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Intimate waxing for female clients

A therapist who is confident and experienced in waxing is as important to the modern woman as having a good hairdresser! Some people like the clean, hygienic feeling waxing gives, plus revealing swimwear and beautiful lingerie need a close, smooth wax. This unit will teach you how to perform intimate techniques such as the Brazilian or the Hollywood with confidence and skill, so as to give the best result with as little discomfort to the client as possible.

Assignment mark sheet

Unit 319 Intimate waxing for female clients

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.

Conversion chart

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

What you must know

Task 1a: produce an information sheet

Task 1b: produce a report

Task 1c: produce a fact sheet

Task 1d: anatomy and physiology

Or tick if covered by an online test

Tick when complete

What you must do

Task 2a: Brazilian

Task 2b: Hollywood

Grade

Points

Total points for graded tasks

Divided by

÷ 2

= Average grade for tasks

Overall grade

(see conversion chart)

Candidate name:

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Candidate signature:

Date:

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Assessor signature:

Date:

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Quality assurance co-ordinator signature (where applicable):

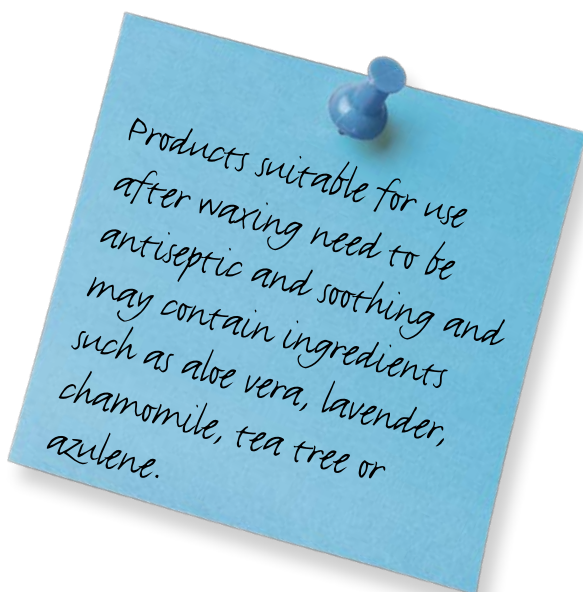
Date:

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External Verifier signature (where applicable):

Date:

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What does it mean?

Some useful words are explained below

Anagen hair

The active stage of hair growth, where the hair is still attached to its blood supply. This is the best stage for successful epilation.

Brazilian

Hair is removed from the pubic area apart from a strip approximately 2.5cm wide up and over the pubic mound.

Catagen hair

The hair begins to detach from the dermal papilla and receives its nutrients from the follicle wall.

Compound hair

A single follicle that produces two or more hairs.

Depilatory creams

A method of hair removal where the keratin within the hair is dissolved by chemicals.

Diabetes

A medical condition that contra-indicates waxing as the skin can lose sensation, bruise easily and heal poorly.



Electrolysis

A permanent method of hair removal using a galvanic current, which reacts with the skin's moisture, resulting in chemical destruction of the hair follicle.

Habia Code of Practice for Waxing

A set of guidelines by the sector skills body for the beauty therapy industry, Habia (Hair and Beauty Industry Authority).

Hair growth cycle

The stages of growth, transition and inactivity in the hair follicle.

Hirsutism

A male hair growth pattern on women, as a result of hormonal imbalance.

Hollywood

Complete removal of all pubic hair.



Personal Protective Equipment (PPE)

Legislation that states employers must provide clothing and equipment to be used when carrying out certain services. This includes the use of gloves and aprons when waxing to reduce the risk of cross-infection.

Playboy

All hair is removed other than a pencil-wide strip over the pubic mound.

Superfluous hair

Refers to any hair that is unwanted by the client.

Terminal hair

Thick, coarse hair with a deep root and rich blood supply.

Topical hair growth

This is caused by an increase in blood to the area, and may be the result of waxing or plucking.

Vellus hair

Fine, soft hair, which does not always contain a medulla. Can be stimulated into terminal hair.

What you must know

You must be able to:

- 1 Describe salon requirements for preparing yourself, the client and work area
- 2 Describe the environmental conditions suitable for intimate female waxing treatments
- 3 Describe the different consultation techniques used to identify treatment objectives
- 4 Explain the types of tests that are carried out prior to waxing treatment
- 5 Describe how to select products, tools and equipment to suit client's treatment needs, skin and hair types and conditions
- 6 Explain the contra-indications that prevent or restrict waxing treatments
- 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 waxing treatments
- 9 Explain how to communicate and behave in a professional manner
- 10 Describe health and safety working practices and industry Code of Practice for Waxing Services
- 11 Explain the importance of positioning yourself and the client correctly throughout the treatment

Continues on next page

Revision tip

All methods of hair removal have advantages and disadvantages. With waxing, re-growth is tapered and softer than that from shaving. Electrolysis is much slower than waxing but can lead to permanent hair removal.



Follow in the footsteps of... “ *Laura Parsons*”

Laura trained at Bedford College completing Levels 2 and 3 beauty therapy followed by theatrical and media make-up, fashion and photographic make-up, and face and body painting. After leaving college Laura became a senior therapist at a local beauty salon specialising in intimate waxing, before leaving to pursue a career in teaching. She is now a teacher at Bedford College and loves teaching the skills and knowledge needed to succeed in the beauty industry.

- 12 Explain the importance of using products, tools, equipment and techniques to suit client's treatment needs, skin and hair types and conditions
- 13 Describe how treatments can be adapted to suit client's treatment needs, skin and hair types and conditions
- 14 State the contra-actions that may occur during and following treatments and how to respond
- 15 Explain the importance of completing the treatment to the satisfaction of the client
- 16 Explain the importance of completing treatment records
- 17 Describe the methods of evaluating the effectiveness of the treatment
- 18 Describe the aftercare advice that should be provided
- 19 Describe the structure, growth and repair of the skin
- 20 Describe skin types, conditions, diseases and disorders of the skin
- 21 Describe the structure and function of the hair
- 22 Describe the hair types, growth patterns and causes of hair growth
- 23 Describe the structure of the female genitalia
- 24 Describe the normal response of the skin to waxing treatments

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Apply a small amount of oil to the area before the treatment. This will stop the wax from sticking to the skin and will cause less discomfort.

Image courtesy of Lycon Wax Strip Distribution

Revision tip

The Code of Practice for Waxing Services describes the minimum level of performance expected with regard to health and safety when carrying out waxing.



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Encourage your client to use a gentle exfoliator a week after the treatment to avoid ingrown hairs.

Ask your client to support the innermost delicate areas of her bikini line, for the safest, firmest stretch.

Female

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When the waxing becomes a regular treatment the client will notice reduced hair growth.



Getting the client to help with skin stretching can reduce the 'ouch' factor.

Image courtesy Lycon Wax Strip Distribution



Women may feel more feminine after waxing.

If your client isn't sure how much hair they want to be removed, you can do it gradually - but you can't put it back once it's gone!

waxing

Image courtesy Lycon Wax Strip Distribution



Smaller spatulas can be useful for intimate waxing.

What you must do

Practical observations

This page shows what you need to do during your practical task. You can look at it beforehand, but you're **not** allowed to have it with you while carrying out your practical task. You must achieve **all** the criteria; you can achieve 1 mark, 2 marks or 3 marks for the criteria indicated with *****.

Conversion chart

Grade	Marks
Pass	12–14
Merit	15–19
Distinction	20–22

Please tick when all pre-observation requirements have been met

- 1 Prepare yourself, the client and the work area for intimate waxing treatment
- 2 Use suitable consultation techniques to identify treatment objectives *
- 3 Carry out necessary tests prior to the treatment
- 4 Provide clear recommendations to the client *
- 5 Position yourself and the client correctly throughout the treatment
- 6 Follow health and safety working practices and industry code of practice
- 7 Communicate and behave in a professional manner
- 8 Use correct terminology throughout the treatment
- 9 Select and use products, tools, equipment and techniques to suit client's treatment needs, skin and hair type and conditions *
- 10 Complete the treatment to the satisfaction of the client *
- 11 Record and evaluate the results of the treatment with the client
- 12 Provide suitable aftercare advice *

Total

Grade

Candidate signature and date

Assessor signature and date

Intimate waxing for female clients					
Brazilian			Hollywood		
1			1		
1	2	3	1	2	3
1			1		
1	2	3	1	2	3
1			1		
1			1		
1	2	3	1	2	3
1			1		
1	2	3	1	2	3
1			1		
1	2	3	1	2	3

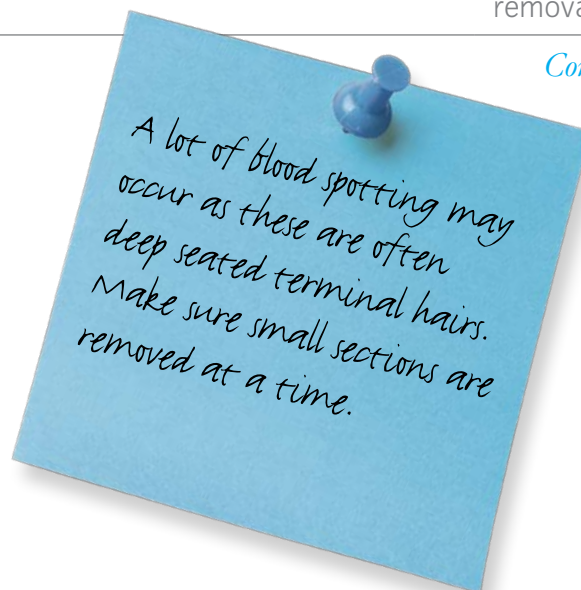
What you must do

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 Example: uses open and closed questions, checks for contra-indications, identifies the treatment objectives correctly.	Good consultation Example: positive body language, uses open and closed questions to identify contra-indications, client expectations, identifies the treatment objectives and any factors that may limit or restrict the treatment.	Thorough consultation Example: positive body language, uses open and closed questions to identify contra-indications, client expectations, identifies the treatment objectives and any factors that may limit or restrict the treatment, allows the client to ask any questions to confirm understanding.
4 Provide clear recommendations to the client	A basic treatment plan is recommended Example: 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.

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 Select and use products, tools, equipment and techniques to suit the client's treatment needs, skin and hair type and conditions	Selects and uses correct products, tools, and techniques to suit hair growth patterns and skin and hair condition.	Selects and uses correct products, tools and techniques to suit hair growth patterns and skin and hair condition, client is positioned correctly throughout the treatment, magnifying lamp used, varies techniques to minimise discomfort and maintain modesty.	Selects and uses correct products, tools and techniques to suit hair growth patterns and skin and hair condition, client is positioned correctly throughout the treatment, magnifying lamp used, varies techniques to minimise discomfort and maintain modesty, explains to client benefits of the products selected.
10 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, brought to a satisfactory close, and client is shown the result.	The treatment is completed within the agreed time, brought to a satisfactory close, client is shown the result, the client is asked for feedback and is allowed sufficient time to get dressed.
12 Provide suitable aftercare advice	Basic aftercare advice Examples: how to deal with possible contra- actions, product(s) to use, future treatment needs.	Good level of aftercare advice Examples: how to deal with possible contra- actions, product(s) to use, future treatment needs, specific advice on use of further heat or friction immediately after treatment, future treatment needs.	Excellent aftercare advice Examples: how to deal with possible contra- actions, product(s) to use, future treatment needs, specific advice on use of further heat or friction immediately after treatment, future treatment needs including time frame, maintenance requirements between treatments.

Comment form

Unit 319 Intimate waxing for female clients

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

Image courtesy of Lycon Wax Strip Distribution

