aim and purpose

This is a preparation for work unit which is based on capability and knowledge. The unit is about providing temporary hair removal using warm and hot waxing techniques. To carry out this unit the Candidate will need to maintain effective health, safety and hygiene procedures throughout their work.

This unit covers all of the practical applications and required underpinning knowledge of waxing treatments to cover the uses, benefit, effects, indications and contra-indications of warm and hot wax method of temporary hair removal.
unit introduction

The basis of all effective temporary hair removal lies in knowing which type and method of waxing product and techniques to apply to achieve the desired outcomes.

The waxing Therapist should be knowledgeable of the structure and functions of hair and skin as well as the anatomical structures and systems in the area to be treated. This information, coupled with a thorough understanding of the abilities and functions of waxing products, systems and procedures, will enable the Candidate to prepare for and provide waxing hair removal treatments designed to meet the needs of the Client, whilst working in a safe and secure manner.

This unit will assist in providing understanding of the organisational skills required, and technical processes and procedures involved in providing waxing hair removal treatments. It will provide the foundation knowledge required to enable the Candidate to identify possible contra-indications to treatment, as well as indications for, and benefits and effects of, professional Salon hair removal treatments.
A range of assessment methods may be used by the Centre to check the Candidate's understanding of the subject

Portfolios to include supplementary evidence of the following

Treatment plans to contain the following information

Consultation • Medical history • Treatment details • Specific details of products used • Areas treated and Client's reactions • Client feedback • Aftercare and homecare advice • Retail recommendations • Advice for further treatments • Candidate and Client signatures • Treatment date

Range

Evidence of five waxing treatments to include

One treatment per Client on the following range of areas

Full leg • Underarm • Forearm • Bikini • Lip • Chin
For examination purposes CIBTAC Examiners will visually assess the following

Be able to prepare for waxing treatments by

- Effectively prepare themselves, Client and work area for waxing treatment
- Demonstrate the use of suitable consultation techniques to identify treatment objectives
- Competently carry out the necessary tests prior to treatment to enable them to provide clear recommendations to the Client and make decisions on treatment aims
- Correctly select products, tools and equipment to suit Client’s treatment needs, skin and hair types and conditions

Be able to provide waxing treatments by

- Communicate information and behave in a professional manner
- Complete all aspects of the treatment whilst following health and safety working practices and Industry code of practice for waxing services
- Ensure they position themselves and Client correctly throughout the treatment
- Demonstrate the use of products, tools, equipment and techniques to suit Client’s treatment needs, hair and skin type and conditions
- Complete the treatment to the satisfaction of the Client
- Record the results of the treatment
- Provide suitable aftercare advice
For examination purposes CIBTAC Examiners will, either by oral or written questioning, examine the Candidate’s underpinning knowledge of the following:

- Describe Salon requirements for preparing themselves, the Client and work area for the proposed treatment
- State the environmental conditions suitable for waxing treatments
- Describe different consultation techniques used to identify treatment objectives
- Describe the type of tests carried out prior to waxing treatments
- Describe how to select products, tools and equipment to suit Client’s treatment needs, hair and skin types and conditions
- Demonstrate they are able to identify the different types of waxing methods and products available
- State the advantages and disadvantages of alternative methods of hair removal
- Describe the effects alternative methods of hair removal may have on the skin and waxing treatments
- Describe the contra-indications which prevent or restrict waxing treatments
- State how to communicate and behave in a professional manner
- Describe health and safety working practices and codes of practice for waxing services
- State the importance of positioning themselves and the Client correctly throughout the treatment
- State the importance of using products, tools, equipment and techniques to suit Client’s treatment needs, skin type and conditions
- Describe how treatments can be adapted to suit Client’s treatment needs, skin types and conditions
- State the contra-actions that may occur during and following treatments and how to respond
- State the importance of completing the treatment to the satisfaction of the Client
- State the importance of completing treatment records
- State the aftercare advice that should be provided
- Describe the structure and function of the skin
- Describe the structure, function and growth cycle of the hair
- Describe diseases and disorders of the hair and skin
**Waxing services taught content to include**

**Preparation for treatment**

Preparation of the working area

**Equipment**

Couch • Trolley • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe and gown • Disposable slippers • Disinfecting fluid • Magnifying lamp • Tissues • Cotton wool • Gloves • Spatulas • Bowls • Mirror • Sterilising solution • UV cabinet • Autoclave • Glass bead steriliser • Chemical immersion equipment

**Products for the following treatments**

Hot waxing • Cool waxing

**Range to cover**

Eyebrow wax • Upper lip wax • Chin wax • Underarm wax • Forearm wax • Chest wax • Abdomen wax • Bikini wax • Full leg wax • Half leg wax • Back wax
Control of the environment to consider

Lighting • Heating • Ventilation • Noise levels • Available space • Music • General hygiene • Waste disposal • Décor • Aroma • Privacy • Reception areas • General use and treatment areas • Selection of adequate products • Procedures used to prepare Client for treatment • Client care and modesty considered

Presentation and conduct of self

To include the wearing of freshly laundered appropriate Salon wear • Fully supportive and protective flat non slip shoes • Tights or stockings • Hair secured back from the face • Well applied makeup • No jewellery • Watch to be of the fob variety secured out of the way on uniform

To be fully aware of the need to conduct oneself in an appropriate manner at all times

Consultation

Awareness and understanding of the uses of, and need for, thermal sensitivity test • Product sensitivity patch test • Why patch test must be conducted 24–48 hours prior to treatment

Complete an appropriate consultation form to gain all of the necessary information for a safe and effective treatment • Consult in a suitable area • Demonstrate knowledge of the types of questions to ask to gain information upon which to base relevant treatment outcomes

Positive body language • Positioning of the Client • Good communication skills (asking open and closed questions where appropriate) • Verbal and non-verbal communication • Ensure understanding and consent from the Client is obtained with the Clients signature prior to treatment
Treatment analysis

Restrictions • Contra-indications and contra-actions • Density and strength of hair growth • Treatment area • Skin sensitivity • Client gender • Client preferences and commitment • Product availability and suitability • Time scales • Costs • Adapting the treatment to suit the needs of the Client • Area size and location of hair to be removed

Skin types

Dry • Oily • Combination • White • Black • Asian

Skin tones

Fair • Medium • Dark • Olive
Skin conditions and characteristics

Mature • Young • Sensitive • Dehydrated • Lack of elasticity • Lack of muscle tone • Blemishes • Age • Crow’s feet • Broken capillaries • Open pores • Milia • Comedones • Pustules • Papules • Hyper pigmentation • Hypo pigmentation • Dermatosis papulosa nigra • Psuedo folliculitis • Keloids • In-growing hairs • Vitiligo • Albinism • Chloasma • Ephilides • Lentigo • Naevae • Port wine stain • Leucoderma • Scarring • Thin skin • Small moles • Papilloma

Understand the effects of medications and UV on the skin • Environmental factors • Diet • Smoking • Central heating • Alcohol • Sleep • Stress • Exercise • Occupation

Contra-indications that prevent treatment (requiring medical permission)

If the Client is suffering from any of the following contra-indications then permission to treat should be sought from the Client’s Doctor or Specialist treating the condition.

In circumstances where medical permission cannot be obtained Clients must sign an informed consent form stating that the treatment and its effects have been fully explained to them and confirm that they are willing to proceed without permission from their GP

Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Nervous and psychotic conditions • Recent operations • Diabetes • Trapped or pinched nerve • Inflamed nerve • Severe varicose veins
**Contra-indications that restrict treatment**

Fever • Infectious or contagious diseases • Under the influence of recreational drugs or alcohol • Any known allergies • Infectious skin diseases and disorders • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Cuts • Bruises • Abrasions • Scar tissue (two years for major operation and six months for a small scar) • Sunburn • Self tan • Heat rash • Hairy moles • Hormonal implants • Recent fractures (minimum three months) • Neuralgia • Hypersensitive skin • Loss of skin sensation • Vascular skin • Varicose veins • 48 hours after sun tanning • Bell’s palsy • Positive reaction to patch test • Thin and fragile skin • Steroid based medication

**Communicate findings to the Client**

Explanation of treatment • Benefits, limitations and co-operation required • Client care, modesty and support • Communication • Correct posture, hygiene and a professional approach to the Client throughout treatment • Expectations of treatment frequency • Cost implications • Management of realistic expectations.

**Selection of treatment specific products**

Knowledge of how to adapt and vary the selection of product tools and equipment to suit the treatment outcomes • The importance of selecting the correct products, tools and equipment based upon Client consultation, relevant tests and hair growth analysis • Waste disposal (separate bin for contaminated waste) • Wax pot • Disposable spatulas • Waxing strips • Tweezers • Scissors • Surgical gloves and apron • Disposable briefs • Hot wax • Cool wax • Pre and after wax products • Powder
Performance of treatment routine and processes

Have a thorough knowledge of hair removal techniques to include • Tweezing • Shaving • Depilatory creams • Abrasive mitts • Sugaring • Threading • Electrical epilation machine • Intense pulsed light • Laser • Epilation, how their effects and benefits compare to that of wax hair removal in order to be able to advise the Client

Be able to provide a full waxing service • How and where to adapt the techniques if necessary to suit the treatment aims

What restrictions may need explaining to the Client • Contra-indications and contra-actions • Density and strength of hair growth • Treatment area • Skin sensitivity • Client gender • Client preferences and commitment • Product availability and suitability • Time scales • Costs • Other examples of how to adapt the treatment to suit the needs of the Client, such as in the case of treatment of Client with restricting contra-indications

Where the treatment may need terminating due to Extreme adverse skin reaction • Skin irritation • Itching • Erythema • Bruising • Burns • Blood spotting • Sensitisation • Allergies

The Immediate actions to perform • Removal of products • Application of cool compress • Referral procedures

Set up of for treatment to include

Ensure the Client is comfortable and correctly supported • Waxing Therapist to maintain correct working posture throughout treatment • Minimise Client discomfort by correct support of the skin • Waxing Therapist self-care in either seated or standing position, all products and equipment placed in an ergonomic manner • Application and removal techniques for hot and cool waxing • Safe and effective disposal of treatment waste in line with all legislation and codes of practice
Techniques demonstrated to include

Hygienic spatula and roll on methods of application • Pot and roll on applicator wax • Tube wax • An up to date knowledge of developments in wax formulations

How to perform thermal sensitivity test immediately prior to use • Wax temperature tested on Therapist and Client

Waxing treatment techniques to include

Hot wax • Cool wax • Eyebrow wax • Upper lip wax • Chin wax • Underarm wax • Forearm wax • Chest wax • Abdomen wax • Bikini wax • Full leg wax • Half leg wax • Back wax • The methods, hygiene and safety precautions, effects and benefits of all treatment techniques • How to recognise and act on controlling contra-actions

Conclusion

Conclusion of treatment in appropriate manner to meet Client’s needs and manufacturers’ instruction • Check treatment results with Client using mirror • Client response to treatment and feedback • Note benefits of the treatment • Product advice • Homecare advice • Store records demonstrating knowledge of confidentiality requirements
Recording of treatment outcomes to include

Any adverse skin reaction • Skin irritation • Itching • Erythema • Bruising • Burns • Blood spotting • Sensitisation • Allergies • Breaking hairs • Distortion of the hair follicle • In-growing hairs • Immediate removal of product residue • Application of cool compress • Referral procedures

Any possible contra-actions to treatment • Client response to treatment and feedback • Note benefits of the treatment • Product advice • Homecare advice • Understand the storage of records demonstrating knowledge of confidentiality requirements

Aftercare and homecare advice to include

Information and advice to be based on knowledge gained from consultation and treatment outcomes, information to include considerations on further treatment options and recommendations for immediate aftercare

Avoid immediate application of makeup • For the next 24-48 hours advise the following - avoid touching the skin excessively • Avoid exposure to UV, sun beds and sunbathing • Wash or shower in lukewarm water • Use un-perfumed products • Use after wax products to soothe the skin • Do not use makeup or self-tanning preparations • Do not wear tight fitting clothing • Do not carry out vigorous exercise • Do not go swimming • Do not have heat treatments • Do not apply deodorant • Do not use exfoliant products for the next two to three days

Homecare advice

Exfoliation and moisturisation to minimise in-growing hairs • Recommended products for homecare • Lifestyle • Recommendation of further Salon treatments • Advice on retail products to continue the beneficial effects of treatment
related knowledge of anatomy and physiology

SKIN STRUCTURE

Describe the structure and functions of the skin to have an understanding of the position and purpose of skin structure.

<table>
<thead>
<tr>
<th>Epidermis</th>
<th>Dermis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stratum Corneum</td>
<td>Blood Supply</td>
</tr>
<tr>
<td>Stratum Lucidum</td>
<td>Sensory Nerve Endings</td>
</tr>
<tr>
<td></td>
<td>Mast Cells</td>
</tr>
<tr>
<td>Stratum Lucidum</td>
<td>Lymphatic Supply</td>
</tr>
<tr>
<td></td>
<td>Dermal Papilla</td>
</tr>
<tr>
<td></td>
<td>Sweat Gland (Eccrine and Apocrine)</td>
</tr>
<tr>
<td>Stratum Granulosum</td>
<td>Hair Folicle</td>
</tr>
<tr>
<td></td>
<td>Collagen</td>
</tr>
<tr>
<td></td>
<td>Fibroblast Cells</td>
</tr>
<tr>
<td>Stratum Spinosum and Malphigian</td>
<td>Hair Shaft</td>
</tr>
<tr>
<td></td>
<td>Elastin</td>
</tr>
<tr>
<td></td>
<td>Erector Pili Muscles</td>
</tr>
<tr>
<td>Stratum Germinativum and Basal Layer</td>
<td>Sebacious Gland</td>
</tr>
<tr>
<td></td>
<td>Histiocytes</td>
</tr>
<tr>
<td></td>
<td>Melanocytes</td>
</tr>
</tbody>
</table>

Subcutaneous and adipose layer

The structure and function of the fatty layer underneath the dermis.

Skin functions

- Secretion
- Heat regulation
- Absorption
- Protection and Acid Mantle (composition and formation)
- Elimination and excretion
- Sensation
- Vitamin D formation (7dehydro-cholesterol)
HAIR STRUCTURE

Structure and function of the hair

Hair structure

Keratin • Cuticle • Cortex • Melanin • Medulla • Inner root sheath • Huxley’s • Henle’s • Outer root sheath • Vitreous membrane • Connective tissue • Dermal papilla • Lanugo • Vellus • Terminal

Growth cycle

Anagen • Catagen • Telogen

Factors affecting hair growth

Health • Age • Diet • Medication • Climate • Damage • Lifestyle

Describe diseases and disorders of the skin

General

Broken capillaries • Crow’s feet • UV damage • Urticaria • Allergic reaction • Comedones • Milia • Hyperkeratosis • Keloids • In-growing hairs • Psuedo folliculitis
Infestations
Scabies • Pediculosis

Congenital
Atopic eczema • Atopic dermatitis • Psoriasis

Bacterial
Acne vulgaris • Acne rosacea • Impetigo • Folliculitis • Boils

Viral
Herpes simplex • Herpes zoster • Warts

Fungal
Tinea corporis

Pigmentation disorders
Hyper pigmentation • Hypo pigmentation • Dermatosis papulosa nigra • Vitiligo • Albinism • Chloasma • Ephilides • Lentigo • Naevae • Port wine stain • Leucoderma • Papilloma

Skin cancers
Basal Cell Carcinoma • Squamous Cell Carcinoma • Malignant Melanoma
Explain how natural ageing, lifestyle and environmental factors affect the condition of the skin and muscle tone

Intrinsic ageing – physiological factors

Extrinsic ageing – environmental Factors
CIBTAC Examiners will visually assess that all Candidates working practices are compliant with the relevant Health and Safety legislation for the country they are in and such practices are consistently and relevantly applied to the treatment performance.

**RELATED HEALTH AND SAFETY**

The following information relates to the laws and regulations of the British Isles. The education provider is responsible for translating this information and ensuring knowledge and understanding of any other regulatory requirements particular to their country. In addition the education provider is responsible for identifying and signposting any comparable legislation particular to the safe practices and working conditions in the country they are in.

The Candidate must be taught the relevance of the following information and their responsibilities in law in relation to the country within which the qualification is taught and any particular legislative requirements.

The importance of

Fire Precautions Act • Health and Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health and Safety at Work Regulations • The Workplace (Health, Safety and Welfare) Regulations • The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • The Equality Act 2010 • Data Protection Act