



HOW TO THREAD AT HOME

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Table of Contents

Introduction _____	1
Things you will need: _____	1
Step By Step Guide _____	2
Step 1 _____	2
Step 2 _____	3
Step 3 _____	4
Step 4 _____	5
Step 5 _____	6
Step 6 _____	7
Tip _____	7

Introduction

Threading is a very popular treatment!

Nowadays I've noticed a lot of ladies are getting threading more than waxing. In this guide I am actually going to show you how to do it at home so that you can save a bit of money rather than going to your local beautician or the shopping centres.

It does take a bit of practicing but once you get the hang of it's a breeze.

Things you will need:

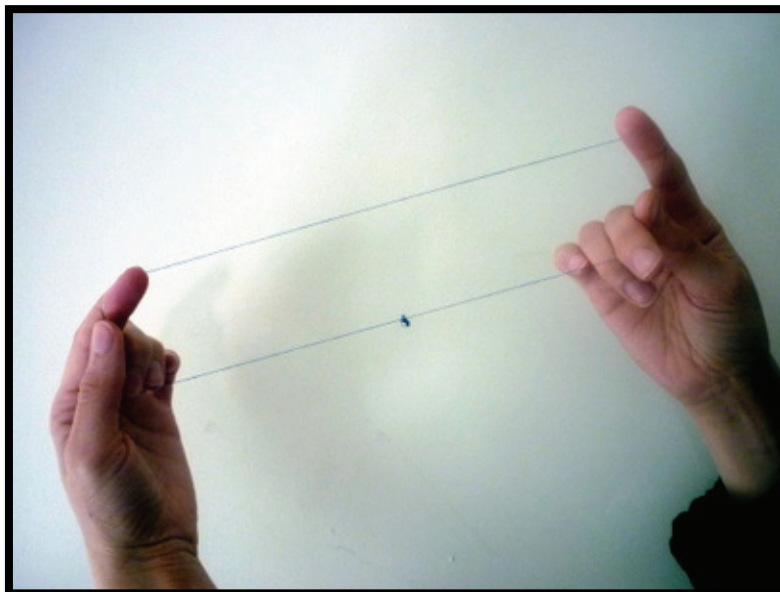
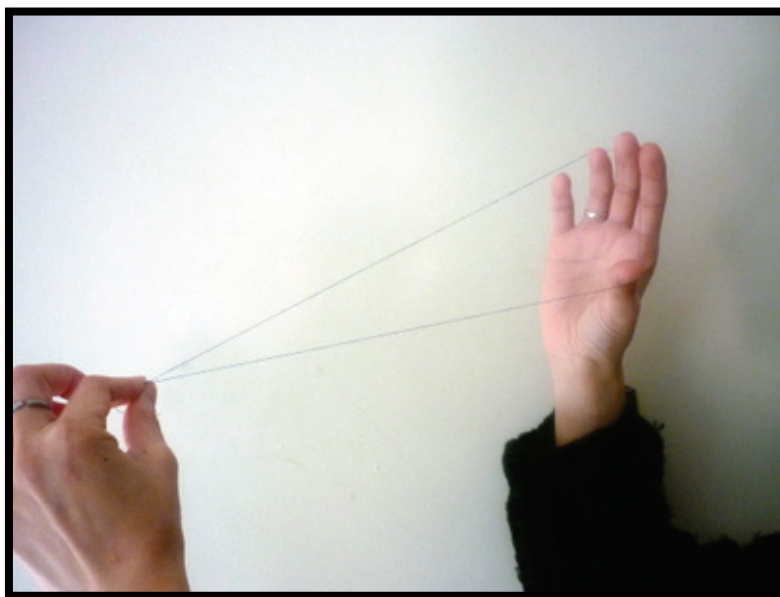
A regular thread about 12" long

Aloe Vera Gel

Step By Step Guide

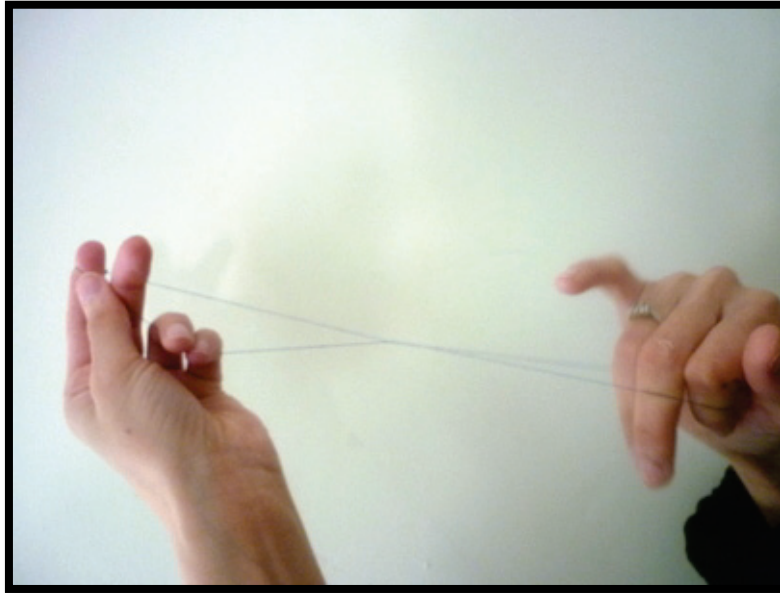
Step 1

First take a 12" thread, cut and tie a little knot to the end so it is about this big.

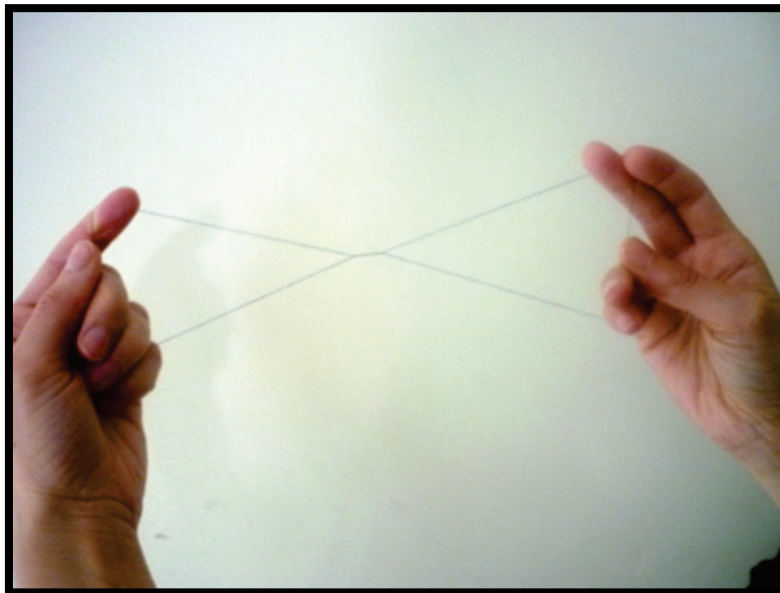


Step 2

Next you twist the thread 4-6 times, like this.



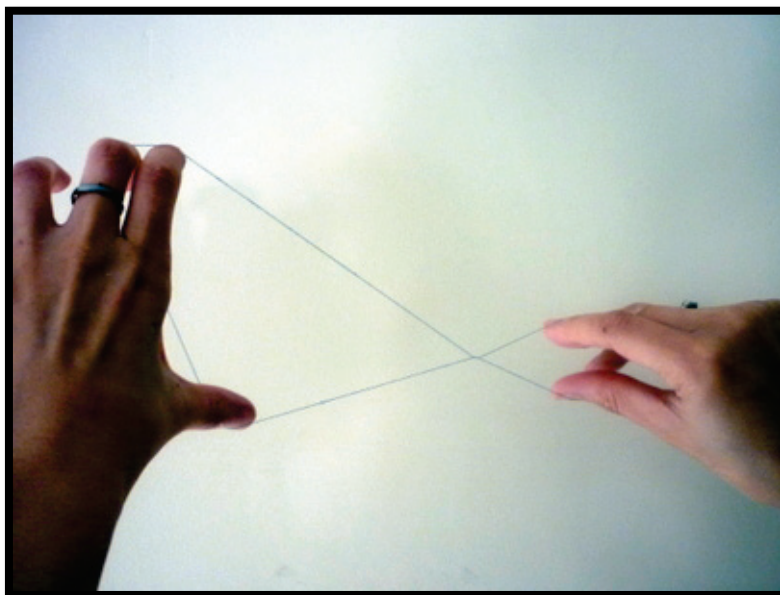
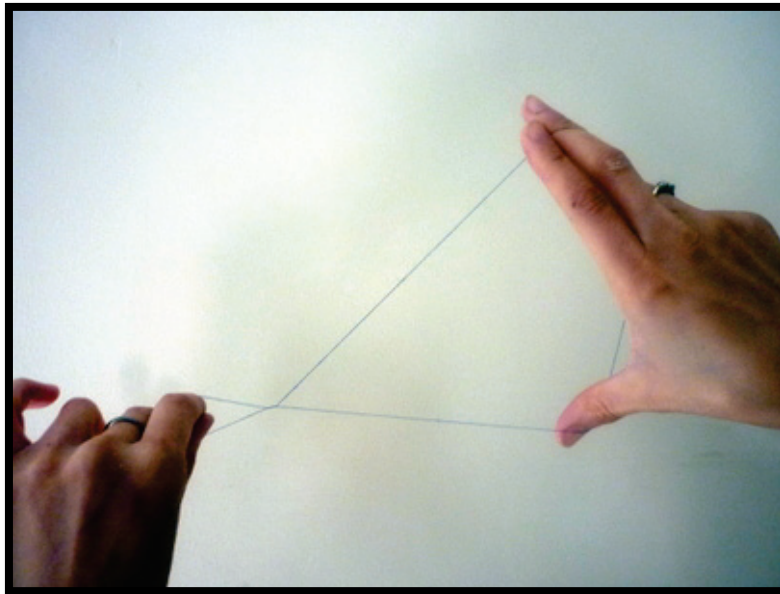
It would then look like a bow tie like this.



Step 3

Now practice moving the thread.

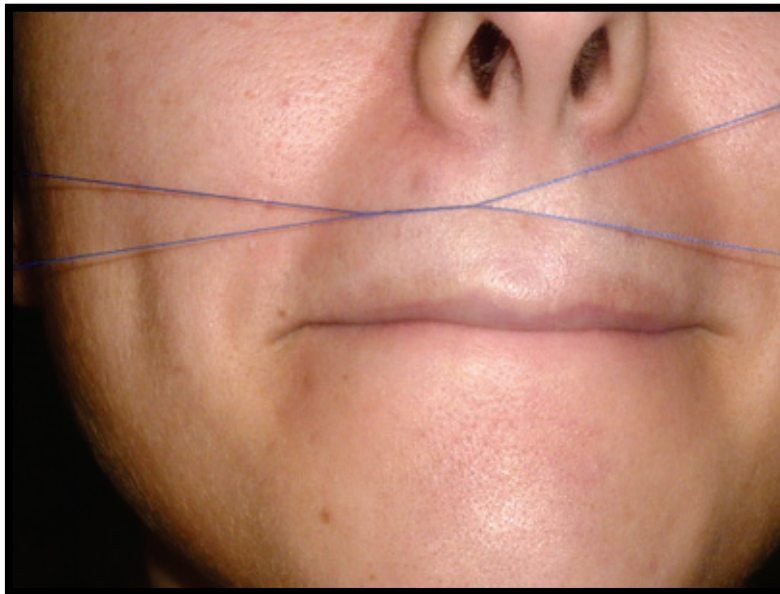
Open the left hand and close the right hand. Then open right hand and close left hand and so on. (Make sure the twist in the middle glides left to right). Practice this couple of times before you attempt to thread a chosen area.



Step 4

Once you are confident in moving the thread you can try threading the upper lip. For example to thread the middle part of the upper lip squeeze lips together tightly.

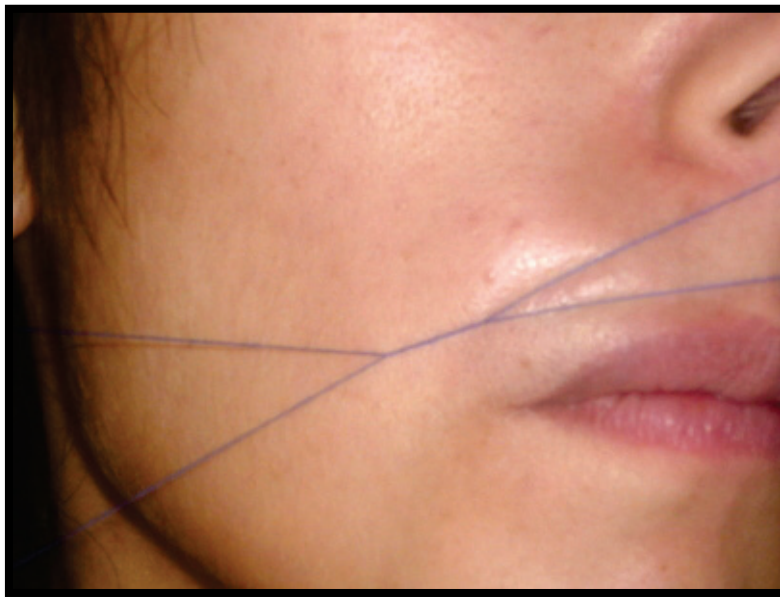
Use your right hand to work the thread and when doing left side you will need to use the left hand to work the thread.



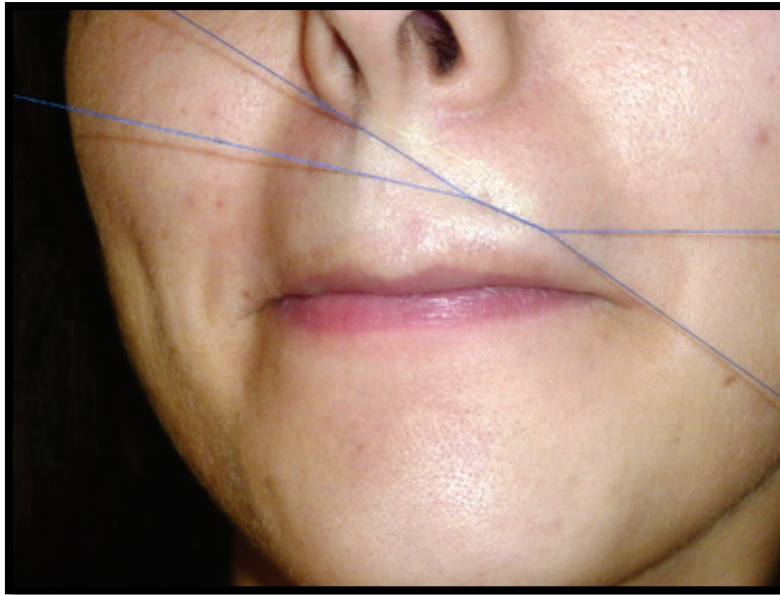
Please note you must tighten/stretch the skin, such as upper lip, eyebrows as the skin is soft thus avoiding get cut by the thread.

Step 5

When you do the side of the upper lip you must place your tongue against your lip to push the skin out. This will tighten the skin and avoid any cuts with the thread. Once you have done that place the thread on the area diagonal and begin movement. When you do the right side you use your right hand.



And when you do the left side you use your left hand.



Step 6

Once you have finished apply soothing lotion such as Aloe Vera Gel

Tip

Practice on a part of your body other than the upper lip.

The legs are a great starting point to begin practicing. Place the thread on the portion of your leg you want to remove hair from, and make sure the thread surrounds the hair completely. Move the thread up part back and forth against the hairs, making sure you catch the hairs in the thread. This motion will remove the hairs directly from the root.