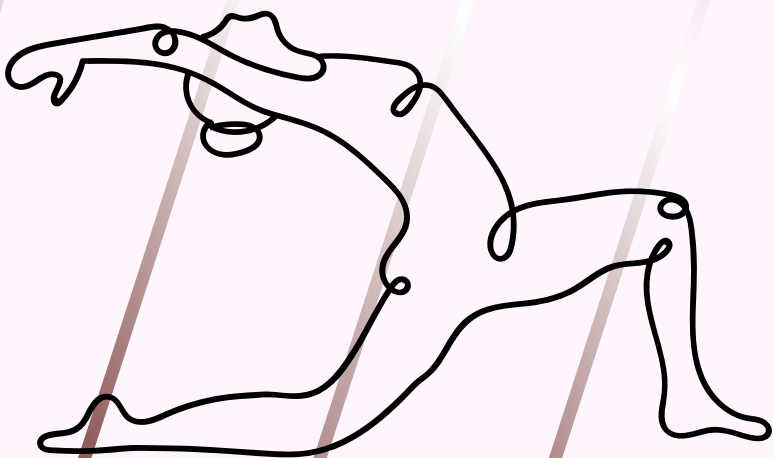


***DON'T
FORGET TO
STRETCH***



Stretching the neck is important for lash technicians due to the nature of their work, which often involves prolonged periods of leaning over clients and focusing on intricate details. Here are some reasons why neck stretching is beneficial:



1/ Relieves Tension: Constantly looking down and maintaining a fixed posture can lead to muscle tension and stiffness in the neck and upper back. Regular neck stretching can help alleviate this tension and prevent discomfort.

2/ Reduces Risk of Strain: Repetitive movements and poor posture can put strain on the neck muscles, potentially leading to musculoskeletal issues. Stretching can help reduce the risk of strain and related injuries.

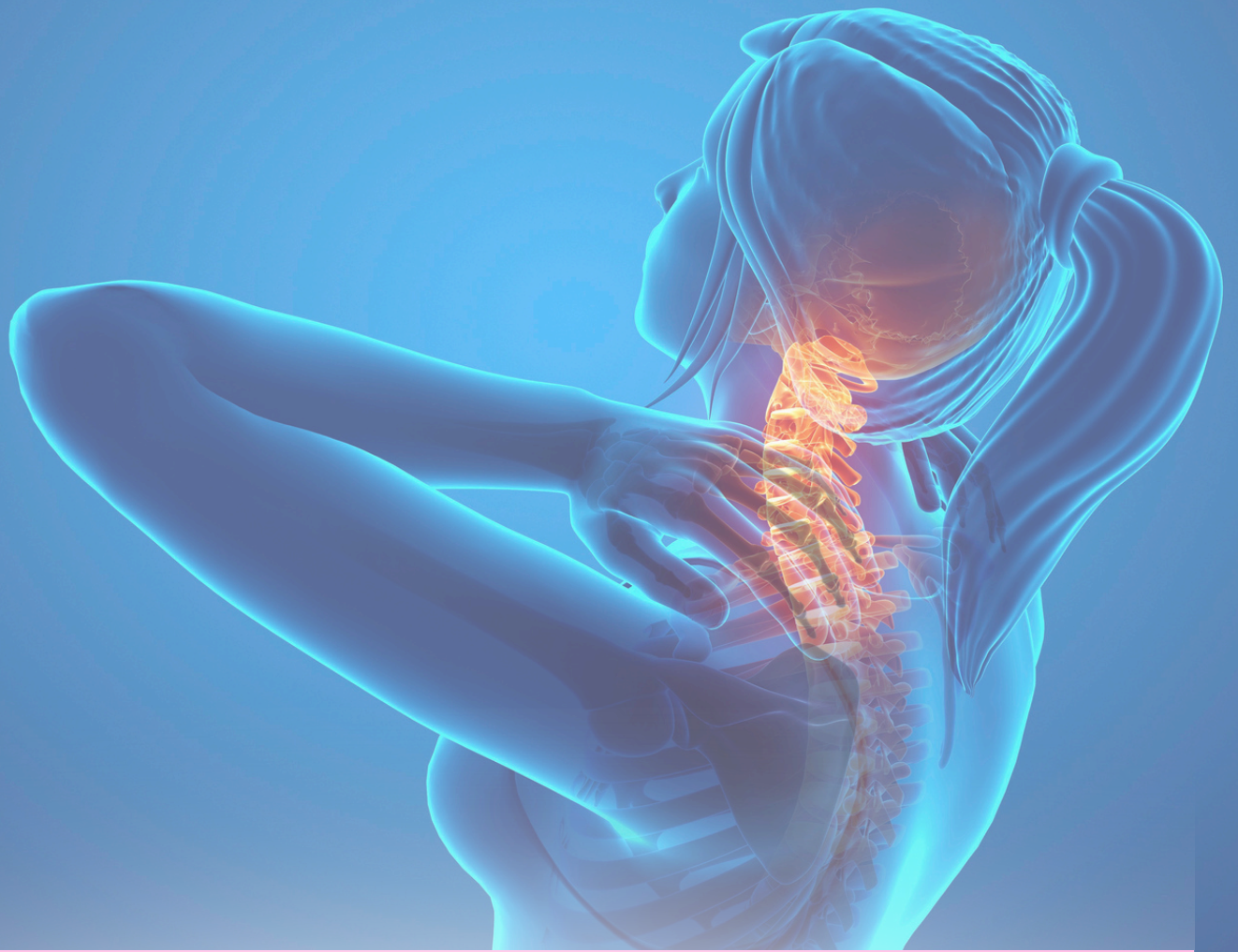
3/ Improves Circulation: Stretching increases blood flow to the neck area, which can enhance oxygen and nutrient delivery to the muscles, promoting better muscle function and recovery.



4/ Enhances Flexibility: Regular stretching improves the flexibility of the neck muscles, making it easier to move and maintain a comfortable posture during lash application.



5/ Prevents Nerve Compression: Long hours in a fixed position can lead to nerve compression and discomfort. Stretching helps release pressure on nerves, reducing the likelihood of nerve-related issues.



6/ Boosts Focus and Energy: Stretching increases blood flow to the brain, which can help boost focus, mental clarity, and energy levels during lengthy lash appointments.

It's essential for lash technicians to incorporate neck stretches and take short breaks during their workday to maintain their physical well-being and prevent potential occupational injuries.

UPPER TRAP STRETCH

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



Begin by retracting your head back into a chin tuck position. Next, place one hand behind your back and gently pull your head towards the opposite side with the help of your other arm.

You should feel a stretch down the side of your neck.

LEVATOR SCAPULAE STRETCH

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day

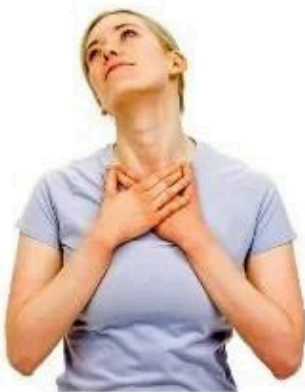


Place your arm on the affected side behind your back and use your other hand to pull your head downward and towards the opposite side.

You should be looking towards your opposite armpit. The stretch should be felt down the side of the neck and into the shoulder blade region.

DEEP ANTERIOR NECK FLEXOR STRETCH

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



Place your hands overlapping on your breast bone. Next, tilt you head upwards and away from the affected side until a gentle stretch is felt along the front and side of your neck.

SUBOCCIPITAL STRETCH

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



Gently draw your chin downward towards your chest as your fingers assist in adding a stretch to the back of your head.

Use your fingers to apply pressure at the base of your skull. You should feel a stretch at the base of your head and down the back of your neck.

RHOMBOID AND MIDDLE TRAP STRETCH

Repeat 3 Times
Hold 30 Seconds
Complete 1 Set
Perform 1 Time(s) a Day



Interlace your fingers and then draw your hands forwards until a stretch is felt along your upper back.

NOTE: You can vary the angle of your arms downward to stretch different muscle fibers along your back.