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## 8 HR. SKIN PERFECTION

# Hair Removal

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### Segment Outline:

1. Hair Growth Cycle
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2. Temporary Removal Methods
  - Shaving
  - Chemical Depilatories
  - Tweezing
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3. Permanent Removal Methods
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    - Safety Precautions for Hot and Cold Waxing
  7. Client Consultation
  8. 4713-8-04 Standards Relating to Competent Practice as an Esthetician

**Segment Objective:**

Upon the completion of this segment of the course, you will be able to:

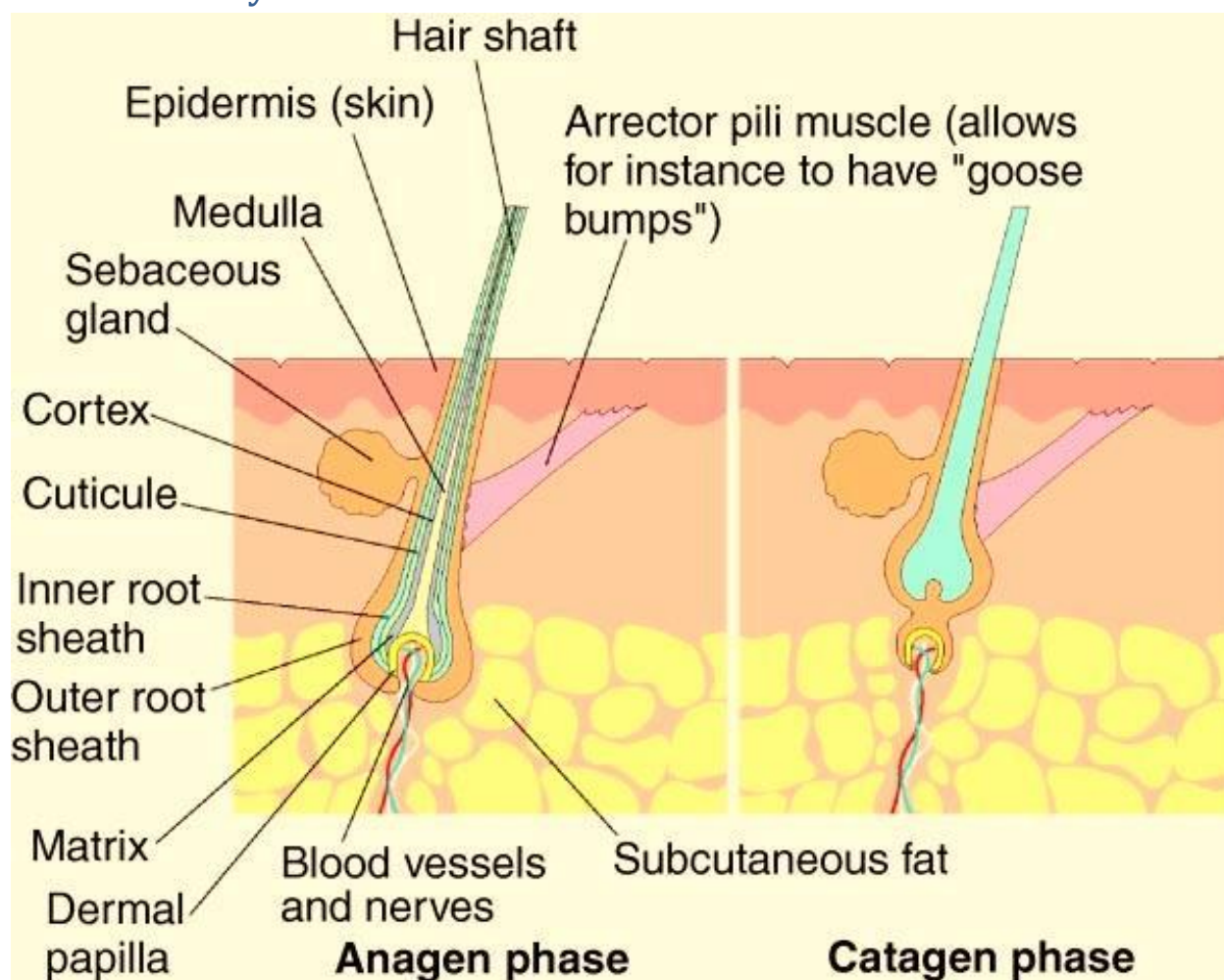
- ◆ Demonstrate the techniques involved in temporary hair removal.
- ◆ Name the conditions that contraindicate hair removal in the salon.
- ◆ Describe the elements of a client consultation for hair removal.
- ◆ Identify and describe three methods of permanent hair removal.
- ◆ Explain techniques for each type of hair removal and how procedures differ for face and body.
- ◆ Demonstrate infection control, safety measures and the client consultation for each waxing service.

## Hair Removal

## HAIR GROWTH AND REMOVAL

Hair removal is one of the fastest growing services in the salon and spa businesses. Short-term hair removal processes include shaving, the use of chemical depilatories, tweezing and waxing. Permanent hair removal methods, such as electrolysis and laser hair removal, require the use of electrical equipment and specialized training and licensing. The process of removing hair from the follicle is referred to as epilation. As with any treatment, it is important to understand the structure and function of what you are working with to achieve the desired results. For hair removal, you will need to be familiar with the hair growth cycle.

### Hair Growth Cycle



The hair follicle originates in the dermis, where it is rooted in the dermal papilla bulb and nourished by the capillaries that carry blood and oxygen to the bulb. Follicles may contain more than one hair, each in various stages of growth.

There can be up to 100 follicles in one square centimeter of skin. An even greater number can be found in more dense areas, such as the back, where there might be up to 150 follicles in one square centimeter of skin. Sebaceous glands that secrete oil to lubricate the hair and skin are also attached to the follicles. Overactive sebaceous glands lead to oily hair and skin.

## Hirsutism

**Hirsutism** (HER-se-tizm) typically affects women by causing dark hair to grow in areas of the body where men usually grow more hair, such as the face, arms, legs and back. Some individuals experience excessive hair growth on various areas of the body.

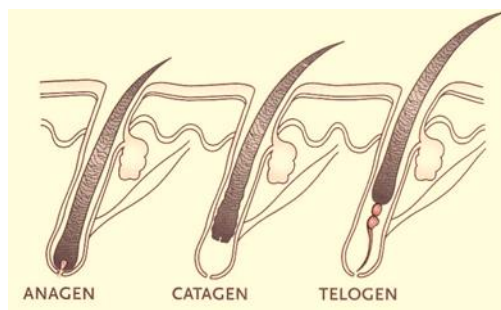
This excessive hair growth occurs as a result of an increased amount of the hormone androgen. Hirsutism is often a result of the hormonal imbalances women experience during menopause. Another condition that causes excessive hair growth is **hypertrichosis** (hi-per-tri-KOH-sis), which is genetically determined and can occur anywhere on the body in both men and women. The production of androgen has no influence on this hair growth.

## Technical Hair Terms

The technical hair terms below are terms used to identify the hair that grow on different areas of the body:

- **Capilli:** Hair that grows on the scalp
- **Barba:** Thick, coarse hair that grows on the face to form a beard
- **Cilia:** Eyelash hair
- **Supercilia:** Eyebrow hair
- **Lanugo:** Soft, downy hair on the body at birth
- **Vellus:** Thin, soft, unpigmented hair covering the body
- **Terminal:** Thicker, pigmented hair that grows on areas of the body after puberty

## Hair Life Cycle



The life cycle of a hair consists of three phases— **anagen**, **catagen** and **telogen**. During the first and longest phase, called anagen, the hair actively grows. During the transitional and shortest phase, called catagen, the hair begins to destroy itself as it disconnects from the papilla. During the last phase, called telogen, the hair sheds, and the follicle rests and prepares to resume the anagen phase. This complete cycle takes an average of four to 12 weeks for body hair, depending on individual factors such as health, nutrients, vitamins and minerals as well as hereditary factors. All the hair on a human being is in one of these three phases at any given time.

Why does the hair on your head grow long, but your body hair stays short? It's because the hair follicles on your body are “programmed” to stop growing every month or two, while follicles on your head let hair grow for years.

Waxing weakens the papilla, which can eventually inhibit the hair from returning.

However, because each individual hair within the same follicle is in any one of the three stages at once, waxing only destroys the hairs in the follicle that are in the anagen phase with each waxing service. With each subsequent waxing service, more and more of the anagen-stage hair is removed, causing the regrowth to appear to grow more slowly and sparsely.

## Temporary Removal Methods

Depending upon the method used, temporary hair removal techniques result in different rates of regrowth. For instance, shaving will cause regrowth that may be coarse and stubbly within a matter of hours or days, while waxing may cause hair to grow back with an increasingly finer texture over a matter of several weeks.

### Shaving

Usually performed by the client at home, shaving with an electric shaver, clipper or razor removes hair from the surface of the skin.

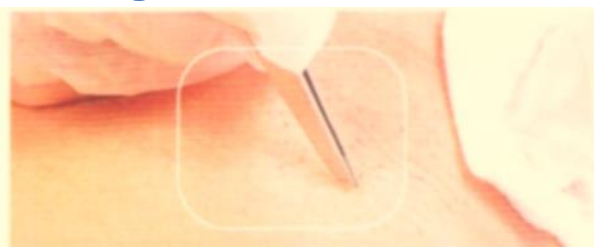
Shaving is often used to remove hair from large areas, such as the legs. Because none of the hair is destroyed at the root, it usually grows back, beginning with short stubble, within 24-48 hours. If the

client has dark hair, a “shadow” may be visible beneath the skin. If you perform a shaving treatment with a razor, apply shaving creme before the service to soften the skin and reduce the potential for dryness or irritation from the razor blade. A moisturizing creme or lotion should be used afterward as well to keep the skin soft and help eliminate dryness or flaking.

## Chemical Depilatories

A chemical depilatory is a painless method of hair removal that dissolves the hair at skin level. Chemical depilatories are usually available in a creme, paste or powder form. The main ingredient in these products is a thioglycolic acid derivative, with an alkaline pH, that chemically softens and dissolves the protein structure of the hair. A patch test must be performed on the client to determine sensitivity to any depilatory product prior to use. If the client develops itching, burning or inflammation, the chemical depilatory service should not be performed. It is important to always read and follow the manufacturer’s instructions. Petroleum jelly should be applied to areas surrounding the hair to be removed to prevent the chemical from seeping into unwanted areas and causing irritation. Chemical depilatories are generally left on for no more than 10 minutes and then removed with a paper towel. The skin is rinsed thoroughly; patted dry then a soothing lotion is applied. Since the hair is removed at the skin’s surface, regrowth will occur within several days.

## Tweezing



Tweezing may be used to remove unwanted hair from smaller areas, such as the eyebrows, chin or around the mouth. It would be too time-consuming and painful to use this method on larger areas of the body. To tweeze, an individual hair is grasped with the tweezers and removed in the direction of the hair growth, effectively extracting it from beneath the skin’s surface. Makeup artists often shape eyebrows solely with tweezers, but as an esthetician, you will most likely use wax or a combination of wax and tweezers. Any client that prefers to only use tweezing as his or her hair removal method may need standing appointments as frequently as once a month since the results typically last three to eight weeks. Note that tweezing can be very beneficial in finishing the eyebrow design. Before tweezing and/or waxing eyebrows, you should refer to the Eyebrow Shaping chart on page 379 to learn more about eyebrow design before performing either service.

## Waxing

One of the most requested hair removal services that you will be asked to perform is waxing. Waxing is a temporary hair removal process that involves applying wax directly to the skin and then removing the wax and hair. It often accounts for up to



half of an esthetician's service revenue. For the professional with ample training, waxing is quick and simple. Also, because waxing materials are inexpensive, it is a very profitable service, with profit margins as high as 90%. In fact, for this reason, many estheticians decide to specialize in waxing.

Waxing is also a service that can help you to build an esthetics clientele by cross-promoting other services. For example, if you were assessing a client's skin to prepare for an eyebrow wax, it would be very natural during the consultation to discuss other facial services that would benefit the client. However, before suggesting any hair removal method, take into account the area(s) to be waxed and the client's needs, preferences, sensitivity and hair type. Consider the amount that your client is willing to spend since the cost of different methods can vary greatly.

Waxing removes hair from both large and small areas. Waxing services are most commonly performed on legs, arms, underarms, chin, eyebrows, lip areas, hairlines, bikini lines, backs, breasts, fingers and toes. (Note: If you are waxing a client's breasts, never apply wax to the nipples.) The most popular waxing service in the skin care center is the upper lip.

Waxing involves the application of warm wax directly to the skin.

The wax adheres to the hair and then both the wax and the hair are removed simultaneously. Waxing can be uncomfortable, so it is important to check for contraindications and perform this service as accurately and efficiently as possible. Waxing results can last for as long as four to six weeks.

Waxes can be made of a variety of ingredients, including honey, beeswax, various oils, resins, sugar or azulene. The wax should always be heated to the temperature indicated by the manufacturer to ensure the proper consistency and client comfort.

Professional-grade waxes are basically categorized as hard wax or soft (strip) wax. The type that you choose depends on several factors, including:

- Area to be waxed
- Client's needs and hair type
- Client's contraindications
- Client's skin sensitivity
- Client's budget
- Personal preference

### Soft Wax

The majority of professional waxing services are performed with soft wax (also known as a classic wax) because hair removal over large areas can be accomplished quickly and easily with this type of wax. Soft wax is melted in a heated wax pot, applied to the skin in a thin layer with a spatula and covered with strips of material such as muslin or Pellon®. The material is then lifted off of the skin, removing the wax and the hair simultaneously. The strips can be used at least twice on the same client.

## Hard Wax

This wax usually is ideal for small areas and thinner, more sensitive skin. Hard wax is warmed in a heated wax pot, applied with a spatula in a thick layer to the skin, allowed to harden and then lifted with the fingers at one

end and removed. It should be removed in the opposite direction it was applied, which is against the hair growth. Hard wax does not require the use of a fiber strip. Hard wax is most commonly used for facial hair removal, but is also appropriate for sensitive bikini and underarm hair removal.

Your client should observe certain guidelines to make any waxing service as comfortable and effective as possible. Many estheticians provide these guidelines in a written format and mail them to clients prior to their appointment. Others prefer to explain them on the phone at the time the appointment is booked.

## GENERAL WAXING CONSIDERATIONS

### BEFORE

Prior to the waxing service, advise your clients of some pre-waxing considerations shown below:

- Cease shaving or tweezing the area to be waxed at least 2 to 4 weeks in advance. The hair should be at least 1/4-inch (.75 cm) in length.
- Avoid physically or chemically exfoliating at least 48 hours prior to the waxing service to avoid skin sensitivity.
- Avoid excessive sun exposure at least 48 hours prior to the waxing service.
- Wear loose clothing in case the skin is sensitive after the appointment.
- Book waxing appointments to occur at least 48 hours prior to special occasions or vacations in case of an adverse reaction.

### DURING THE SERVICE

Ensuring your client's comfort during the waxing service is important to the overall impression you wish to create. Make the treatment room as comfortable and pleasant as possible. This will help increase the effectiveness of the waxing service.

- Air, heat and humidity all affect the temperament of wax, so try to keep the temperature of your room between 70° and 75° Fahrenheit (21°-24° Celsius) at all times.
- Do not wax under heating or air conditioning vents or in excessively drafty areas.
- Keep client warm. If necessary, use blankets or heated table pads. Warm skin is relaxed and more receptive to the waxing service.



- Keep the client relaxed and circulation flowing freely by always placing him or her lying down for waxing, even when working on the eyebrows and face.
- Wear protective gloves to protect you and your client from blood-borne pathogens, viruses or bacteria.

### AFTER THE SERVICE

Once you have completed the service, minimize the client's discomfort or any side-effects by informing him or her of the following guidelines. You may wish to provide these considerations in a printed format that clients can take home with them when they leave the skin care center.

- Do not apply makeup, other than loose powder, for two hours after facial waxing.
- Do not apply highly fragrant oils or lotions over the waxed areas.
- Avoid excessively hot showers, saunas or steam rooms for several hours after waxing.
- Do not use harsh or detergent soaps over waxed areas immediately following the service.
- Avoid exposing the waxed areas to sun or tanning beds for at least 24 hours following the service.
- Discontinue use of physical or chemical exfoliants for 24 hours following the service.
- Do not swim in lakes or oceans the same day of waxing services to avoid skin rashes and reactions.

### Concluding a Waxing Service

As with any esthetics procedure, be sure to perform final steps to complete the service:

- Offer to rebook next appointment.
- Disinfect your waxing service implements work area and facial bed.
- Recommend retail products for home care.
- Wash your hands with liquid antibacterial soap.
- Dispose of non-reusable materials used during the waxing treatment, replace used linens with fresh linens and arrange all products and implements in proper order.

Waxing is a highly popular and profitable service that can be the key to building a successful esthetics business. Many estheticians decide to specialize in waxing because it is quick and simple, and products are relatively inexpensive. In addition, its potential for cross-promotion with other facial services extends services into many related areas. In this chapter, you have learned about the basic types of hair removal, as well as procedures for safely and effectively performing waxing services on the face and body. As you become familiar with waxing tools, products and procedures, as well as proper techniques for safety and sanitation, you will be able to offer your clients a comfortable experience with few or no

after-effects. This experience will help build your clients' confidence in your expertise, leading to referrals and repeat business. After all, the esthetics business—particularly waxing—depends largely on word-of-mouth.

## Threading



Threading is an ancient method of hair removal that is used widely in the Middle East. It is used to shape the eyebrows and remove hair from the upper lip and other facial areas. This technique utilizes a 100% cotton thread that is twisted and rolled along the surface of the skin, entwining the hair in the thread and then lifting it from the follicle.

The results last approximately three to eight weeks—the same as with tweezing—and the side-effects can be less severe than with other hair removal methods. The skin may get a little red and sore, but only a slight pinch is felt as a relatively large area is covered each time.

## Sugaring

Sugaring is a hair removal technique that originated in Egypt. A paste made primarily of sugar is applied to the surface of the skin in a rolling motion. When removed, it takes the hair along with it. Sugaring can be used on all areas of the body including eyebrows, upper lip, under arms, legs, arms, stomach and the bikini line. Generally, sugaring hair removal lasts between four and six weeks depending on the level of hair growth. The skin may be red following the treatment, but this usually disappears within 24 hours. Sugar paste adheres only to the hair, not the skin, and is easily removed with water.

## Permanent Removal Methods

Permanent hair removal techniques are designed to damage the papilla of the hair, inhibiting the hair's ability to grow back. Permanent hair removal techniques may take several treatments to achieve the desired results, depending upon the stage of growth that the hair is in when it is treated. Permanent hair removal methods include electrolysis, laser hair removal and photo-epilation.

## Electrolysis

Electrolysis is a method of hair removal that requires the technician to insert a small needle into each hair follicle, at the angle of the follicle and alongside the hair, until it reaches the root. The needle conducts a short-wave electric or Galvanic Current that destroys the papilla and permanently prevents regrowth. An electrologist (person specializing in electrolysis) typically works on small areas at a time. Clients generally return for a series of treatments until most of the hair has been removed from the desired area. Proper training for any type of electrolysis is necessary. An improperly trained electrologist can cause irreparable damage, such as pitting of the skin, if the service is not performed correctly.

Electrolysis treatments should not be performed on any client who is pregnant, has heart conditions or diabetes.

Electrolysis should also not be performed on any hair that grows from a mole.

There are three methods of electrolysis or hair removal that utilize electrical current:

1. Galvanic electrolysis, also called the multiple- needle method.
2. Thermolysis or the High Frequency/short- wave method.
3. Blend a combination of Galvanic and Thermolysis methods.

Although many hair removal techniques, such as electrolysis, have been FDA-approved (in the U. S.) as permanent hair removal methods, hair is only permanently removed when in the anagen stage. Therefore, permanent hair removal requires several treatments before the hair is permanently removed. It is best to categorize these treatments as “long-term” hair removal or “hair reduction” during the early stages.

### Galvanic Method

The Galvanic electrolysis method destroys the hair by decomposing the papilla. In Galvanic electrolysis, 12 to 14 needles, or probes, are inserted into individual follicles at a time. For this reason, Galvanic electrolysis is sometimes called the "multiple-needle" process. A low-level current passes into the needle and causes a chemical reaction in the cells of the papilla. The current is typically on for 30 seconds to 2.5 minutes.

### Thermolysis Method

The thermolysis or high frequency/short-wave

electrolysis method involves inserting a single needle (probe) into the follicles. The current travels to the papilla for less than a second, resulting in a coagulation of the cells that destroys the papilla. The hair is immediately tweezed from the follicle. Because the time and intensity of the current are controlled, preferably by an automatic timer, the client feels only a tiny "flash" of heat. Redness or a slight bump in the skin are normal reactions and disappear in two to three days. The wire used in short-wave electrolysis is substantially finer than the electrolysis probe, further reducing client discomfort.

### Blend Method

The blend method of electrolysis is a combination of Galvanic and short-wave current. A special instrument designed to combine Galvanic Current (for best results on resistant follicles) and High Frequency Current (for faster results) produce the blend. This method offers best results to clients with excessive or resistant hair growth.

### Laser Hair Removal

Laser hair removal treatments use wavelengths of light to penetrate and diminish or destroy hair bulbs. Depending on the local area regulations, this can be performed by licensed estheticians, medical

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professionals, or by technicians under a doctor's supervision. Laser hair removal systems emit a beam of light that passes through the skin to the hair follicle. The hair absorbs the light and transforms it into heat energy, which destroys the hair bulb.

The laser method was discovered by chance when it was noted that birthmarks treated with certain types of lasers became permanently devoid of hair. Lasers are not for everyone; an absolute requirement is that one's hair must be darker than the surrounding skin. Coarse, dark hair responds best to laser treatment. For some clients, this method produces permanent hair removal. For other clients, laser hair removal treatments simply slow down regrowth.

The benefit of laser is that it can treat hundreds of hair follicles simultaneously, generally making the process quicker than electrolysis.

Laser treatment works best on hair that is in the anagen, or growth, stage. Therefore, while one laser treatment may have long-lasting effects, repeat treatments are necessary for best results, to catch all of the hairs as they enter the anagen stage.

Certain clients are not good candidates for this type of hair removal procedure, including those with dark skin or those with white or gray hair.

The reason for this is the following: The concept behind laser hair removal is that different wave lengths (lasers produce colored lights) of laser pinpoint the pigment (melanin) of the hair and dark colors absorb more light. The heat from the laser inhibits the papillary bulb. Since the laser is drawn to areas of pigmentation, light hair lacking pigment, or dark skin with a lot of pigment makes it more difficult to pinpoint the individual hairs.

### Photo-Epilation or Pulsed Light

Photo-epilation or pulsed light uses a similar principle as lasers, but this type of light is not considered to be a laser light. An intense pulsed light beam creates a burst of energy used to destroy hair bulbs with minimal scarring. Both lasers and pulsed light are a form of light beam. The difference between the two is that a laser is a constant beam of light and the pulsed is not constant. Both methods carry the risk of scarring, but there is much less a chance of burning or scarring when using pulsed light since it is targeted at the skin in quick, short intervals. The benefit of this type of treatment is that large areas of the body such as the back or legs can be treated rapidly.

## EYEBROW SHAPING

Eyebrow shaping not only removes excess or unwanted hair from the eyebrow area; it is also an essential part of grooming. Well-shaped eyebrows can lift and open up eyes and project a rested, youthful and sophisticated appearance. For this reason, many women seek out a professional to create the most flattering eyebrow design.

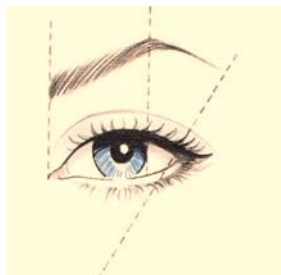
Consult with your client thoroughly before performing an eyebrow wax, because the shape you design is a matter of personal preference. Some clients prefer to follow the natural shape of the eyebrow, while others prefer a more dramatic, arched eyebrow. Fashion also plays a role here. Sometimes a full, natural eyebrow is the trend; other times fashion dictates a narrow, highly arched shape; and sometimes the trend falls somewhere in between.

To determine the best shape for the brow, hold the base of a comb or spatula against the corner of the nose, with the other end of the comb or spatula extending straight upward toward the eyebrow. This is where the brow should begin. Hold the comb or spatula so it extends from the corner of the nose to the outside corner of the eye and then across the eyebrow. This is where the brow should end.

The high point of the arch of the brow should be near the outside corner of the iris, if the client is looking straight ahead.

Just like a good haircut, the arch and shape of the eyebrows should be well blended and flow in a natural line. Remove the excess brow hair in an even fashion to avoid sharp angles or obvious thinner areas in the brow line. If the client has an uneven brow line, encourage her to allow the eyebrows in the thin area to grow back, so that you can help her achieve a smoother, well-blended, and more natural-looking line.

Keeping your client's preference in mind, there are certain design guidelines that will ensure satisfactory results. These guidelines include:



1. The space between the eyebrows should be equal to the width of the eye.
2. The inner edge of the eyebrow should start above the nostril. To establish that point, hold a pencil to the side of the nose straight up to the eyebrow.
3. To establish the length of the eyebrow, hold the pencil diagonally from the nostril and extend it to the outer corner of the eye. The eyebrow should not exceed this point.
4. To determine the highest part of the arch, use the pencil to connect the nostril to the outside edge of the iris.



Many professionals remove hair only from underneath and between the eyebrows. If your client's eyebrows are extremely thick or if they prefer a very thin eyebrow, you may also decide to remove the hair above the eyebrow. Remember that with waxing, hair becomes sparse over time, so if a client desires to use wax for a manicured eyebrow, they may not be able to have full eyebrows again.

If your client requests a pronounced arch, remove the hair in an upward direction from just inside the beginning of the eyebrow to the highest point of the arch. As you continue, slope gently downward toward the outer edge of the eyebrow. The points where you begin and end your arch and the degree of slope that you create will determine how pronounced the arch will be.





## Eyebrow Waxing Procedure





Eyebrow waxing can improve and shape the look of the entire face. A client's eyes can appear brighter and wider after an eyebrow wax. Since this procedure is quick and easy to perform, it is also a great income generator.

<p>1. <b>Wash and sanitize hands.</b> Complete your client consultation and show your client to the skin care room. Be sure to discuss the desired eyebrow shape with your client.</p>	
<p>2. <b>Drape client.</b> Settle the client onto his or her back on the facial bed or chair and protect hair with a headband. Check that your client is warm and comfortable.</p>	

<p><b>Prepare Skin</b></p> <p>3. <b>Assess the direction of the hair growth</b> carefully. If hair grows in several directions, always apply wax to each section in the direction of growth and remove each section in the opposite direction. Brush the eyebrows upward and trim any excessively long hair with scissors.</p>	
<p>4. <b>Apply antiseptic preparation or pre-wax solution</b> to remove all residue of makeup and moisturizer. <b>Lightly dust the area with cornstarch or powder</b> (if recommended by wax manufacturer) to remove any trace of oil or moisture.</p>	
<p><b>Apply the Wax</b></p> <p>5. <b>Obtain wax.</b> Dip a narrow spatula into the wax pot. Wipe the side, back and tip until a thin coat of wax remains on one side only.</p>	
<p>6. <b>Apply wax.</b> Holding the spatula firmly at a 45° angle, place the tip on the skin and let the wax run down the spatula. Then spread the wax as thinly as possible over the desired area. Remember to apply wax in the direction of the hair growth.</p>	
<p>7. <b>Discard the spatula.</b></p>	

	
<p><b>Remove Wax and Hair</b></p> <p>8. <b>Apply removal strip.</b> Taking a narrow strip of fabric, fold over an edge that you will use as a grip, and smooth the remaining portion over the wax. <b>Press and rub strip</b> a few times.</p>	
<p>9. <b>Pull the skin taut</b> with one hand, then with the other hand, <b>remove strip</b> quickly in the opposite direction of the hair growth. Try not to pull the fabric straight up. Instead, pull it as close to the skin as possible.</p>	
<p>10. <b>Apply pressure</b> to the area immediately to reduce momentary stinging sensation.</p>	
<p><b>Repeat</b></p> <p>11. <b>Repeat procedure</b> on new area as needed. Keeping the desired shape in mind, wax along the bottom of the eyebrow and to the inside corner of one eye. Allow client</p>	



<p>to check the eyebrow shape with the hand mirror at this point, and if satisfied, continue waxing on the other side.</p>	
<p><b>Clean and Protect the Skin</b></p> <p>12. <b>Remove any excess wax</b> with oil or other wax removal preparation after eyebrows have been shaped to client's satisfaction. Check the area and <b>remove stray hairs with tweezers.</b></p>	
<p>13. <b>Apply soothing gel</b> or medicated lotion to the entire waxed area, and then show client the results.</p>	

## Waxing Essentials

The types of wax that you will use and the waxing techniques that you choose depend upon the area of the body on which you are performing the waxing service. The next section focuses in greater detail on the products, implements, supplies, and equipment needed to perform waxing treatments.

## WAXING PRODUCTS

Product	Function
<p><b>Antiseptic preparation</b> (such as toner, astringent, witch hazel or specially formulated pre-wax lotion)</p>	<p>Sanitizes skin prior to service; removes buildup on the body from deodorants, body lotions and oils</p>
<p><b>Cornstarch or Powder</b></p>	<p>Buffers the skin from the wax and prevents skin</p>

	form lifting; absorbs any moisture remaining on the skin; applied prior to wax application
<b>Soothing Lotion</b>	Calms the skin after waxing
<b>Wax</b>	Removes unwanted hair
<b>Wax Remover</b>	Removes wax residue from the skin
<b>Hair Growth Retardant</b>	Slows the growth of hair after waxing; often in a liquid spray or lotion form

### Waxing Implements and Supplies

Implements and Supplies	Function
<b>Eyebrow brush and comb</b>	Shape and groom eyebrows
<b>Gloves</b>	Protect your hands and skin
<b>Headband or hairnet</b>	Holds hair out of the way
<b>Long-handled cotton swabs</b>	Applies product, such as soothing preparation, to small areas like eyebrows
<b>Muslin or Pellon® (fiber)</b>	Remove wax and hair; pre-cut into strips of various sizes: 3" x 6" [7.5 x 15 cm] is best for body and leg waxing; 1" x 3" [2.5 x 7.5 cm] for facial and eyebrows
<b>Plastic bags</b>	Hold discarded materials and garbage
<b>Small scissors</b>	Trim longer hair
<b>Sheets</b>	Protect facial bed; cover client
<b>Tissue</b>	Aids in application of products
<b>Tweezers</b>	Remove stray hairs and shape eyebrows
<b>Wooden application sticks/spatulas</b>	Applies the wax to skin; large and small sizes

\*All metal implements should be placed in a germicidal soak when not in use.

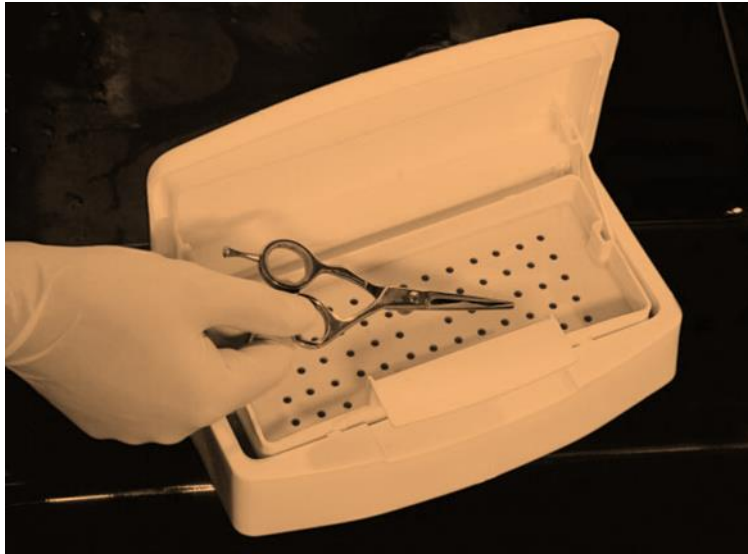


## Waxing Equipment

Equipment	Function
Hand-held mirror	Allows client to view results
Equipment cleaner	Removes wax, dirt and bacteria from the cart and other surfaces
Professional Cart	Holds all supplies and implements; can be moved to any location in the skin care center
Facial Chair or Bed	Holds client for comfort
Wax Warmer	Melts and holds wax

Once a Professional Cart has been disinfected, cover the top of the metal cart you use for waxing with aluminum foil or paper liners designed to protect working surfaces—this will make cleanup easy and will maintain sanitary standards.

## Infection Control and Safety



Infection control and safety while performing hair removal services are essential to protect the health and well-being of you and your client. Safety and sanitation guidelines are often enforced by area regulatory agencies. They are put in place to prevent contamination and cross-contamination, as well as to maintain the sanitation of the hair removal procedure and environment.

Observe the following guidelines for safety and sanitation during all waxing procedures:

1. Carefully read and follow all manufacturers' instructions for products, implements, supplies and equipment.
2. Always test the temperature of heated wax on your forearm before applying to the client's skin.
3. Do not wax the eyelids, nipples or inside of the nose or ears.
4. Always perform a patch test prior to performing a service.
5. Never re-use wax or re-dip application spatulas.
6. Discard anything that cannot be disinfected after use.
7. Conduct a thorough client consultation prior to each service. If any skin condition, contraindication or situation causes you to doubt that it is safe to perform the service, decline to do so.
8. Clean and disinfect cart and wax pot, replace wax, change sheets and wash your hands before every client.

### Contraindications

Prior to waxing, you should review any possible contraindications that might suggest you avoid performing the service. Typically, these will be included on the Client Consultation Form. However, some contraindications, such as certain moles and warts, will become apparent only after working with the client and closely surveying the skin. These contraindications can be noted on the form at a later time,

but be sure not to wax over these areas to prevent causing irritation or spreading viruses or bacteria to other areas. Some contraindications include the following:

### Skin Conditions

- Varicose veins
- Unusually pronounced moles or warts
- Cuts, abrasions, wounds, open sores
- Active Herpes
- Acne
- Skin diseases or disorders
- Sunburn
- Rashes
- Cysts or boils

If any of these conditions are present, do not perform the waxing service. It is important to be aware that Herpes, in particular, is highly contagious and you should never perform a waxing service on a client who has an active outbreak. In addition, skin diseases that present visible irritation on the surface of the skin should never be waxed.

The existence of the following health conditions may cause the client to bruise, swell or experience excessive pain during a waxing service. In addition, conditions such as diabetes impair the healing process.

### Health Conditions

- Diabetes
- Poor circulation
- Chemotherapy/radiation treatments
- High blood pressure
- Low pain threshold
- Lupus

Lupus is an autoimmune disease in which the body's immune system is impaired or begins to fight against itself. Symptoms include skin rashes, and can become as severe as nerve or brain dysfunctions. Typically, when on the face, Lupus is characterized by clearly defined, round red patches that have a butterfly appearance. However, in some cases, lesions or rashes occur on the head, neck, ears, scalp, arms, upper chest and back. Sun exposure aggravates the condition and should be avoided. Sun protection with a high SPF should be applied before going outdoors. Clients with Lupus should avoid waxing.

## Safety Precautions for Hot and Cold Waxing

- To prevent burns, always test the temperature of the heated wax before applying to the client's skin. Use a professional wax heater for warming wax. Never heat wax in a microwave or on a stove top. Wax can become overheated and burn the client's skin.
- Use caution so that the wax does not come in contact with the eyes.
- Do not apply wax over warts, moles, abrasions, or irritated or inflamed skin. Do not remove hair protruding from a mole, because the wax could cause trauma to the mole.
- The skin under the arms is sometimes very sensitive. If so, use cold wax.
- Redness and swelling sometimes occur after waxing sensitive skin. Apply an aloe gel and cool compresses to calm and soothe the skin.

## Client Consultation

One of the main purposes of a client consultation is to determine the presence of any contraindications for hair removal. Some medical conditions and medications may cause thinning of the skin or make the skin more vulnerable to injury. Waxing clients with these conditions could cause unnecessary inflammation or severe injuries to the skin. Clients should not have any waxing or hair removal performed anywhere on the body if one or more of the following is the case, without first obtaining written permission from their physician:

- Client is using or has used isotretinoin (Accutane) in the last six months.
- Client is taking blood-thinning medications.
- Client is taking drugs for autoimmune diseases, including lupus.
- Client is taking prednisone or steroids.
- Client has psoriasis, eczema, or other chronic skin diseases.
- Client has a sunburn.
- Client has pustules or papules in area to be waxed.
- Client has recently had cosmetic or reconstructive surgery within the previous three months.
- Client has recently had a laser skin treatment on the body.
- Client has severe varicose leg veins.
- Client has any other questionable medical condition.
- Facial waxing should not be performed on clients with any of the following conditions, without first obtaining permission from their physician:
  - Client has rosacea or very sensitive skin.
  - Client has a history of fever blisters or cold sores. (Waxing can cause a flare-up of this condition without medical pretreatment.)
  - Client has had a recent chemical peel using glycolic, alpha hydroxy, or salicylic acid, or other acid-based products.
  - Client has recently had microdermabrasion.

- Client uses any exfoliating topical medication, including Retin-A, Renova, Tazorac, Differin, Azelex, or other medical peeling agent.
- Client has recently had laser skin treatment or surgical peel.
- Client uses hydroquinone for skin lightening.

Always conduct a complete client consultation before each hair removal service. Ask your client to fill out the portion of the Client Consultation Form that covers medical history and the present condition of his or her skin and health. The safety and health of your client is a key component in choosing a hair removal technique. Ask your client about desired needs and goals. Repeat back what you have heard until agreement is reached. Assess all health and medical conditions to be sure it is safe to perform the service. Make a recommendation for the appropriate hair removal service; explain the procedure thoroughly (including the products you will use); the time it will take; the cost; the expected results, and any possible side-effects.

Filling out a Client Consultation Form with a facial client is an ideal opportunity to promote hair removal services. You might suggest it to a client by saying, "Have you ever considered having your eyebrows waxed? I could create a really nice arch that would bring out your eyes. "

Estheticians sometimes require clients to sign a consent form, potentially releasing them from liability in the event of removing too much hair, burning, bruising or inflicting damage upon the skin.

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