



206

Remove hair using waxing techniques

Waxing is a very popular service offered by the salon, particularly during the summer months when bodies are more exposed. If carried out confidently and well, it is what is known as a 'bread and butter' treatment – it brings money into the salon because the clients return regularly. Waxing offers a quick and effective way of clearing small and large areas of unwanted hair on common areas such as legs, underarms, bikini line and upper lip. You will learn about the different types of wax and how to choose the most suitable product for the type of hair growth and area. You will also gain knowledge of other methods of hair removal, both temporary and permanent.

Assignment mark sheet

Unit 206 Remove hair using waxing techniques

Your assessor will mark you on each of the practical tasks in this unit. This page is used to work out your overall grade for the unit. You must pass **all** parts of the tasks to be able to achieve a grade. **For each completed practical task, a pass equals 1 point, a merit equals 2 points and a distinction equals 3 points.**

What you must know

- Task 1a: produce an information sheet
- Task 1b: produce a fact sheet
- Task 1c: anatomy and physiology
- Or** tick if covered by a GOLTA online test

Tick when complete

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What you must do

- Task 2a: remove underarm hair using waxing techniques
- Task 2b: remove bikini hair using waxing techniques
- Task 2c: remove lower leg hair using waxing techniques

Grade

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Points

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Conversion chart

| Grade | Points |
|-------------|---------|
| Pass | 1–1.5 |
| Merit | 1.6–2.5 |
| Distinction | 2.6–3 |

Total points for graded tasks

Divided by

=

| |
|------------|
| |
| ÷ 3 |
| |

Overall grade (see conversion chart)

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|--|

Candidate name:

Candidate signature: Date:

Assessor signature: Date:

Quality assurance co-ordinator signature (where applicable): Date:

External Verifier signature (where applicable): Date:



Always stretch and support the skin to ease discomfort for the client.

What does it mean?

Some useful words are explained below

Aftercare advice

Advice given to the client following a waxing treatment to prevent any adverse reactions from occurring.

Contra-action

An unfavourable reaction that may occur either during or after the treatment, eg skin irritation.

Contra-indication

A condition that will prevent waxing treatments being carried out, eg sunburn.

Cross-infection

Transferring an infection from one person to another.

Depilatory creams

Chemical creams that dissolve the hair on the surface of the skin.

Electrolysis

A permanent method of hair removal using a fine needle and an electrical current.

Erythema

Irritation or injury to tissue, which makes the skin look red. This is a result of the blood vessels drawing blood to the surface.

Hair growth pattern

The direction the hair grows on the surface of the skin – it will vary according to body area.

Tests patch

These can be either heat-sensitive or tactile tests, which are carried out to check the client's reactions to heat and the products used.



PPE

Personal protective equipment, such as disposable gloves used while waxing.



Soothing products

Products that are used on the skin following a waxing treatment to reduce any irritation, redness and minor swelling that might have occurred.

Waxing Code of Practice

Suggested good practice to follow when carrying out waxing treatments.



Wax strips

Made of either paper or fabric and placed on the warm wax to remove it from the skin.

What you must know

You must be able to:

- 1 describe salon requirements for preparing yourself, the client and the work area
- 2 state the environmental conditions suitable for waxing treatments
- 3 describe different consultation techniques used to identify treatment objectives
- 4 describe the types of tests that are carried out prior to waxing treatment
- 5 describe how to select products, tools and equipment to suit the client's treatment needs
- 6 identify the different types of waxing methods and products available
- 7 state the advantages and disadvantages of alternative methods of hair removal
- 8 describe the effects alternative methods of hair removal may have on the skin and on waxing treatments
- 9 describe the contra-indications which prevent or restrict waxing treatments

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Revision tip

PPE is personal protective equipment that is available in the workplace to protect you. It is advisable to use disposable gloves for waxing treatments.



Follow in the footsteps of... *Natalie Johnstone* “

Natalie has just completed her Level 2 Diploma in Beauty Therapy at Oldham College. As a full-time mum she wanted a way back into work. She chose beauty therapy because she knew the industry is always growing. At college Natalie improved her literacy by doing a functional skills award, and was nominated as student representative. In the future she plans to become a freelance beauty therapist.

Look for the pink quote marks to see what she has to say to you!



There are many different waxing systems on the market. Always follow the manufacturer's instructions.

Image courtesy of Carlton Professional

- 10 state how to communicate and behave in a professional manner
- 11 describe health and safety working practices and industry Code of Practice for Waxing Services
- 12 state the importance of positioning yourself and the client correctly throughout the treatment
- 13 state the importance of using products, tools, equipment and techniques to suit the client's treatment needs
- 14 describe how treatments can be adapted to suit the client's treatment needs, skin type and condition
- 15 state the contra-actions that may occur during and following treatments and how to respond
- 16 state the importance of completing the treatment to the satisfaction of the client
- 17 state the importance of completing treatment records
- 18 state the aftercare advice that should be provided
- 19 describe the structure and functions of the skin
- 20 describe the structure and growth cycle of the hair
- 21 describe diseases and disorders of the skin

Revision tip

Heat up beeswax gradually. If you heat it quickly at a high temperature it will become very brittle and removal will be difficult.



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Make sure that the wax is hot enough to contract effectively around the hairs. Be careful it doesn't overheat though, as this could cause burns.

Wax

It is worth buying really good quality hot wax as it is most effective for strong underarm or bikini hairs.



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Before you apply the after-wax lotion make sure that the treated area is free of wax and hair and that the client is satisfied. After-wax lotion cools the skin and helps to reduce redness.



CRINGE

Clean the wax pots when they are turned off but still hot, as it is far easier to remove warm wax than cold wax.



What you must do

Practical observations descriptors table

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with * on the previous page.

| | 1 mark | 2 marks | 3 marks |
|---|--|--|---|
| 2 Use suitable consultation techniques to identify treatment objectives | Basic consultation carried out. Examples: closed questions used throughout, questioning covered contra-indications. | Good consultation carried out. Examples: open and closed questions, positive body language, questioning covered contra-indications, general health, lifestyle and expectations. | Thorough consultation carried out. Examples: open and closed questions, positive body language, questioning covered contra-indications, general health, lifestyle and expectations. |
| 4 Provide clear recommendations to the client | A basic treatment plan is recommended. Examples: objectives of the treatment identified. | A good treatment plan is recommended. Examples: objectives of the treatment identified, taking into account skin and hair type/condition and client expectations. | A thorough treatment plan is recommended. Examples: objectives of the treatment identified, taking into account skin and hair type/condition, general health, medication, client lifestyle, expectations, pain threshold, and current use of hair removal. |
| 8 Select and use products, tools and equipment to suit treatment needs, skin and hair types and conditions | Selected and used correct products, tools and equipment to suit hair growth patterns. | Selected and used correct products, tools and equipment to suit hair growth patterns and skin types. Examples: Client position adjusted accordingly throughout treatment, light and magnifying lamp used correctly. | Selected and use correct products, tools and equipment to suit hair growth patterns and skin types. Examples: Client position adjusted accordingly throughout the treatment, light and magnifying lamp used correctly, ingrowing hairs released and any stray hairs removed. |

Continues on next page

What you must do

Practical observations descriptors table (continued)

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with * on the previous page.

| | 1 mark | 2 marks | 3 marks |
|---|--|---|---|
| 9 Complete the treatment to the satisfaction of the client | The treatment is completed within the agreed time and brought to a satisfactory close. | The treatment is completed within the agreed time and the client is shown the result. | The treatment is completed within the agreed time, brought to a satisfactory close, the client is shown the result, result is adapted if necessary, client is assisted where necessary. |
| 11 Provide suitable aftercare advice | Basic aftercare advice is provided to include possible contra-actions. | Good level of aftercare advice to include homecare products and future treatments. | Excellent aftercare advice to include homecare products, application and removal techniques and future treatment and recommendations. |

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Trim very long hairs before carrying out the waxing treatment. This will help to lessen discomfort for the client and will also reveal any hidden contra-indications beneath the hairs.

Comment form

Unit 206 Remove hair using waxing techniques

This form can be used to record comments by you, your client, or your assessor.



The thinner the wax is, the easier it is to remove hairs. You will also use fewer strips and wax.

