

## How to thread eyebrows

by [AliciaMD84](#) on April 2, 2009

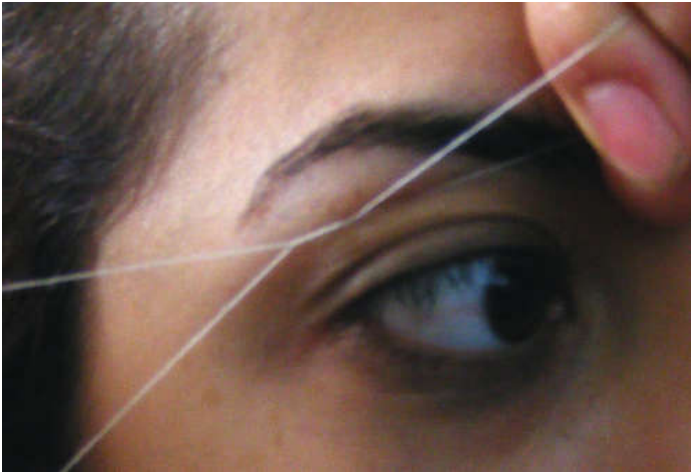
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## intro: How to thread eyebrows

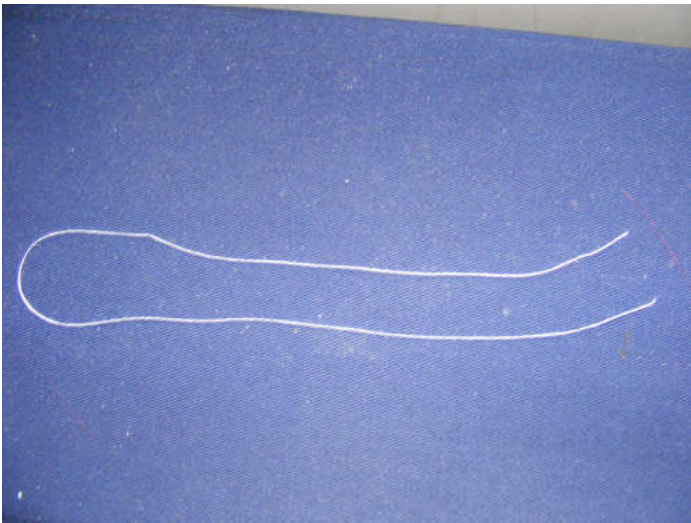
The art of eyebrow threading is a very old beauty technique. In a nut shell, it involves removing hair with thread. Some say it originated in the Middle East, others think it started in India. Either way, it's a pretty cool concept, but a little tricky to master.

So, I hope this Instructable will help you on your quest of learning how to thread eyebrows....



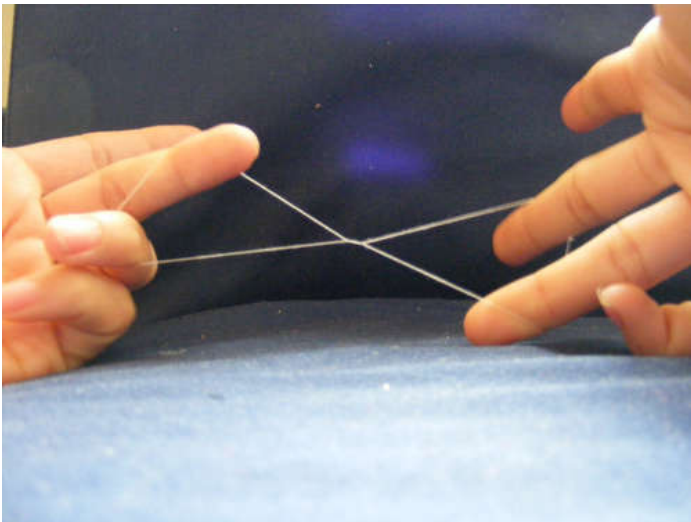
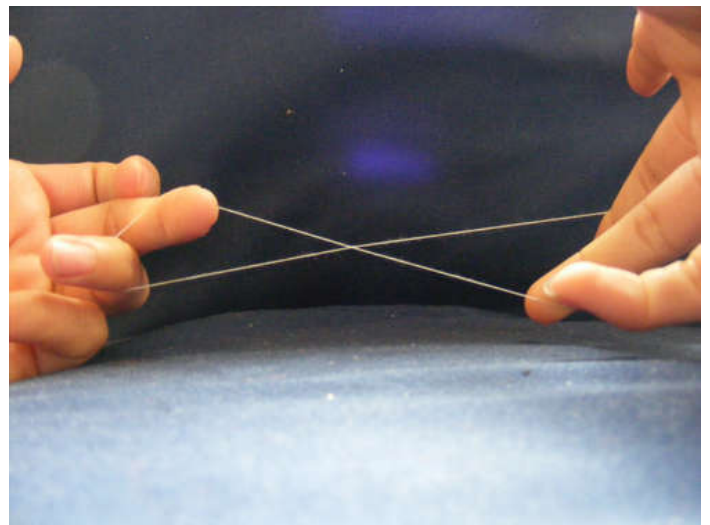
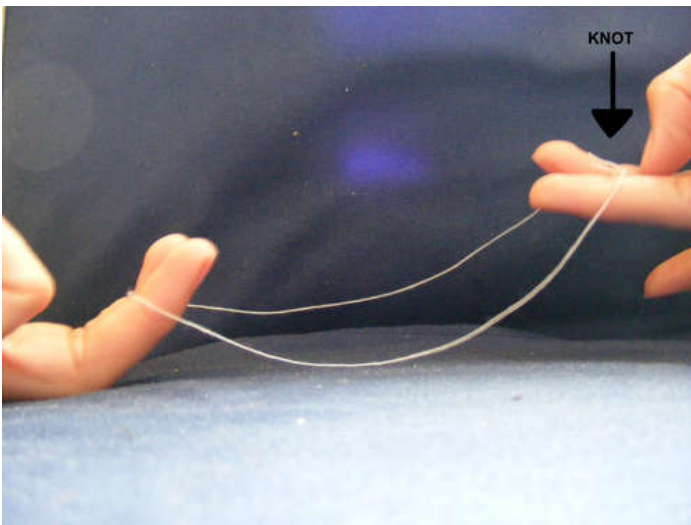
## step 1:

- First you will need to cut a piece of sewing thread about 11 inches long (if you have big hands/fingers then you might need a longer piece of thread).
- Then tie the thread in a knot to make a loop.



## step 2:

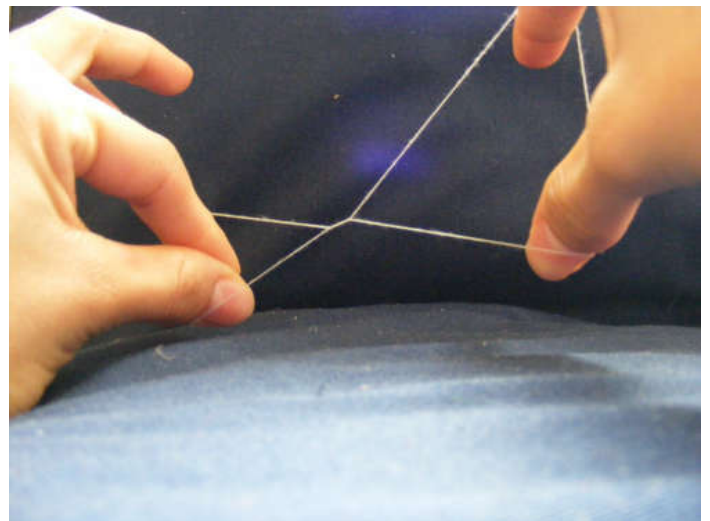
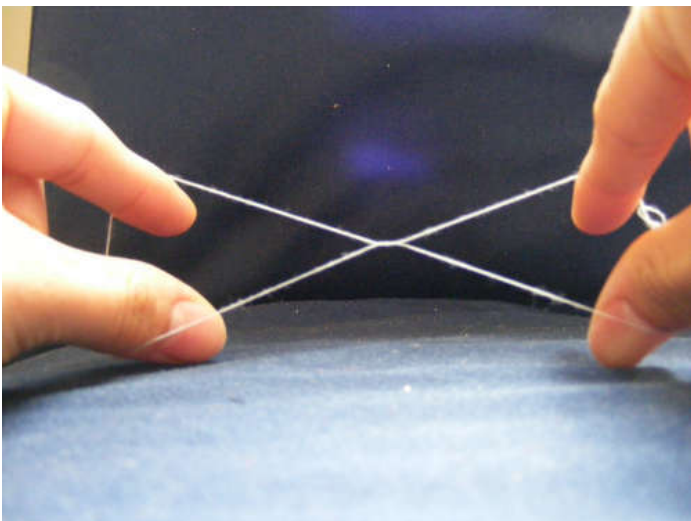
- Insert two fingers from both hands into the loop. Make sure to keep the knot on your fingers to keep it hidden.
- Twist the fingers on one hand to make an 'X'.
- Twist your fingers a few more times in the same direction (about 4 twists should be enough).



**step 3:**

-Now, place your index finger and thumb inside the loop (make sure you don't lose the shape of the thread or you'll have to repeat step 2).

-Keep the fingers of one hand pinched together while you open the fingers of the other hand. This will slide the twisted part of the thread over. This movement is how the thread grips the hair and pulls it out. (kind of like when you rub a rubber band over your arm and it pulls out your hair...actually it hurts like that too when you are removing multiple hairs such as your upper lip).

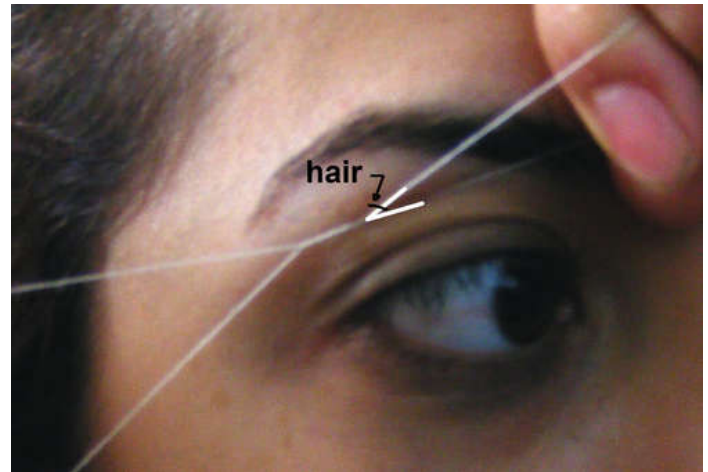
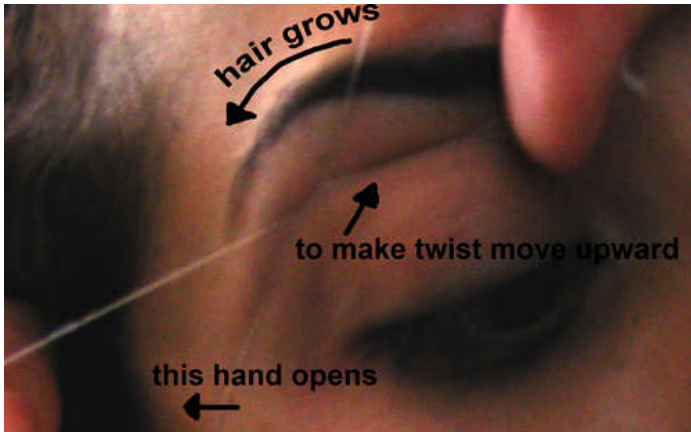


**step 4:**

-What you want to do is make sure you pull the hair in the opposite direction of the way it grows. So, place one hand above your brow and the other below. The hand that will be used to move the twisted part of the thread will be the hand below the brows.

-Place the hair you want to pull out in the 'V' part of the thread.

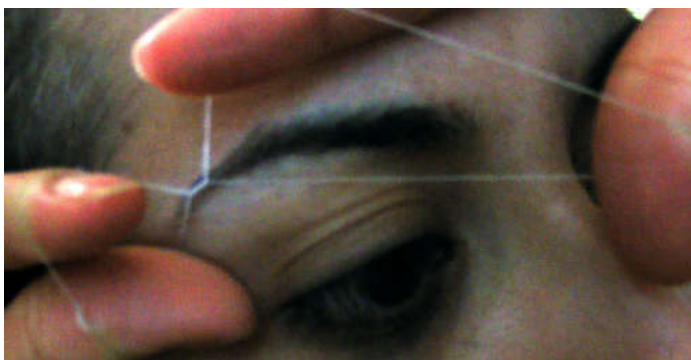
-Open fingers on hand below brow to move the twist over the hair. The hair gets caught in the twist and THUS will be pulled out!!! Do this movement fast. It will work easier and be painless.



**step 5:**

Open the fingers of the other hand to place the twist back in the middle. Then you can repeat step 4 over again.

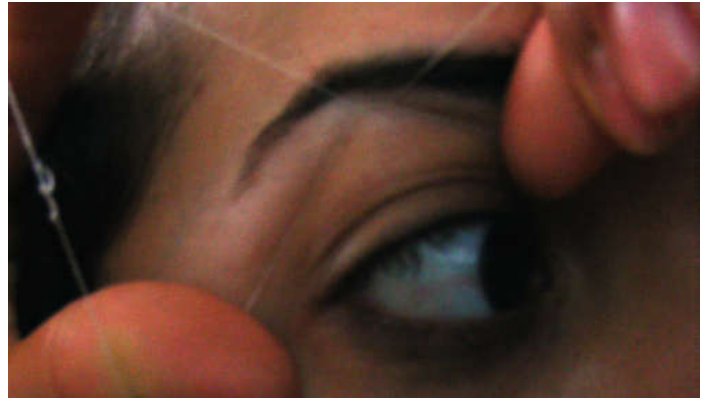
\*\*\*MAKE SURE WHEN YOU DO THIS MOVEMENT YOU DON'T HAVE THE THREAD NEAR HAIR. It could lead to accidentally pulling hair out.\*\*\*



### step 6:

\*\*\*TIP\*\*\*

-When threading near hair you don't want removed, you can use the thread to push the hair out of the way. This will allow easier access to the one hair you want removed.

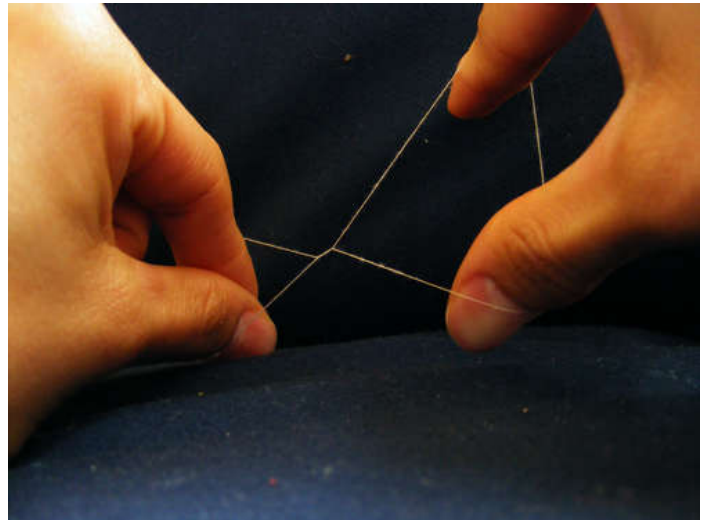
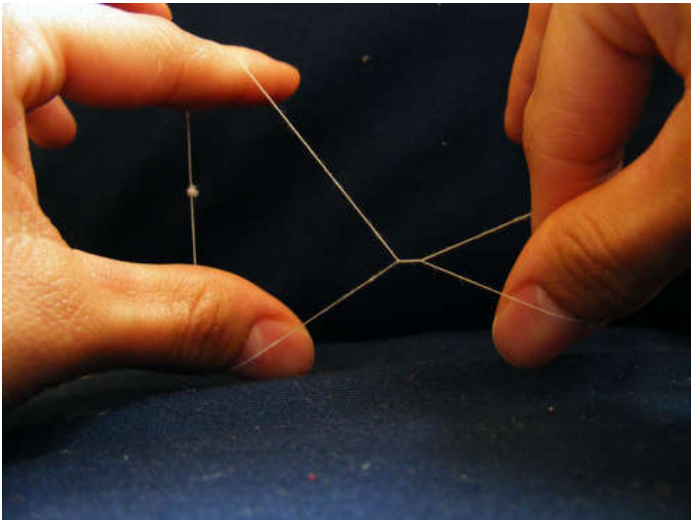


### step 7:

\*\*\*TIP\*\*\*

I suggest practicing the movements first. Alternating between opening one hand then the other.

I also suggest practicing on your(or your boyfriend's) leg hair before attempting the brow. It is hard to control the thread in the beginning. If you don't practice first, you may end up with very oddly shaped eyebrows.





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
34 comments [Add Comment](#)


 **kannd86** says: Apr 19, 2009. 11:29 AM [REPLY](#)  
I think I read once that you should only do this with 100% cotton thread. Is that true? The sewing thread I have is polyester. I think it was something about irritating your skin. What is your thread made of?


 **AliciaMD84** says: Apr 27, 2009. 7:12 PM [REPLY](#)  
Honestly, I don't know the answer to that, lol. If you go to a salon they only use 100% cotton. I usually just use whatever is laying around (which is generally polyester sewing thread). Maybe it's easier w/cotton thread, less painful, less irritating or because it's more eco-friendly. I don't know. SORRY!

 **Bindweeds** says: Apr 27, 2009. 6:37 PM [REPLY](#)  
I always wondered about that! Thanks!

 **hustlngs** says: Apr 14, 2009. 9:30 PM [REPLY](#)  
my girlfriends gets her's done.we were talkng about it today how she should learn to make some of her own money.. good instructable..oo nd i love tha part of how someone should practice on their bf's leg lol

 **TraumaComet** says: Apr 12, 2009. 9:00 PM [REPLY](#)  
I remember my mother, aunts and grandma always doing this- they used to do their whole faces. They told me it also exfoliated and tightened your pores. That may not be true, but thank you for making this technique known to the community!

 **brisnicki** says: Apr 10, 2009. 3:44 AM [REPLY](#)  
Cool! I saw this on used on a TV makeover show years ago and always wondered how they did it. I planned on Googling it one day so was pleased you posted this.  
Your eyebrows have a lovely shape :)

 **ashleybmeyer** says: Apr 9, 2009. 4:52 PM [REPLY](#)  
What advantage does this have over tweezing? It's just another mechanism for pulling hairs out one at a time, yes?



**AliciaMD84** says:

It is A LOT faster then tweezing. You can remove several hairs at once which is what professionals do. Also, some people feel less/no pain then they do w/waxing or tweezing. Some are allergic to wax or remain red afterward. This, obviously, contains no harmful chemicals you could be allergic to, it's more natural and eco-friendly, and it is cheaper then waxing. The only disadvantage is that it's a lot harder to control & master then tweezing. But once you learn to pull one at a time out, then you can get several in a row. Eventually you'll be super awesome and everyone will be impressed!

Apr 9, 2009. 6:12 PM [REPLY](#)



**klynslis** says:

Great instructible! I can't wait to try it.

Apr 9, 2009. 9:17 AM [REPLY](#)



**frouski** says:

I love having it done but i think I'm too clumsy to try it for myself. Great tut though!

Apr 9, 2009. 8:39 AM [REPLY](#)



**katma136** says:

thank you!! very good instructions and an interesting and useful topic too :)

Apr 9, 2009. 8:06 AM [REPLY](#)



**bumsugger** says:

Y-U-K !!!

Apr 9, 2009. 7:54 AM [REPLY](#)



**Raiqi** says:

Thanks - I have had this done for years and its good to see how it actually works!

Apr 9, 2009. 6:23 AM [REPLY](#)



**miseleigh** says:

This will be so much faster than tweezing. Thank you.

Apr 9, 2009. 5:44 AM [REPLY](#)



**MD\_Willington** says:

I've seen it done on "other" hair.. no I will not go there...

Apr 6, 2009. 10:45 AM [REPLY](#)



**-5nip3-** says:

Nice!  
But im just 15 in 3 years i will show your TuT

Apr 5, 2009. 5:58 AM [REPLY](#)



**cigiss** says:

amazing, thank you <3

Apr 4, 2009. 9:09 AM [REPLY](#)



**copycatfilms** says:

Thank you for clearing up one of life's beauty mysteries for me- I assumed eyebrow threading was actually using thread to *create* eyebrows (for people who didn't have enough eyebrow for whatever reason??!) HA! but Ouch! This seems much more enjoyable, painless and effective.

Apr 3, 2009. 11:47 AM [REPLY](#)



**buckmcf** says:

Had this done in the Middle East once, briefly hurts, but looks great, also good for ear and nose hairs.

Apr 2, 2009. 2:20 PM [REPLY](#)



**hominid** says:

I saw this done on a doco' when Clive James had it done on his escaping ear hairs. It was in the middle east.

Apr 3, 2009. 5:42 AM [REPLY](#)



**tecneeq** says:

Real men pull out nose hair with their fingernails (used like a plier). And if you don't have tears in your eyes afterwards, you are doing it wrong ;).

Apr 2, 2009. 9:12 PM [REPLY](#)



**thermoelectric** says:

Hehehehe Lol.  
There are machines that clip nose hair now, sow that probably doesn't happen much

Apr 2, 2009. 10:58 PM [REPLY](#)



**Notbob** says:  
Real men use live sharks to remove nose hairs ; )

Apr 2, 2009. 11:18 PM [REPLY](#)



**BeanGolem** says:  
I think when it comes down to it, REAL real men just let the damn stuff grow out all scraggly and gross. haha.

Apr 3, 2009. 1:33 AM [REPLY](#)



**At Liberty** says:  
Yes.

Apr 9, 2009. 7:28 AM [REPLY](#)

And then they pull it out with their bare fingers, tear up, maybe sneeze, then go all MacGyver on it, and weave something useful out of it.



**Notbob** says:  
Knit a jumper out of it.  
Because knitting is for real men.

Apr 9, 2009. 9:07 AM [REPLY](#)



**thermoelectric** says:  
Yeah, I think you're right.

Apr 3, 2009. 1:58 AM [REPLY](#)



**thermoelectric** says:  
Is taht even possible????

Apr 3, 2009. 12:11 AM [REPLY](#)



**Notbob** says:  
Is it just me, or does this seem obscenely painful?

Apr 2, 2009. 11:22 AM [REPLY](#)



**herzleid** says:  
No worse than any of the other body hair removal techniques...

Apr 3, 2009. 4:46 AM [REPLY](#)



**AliciaMD84** says:  
Beauty is pain!!!...Actually, it's really not that bad. No worse then waxing or tweezing. Do it fast and it won't be so bad :-)

Apr 2, 2009. 12:21 PM [REPLY](#)



**Father Christmas** says:  
Doesn't seem any worse than waxing...

Apr 2, 2009. 12:10 PM [REPLY](#)



**ChrysN** says:  
I've always wanted to learn this, I heard that it is less painful than tweezing and easier to create a nicely shapes brow.

Apr 2, 2009. 4:40 PM [REPLY](#)



**SinAmos** says:  
Nice lines. ;)

Apr 2, 2009. 12:58 PM [REPLY](#)