

ITEC Unit 12 Waxing Recommended guided learning hours – 50	
Learning outcome	Underpinning knowledge
Students will be able to:	• Hot wax • Cool wax • Sugaring • Pre/after wax lotions • Disposable spatulas • Cotton wool • Waxing strips • Tweezers
1) Understand, explain and demonstrate the use of the following products:	
2) Understand and explain how to treat the following areas:	• Under arms • Back • Chest • Abdomen • Bikini Line • Brazilian • Hollywood • Leg • Lip • Chin • Forearms • Eyebrows
3) Understand and explain how to prepare/protect the working area	To include: • Protect the floor • Protect the couch • Ensure the wax is ready at the required temperature • Strips to remove the wax • Ensure that sanitiser is available • Powder • Tweezers • Surgical gloves • Cotton wool • Tissues • After wax lotion • Scissors
4) Understand and explain the setting up of equipment safely	• Ensure there are not trailing wires for the wax pot • Ensure that there are no bare wires • Ensure there is no water in the area • Ensure that the thermostat is working on the wax pot
5) Understand and explain specific hygiene and precautions for waxing	To include: • Gloves must be worn • A different spatula must be used for each area • Where blood spots occur the spatula must be changed immediately and disposed of appropriately
6) Understand and explain the importance of communicating with the client tactfully and accurately and demonstrate how to do so	To include: • Taking a full consultation • Checking medical history • Discussing the treatment plan • Discussing home care and after advice
7) Understand and recognise those general contraindications to waxing requiring medical permission or the client to sign an informed consent form prior to the treatment and those contraindications that restrict treatment	◆ 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 ◆ 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 tissues (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 • Bells Palsy • Abnormal hair growth
8) Understand and explain the cause of ingrowing hairs and treatment	To include: • Dry skin • Shaving • Hairs break off when waxing • Lack of exfoliation and moisturiser

9) Understand, explain and demonstrate how to sanitise the area to be treated	• Wipe over the area to be waxed with sanitiser or with a pre-wax treatment
10) Understand and explain the composition and ingredients of the following depilatory products	• Hot wax • Cool wax
11) Understand and explain the appropriate use of the following depilatory products	• Hot wax • Cool wax
12) Understand and explain how to test the products on self and client	• The heated wax should be tested on the therapists wrist first to check the temperature • The heated wax should then be tested on the wrist or the ankle of the client to ensure it is not too hot
13) Understand, explain and apply cool wax evenly, sparingly and ensuring cost effectiveness throughout	• Spatula held at right angles to the area to be waxed ensuring that wax drips from the top to the bottom of the spatula ensuring a thin even distribution of wax
14) Understand, explain and apply hot wax evenly	• Check length of hair (minimum 1cm) • Check direction in which hairs grow • Apply wax first against the hair growth
15) Understand, explain and demonstrate removal of the product	• Using the correct method for the product selected • Minimising discomfort to the client
16) Understand and explain how to clear the area effectively	• Do not re-wax over an area which has already been treated with hot wax • Tweeze out any stray hairs
17) Understand, explain and demonstrate safe disposal of waste	Where blood spots may have occurred care must be taken with the waste to include: • Place in a plastic bag • Put in a separate bin (containing chemical) to be taken away and incinerated
18) Understand, explain and demonstrate the ability to work quickly and efficiently to a standard acceptable by the industry	The treatment should be performed in a commercially acceptable time: • Full leg 40 minutes • Half leg 20 minutes • Underarm and bikini 15 minutes each
19) Understand, explain and demonstrate accurate updating of client records	• Contraindications must be checked and noted appropriately • A note should be made of the area(s) to be waxed • Any notes regarding skins reaction should be made at the end of the treatment • Home care advice
20) Understand and explain the advantages and disadvantages of the use of each product	To include: • Composition • Working temperature (Cool wax 43°C, Hot wax 68°C) • Method of application • Method of removal
21) Understand and explain temporary forms of depilation	To include: • Tweezing • Shaving • Depilatory creams • Sugaring • Threading • Depilation machine
Structure of the Skin	
22) Understand and explain (with the aid of a diagram) the position and function of the following:	◆ Epidermis • Stratum Corneum • Stratum Lucidum • Stratum Granulosum • Stratum Spinosum/Malphigian • Stratum Germinativum/Basal layer ◆ Dermis • Blood supply • Lymphatic supply • Hair follicle • Hair • Sebaceous gland • Sweat gland: Eccrine and Apocrine • Sensory nerve endings • Dermal papilla • Erector pili muscle
23) Understand and explain the Subcutaneous/Adipose layer	• The structure and function of the fatty layer underneath the Dermis
Functions of the Skin	
24) Understand and explain the functions of the skin	• Secretion • Heat regulation • Absorption • Protection/Acid Mantle • Elimination • Sensation • Vitamin D formation (7-dehydrocholesterol)
25) Understand and explain the functions and formation of the acid mantle	To include: • Composition and formation

26) Understand, explain and recognise skin diseases/disorders and show knowledge of whether they are contraindicated or not	To include: ◆ Infestations • Scabies • Lice ◆ Congenital • Atopic eczema • Atopic dermatitis • Psoriasis ◆ Bacterial • Acne vulgaris • Impetigo • Acne rosacea • Boils • Folliculitis ◆ Viral • Warts • Herpes simplex • Herpes zoster ◆ Fungal • Tinea corporis • Tinea pedis ◆ Pigmentation disorders • Vitiligo • Albinism • Chloasma • Ephelides • Lentigo • Moles (papilloma) • Naevae • Port wine stain • Leucoderma ◆ General disorders • Urticaria • Allergic reaction
Skin Cancer	
27) Understand and explain the main skin cancers	• Basal Cell Carcinoma • Squamous Cell Carcinoma • Malignant Melanoma
Structure of the Hair	
28) Understand and explain (with the aid of diagrams) the position and function of the following and their relevance to waxing	• Cuticle • Cortex • Medulla • Inner Root Sheath • Huxley's layer • Henle's layer • Outer Root Sheath • Vitreous Membrane • Connective Tissue • Dermal Papilla
29) Understand and explain types of hair	• Lanugo • Vellus • Terminal
30) Understand and explain the factors which may affect hair growth	• Congenital • Hormonal • Topical • Systemic • Non systemic • Medication
31) Understand and explain the hair growth cycle	• Anagen • Catagen • Telogen
Endocrine System	
32) Understand and explain (with the aid of diagrams) the position of the main endocrine glands and hormones secreted	◆ 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 • Thyroxin ◆ 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 ◆ Ovaries • Oestrogen • Progesterone ◆ Testes • Testosterone
33) Understand, explain and demonstrate knowledge of the effects of hormones on hair growth	To include: • Puberty • Pregnancy • Menopause
34) Understand and explain the effect of hormones on the hair growth cycle	To include: • Testosterone and hormones secreted from the adrenal cortex

35) Understand and explain the menstrual cycle	To include: • First menstrual phase • Second proliferate phase • Third secretory phase
36) Understand and explain the effect of stress on the endocrine system and effects on hair growth	To include: • Effects of the parasympathetic and sympathetic nervous systems
37) Understand and explain the causes and effect of the following diseases and disorders:	• Addison's syndrome • Amenorrhoea • Cushing's Syndrome • Menopause • Pre-menstrual Syndrome • Polycystic Ovarian Syndrome • Stress
Unit 12 Waxing Treatment Evidence	
Evidence of 5 treatments including one treatment per client on the following range of areas: Full leg, Bikini line, Underarm, Forearm, Lip, Chin These are internally assessed by the college lecturer and verified by the ITEC Practical Examiner	To include: • Consultation form • Medical history • Treatment details • Client feedback • Home care advice including recommendations for ongoing treatment plan Treatments should be evidenced through the consultation form. See www.itecworld.co.uk for a sample consultation form and evidence of treatments guidance form.