LASH CHAMPIONSHIPS

1. **BELIEVE IN YOURSELF:** Confidence is key. Trust in your skills, talent, and the hard work you have put into your lash artistry. Believe that you have what it takes to succeed.
2. **VISUALIZE SUCCESS:** Take some time to visualize yourself winning the championships. Imagine the feeling of accomplishment and the joy that comes with it. Visualizing success can help you build a positive mindset and boost your motivation.
3. **PRACTICE, PRACTICE, PRACTICE:** Dedicate ample time to practice your lash artistry skills. The more you practice, the better you will become. Consistent practice will build your confidence and ensure you are well-prepared for the championships.
4. **TAKE CARE OF YOURSELF:** Self-care is essential for maintaining a healthy mindset. Make sure to get enough sleep, eat nutritious food, exercise regularly, and manage stress effectively. When you take care of your well-being, you will be in a better mental and physical state to perform at your best.

THE RIGHT MINDSET FOR WINNING LASH CHAMPIONSHIPS

- 4. STAY FOCUSED ON YOURSELF:** While it's natural to be aware of the competition around you, try to avoid comparing yourself to others too much. Instead, focus on showcasing your unique style, skills, and creativity. Stay true to your artistic vision and let your work speak for itself.
- 5. EMBRACE CONSTRUCTIVE CRITICISM:** Be open to feedback and learn from it. Lash championships are an excellent opportunity for growth. Even if you feel your work is not perfect, submit it anyway and be open to receiving feedback from the judges. Use their critiques to improve your skills and refine your techniques.
- 6. MANAGE YOUR NERVES:** Feeling nervous is normal, but it's important to manage those nerves effectively. Find techniques that work for you, such as deep breathing exercises, listening to calming music, or visualizing a positive outcome. Keep reminding yourself that you have prepared well and are ready to shine.
- 7. STAY POSITIVE:** Maintaining a positive mindset is crucial. Surround yourself with positive influences, listen to your favorite music, and engage in activities that uplift your spirits. Celebrate your achievements along the way, regardless of the outcome, and stay optimistic throughout the championships.

THE RIGHT MINDSET FOR WINNING LASH CHAMPIONSHIPS

10. ENJOY THE JOURNEY: Remember that participating in lash championships is an exciting experience in itself. Embrace the opportunity to connect with fellow lash artists, learn from others, and showcase your passion. Enjoy the journey and appreciate the progress you make along the way. By following these tips and tricks, you can cultivate a winning mindset for lash championships. Good luck, and may your lashes be the talk of the competition!



WHAT TO PACK FOR LIVE LASH COMPETITIONS? CHECK LIST

- Glue (Make sure it's fresh and fully functional. It's best to have both a slower and faster adhesive on hand because you never know what conditions you'll encounter.)
- Eyelash shampoo
- Cleaner
- Primer
- Speed up
- Tapes - depending on the type of work you're doing (I personally love blue silicone tape, especially for eyelid lifting, and I also use foam tape for lower lashes)
- Hydrogel eye pads for clients
- Eyelash brushes for yourself and judges
- Jade stone or glass for the adhesive, if you work on it
- Tweezers
- Lip brushes
- Microbrushes

- Disposable cap
 - Scissors
 - Mirror, so you don't waste time getting up to check your work
 - Hygienic wipes
 - Hand and tool disinfection products
 - Mapping pen
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- Gloves (if you work with them, but without them, you may lose points for hygiene/workstation assessment)
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- Eyelashes. Here, you need to prepare perfectly. Missing a certain length or curl will significantly reduce your chances of winning.
Bring a few variations of lashes with you. If you know your model well, you'll know which lashes you'll use. It's best to prepare your palette in advance. Pack two palettes just in case something changes or you run out of space on yours.
Whether it's likely or not, be prepared for it.
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- Optionally, a lamp, a chair and a blanket. It's not always required, usually a lamp needs to be brought along.

Good luck!

May your skills shine, your creativity soar, and your hands work with precision.

Wishing you confidence, focus, and success as you showcase your talent and passion in the competition. You've worked hard to get here, and I believe in your abilities.

May the judges recognize your artistry and may you leave a lasting impression.



*Justyna
Zoladziewska*

Got a question?
Message me on IG



[justyna.lasheducator](https://www.instagram.com/justyna.lasheducator)