

PICK

Your perfect sheild

The simple method I use to choose the right lash lift shield for every client.



P Plan

I Inspect

C Compare

K Keep

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Choosing a lash lift shield shouldn't feel like *guesswork*

With so many *shapes, sizes and styles* available, it's easy to think you need a different shield for every client.

But the truth?

**The shield itself isn't the magic.
Knowing how to choose and fit it is.**

After years of working with lashes and educating beauty professionals, I developed a simple way to approach shield selection.

I call it the **PICK** Method.

It helps you look at the result you want, the client's lashes, their eye shape and the actual fit of the shield before you start wrapping.

Let's break it down. 💙

PICK

before you lift



Before reaching for a shield, ask yourself four questions:

P | PLAN

- *What result are you trying to create?*

I | INSPECT

- *What are the lashes and eye shape telling you?*

C | COMPARE

- *Which two shields could potentially give you that result?*

K | KEEP

- *Which shield actually fits correctly?*



No more choosing a shield just because it's your favourite.

P – Plan Your Result

Before you think about shield shape, think about the finish.

Do I want a...

🌸 Curve



A softer, rounded finish with more visible curl through the lashes.

✨ Lift



A clean, open-eyed effect with strong elevation from the base.

💙 Soft result



A natural enhancement that complements the client's features.

Remember:

The desired result comes first. The shield comes second.

I – Inspect the Lashes

Now look at what you're actually working with.



Consider:

- *Eye Shape*
- *Natural lash length & direction*
- *Lash thickness & density*
- *Distance between the eyelid & brow bone*
- *Inner and outer corner lashes*

Ask yourself:

- *Are the lashes straight or downward?*
- *Does the client have hooded eyes?*
- *Are the lashes growing in same direction?*
- *Are the lashes short or long?*

This step helps you eliminate shields that simply won't give you the result you're after.

C – Compare two Shields

Stop reaching for one shield automatically.

Example	SHEILD A Hybrid	SHEILD B Curl
How will root or leg of the lash lift?		
What will be the curl?	L Shape	C Shape
How much of the shield is covered by lashes when wrapped?	50% - 60%	70% - 80%
What is the eye shape?	Hooded	Protruding
Lash growth direction	Downward	Straight
Desired Finished	Lift	Curve

Why two?

Because comparing helps you make a decision based on the client, not habit.

K – Keep the Fit

You've chosen your shield. Now check the fit.

✦ PLACEMENT

Is the shield sitting closer to the lash line?

✦ RESULT

Does the setup support the finish you planned?



✦ LASH DIRECTION

Are the lashes covering 50% - 60% of the shield?

✦ COMFORT

Does the shield sit comfortably?

*The right shield isn't just about the shape.
It's about how it fits your client.*

You've got the PICK framework

✨ PLAN ✨ INSPECT ✨ COMPARE ✨ KEEP THE FIT ✨

Now you have a simple process to think through before reaching for your shield.



But knowing what to look for is only the beginning.

Want to build the confidence to apply it to real clients?

Learn with Parisha

EXPLORE LASH TRAINING →

Parisha's TIP

*“Don't collect shields.
Collect knowledge.”*

The more you understand the *why* behind your choices, the more confident you'll become behind the lash bed.

Your client doesn't care what brand is on your lash trolley. They care about the final result.



Ready to go beyond the BASICS?

The **PICK** Method gives you
the starting point.

Parisha's training helps you build
the skill, confidence and consistency
to deliver beautiful results.

Build your skills and confidence with Parisha's education.

EXPLORE LASH TRAINING →

