

SCHEME OF WORK APPLICATION FORM

For each ITEC qualification, the lecturer/centre must complete a Scheme of Work for each unit indicating how the lecturer is planning to cover the ITEC syllabus throughout the course.

Set out the planned sessions in terms of *Learning Outcomes* to be achieved. These should match those stated within the ITEC syllabus for each unit. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the syllabus.

Unit Title: Unit 816 - Remove Hair using Sugaring

Lecturer(s) responsible:

Total contact tuition hours proposed: 29

Learning Outcomes	Lecture Content	Suggested Resources	Approx Hours
Introductory session	College rules and regulations College mission statement ITEC rules and regulations Health & Safety Timetable Dates . holidays etc. Syllabus Recommended books Uniform	Lecture Q&A Using all the documents listed to ensure the students understand the college expectations and their commitment to the course	
1. Be able to prepare for sugaring treatments			
Prepare themselves, client and work area for a sugaring treatment	~ 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	OHP/Whiteboard Lecture Q&A Homework Test	10
Use suitable consultation techniques to identify treatment objectives	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		
Provide clear recommendations to the client	~ The outcome of the consultation, hair growth analysis, area to be treated and relevant tests ~ Occupation ~ Lifestyle ~ Current regime		
Select products, tools and equipment to suit client treatment needs	~ Couch or chair ~ Trolley ~ Stool ~ Towels ~ Blanket ~ Additional support if appropriate ~ Headband ~ Bedroll ~ Robe ~ Disposable slippers ~ Disinfecting fluid ~ Magnifying lamp		

Describe salon's requirements for client preparation, preparing themselves and work area	<ul style="list-style-type: none"> ~ 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 		
State the environmental conditions suitable for sugaring treatments	<ul style="list-style-type: none"> ~ Any particular rights, restrictions and Acts applicable to sugaring treatment ~ Code of practice/ethics ~ Insurance and professional association membership ~ Record keeping ~ Professional appearance 		
Describe different consultation techniques used to identify treatment objectives	<ul style="list-style-type: none"> Lighting ~ Heating ~ Ventilation ~ Noise levels ~ Available space ~ Music ~ General hygiene ~ Waste disposal ~ Décor ~ Equipment ~ Privacy ~ Reception areas ~ General use/treatment areas 		
Describe the types of tests that are carried out prior to sugaring treatment	<ul style="list-style-type: none"> ~ 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 		
Describe how to select products, tools and equipment to suit client treatment needs	<ul style="list-style-type: none"> Product sensitivity patch test ~ Patch test must be conducted 24. 48 hours prior to treatment 		
	<ul style="list-style-type: none"> 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 		

<p>Identify the different types of sugaring methods and products available</p> <p>State the advantages and disadvantages of alternative methods of hair removal</p> <p>Describe the effects alternative methods of hair removal may have on the skin and sugaring treatments</p> <p>Describe known contraindications to sugaring treatments</p>	<p>~ Sugar paste (very soft, soft, medium, hard, very hard) ~ Strip sugar</p> <p>Tweezing Shaving Depilatory creams ~ Abrasive mitts ~ Hot wax ~ Cool wax Threading Electrical depilation machine Intense Pulsed Light Laser ~ Epilation</p> <p>~ 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> <p>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: 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</p> <p>▪ Contraindications 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 (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>		
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2. Be able to provide sugaring treatments			
<p>Communicate and behave in a professional manner</p> <p>Follow health and safety working practices</p> <p>Position themselves and client correctly throughout the treatment</p> <p>Use products, tools, equipment and techniques to suit client's treatment needs</p>	<p>~ 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> <p>~ 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 ~ 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> <p>Ensuring the client is comfortable and correctly supported Sugaring therapist maintaining correct working posture throughout treatment Sugaring therapist self-care</p> <p>Equipment ~ 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> <p>Products ~ Sugar paste ~ Strip sugar ~ Pre/post treatment products ~ Powder</p> <p>Techniques used for the following treatments: ~ Sugaring hair removal ~ Sugar paste ~ Strip sugar</p>	<p>OHP/Whiteboard Lecture Q&A Handout Homework Test:</p>	<p>19</p>

Complete the treatment to the satisfaction of the client	Conclusion of treatment in appropriate manner to meet clients requirements and manufacturers instructions ~ Check treatment results with client		
Record the results of the treatment	~ Client response to treatment and feedback ~ Note benefits of the treatment ~ Product advice ~ Home care advice ~ Store records demonstrating knowledge of confidentiality requirements		
Provide suitable aftercare advice	~ Recommendations for immediate aftercare The following guidelines for the next 24-48 hours: 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		
State how to communicate and behave in a professional manner	Consultation ~ Treatment explanation ~ Client care ~ Hygiene ~ Good communication skills		
Describe health and safety working practices	The importance of: ~ 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		
State the importance of positioning themselves and the client correctly throughout the treatment	Ensuring the client is comfortable and correctly supported Therapist maintaining correct posture throughout treatment		

State the importance of using sugaring products, tools, equipment and techniques to suit client's treatment needs, skin type and conditions	<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:</p> <ul style="list-style-type: none"> ~ Sugaring hair removal ~ Sugar paste ~ Strip sugar 		
Describe how treatments can be adapted to suit client treatment needs, hair types and skin conditions	<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 		
Describe the normal reaction of the skin to sugaring treatments	<ul style="list-style-type: none"> ~ Mild erythema ~ Mild irritation 		
State the contra-actions that may occur during and following treatments and how to respond	<ul style="list-style-type: none"> 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 		
State the importance of completing the treatment to the satisfaction of the client	<ul style="list-style-type: none"> Concluding the treatment in appropriate manner to meet client's needs and manufacturers instructions ~ Check treatment results with client 		
State the importance of completing treatment records	<ul style="list-style-type: none"> Maintaining records ~ Aftercare ~ Home care Product advice ~ Compliance with Data Protection 		
State the aftercare advice that should be provided	<ul style="list-style-type: none"> ~ 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 		

Describe the structure and functions of the skin	<p>Recommendations for the prevention of ingrowing hairs ~ Lifestyle ~ Recommendation of further salon treatments</p> <p>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 Skin functions: ~ Secretion ~ Heat regulation ~ Absorption ~ Protection/Acid Mantle (composition and formation) ~ Elimination/excretion ~ Sensation ~ Vitamin D formation (7-dehydro-cholesterol)</p>		
Describe the structure and growth cycle of the hair	<p>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</p>		
Describe diseases and disorders of the hair and skin	<p>General: ~ Broken capillaries ~ Crow's feet ~ UV damage ~ Urticaria ~ Allergic reaction ~ Comedones ~ Milia ~ Hyperkeratosis ~ Keloids ~ Ingrowing hairs ~ Pseudo 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 ~ Dermatitis papulosa nigra ~ Vitiligo ~ Albinism ~ Chloasma ~ Ephelides ~ Lentigo ~ Naevae ~ Port wine stain ~ Leucoderma ~ Papilloma</p>		

	Skin cancers: ~ Basal Cell Carcinoma ~ Squamous Cell Carcinoma ~ Malignant Melanoma		
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