



Antoinette's 10 Best Tips and Techniques for Threading

Setting you up for success with her training programs

1. Practice. That sounds basic, but you need to practice a few minutes each day to build the muscle memory you need for excellent control.
2. Firm and Flat. This should be your mantra as you work. Hold the thread firmly...and flat to the skin. Rotate your hands and arms around corners to avoid unexpected results!
3. Practice on different kinds of surfaces. Use your pants legs or even leggings. See if you can pick up just the little "pills" on sweats. This helps you develop perfect control.
4. Practice brow design. Ask a friend if you can use a brow pencil to outline their brows, working on symmetry and balance. Wash it all off. Do it again.
5. Take before and after pictures. The camera sees everything objectively and this is invaluable in learning symmetry.
6. Invest in an app that helps you with brow design. There are several that create grids which will help you with balance and symmetry.
7. Ask a friend to practice threading on their skin. Draw a "fake" set of brows on their forehead and practice on those lines. (Their actual brows will not be involved!) Practice on their arms and legs, asking always about their comfort.
8. Remember where that tipi is at all times. Pay close attention to the point of the tipi to avoid pulling the wrong hairs!
9. As you practice, pay attention and try not to smudge or remove any of your markings so your control gets better and better.
10. Choose thread that doesn't feel "sharp" to your clients – cotton threads may be a better choice.

