

BROW MAPPING

HANDS-ON WORKBOOK



TABLE OF CONTENTS

- 01** INTRO TO BROW MAPPING
- 02** FACE SHAPES
- 03** BROW GROWTH ANALYSIS
- 04** ANATOMY OF THE EYEBROWS
- 05** ELEMENTS OF ASYMMETRY
- 06** BROW MAPPING SUPPLIES
- 07** THE GOLDEN RATIO
- 08** BROW MAPPING PRACTICE
- 09** CHECKING YOUR MEASUREMENTS
- 10** PRACTICE WORKSHEETS

BROW MAPPING WORKBOOK

INTRO TO BROW MAPPING

The eyebrow is an area of thick, delicate hairs on the brow ridge above the eyes and it follows the shape of the lower margin of the brow ridges in humans. The main function is to prevent sweat, water, dandruff, and other debris from falling down from the scalp and forehead into the eye besides, they help shield the eyes from the sun.

What is Brow Mapping?

One of the most important parts of creating balanced brows, is Brow Mapping. It is important that you learn how to carry out brow mapping correctly to provide the best results for your clients. Brow Mapping is the art of using the natural features of your client's face to build the framework for shaping and creating perfect, aesthetically pleasing brows. This framework is then used as a reference when microblading to add hair strokes and hair removal to tidy. The main aim is to create natural brows which are symmetric and compliment your client's face.

Understanding Face Shapes

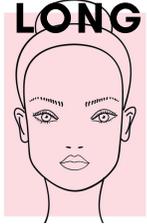
Choosing flattering eyebrows is all about selecting a brow that will complement and balance out the face shape. It's crucial to understand nobody's perfect and some faces will have variations of shape, like an offset nose.

To determine your clients face shape, you'll want to examine three criteria: the widest part of your face (forehead, cheeks, jaw), your jawline (round, square, pointy), and the length of your face (short or long). Faces can be oval, round, square, triangle, diamond, or heart-shaped (or a combination of several). Each shape has its own unique characteristics.

BROW MAPPING WORKBOOK

FACE SHAPES

LONG



Your client has a long face shape when the width of her face is narrow and she has elongated features. You want to aim to make the long face shape appear shorter by avoiding high arches and long eyebrows. These shapes will create the illusion of an even longer face. Straight and flat eyebrows can be ideal since these shapes make the face look shorter.

HEART



Your client has a heart face shape when she has a pointy chin and a prominent forehead. You want to aim to balance the prominent forehead and pointed chin by giving the client a soft and rounded arch.

DIAMOND



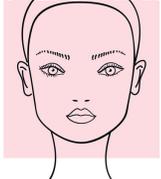
Your clients cheekbones will be the widest part of their face and sit nice and high. The forehead won't be as wide as a heart-shaped face. A diamond face shape requires haircuts, styles and makeup that will bring out the best in the narrow and full features that combine to create its unique shape.

OVAL



Your client has an oval face shape when her face is slightly longer than it is wide. The cheekbones will be the widest and most prominent part of the face and the forehead and sides of the face will be slightly curved. For a client with an oval face shape, there are generally many eyebrow shapes that will suit. You should aim to maintain the client's natural face shape.

SQUARE



Your client has a square face shape when her forehead, cheekbones and jaw have the same width. Your client will typically have a prominent jawline. Ideally you should aim to balance the defined jawline by creating a more defined arch.

ROUND



Your client has a round face shape when the length of her face is similar to the width of her face. The cheekbones are the widest part of the face and the chin will be typically rounded. A round face is like a squared-shaped face with softer angles. Avoid eyebrow shapes that are too round because round arches will make the face look even more round. A higher arch can break the roundness.

BROW MAPPING WORKBOOK

BROW GROWTH ANALYSIS

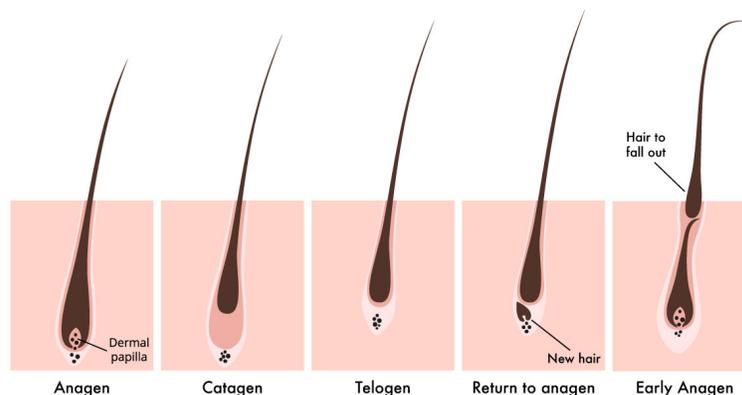
Did you know that all body hair (including your eyebrows) has a 3-phase growth cycle? While eyebrow hair, scalp hair and eyelashes may all grow at different rates, they all still follow the same 3-phase cycle. Eyebrows have the slowest rate of regrowth on the body compared with hair on the scalp and body hair as its growth cycle can last 12-15 weeks. Here's how the cycle works:

Anagen (1st Phase) - Commonly known as the active growth phase, the cells in the root of the hair quickly divide—resulting in new hair growth.

Catagen (2nd Phase) - After the anagen phase is complete, a very short transition period starts. During the catagen phase, the blood supply to the follicle is halted—and hair growth temporarily stops.

Telogen (3rd Phase) - Lastly, hair enters the telogen or “resting” phase. Throughout this period, hair is inactive and doesn't grow. After the telogen phase, the cycle begins again.

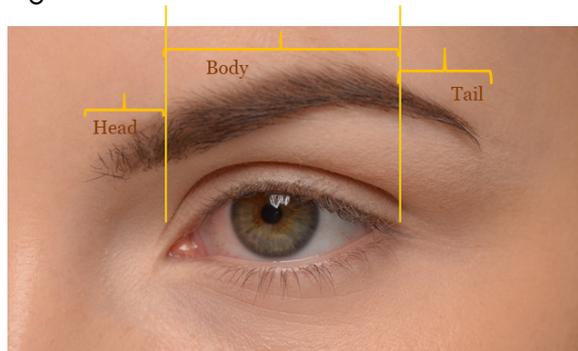
At the end of the Telogen phase the hair follicle re-enters the anagen (= growing) phase. The dermal papilla and the base of the follicle join together again and a new hair begins to form.



BROW MAPPING WORKBOOK

ANATOMY OF THE EYEBROWS

The eyebrow can be divided into 3 parts: head, body, and tail. The head is the most medial portion of the eyebrow, measuring 5-10 mm in length, and is usually below the orbital margin, with the hairs oriented vertically. The body is approximately 25-30 mm long and is usually the densest, widest, and the most prominent portion of the eyebrow. The hairs in this part is directed obliquely or horizontally. The tail is approximately 10 mm long, is the narrowest portion of the eyebrow with the least density especially the end part of it, and lies above the orbital margin.



Eyebrow hair can vary according to ethnicity, with Asians possessing thinner, very straight-growing hairs and African possessing thicker hair with an extensive curl.

BROW MAPPING WORKBOOK

ELEMENTS OF ASYMMETRY

Hair growth imbalance can be a major factor to consider when it comes to shaping. If your client has one brow that is higher and one that is lower, compromises will have to be made. You will have to make the higher-brow lower, and the lower brow higher in order to meet in the middle and create symmetry. Some brow hairs might need to be sacrificed to achieve even brows in this case.

If your client has one brow that has a straighter shape and one brow that is more arched, you will have to meet in the middle in order to create symmetry while saving as much brow hair as possible. The straighter brow will have to be slightly more arched and the more arched brow has to be slightly straighter and softer. Brow hair is precious. You want to keep as much brow hair as possible in your new shape because brow hair helps make brows look more realistic.



BROW BONE/BONE STRUCTURE

Your client's brow bone and bone structure can be a factor to consider when it comes to shaping. A lot of the times if your client has prominent brow bones, her brow bone could be uneven. One side of your client's face could have a flatter brow bone while the one is more prominent. Examine the symmetry of your client's brow bone because this could distort the symmetry of the brow shape.

BROW MAPPING WORKBOOK

BROW MUSCLE IMBALANCE

Your client's brow muscle can be a factor to consider when it comes to shaping. Your client may have more muscles on one side of her eyebrow than the other. It could be more prominent in one area of the brow than the other. This imbalance can distort the symmetry of your client's face, and therefore, the symmetry of the brows.

EYE AXIS IMBALANCE

Your client's eyes can be a factor to consider when it comes to trying to achieve symmetry. Your client may have one eye that is slightly lower, higher, more rounded, longer, etc. Try to keep in mind any eye axis imbalance when it comes to creating symmetry.

ASYMMETRY

The difficulty in shaping lies in that not everyone's face is 100% symmetrical. In addition to any of the factors that may contribute to asymmetry mentioned above, keep in mind that there may additional factors that could come into play.

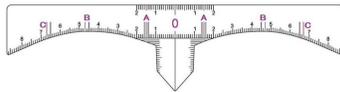
BROW MAPPING WORKBOOK

BROW MAPPING SUPPLIES

The only way to create perfect brows is by using the right tools. Proper mapping and markings are essential to plan the final product and avoid causing damage and unbalanced brows. Whether you microblade, henna brow tint, brow tint or wax you need brow mapping tools you can count on.



**Brow Mapping
Pre-Ink String**



**Brow Ruler
Sticker**



**Brow Mapping
Pre-draw Pencils**



**Brow Mapping
White Ink Pencil**



Brow Brush



**Caliper or Golden
Ratio Ruler**



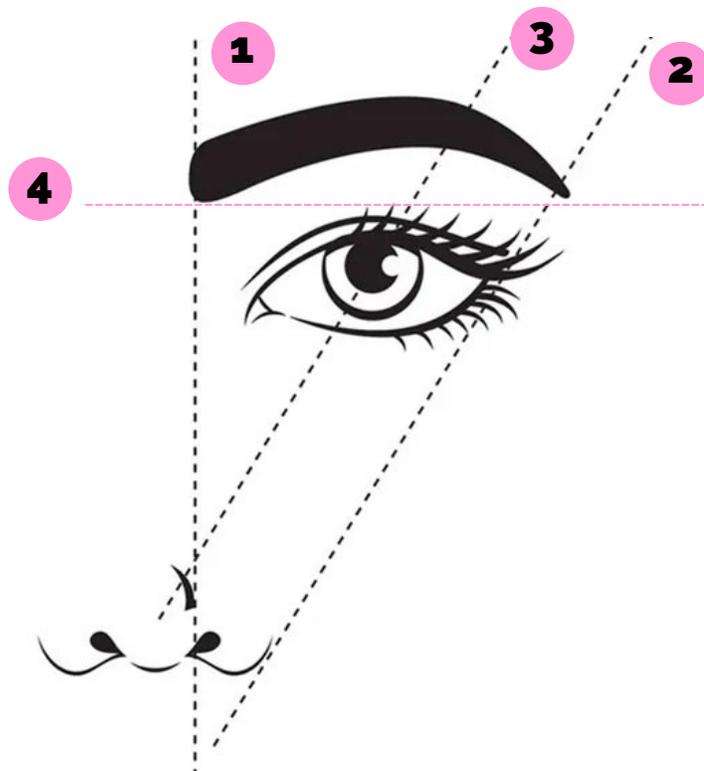
**Blue Surgical
Marker**

BROW MAPPING WORKBOOK

THE GOLDEN RATIO

Golden Ratio offers the key to finding balance, symmetry, and beauty. The golden ratio is a mathematical rule that allows us to map things so that they are always proportional. It is associated with aesthetic perfection and can be extremely useful when shaping eyebrows. You can use this concept as a guide but do not solely rely on it. Listen to what your client wants and consider their unique facial features, then apply the golden ratio to find the perfect brow shape that suits their face.

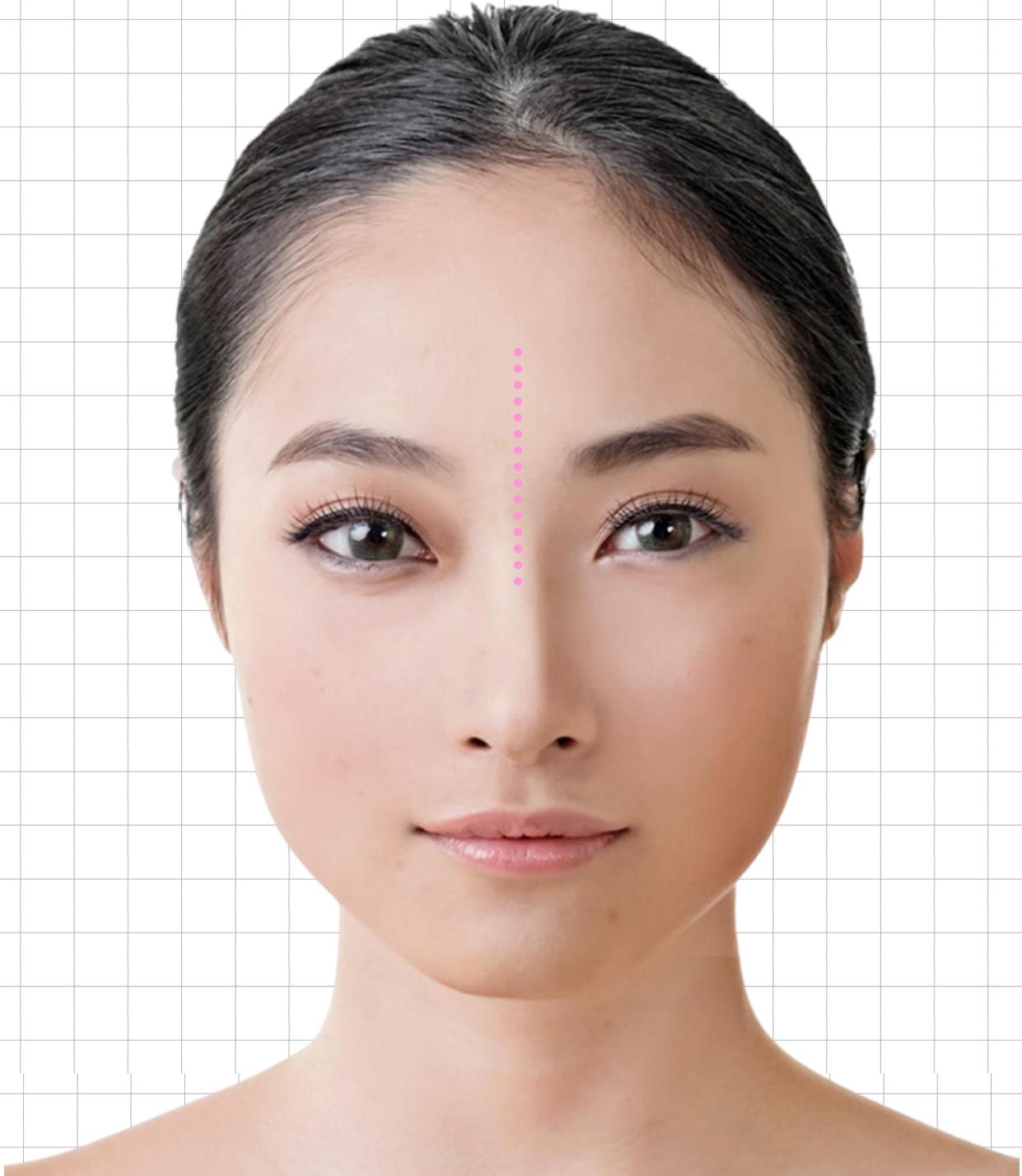
You can use a normal ruler, measuring tape, or caliper to measure the distance between the eyes and their measurements in relation to the ears and nose. Brows should begin directly above the middle of your nostrils (1), end where the corner of the nostril connects with the outer corner of the eye (2), and the highest point of the arch should connect the middle of the tip of the nose with the middle of the iris (3).



BROW MAPPING PRACTICE

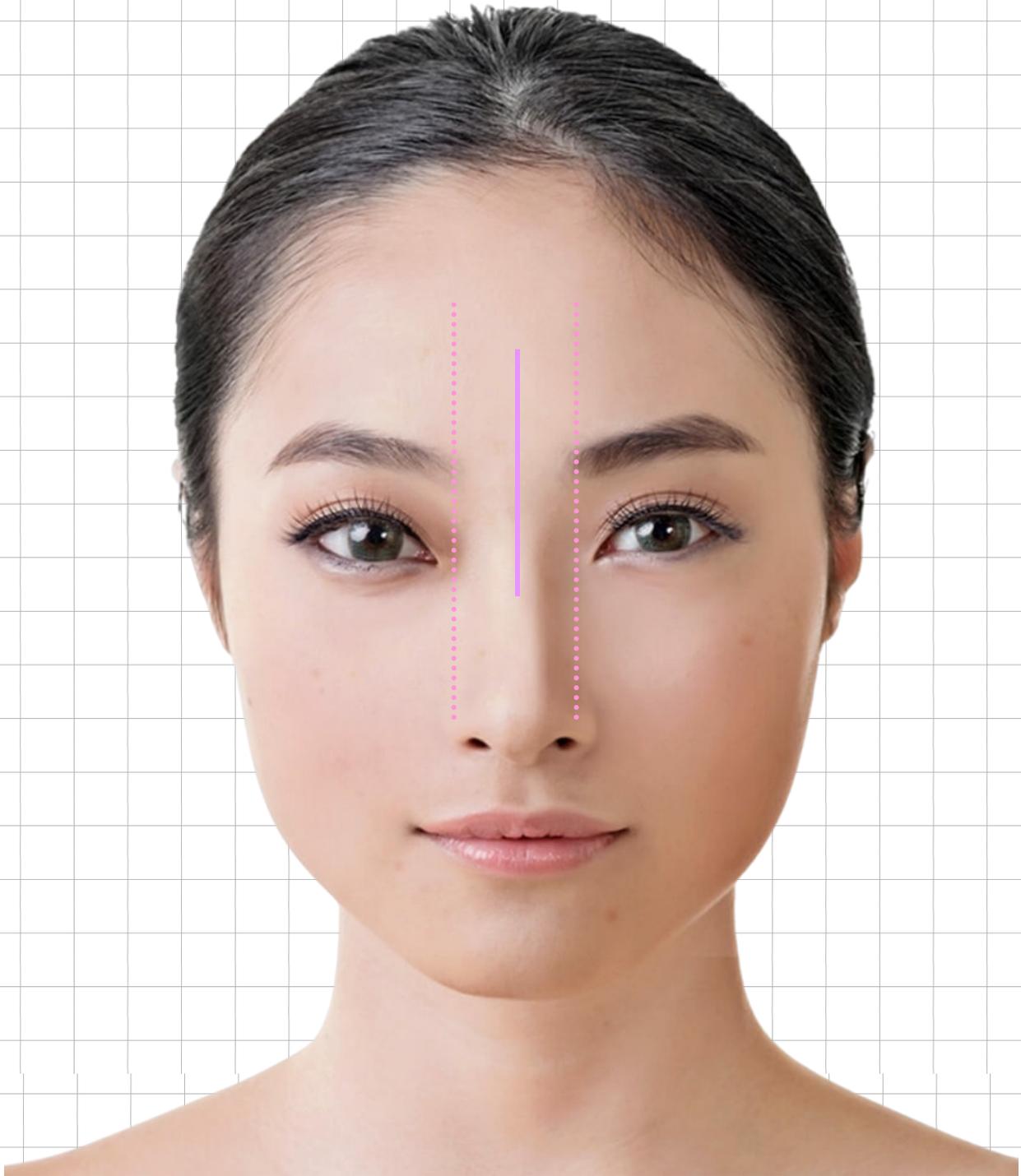
Follow along and trace the dotted line. Use your tools to help with markings. Use a SHARP pencil.

BROW MAPPING WORKBOOK



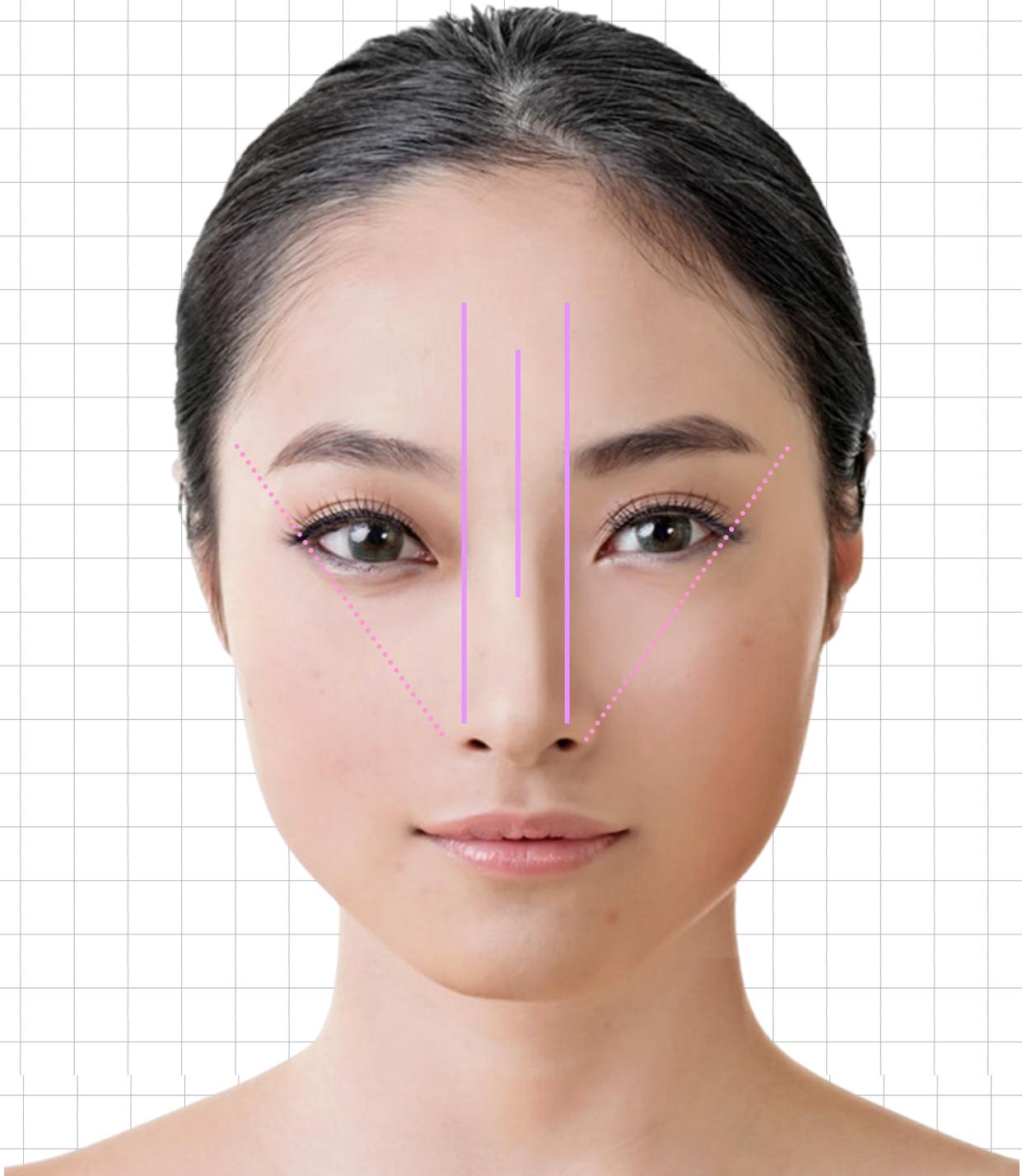
Make a line in between the brows, using the center of the nose as your guide.

BROW MAPPING WORKBOOK



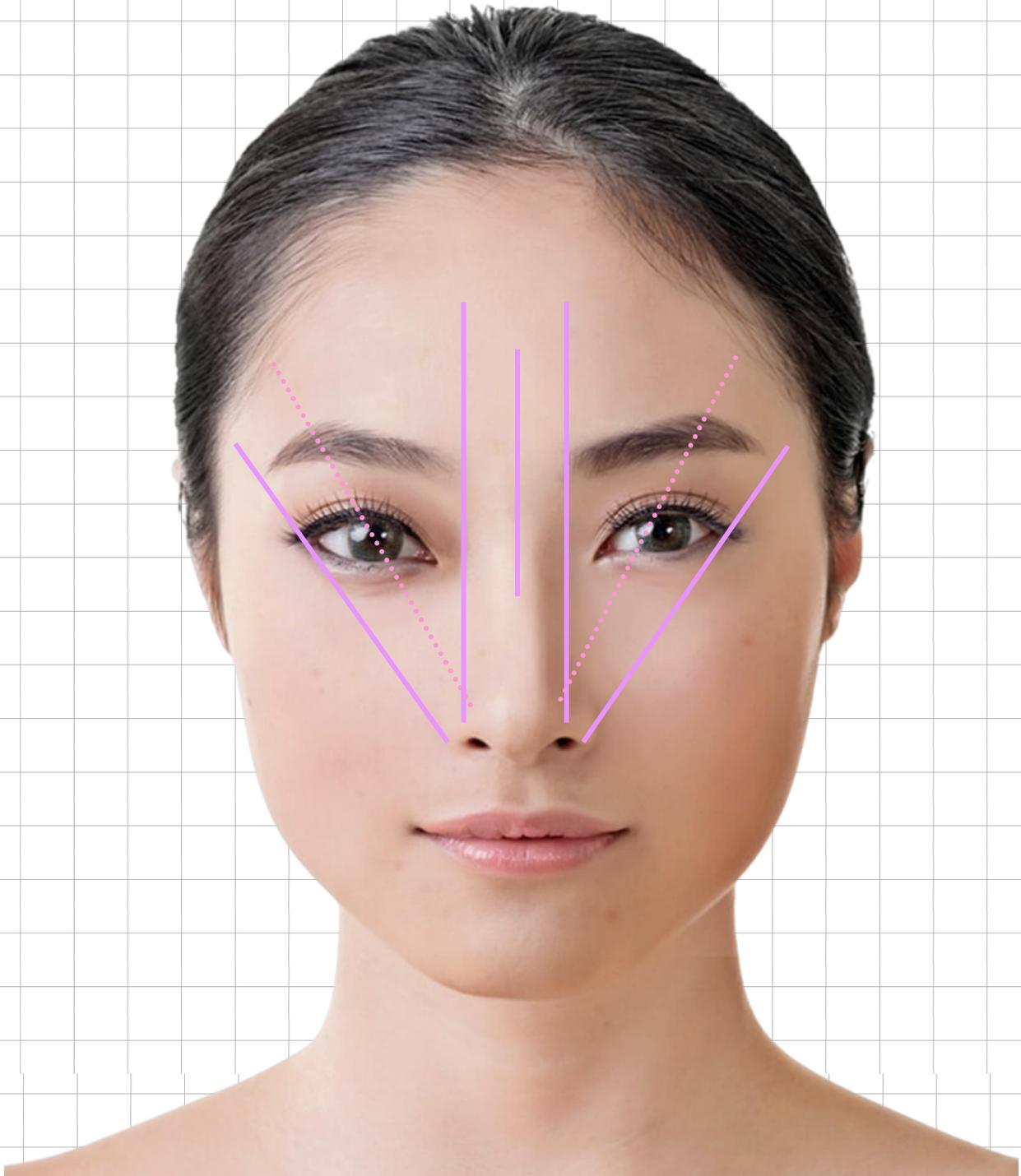
Line your string up with the upper crease of the nostril, through the tear duct.

BROW MAPPING WORKBOOK



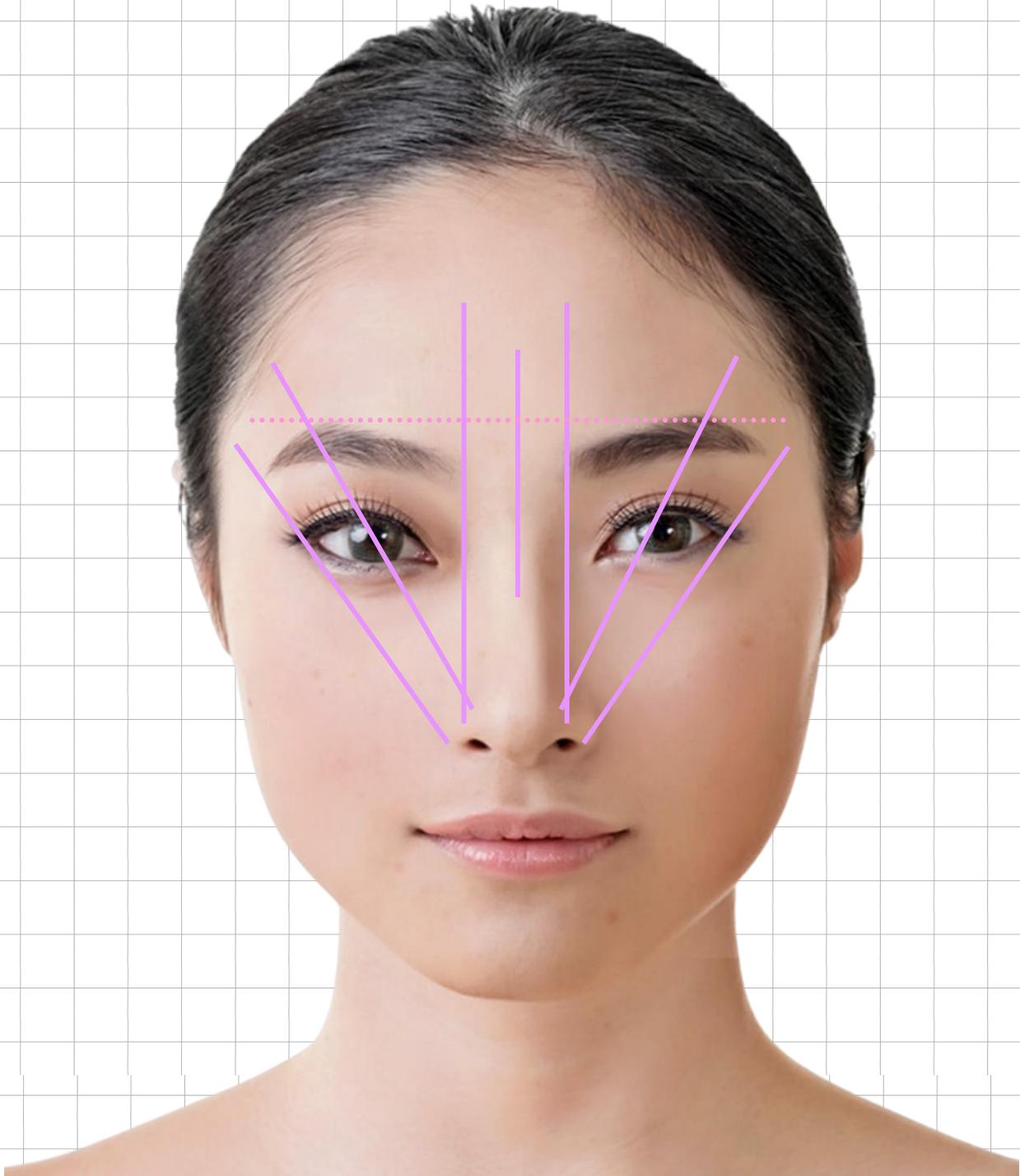
Next, we are going to define where the brow ends. You will take your string and make a straight line from the outer nose to the outside of the eye to the outer brow.

BROW MAPPING WORKBOOK



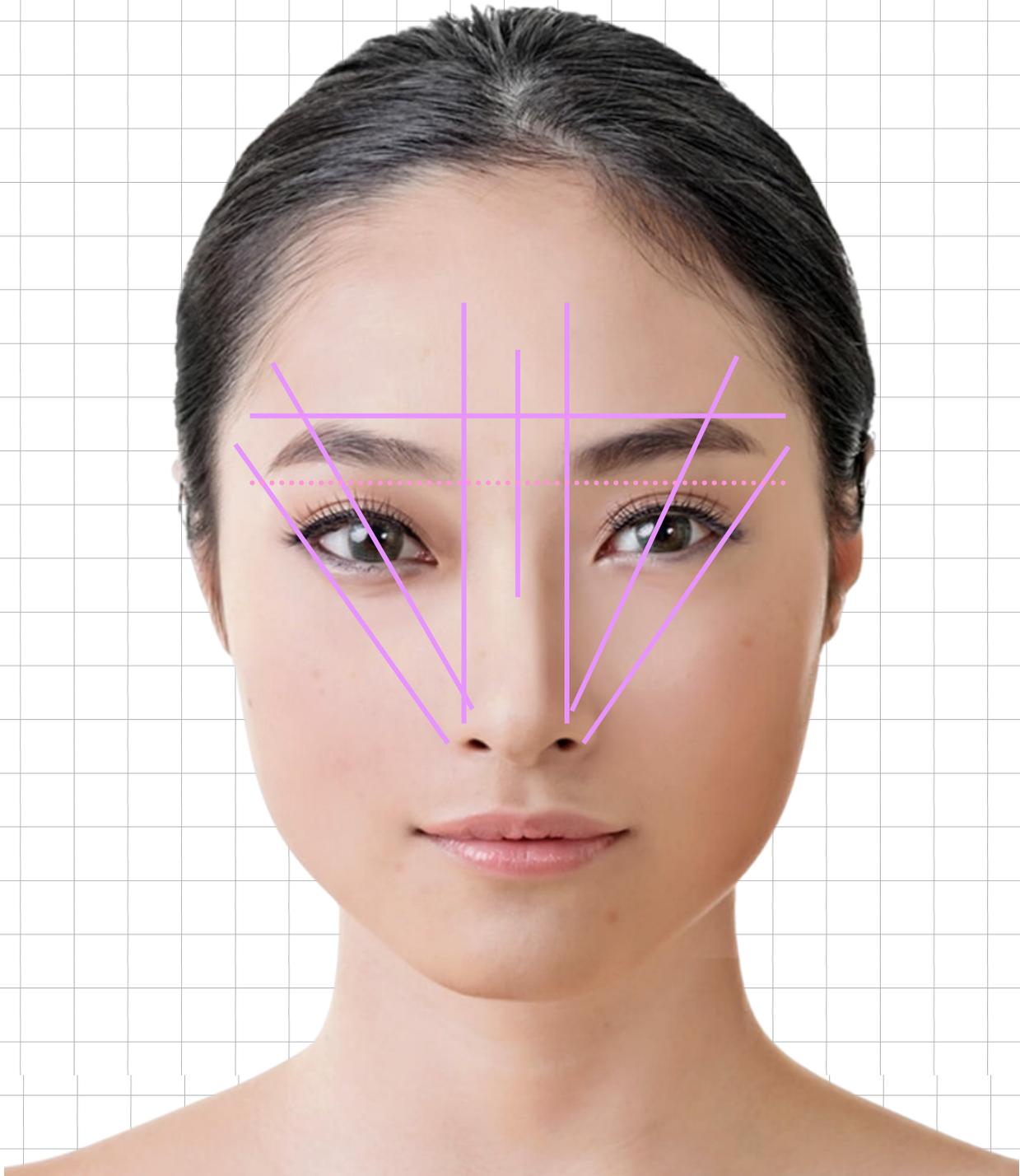
Make a straight line with the inked string from the outer nostril through the iris of the eye to the brow.

BROW MAPPING WORKBOOK



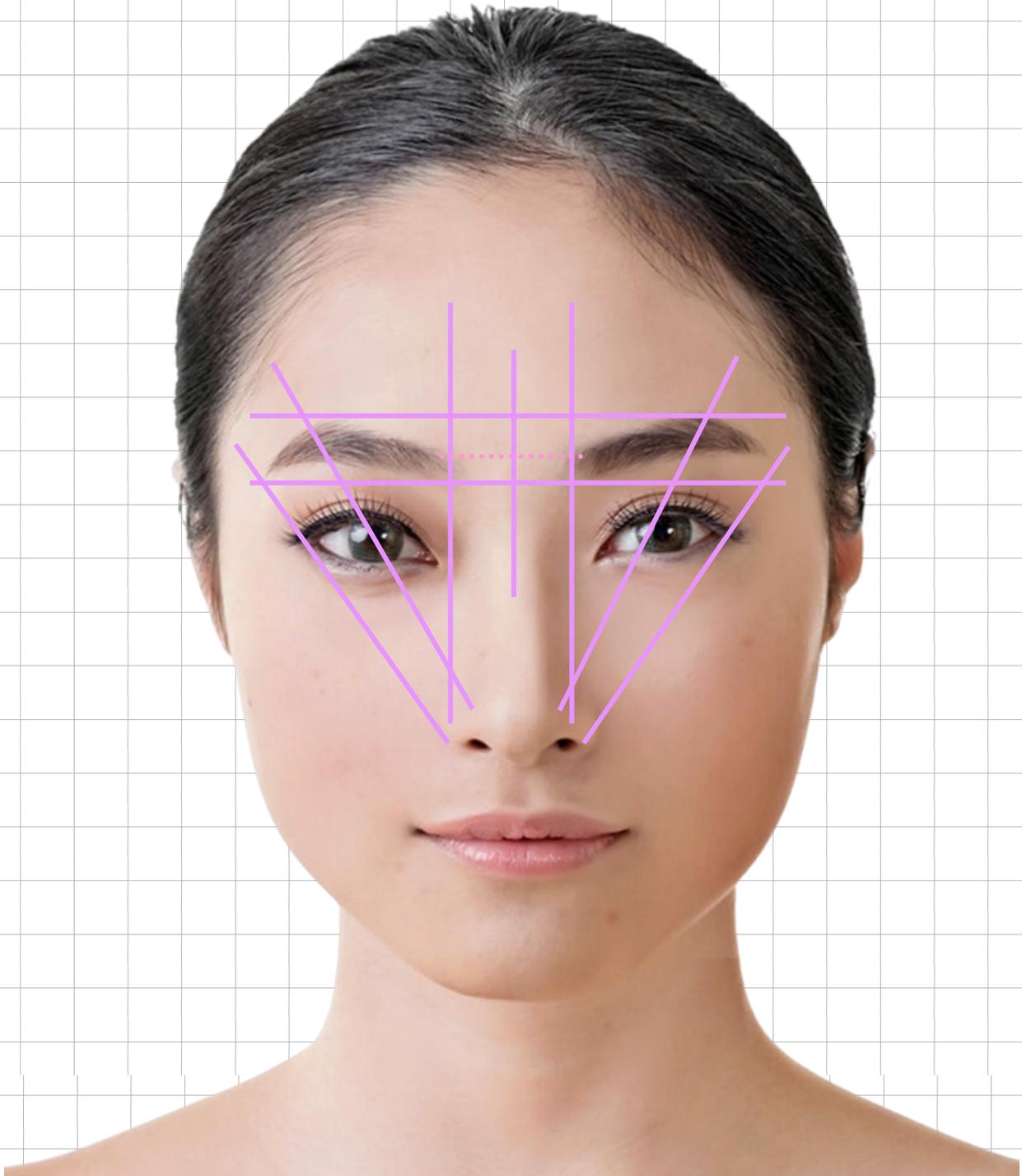
To find the height of where the arch should be to make sure the arch will be at the same height on both sides, feel where the highest point of the brow bone is, and make a straight line from one brow to another. Take your ink string and impress a line.

BROW MAPPING WORKBOOK



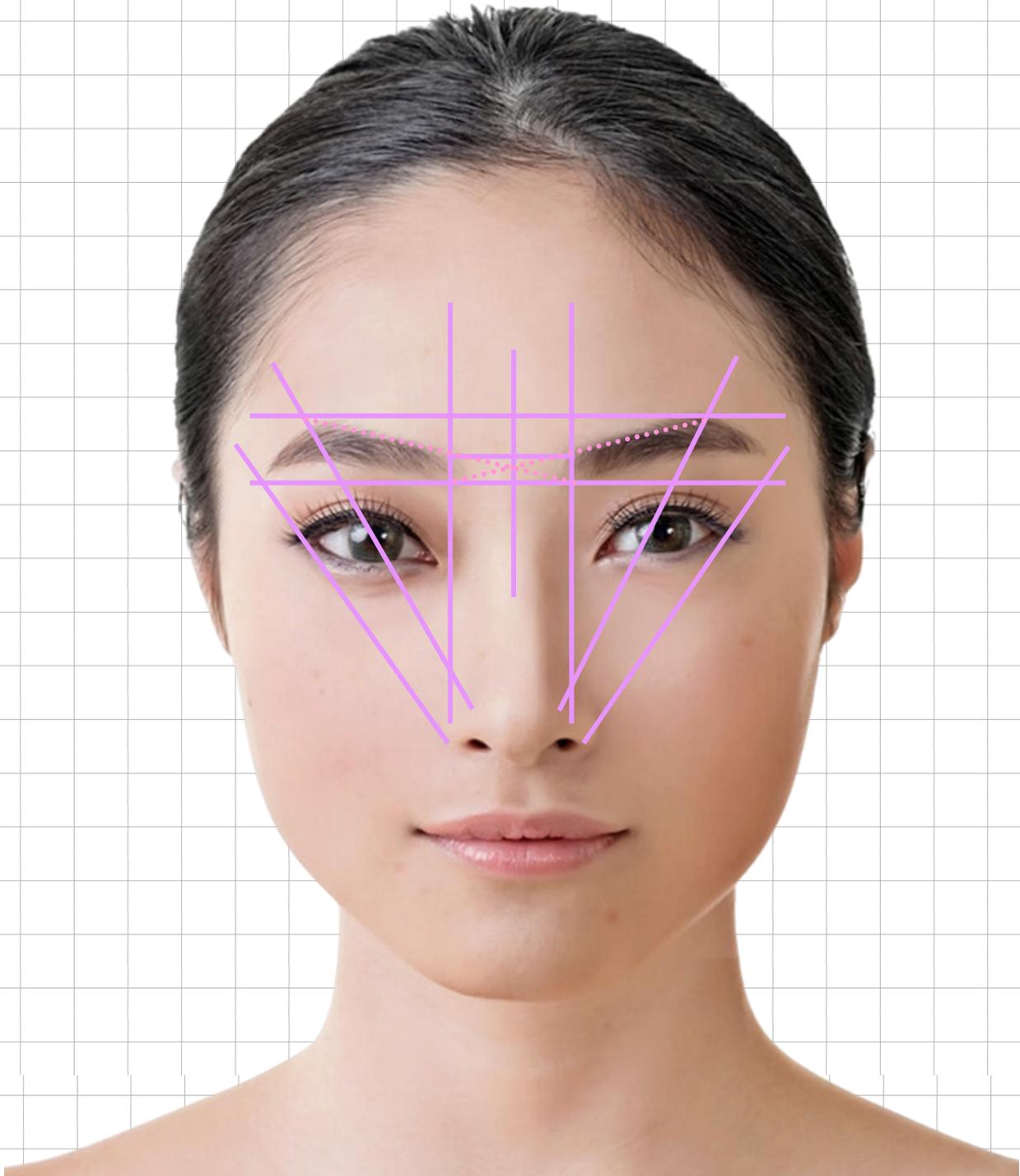
Feel the front brow bone and feel for the lowest part. Now make a straight line across the bottom of both brows. The end of the brow may be higher than the beginning of the brow, never lower.

BROW MAPPING WORKBOOK



This is where you decide on the thickness of the brow. Draw a line on the upper (bulb) of the brow at the desired thickness. Make your mark at the end of the point.

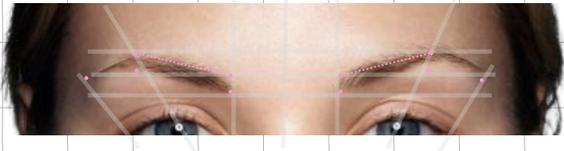
BROW MAPPING WORKBOOK



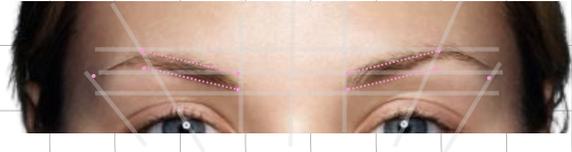
With your string or ruler a straight line from the bottom of one bulb to the opposing arch. Repeat on the other side.

BROW MAPPING WORKBOOK

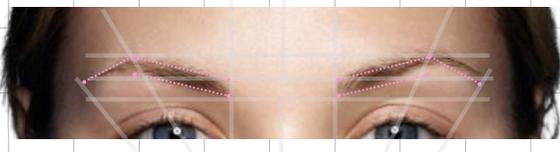
CONNECTING EYEBROW LINES



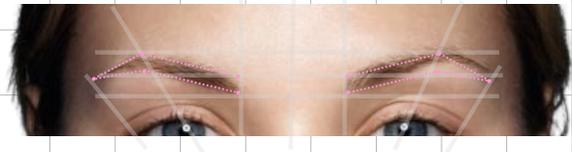
Step 1 - Top Line
Corner of the front of the brow to the
corner of the arch



Step 2 - Bottom Line
Lines must be parallel bottom line
must be longer



Step 3 -Top Tail
The line can be straight or curved
outside.



Step 4 -Bottom Tail
The line should be curved inside.

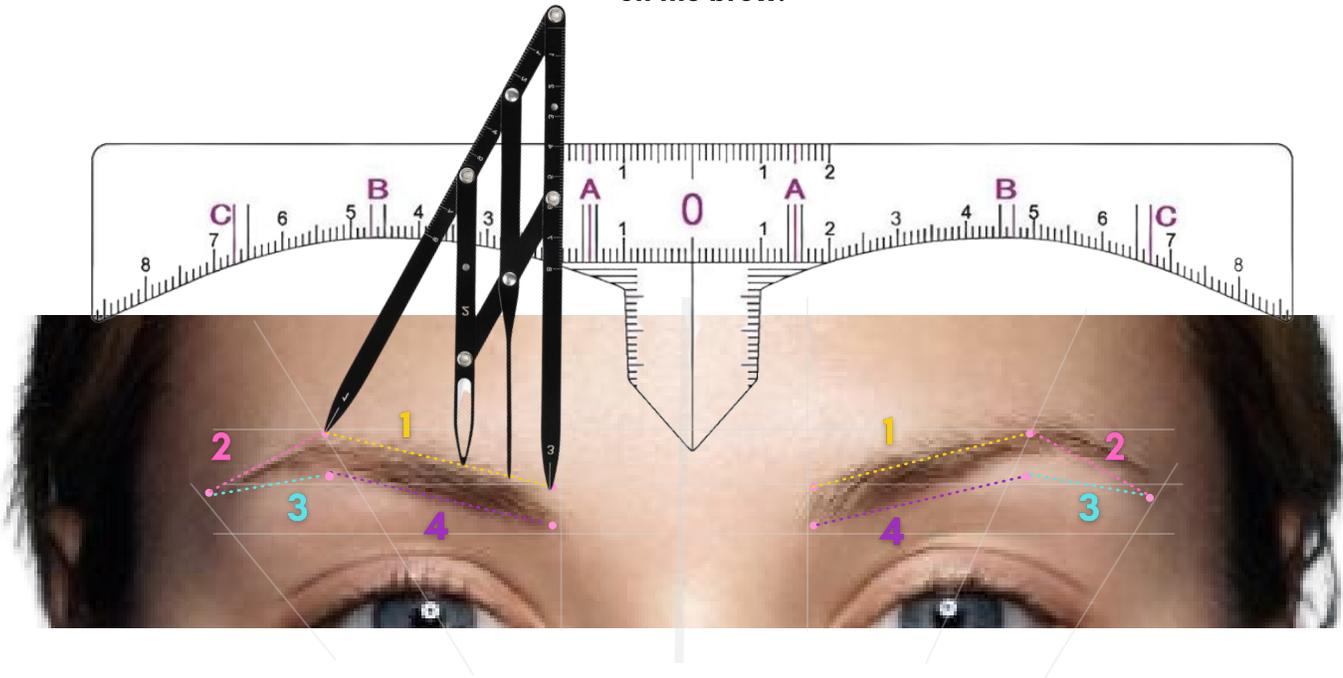
As you can see the model's eyebrows are not even and with the mapping technique we have now balanced eyebrows.

BROW MAPPING WORKBOOK

CHECKING YOUR MEASUREMENTS

After you have finish mapping out the shape of the brows, you'll need to check your measurements. To check your points its best to use your caliper (2-point or 3-point) and ruler sticker to recheck.

Place the brow sticker evenly close to the brows. Each point on one brow should be the same on the other brow. For example if the top arch point is at 6in on the left brow the top right brow arch point should also be at 6in on the ruler. Follow this rule for each point on the brow.



With your caliper measure the distance between each point. Every side of brow should be the same measurement as the other brow. Example section 2 on the left brow should be the same distance on the right section 2. If the distance between section 1 and 2 is 2inch on the right brow then the left brow should also be 2inch.

PRACTICE WORKSHEETS

Print as needed.

BROW MAPPING WORKBOOK



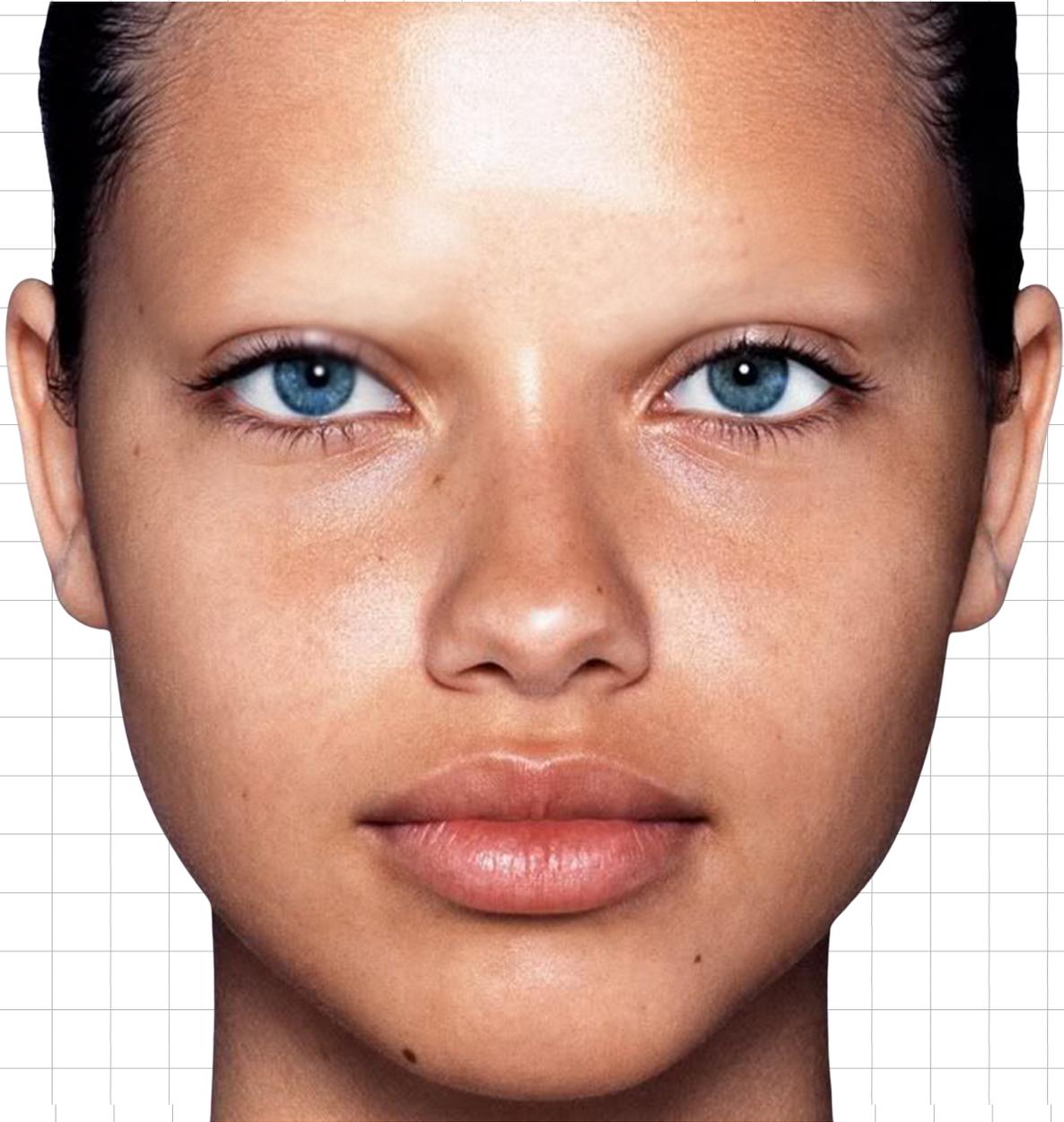
Practice mapping on the model. Use your tools to help with markings. Use a SHARP pencil.

BROW MAPPING WORKBOOK



Practice mapping on the model. Use your tools to help with markings. Use a SHARP pencil.

BROW MAPPING WORKBOOK



Practice mapping on the model. Use your tools to help with markings. Use a SHARP pencil.