

ITEC Level 4

Unit 849 - Laser and Light Treatments for Hair Removal

Recommended Minimum Guided Learning Hours – 74

Unit Accreditation Number: D/601/5652

Learning outcome

The Learners will:

1. Be able to prepare for laser and light treatments

Assessment Criteria

Taught Content

- 1.1 Prepare themselves, client and work area for laser or light treatment for hair removal

1.1.1 To include:
• Preparation of working area • Equipment • Products • Work wear • Personal protective equipment (client and therapist) • Personal appearance and behaviour • Hygiene e.g. sterilizing/ sanitising tools and equipment • Client for treatment • Client care and modesty • Removal of all metal jewellery (client and therapist)

- 1.2 Use suitable consultation techniques to identify treatment objectives

1.2. To include: An example of a consultation form can be downloaded from:
www.itecworld.co.uk
• Suitable area • Positive body language • Positioning of the client • Communication skills • Professionalism • Contraindications and contra-actions • Treatment plan • Products used • Consent • Confidentiality • Client's signature

- 1.3 Carry out skin and hair analysis and any relevant tests to identify any influencing factors

1.3.1 To include:
• Overall skin type • Skin condition • Hair colour and thickness • Hair density and anatomical site • Pigmentation and skin colour (Fitzpatrick scale) • Ethnicity • Artificial tan • Skin texture • Skin imperfections • Skin tone • Skin temperature • Skin elasticity • UV damage • Thermal and tactile safety test • Patch test for each area treated • Test shot

- 1.4 Provide clear recommendations to the client based on outcomes of skin and hair analysis

1.4.1 To include taking into account the following:
• The outcome of the skin and hair analysis and relevant tests
• Adverse reactions • Skin hydration levels • Skin healing • Occupation • Lifestyle • Current regime • UV protection • Treatment duration • Aftercare advice • Treatment plan (interval between treatments)

1.5	Select products, tools and equipment to suit client treatment needs, hair types, skin types and conditions	1.5.1 To include: • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Coupling gel • Razor • Magnifying lamp • Tissues • Cotton wool • Gloves • Scissors • Spatulas • Bowls • Eye shields • Protective eye wear • Aftercare soothing lotion • Cooling gel or spray • Mirror • Sterilising solution • UV cabinet • Chemical immersion equipment • Waste disposal • Type of Laser • Intense Pulsed Light • Laser classifications • Camera
1.6	Select personal protective equipment that should be worn by client and therapist during laser and light treatment for hair removal	1.6.1 To include: • Eye shields • Disposable gloves • Disposable surgical mask • Protective eye wear
1.7	Explain salon requirements for preparing themselves, the client and work area	1.7.1 To include: • Any particular rights, restrictions and Acts applicable to laser and light treatments for hair removal • Code of practice/ethics • Insurance and professional association membership guidelines • Record keeping • Professional appearance • No metal contact (all jewellery removed) • No flammable materials • Windows covered during treatments • Warning signs on equipment and door when in use • Follow protocols/ manufacturer's procedure manual • Controlled area
1.8	Explain the environmental conditions suitable for laser and light treatments for hair removal	1.8.1 To include: • Lighting • Heating • Ventilation • Noise levels • Available space • Music • General hygiene • Waste disposal • Décor • Equipment • Privacy • Reception areas • General use/treatment areas • Safety aspects • Secure environment • Local rules • Controlled area • No metal in area • No flammable materials • Non-reflective surfaces
1.9	Explain the different consultation techniques used to identify treatment objectives	1.9.1 To include: • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Verbal and non-verbal communication
1.10	Explain the importance of carrying out a detailed skin and hair analysis and relevant tests	1.10.1 To include: • Identifying client's skin type, condition and hair characteristics as per consultation • Performance of test shot • Determination of treatment parameters and equipment use • Thermal test • Tactile test • Patch test • Artificial tan • Contraindications • Scope of treatment(s) • Aftercare advice • Home care advice

<p>1.11 Explain how to select laser and light treatment equipment to suit client skin and hair types and conditions</p>	<p>1.11.1 To include: Selection of equipment to include: • Types of laser • Wavelengths and depth of penetration • Photons • Joules • Pulse repetition rate • Pulse duration • Fluence • Size of treatment beam (spot size) • Types of light emitted from IPL systems • Polychromatic • Monochromatic • Non-coherent • Coherent • Defocused light • Parallel light • Protocols (following manufacturers' instructions for parameter settings) • Target chromophores (melanin and haemoglobins) • Treatment time and intervals • Thermal relaxation time • Treatment areas</p>
<p>1.12 Identify the range of equipment used for laser and light treatment for hair removal</p>	<p>1.12.1 To include: • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Coupling gel • Magnifying lamp • Tissues • Cotton wool • Gloves • Spatulas • Bowls • Eye shields • Protective eye wear • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Intense Pulsed Light systems • Camera • Razors • Types of laser • Argon • Ruby • Carbon dioxide • Helium neon • Diode • Nd; Yag</p>
<p>1.13 Explain the contraindications that prevent or restrict laser and light treatment for hair removal</p>	<p>1.13.1 To include: • Contraindications requiring medical referral or the client to indemnify their condition in writing prior to treatment • Any condition already being treated by a GP, dermatologist or another skin therapist • Medical oedema • Osteoporosis • Arthritis • Nervous/Psychotic conditions • Recent operations • Diabetes • Asthma • Bell's Palsy • Trapped/Pinched nerve • Inflamed nerve • Acute rheumatism • Contraindications that restrict treatment • Fever • Contagious or infectious skin diseases • Under the influence of drugs or alcohol • Cancer • Pregnancy • Drugs or medication that cause photo-sensitisation or skin thinning effects • Herbal remedies that cause photo-sensitisation • Gold injections • Allergies to the products or materials used • Epilepsy • Cardio-vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Connective tissue disorders (scleroderma) • Herpes • Skin types 5 and 6 • Smoking within two hours of treatment for diffused redness • Skin diseases • Undiagnosed lumps and bumps • Cuts • Bruises • Abrasions • Sunburn • Suntanned skin • Artificial tan until the product has faded from the skin • Areas of undiagnosed pain • Skin pigment conditions (vitiligo, melasma moles and pigmented naevi) • Keloid scars • Any metal pins or plates • Loss of skin sensitivity (test with tactile and thermal methods)</p>
<p>1.14 Explain the required legislation for laser and light treatment and the importance of compliance with regulations</p>	<p>1.14.1 To include: • Role of Care Quality Commission (CQC) • Health and Social Care Act 2008 • Current legislation specific to laser and Intense Pulsed Light treatments • Registration with Local Authority (LA) for health and safety and inspection purposes • Application of the Care Standards Act • Professional ethics and code of practice • Professional Membership requirements • Insurance requirements • Compliance with the Local Miscellaneous Provisions Act</p>

2.4	Use products, tools, equipment and techniques to suit clients treatment needs	<p>2.4.1 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 • Coupling gel • Magnifying lamp • Tissues • Cotton wool • Sponges • Gloves • Face mask • Scissors • Spatulas • Bowls • Mask brushes • Gauze • Eye shields • Protective eye wear • Aftercare soothing lotion • Cooling gel or spray • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Type of Laser • Intense Pulsed Light • Laser classifications • Camera • Razors
2.5	Adapt treatment to suit client needs and skin and hair conditions	<p>2.5.1 To include:</p> <ul style="list-style-type: none"> • Protocols (following manufacturers' instructions for parameter settings) • Target chromophores (haemoglobins) • Wavelengths (fluency) • Treatment time and intervals • Hair colour and thickness • Hair density and anatomical site • Artificial tan • Skin disorders • Skin types • Skin texture • Skin imperfections • Skin temperature • Types of laser • Wavelengths and depth of penetration • Photons • Joules • Pulse repetition rate • Pulse duration • Fluence • Size of treatment beam (spot size) • Types of light emitted from IPL systems • Polychromatic • Monochromatic • Non-coherent • Coherent • Defocused light • Parallel light • Protocols (following manufacturers' instructions for parameter settings) • Target chromophores (melanin and haemoglobins) • Treatment time and intervals • Thermal Relaxation Time • Treatment areas
2.6	Complete the treatment to the satisfaction of the client	<p>2.6.1 To include:</p> <p>Conclusion of treatment in appropriate manner to meet client's needs</p>
2.7	Record and evaluate the results of the treatment	<p>2.7.1 To include:</p> <ul style="list-style-type: none"> • Reviewing and recording treatment outcomes • Treatment recommendations • Homecare advice • Photographic evidence (before and after)
2.8	Provide suitable aftercare advice	<p>2.8.1 To include:</p> <ul style="list-style-type: none"> • Recommendations for immediate aftercare and application of make-up without irritating the skin • Compatible skin care products/ regime • Use of sun protection (minimum SPF 30) • Lifestyle • Recommendation of further salon treatments • Appropriate interval between treatments • Avoid the following for the next 48 hours: heat, friction, UV Light, or trauma to the area, swimming in chlorinated pools, vigorous exercise, hot showers or baths • Avoid use of self tanning products, perfumed products or aftershave for 4-5 days after treatment • In the event of crusting or blistering, do not pick or scratch the area • Hair growth management at home (use of razors or scissors only) • Discussing and providing an aftercare advice leaflet
2.9	Explain how to communicate and behave in a professional manner	<p>2.9.1 To include:</p> <ul style="list-style-type: none"> • Consultation • Treatment explanation • Client care • Hygiene • Good communication skills

<p>2.10 Explain health and safety working practices</p>	<p>2.10.1 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 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 safety precautions and manufacturers' instructions • Current legislation specific to laser and light treatments • Registration with Local Authority (LA) for health and safety and inspection purposes • Care Standards Act • Compliance with the Local Miscellaneous Provisions Act
<p>2.11 Explain the importance of positioning themselves and the client correctly throughout the treatment</p>	<p>2.11.1 To include:</p> <ul style="list-style-type: none"> • Ensuring the client is comfortable and correctly supported (minimising discomfort) • Application of the treatments (ensuring that light is discharged in the correct manner) • Applying the treatments as appropriate to the client's needs • Therapist maintaining correct posture/stance throughout treatment
<p>2.12 Explain the importance of using products, tools, equipment and techniques to suit client's treatment needs, skin types and conditions</p>	<p>2.12.1 To include:</p> <ul style="list-style-type: none"> • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Razors • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Coupling gel • Magnifying lamp • Tissues • Cotton wool • Sponges • Gloves • Face mask • Scissors • Spatulas • Bowls • Mask brushes • Gauze • Eye shields • Protective eye wear • Aftercare soothing lotion • Cooling gel or spray • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Determination of treatment parameters • Protocols • Appropriate selection and use of equipment (Laser/ Intense Pulsed Light) • Camera
<p>2.13 Explain the principles of electrical currents and basic electricity</p>	<p>2.13.1 To include:</p> <ul style="list-style-type: none"> • Protons • Neutrons • Electrons • Nucleus • Volts • Watts and Amperes • Ohms and Ohm's law and their relevance • Insulator • Conductor • Transformer • Rectifier • Fuses • Direct current • Alternating current • Wiring of a plug • The types of light used by Lasers and Intense pulsed light • The wavelengths and depth of penetration • Photons • Joules • Pulse repetition rate • Pulse duration • Fluence • The size of the treatment beam (spot size)
<p>2.14 Explain the consequences of inaccurate identification of skin type/labouring according to Fitzpatrick Scale</p>	<p>2.14.1 To include:</p> <ul style="list-style-type: none"> • Skin types I – VI • Ethnic skin types • Skin and eye colour • Pigmentation response • Adjustment of treatment parameters to accommodate all variable factors • Adverse reactions • Burning • Blistering • Increased pigmentation

2.15 Describe how treatments can be adapted to suit client treatment needs and skin and hair conditions	<p>2.15.1 To include:</p> <ul style="list-style-type: none"> • Restrictions • Client preferences and commitment • Product availability • Costs • Protocols (following manufacturers' instructions for parameter settings) • Target chromophores (melanin and haemoglobins) • Wavelengths (fluency) • Treatment time scales and intervals • Adjustments to speed of pulses, pulse duration and thermal relaxation time
2.16 Explain the contra-actions that may occur during and following treatments	<p>2.16.1 To include:</p> <ul style="list-style-type: none"> • Excessive erythema • Burning • Increased pigmentation • Herpes simplex (cold sore) outbreak • Blistering • Bruising • Perifollicular erythema • Perifollicular oedema
2.17 Explain the methods of evaluating the effectiveness of the treatment	<p>2.17.1 To include:</p> <ul style="list-style-type: none"> • Maintaining records for accurate future treatment • Aftercare • Home care • Product advice • Compliance with current legislation • Concluding the treatment in the correct manner to meet client's requirements • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout • Normal and close up photographic evidence (before and after) of skin condition, for progression and suitability of treatment • Recording and monitoring adverse reactions
2.18 Summarise the aftercare advice that should be provided to prevent post-treatment damage	<p>2.18.1 To include:</p> <ul style="list-style-type: none"> • Recommendations for immediate aftercare and up to 72 hours after treatment • Suitable skin care regime • Skin management throughout course of treatments • Use of sun protection (minimum SPF 30) • Recommendation of further salon treatments
2.19 Explain the suitable methods of dealing with reappearance of hair condition between treatments	<p>2.19.1 To include:</p> <ul style="list-style-type: none"> • Following aftercare advice/guidance information carefully • Hair growth management
2.20 Explain different skin and hair types, conditions, diseases and disorders	<p>2.20.1 To include:</p> <p>Skin types • White • Black • Asian type skin • Mixed • Dry • Oily • Combination</p> <p>Hair types • Lanugo • Vellus • Terminal</p> <p>Skin conditions/characteristics • Mature skin • Young skin • Sensitive • Dehydrated • Lack of elasticity • Lack of muscle tone • Blemishes • Age • Crows' feet • Broken capillaries • Open pores • Milia • Comedones • Pustules • Papules • Hyper pigmentation • Hypo pigmentation • Dermatitis papulosa nigra • Psuedo folliculitis • Keloids • Ingrowing hairs • Vitiligo • Albinism • Chloasma • Ephelides • Lentigo • Naevae • Port wine stain • Leucoderma • Scarring • Thin skin • Small moles</p> <p>Diseases and disorders • Infestations • Scabies • Pediculosis</p> <p>Congenital • Atopic eczema • Atopic dermatitis • Psoriasis</p> <p>Bacterial • Acne vulgaris • Impetigo • Acne rosacea • Boils • Folliculitis</p> <p>Viral • Warts • Herpes simplex • Herpes zoster</p> <p>Fungal • Tinea (ringworm)</p> <p>Pigmentation disorders • Vitiligo • Albinism • Chloasma • Ephelides • Lentigo • Moles (papilloma) • Naevae • Port wine stain • Leucoderma</p> <p>General disorders • UV damage • Urticaria • Allergic reaction • Hyper keratosis</p>

<p>2.21 Explain the structure and functions of the skin</p> <p>2.22 Explain the principles of skin healing</p> <p>2.23 Explain the structure and function of the endocrine system and its effect on hair growth</p> <p>2.24 Explain growth patterns and causes of hair growth</p>	<p>Cancers • Basal cell carcinoma • Squamous cell carcinoma • Malignant melanoma</p> <p>2.21.1 To include: • Skin - Epidermis • Stratum Corneum • Stratum Lucidum • Stratum Granulosum • Stratum Spinosum/Malphigian layer • Stratum Germinativum/Basal layer • Melanocytes Dermis • Blood supply • Lymphatic supply • Hair follicle • Hair • Sebaceous gland • Sweat glands: eccrine and apocrine • Sensory nerve endings • Dermal Papilla • Collagen • Elastin • Histiocytes • Mast Cells • Fibroblasts • Erector pili muscle and Subcutaneous layer</p> <p>2.21.2 Functions • Secretion • Heat Regulation • Absorption • Protection (Acid mantle composition and formation) • Elimination • Sensation • Vitamin D formation (7-dehydro-cholesterol/ergosterol) • Keratinisation • Melanin Formation</p> <p>2.22.1 To include • Mitosis • The blood clotting process</p> <p>2.23.1 To include: • Pituitary • Oxytocin • Antidiuretic hormone (ADH) (Vasopressin) • Prolactin • Human Growth Hormone (HGH) • Thyroid Stimulating Hormone (TSH) • Adrenocorticotrophic Hormone (ACTH) • Luteinising Hormone (LH) • Follicle Stimulating Hormone (FSH) • Melanin Stimulating Hormone (MSH) • Thyroid gland • Thyroxine • Triiodothyronine • Calcitonin • Parathyroid glands • Parathormone • Thymus • T lymphocytes • Pineal • Regulates the pituitary and releases serotonin • Islets of Langerhans • Insulin • Adrenal glands • Adrenal medulla • Adrenalin • Noradrenalin • Adrenal cortex • Corticosteroids • Mineralcorticoids – Aldosterone • Glucocorticoids • Ovaries • Oestrogen • Progesterone • Testes • Testosterone • Effects of the following on hair growth • Addison's Syndrome • Cushing's Syndrome • Polycystic Ovarian Syndrome • Stress • Puberty • Pregnancy • Menopause</p> <p>2.24.1 To include: • Congenital • Topical • Drugs/medication • Systemic • Stress (Adrenalin production) • Anorexia • Polycystic Ovaries • Hirsutism • Anagen • Catagen • Telogen • Cuticle • Cortex • Medulla • Inner Root Sheath • Huxley's Layer • Henle's Layer • Outer Root Sheath • Vitreous Membrane • Connective Tissue • Dermal Papilla • Richard-Meharg Hair Growth Table • Puberty • Pregnancy • Menopause</p>
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<p>2.25 Explain the structure and function of the circulatory and lymphatic systems</p>	<p>2.25.1 To include: Content of blood • Blood plasma • Erythrocytes • Leucocytes • Platelets • Thrombocytes • Arteries • Arterioles • Veins • Venules • Capillaries • Transportation of substances • Protection by fighting infection • Blood clotting • Regulation of body temperature • Main arteries of the head and neck • Thyroid • Facial • Temporal • Lingual • Occipital • Maxillary • Main veins of the head and neck • Middle Temporal • Superficial Temporal • Maxillary • Anterior Facial • Common Facial • Internal Jugular • External Jugular • Main arteries of the body • Descending Aorta • Left Common Carotid • Left Subclavian • Right Common Carotid • Right Subclavian • Pulmonary • Right Hepatic • Splenic • Right Renal • Superior Mesenteric • Right Iliac • Inferior Mesenteric • Left Iliac • Vertebral • Axillary • Brachial • Right Ulnar • Left Ulnar • Right Radial • Left Radial • Right Deep Palmar Arch • Left Deep Palmar Arch • Right Superficial Palmar Arch • Left Superficial Palmar Arch • External Iliac • Left Femoral • Right Femoral • Left Popliteal • Right Popliteal • Left Anterior Tibial • Right Anterior Tibial • Plantar Arch • Main veins of the body • Inferior vena cava • 4 Pulmonary • Right Hepatic • Splenic • Right Renal • Right Iliac • Left Iliac • Right Axillary • Left Axillary • Right Brachial • Left Brachial • Right Basilic • Left Basilic • Right Cephalic • Left Cephalic • Right Subclavian • Long Saphenous • Left Short Saphenous • Right Short Saphenous • Dorsal Venous Arch • Left Femoral • Right Femoral • Left Popliteal • Right Popliteal • Right Posterior Tibial • Left Posterior Tibial • Right Anterior Tibial • Left Anterior Tibial</p> <p>2.25.2 To include: Content of lymph • Transports waste • Purifies toxins • Adds antibodies, antitoxins and lymphocytes • Part of the immune system • Secondary circulation • Lymphocyte • Lymphatic Capillary • Lymphatic Vessel • Lymph Node • Right Lymphatic Duct • Thoracic Duct • Lymph nodes of the head and neck • Superficial and deep cervical • Submandibular • Anterior and Posterior Auricular • Occipital • Buccal • Sub-mental • Lymph nodes of the body • Axillary • Supra trochlear • Inguinal • Popliteal • Lymphatic tissue • Peyer's patches • Tonsils • Spleen • Appendix</p>
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<p>Unit – Laser and Light Treatments for Hair Removal</p> <p>Practical Assessment</p> <p>All candidates will be examined via a practical examination of their technical skills and treatments techniques</p> <p>Treatment evidence</p> <p>Evidence of 5 Treatments to include:</p> <p>Consultation including medical history</p> <p>Treatment details</p> <p>Reaction during treatment (Include photographs of before and after treatment)</p> <p>After/Home care advice</p> <p>Candidates and Client signature</p> <p>Treatment date</p>	<p>Unit – Laser and Light Treatments for Hair Removal</p> <p>Practical assessment forms and marking criteria may be downloaded from www.itecworld.co.uk</p> <p>Unit – Laser and Light Treatments for Hair Removal must be evidenced through the use of signed and dated treatment evidence forms. See www.itecworld.co.uk for sample form</p>
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