

ITEC Level 2 Unit 816 – Remove Hair Using Sugaring Recommended Minimum Guided Learning Hours – 29 Unit Accreditation Number: A/601/4217	
Learning outcome The Learner will:	
1. Be able to prepare for sugaring treatments	
Assessment Criteria	Taught content
1.1 Prepare themselves, client and work area for a sugaring treatment	1.1.1 To include: • Preparation of working area • Equipment • Products • Work wear • Personal appearance and behaviour • Hygiene e.g. sterilising/sanitising tools and equipment • Procedures used to prepare client for treatment • Client care and modesty
1.2 Use suitable consultation techniques to identify treatment objectives	1.2.1 To include: An example of a consultation form can be downloaded from www.itecworld.co.uk • Consulting in a suitable area • Positive body language • Positioning of the client • Good communication skills (asking open and/or closed questions where appropriate) • Professionalism • Contraindications and contra-actions • Treatment plan • Products used • Consent • Confidentiality • Client's signature
1.3 Provide clear recommendations to the client	1.3.1 Taking into account the following: • The outcome of the consultation, hair growth analysis, area to be treated and relevant tests • Occupation • Lifestyle • Current regime
1.4 Select products, tools and equipment to suit client treatment needs	1.4.1 To include: • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Magnifying lamp • Tissues • Cotton wool • Gloves • Scissors • Mirror • Metal spoon/spatula • Disposable spatulas • Tweezers • Bowl of water • Heater • Sterilising solution • UV cabinet • Autoclave • Hot bead steriliser • Chemical immersion equipment • Waste disposal • Products used for sugaring hair removal treatments

1.5	Describe salon's requirements for client preparation, preparing themselves and work area	1.5.1 To include: • Any particular rights, restrictions and Acts applicable to sugaring treatment • Code of practice/ethics • Insurance and professional association membership • Record keeping • Professional appearance
1.6	State the environmental conditions suitable for sugaring treatments	1.6.1 To include: ▪ Lighting • Heating • Ventilation • Noise levels • Available space • Music • General hygiene • Waste disposal • Décor • Equipment • Privacy ▪ Reception areas • General use/treatment areas
1.7	Describe different consultation techniques used to identify treatment objectives	1.7.1 To include: • The importance of positive body language • Positioning of themselves and client (no barriers) • Good communication skills (asking open and/or closed questions and where appropriate) • Verbal and non-verbal communication
1.8	Describe the types of tests that are carried out prior to sugaring treatment	1.8.1 To include: ▪ Product sensitivity patch test • Patch test must be conducted 24–48 hours prior to treatment
1.9	Describe how to select products, tools and equipment to suit client treatment needs	1.9.1 To include: ▪ The importance of selecting the correct products, tools and equipment based upon consultation and hair analysis: • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Magnifying lamp • Tissues • Cotton wool • Gloves • Scissors • Mirror • Metal spoon/spatula • Disposable spatulas • Tweezers • Bowl of water • Heater • Sterilising solution • UV cabinet • Autoclave • Hot bead steriliser • Chemical immersion equipment • Waste disposal • Sugar paste • Strip sugar • Pre/post treatment products • Powder Sugaring hair removal techniques to include: • Sugar paste • Strip sugar • The methods, hygiene and safety precautions, effects and benefits of all treatment techniques
1.10	Identify the different types of sugaring methods and products available	1.10.1 To include: • Sugar paste (very soft, soft, medium, hard, very hard) • Strip sugar
1.11	State the advantages and disadvantages of alternative methods of hair removal	1.11.1 To include: ▪ Tweezing • Shaving • Depilatory creams • Abrasive mitts • Hot wax • Cool wax • Threading • Electrical depilation machine • Intense Pulsed Light • Laser • Epilation

<p>1.12 Describe the effects alternative methods of hair removal may have on the skin and sugaring treatments</p> <p>1.13 Describe known contraindications to sugaring treatments</p>	<p>1.12.1 To include:</p> <ul style="list-style-type: none"> • Contra-actions • Skin reactions • Sensitisation • Allergies • Erythema • Bruising • Burns • Cuts • Blanching • In growing hair • Blood spotting • Hair re-growth • Distortion of the hair follicle • Tiny pustules over the area <p>1.13.1 To include:</p> <ul style="list-style-type: none"> ▪ Contraindications requiring medical permission – 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: <ul style="list-style-type: none"> ▪ Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Nervous/Psychotic conditions • Recent operations • Diabetes • Trapped/Pinched nerve • Inflamed nerve • Severe varicose veins ▪ Contraindications that restrict treatment <ul style="list-style-type: none"> ▪ 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 (2 years for major operation and 6 months for a small scar) • Sunburn • Self tan • Heat rash • Hairy moles • Hormonal implants • Recent fractures (minimum 3 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/or fragile skin • Steroid based medication
<p>Learning outcome The Learner will:</p> <p>2. Be able to provide sugaring treatments</p>	
<p>Assessment Criteria</p>	<p>Taught Content</p>
<p>2.1 Communicate and behave in a professional manner</p> <p>2.2 Follow health and safety working practices</p>	<p>2.1.1 To include:</p> <ul style="list-style-type: none"> • 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 <p>2.2.1 To include:</p> <ul style="list-style-type: none"> • Fire Precautions Act • Health & Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & Welfare) Regulations • The Manual

	<p>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) • Disability Discrimination Act • Data Protection Act • Adhere to all product safety precautions and manufacturers' instructions • Legislation which relates to the work being carried out, the environment and the client with whom the therapist is working</p>
2.3 Position themselves and client correctly throughout the treatment	<p>2.3.1 To include:</p> <ul style="list-style-type: none"> Ensuring the client is comfortable and correctly supported Sugaring therapist maintaining correct working posture throughout treatment Sugaring therapist self-care
2.4 Use products, tools, equipment and techniques to suit client's treatment needs	<p>2.4.1 To include:</p> <p>Equipment</p> <ul style="list-style-type: none"> Couch or chair Trolley Stool Towels Blanket Additional support if appropriate Headband Bedroll Robe Disposable slippers Disinfecting fluid Magnifying lamp Tissues Cotton wool Gloves Scissors Mirror Metal spoon/spatula Disposable spatulas Tweezers Bowl of water Heater Sterilising solution UV cabinet Autoclave Hot bead steriliser Chemical immersion equipment Waste disposal <p>Products</p> <ul style="list-style-type: none"> Sugar paste Strip sugar Pre/post treatment products Powder <p>Techniques used for the following treatments:</p> <ul style="list-style-type: none"> Sugaring hair removal Sugar paste Strip sugar
2.5 Complete the treatment to the satisfaction of the client	<p>2.5.1 To include:</p> <ul style="list-style-type: none"> Conclusion of treatment in appropriate manner to meet client's requirements and manufacturers' instructions Check treatment results with client
2.6 Record the results of the treatment	<p>2.6.1 To include:</p> <ul style="list-style-type: none"> Client response to treatment and feedback Note benefits of the treatment Product advice Home care advice Store records demonstrating knowledge of confidentiality requirements
2.7 Provide suitable aftercare advice	<p>2.7.1 To include:</p> <ul style="list-style-type: none"> Recommendations for immediate aftercare The following guidelines for the next 24-48 hours: <ul style="list-style-type: none"> Wash or shower in lukewarm water Avoid sunbathing, sunbeds, or self tanning preparations Use unperfumed products Following facial treatment, avoid application of make-up Following body area

	<p>treatment, avoid friction from tight fitting clothing • Do not carry out vigorous exercise, go swimming, or have heat treatments • Following underarm treatments do not apply deodorant or anti-perspirant • Avoid touching the area</p> <ul style="list-style-type: none"> • Recommendations for the prevention of ingrowing hairs • Lifestyle • Recommendation of further salon treatments
2.8 State how to communicate and behave in a professional manner	<p>2.8.1 To include the importance of:</p> <ul style="list-style-type: none"> • Consultation • Treatment explanation • Client care • Hygiene • Good communication skills
2.9 Describe health and safety working practices	<p>2.9.1 To include: The importance of:</p> <ul style="list-style-type: none"> • Fire Precautions Act • Health & Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & 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) • Disability Discrimination Act • Data Protection Act
2.10 State the importance of positioning themselves and the client correctly throughout the treatment	<p>2.10.1 To include the importance of:</p> <ul style="list-style-type: none"> • Ensuring the client is comfortable and correctly supported • Therapist maintaining correct posture throughout treatment
2.11 State the importance of using sugaring products, tools, equipment and techniques to suit clients treatment needs, skin type and conditions	<p>2.11.1 To include:</p> <ul style="list-style-type: none"> • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Magnifying lamp • Tissues • Cotton wool • Gloves • Scissors • Mirror • Metal spoon/spatula • Disposable spatulas • Tweezers • Bowl of water • Heater • Sterilising solution • UV cabinet • Autoclave • Hot bead steriliser • Chemical immersion equipment • Waste disposal <p>Products and techniques for the following treatments: • Sugaring hair removal • Sugar paste • Strip sugar</p>
2.12 Describe how treatments can be adapted to suit client treatment needs, hair types and skin conditions	<p>2.12.1 To include the importance of:</p> <ul style="list-style-type: none"> • Restrictions – contraindications and contra-actions • Client preferences and commitment • Density and strength of hair growth • Dryness of skin • Treatment area • Skin sensitivity • Product availability and suitability • Time scales • Costs • Adapting the treatment to suit the needs of the client

2.13 Describe the normal reaction of the skin to sugaring treatments	2.13.1 To include: • Mild erythema • Mild irritation
2.14 State the contra-actions that may occur during and following treatments and how to respond	2.14.1 During treatment to include: ▪ Adverse skin reaction • Sensitisation • Allergies • Irritation • Itching • Erythema • Bruising • Bloodspotting • Distortion of the hair follicle ▪ Ingrowing hairs ▪ Apply a cool compress ▪ Unperfumed soothing antiseptic product ▪ Exfoliation and moisturisation – ingrowing hairs ▪ Avoid make-up or perfumed products ▪ Referral procedures
2.15 State the importance of completing the treatment to the satisfaction of the client	2.15.1 To include: ▪ Concluding the treatment in appropriate manner to meet client's needs and manufacturer's instructions • Check treatment results with client
2.16 State the importance of completing treatment records	2.16.1 To include: ▪ Maintaining records ▪ Aftercare ▪ Home care ▪ Product advice ▪ Compliance with Data Protection
2.17 State the aftercare advice that should be provided	2.17.1 To include: • The following guidelines for the next 24-48 hours: • Recommendations for immediate aftercare ▪ Wash or shower in lukewarm water ▪ Avoid sunbathing, sunbeds, or self tanning preparations ▪ Use unperfumed products ▪ Following facial treatment, avoid application of make-up ▪ Following body area treatment, avoid friction from tight fitting clothing ▪ Do not carry out vigorous exercise, go swimming, or have heat treatments ▪ Following underarm treatments do not apply deodorant or anti perspirant ▪ Avoid touching the area ▪ Recommendations for the prevention of ingrowing hairs • Lifestyle • Recommendation of further salon treatments
2.18 Describe the structure and functions of the skin	2.18.1 To include: Skin structure: Epidermis: • Stratum Corneum • Stratum Lucidum • Stratum Granulosum • Stratum Spinosum/Malphigian • Stratum Germinativum/Basal Layer Dermis: • Blood supply • Lymphatic supply • Hair follicle • Hair shaft • Sebaceous gland • Sweat gland: Eccrine and Apocrine • Sensory nerve endings • Dermal papilla • Collagen • Elastin • Histiocytes • Mast cells • Fibroblasts • Erector pili muscle • Melanocytes Subcutaneous/Adipose Layer: • The structure and function of the fatty layer underneath the Dermis

<p>Assessment Unit 816 – Remove Hair Using Sugaring</p> <p>Practical Assessment All learners will be assessed via internal practical assessment of their technical skills and treatment techniques</p> <p>Treatment evidence Evidence of 4 sugaring treatments to include: Consultation including medical history and assessment of hair growth Treatment details including areas treated and removal method used Client feedback Aftercare and home care advice including advice for further salon treatments Learner and client signatures Treatment date</p> <p>Assignment All learners will be assessed via an assignment for this unit. For details please see www.itecworld.co.uk</p>	<p>Unit 816 – Remove Hair Using Sugaring practical assessment forms and marking criteria may be downloaded from www.itecworld.co.uk</p> <p>Unit 816 – Remove Hair Using Sugaring must be evidenced through the use of signed and dated treatment evidence forms. See www.itecworld.co.uk for sample forms</p> <p>Unit 816 – Remove Hair Using Sugaring assignment guidance and assessment forms may be downloaded from www.itecworld.co.uk</p>
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