

# iUBT293 – Waxing

URN – H/617/0221

**Guided Learning Hours: 50**

Learning outcome	Assessment criteria	Taught content
LO1 Be able to prepare for waxing treatments	1.1. The learner will be able to explain how to prepare/protect the working area	To include: <ul style="list-style-type: none"> <li>• Protect the floor</li> <li>• Protect the couch</li> <li>• Ensure the wax is ready at the required temperature</li> <li>• Strips to remove the wax</li> <li>• Ensure that sanitiser is available</li> <li>• Powder</li> <li>• Tweezers</li> <li>• Surgical gloves</li> <li>• Cotton wool</li> <li>• Tissues</li> <li>• After-wax lotion</li> <li>• Scissors</li> </ul>
	1.2. The learner will be able to understand and demonstrate the setting up of equipment safely	To include: <ul style="list-style-type: none"> <li>• Ensure that there are no trailing wires for the wax pot</li> <li>• Ensure that there are no bare wires</li> <li>• Ensure that there is no water in the area</li> <li>• Ensure that the thermostat is working on the wax pot</li> </ul>
	1.3. The learner will be able to explain specific hygiene and precautions for waxing	To include: <ul style="list-style-type: none"> <li>• Gloves must be worn</li> <li>• A different spatula must be used for each area</li> <li>• Where blood spots occur, the spatula must be changed immediately and disposed of appropriately</li> </ul>

LO2 Be able to carry out a consultation and understand contra-indications to waxing treatments	2.1. The learner will be able to explain the importance of communicating with the client tactfully and accurately and demonstrate how to do so	<p>To include:</p> <ul style="list-style-type: none"> <li>• Taking a full consultation</li> <li>• Checking medical history</li> <li>• Discussing the treatment plan</li> <li>• Discussing homecare and aftercare advice</li> </ul>
	2.2. The learner will be able to understand and recognise those general contra-indications to waxing requiring medical permission or the client to sign an informed consent form prior to the treatment and those contra-indications that restrict treatment	<ul style="list-style-type: none"> <li>• Contra-indications 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"> <li>- Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions)</li> <li>- Haemophilia</li> <li>- Any condition already being treated by a GP or another practitioner</li> <li>- Medical oedema</li> <li>- Osteoporosis</li> <li>- Nervous/Psychotic conditions</li> <li>- Recent operations</li> <li>- Diabetes</li> <li>- Trapped/Pinched nerve</li> <li>- Inflamed nerve</li> <li>- Severe varicose veins</li> </ul> </li> <li>• Contra-indications that restrict treatment <ul style="list-style-type: none"> <li>- Fever - Infectious or contagious diseases</li> <li>- Under the influence of recreational drugs or alcohol</li> <li>- Any known allergies</li> <li>- Infectious skin diseases and disorders</li> <li>- Undiagnosed lumps and bumps</li> <li>- Localised swelling</li> <li>- Inflammation</li> <li>- Cuts</li> <li>- Bruises</li> <li>- Abrasions</li> <li>- Scar tissues (2 years for major operation and 6 months for a small scar)</li> <li>- Sunburn</li> <li>- Self-tan</li> </ul> </li> </ul>

		<ul style="list-style-type: none"> <li>- Heat rash</li> <li>- Hairy moles</li> <li>- Hormonal implants</li> <li>- Recent fractures (minimum 3 months)</li> <li>- Neuralgia</li> <li>- Hypersensitive skin</li> <li>- Loss of skin sensation</li> <li>- Vascular skin</li> <li>- Varicose veins</li> <li>- 48 hours after sun tanning</li> <li>- Bell's Palsy</li> <li>- Abnormal hair growth</li> </ul>
	2.3. The learner will be able to explain the cause of ingrowing hairs and treatment	<p>To include:</p> <ul style="list-style-type: none"> <li>• Dry skin</li> <li>• Shaving</li> <li>• Hairs break off when waxing</li> <li>• Lack of exfoliation and moisturiser</li> </ul>

LO3 Be able to carry out waxing treatments	3.1. The learner will be able to explain and demonstrate the use of the following products:	<ul style="list-style-type: none"> <li>• Hot wax</li> <li>• Cool wax</li> <li>• Sugaring</li> <li>• Pre/after-wax lotions</li> <li>• Disposable spatulas</li> <li>• Cotton wool</li> <li>• Waxing strips</li> <li>• Tweezers</li> </ul>
	3.2. The learner will be able to explain how to treat the following areas:	<ul style="list-style-type: none"> <li>• Under arms</li> <li>• Back</li> <li>• Chest</li> <li>• Abdomen</li> <li>• Bikini Line</li> <li>• Brazilian</li> <li>• Hollywood</li> <li>• Leg</li> <li>• Lip</li> <li>• Chin</li> <li>• Forearms</li> </ul>

		<ul style="list-style-type: none"> <li>• Eyebrows</li> </ul>
3.3.	The learner will be able to explain and demonstrate how to sanitise the area to be treated	<ul style="list-style-type: none"> <li>• Wipe over the area to be waxed with sanitiser or with a pre-wax treatment</li> </ul>
3.4.	The learner will be able to understand the composition and ingredients of the following depilatory products and explain their appropriate use	<ul style="list-style-type: none"> <li>• Hot wax</li> <li>• Cool wax</li> </ul>
3.5.	The learner will be able to explain and demonstrate how to test the products on self and client	<ul style="list-style-type: none"> <li>• The heated wax should be tested on the therapist's wrist first to check the temperature</li> <li>• The heated wax should then be tested on the wrist or the ankle of the client to ensure it is not too hot</li> </ul>
3.6.	The learner will be able to explain and apply cool wax evenly, sparingly and ensuring cost effectiveness throughout	<ul style="list-style-type: none"> <li>• 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</li> </ul>
3.7.	The learner will be able to explain and apply hot wax evenly	<ul style="list-style-type: none"> <li>• Check length of hair (minimum 1cm)</li> <li>• Check direction in which hairs grow</li> <li>• Apply wax first against the hair growth</li> </ul>
3.8.	The learner will be able to explain and demonstrate removal of the product	<ul style="list-style-type: none"> <li>• Using the correct method for the product selected</li> <li>• Minimising discomfort to the client</li> </ul>
3.9.	The learner will be able to explain and demonstrate how to clear the area effectively	<ul style="list-style-type: none"> <li>• Do not re-wax over an area which has already been treated with hot wax</li> <li>• Tweeze out any stray hairs</li> </ul>
3.10.	The learner will be able to explain and demonstrate safe disposal of waste	<ul style="list-style-type: none"> <li>• Where blood spots may have occurred, care must be taken with the waste to include: <ul style="list-style-type: none"> <li>- Place in a plastic bag</li> <li>- Put in a separate bin (containing chemical) to be taken away and incinerated</li> </ul> </li> </ul>
3.11.	The learner will be able to explain and demonstrate the ability to work quickly and efficiently to a standard acceptable by the industry	<ul style="list-style-type: none"> <li>• The treatment should be performed in a commercially acceptable time: <ul style="list-style-type: none"> <li>- Full leg 40 minutes</li> <li>- Half leg 20 minutes</li> <li>- Underarm and bikini 15 minutes each</li> </ul> </li> </ul>
3.12.	The learner will be able to explain and demonstrate accurate updating of client records	<ul style="list-style-type: none"> <li>• Contra-indications must be checked and noted appropriately</li> <li>• A note should be made of the area(s) to be waxed</li> </ul>

		<ul style="list-style-type: none"> <li>Any notes regarding skins reaction should be made at the end of the treatment</li> <li>Homecare advice</li> </ul>
	3.13. The learner will be able to explain the advantages and disadvantages of the use of each product	<p>To include:</p> <ul style="list-style-type: none"> <li>Composition</li> <li>Working temperature (cool wax 43°C, hot wax 68°C)</li> <li>Method of application</li> <li>Method of removal</li> </ul>
	3.14. The learner will be able to explain temporary forms of depilation	<p>To include:</p> <ul style="list-style-type: none"> <li>Tweezing</li> <li>Shaving</li> <li>Depilatory creams</li> <li>Sugaring</li> <li>Threading</li> <li>Depilation machine</li> </ul>

LO4 Know the structure and functions of the skin in relation to waxing treatments	4.1. The learner will be able to explain (with the aid of a diagram) the position and function of the following:	<ul style="list-style-type: none"> <li>Epidermis <ul style="list-style-type: none"> <li>- Stratum Corneum</li> <li>- Stratum Lucidum</li> <li>- Stratum Granulosum</li> <li>- Stratum Spinosum/Malphigian</li> <li>- Stratum Germinativum/Basal layer</li> </ul> </li> <li>Dermis <ul style="list-style-type: none"> <li>- Blood supply</li> <li>- Lymphatic supply</li> <li>- Hair follicle</li> <li>- Hair</li> <li>- Sebaceous gland</li> <li>- Sweat gland <ul style="list-style-type: none"> <li>▪ Eccrine</li> <li>▪ Apocrine</li> </ul> </li> <li>- Sensory nerve endings</li> <li>- Dermal papilla</li> <li>- Erector pili muscle</li> </ul> </li> </ul>
	4.2. The learner will be able to explain the Subcutaneous/Adipose layer	<ul style="list-style-type: none"> <li>The structure and function of the fatty layer underneath the Dermis</li> </ul>

	4.3. The learner will be able to explain the functions of the skin	<ul style="list-style-type: none"> <li>• Secretion</li> <li>• Heat regulation</li> <li>• Absorption</li> <li>• Protection/Acid Mantle</li> <li>• Elimination</li> <li>• Sensation</li> <li>• Vitamin D formation (7-dehydrocholesterol)</li> </ul>
	4.4. The learner will be able to explain the functions and formation of the acid mantle	<p>To include:</p> <ul style="list-style-type: none"> <li>• Composition and formation</li> </ul>
	4.5. The learner will be able to explain and recognise skin diseases/disorders and show knowledge of whether they are contra-indicated or not	<p>To include:</p> <ul style="list-style-type: none"> <li>• Infestations <ul style="list-style-type: none"> <li>- Scabies</li> <li>- Lice</li> </ul> </li> <li>• Congenital <ul style="list-style-type: none"> <li>- Atopic eczema</li> <li>- Atopic dermatitis</li> <li>- Psoriasis</li> </ul> </li> <li>• Bacterial <ul style="list-style-type: none"> <li>- Acne vulgaris</li> <li>- Impetigo</li> <li>- Acne rosacea</li> <li>- Boils</li> <li>- Folliculitis</li> </ul> </li> <li>• Viral <ul style="list-style-type: none"> <li>- Warts</li> <li>- Herpes simplex</li> <li>- Herpes zoster</li> </ul> </li> <li>• Fungal <ul style="list-style-type: none"> <li>- Tinea corporis</li> <li>- Tinea pedis</li> </ul> </li> <li>• Pigmentation disorders <ul style="list-style-type: none"> <li>- Vitiligo</li> <li>- Albinism</li> <li>- Chloasma</li> <li>- Ephelides</li> <li>- Lentigo</li> <li>- Moles (papilloma)</li> <li>- Naevae</li> </ul> </li> </ul>

		<ul style="list-style-type: none"> <li>- Port wine stain</li> <li>- Leucoderma</li> <li>• General disorders</li> <li>- Urticaria</li> <li>- Allergic reaction</li> </ul>
	4.6. The learner will be able to explain the main skin cancers	<ul style="list-style-type: none"> <li>• Basal Cell Carcinoma</li> <li>• Squamous Cell Carcinoma</li> <li>• Malignant Melanoma</li> </ul>

LO5 Know the structure of the hair	5.1. The learner will be able to explain (with the aid of diagrams) the position and function of the following and their relevance to waxing	<ul style="list-style-type: none"> <li>• Cuticle</li> <li>• Cortex</li> <li>• Medulla</li> <li>• Inner Root Sheath</li> <li>• Huxley's layer</li> <li>• Henle's layer</li> <li>• Outer Root Sheath</li> <li>• Vitreous Membrane</li> <li>• Connective Tissue</li> <li>• Dermal Papilla</li> </ul>
	5.2. The learner will be able to explain types of hair	<ul style="list-style-type: none"> <li>• Lanugo</li> <li>• Vellus</li> <li>• Terminal</li> </ul>
	5.3. The learner will be able to explain the factors which may affect hair growth	<ul style="list-style-type: none"> <li>• Congenital</li> <li>• Hormonal</li> <li>• Topical</li> <li>• Systemic</li> <li>• Non-systemic</li> <li>• Medication</li> </ul>
	5.4. The learner will be able to explain the hair growth cycle	<ul style="list-style-type: none"> <li>• Anagen</li> <li>• Catagen</li> <li>• Telogen</li> </ul>

LO6 Know the endocrine system in relation to waxing treatments	6.1. The learner will be able to explain (with the aid of diagrams) the position of the main endocrine glands and hormones secreted	<ul style="list-style-type: none"> <li>• Pituitary <ul style="list-style-type: none"> <li>- Oxytocin</li> <li>- Antidiuretic hormone (ADH) (vasopressin)</li> <li>- Prolactin</li> <li>- Human Growth Hormone (HGH)</li> <li>- Thyroid Stimulating Hormone (TSH)</li> <li>- Adrenocorticotrophic Hormone (ACTH)</li> <li>- Luteinising Hormone (LH)</li> <li>- Follicle Stimulating Hormone (FSH)</li> <li>- Melanin Stimulating Hormone (MSH)</li> </ul> </li> <li>• Thyroid gland <ul style="list-style-type: none"> <li>- Thyroxin</li> </ul> </li> <li>• Parathyroid glands <ul style="list-style-type: none"> <li>- Parathormone</li> </ul> </li> <li>• Thymus <ul style="list-style-type: none"> <li>- T lymphocytes</li> </ul> </li> <li>• Pineal <ul style="list-style-type: none"> <li>- Regulates the pituitary and releases serotonin</li> </ul> </li> <li>• Islets of Langerhans <ul style="list-style-type: none"> <li>- Insulin</li> </ul> </li> <li>• Adrenal glands <ul style="list-style-type: none"> <li>- Adrenal medulla <ul style="list-style-type: none"> <li>▪ Adrenalin</li> <li>▪ Noradrenalin</li> </ul> </li> <li>- Adrenal cortex <ul style="list-style-type: none"> <li>▪ Corticosteroids</li> </ul> </li> </ul> </li> <li>• Ovaries <ul style="list-style-type: none"> <li>- Oestrogen</li> <li>- Progesterone</li> </ul> </li> <li>• Testes <ul style="list-style-type: none"> <li>- Testosterone</li> </ul> </li> </ul>
	6.2. The learner will be able to explain the effects of hormones on hair growth	<p>To include:</p> <ul style="list-style-type: none"> <li>• Puberty</li> <li>• Pregnancy</li> <li>• Menopause</li> </ul>
	6.3. The learner will be able to explain the effect of hormones on the hair growth cycle	<p>To include:</p> <ul style="list-style-type: none"> <li>• Testosterone and hormones secreted from the adrenal cortex</li> </ul>



	6.4. The learner will be able to explain the menstrual cycle	To include: <ul style="list-style-type: none"> <li>• To include:</li> <li>• First menstrual phase</li> <li>• Second proliferate phase</li> <li>• Third secretory phase</li> </ul>
	6.5. The learner will be able to explain the effect of stress on the endocrine system and effects on hair growth	To include: <ul style="list-style-type: none"> <li>• Effects of the parasympathetic and sympathetic nervous systems</li> </ul>
	6.6. The learner will explain the causes and effects of the following diseases and disorders:	<ul style="list-style-type: none"> <li>• Addison's syndrome</li> <li>• Amenorrhoea</li> <li>• Cushing's Syndrome</li> <li>• Menopause</li> <li>• Pre-menstrual Syndrome</li> <li>• Polycystic Ovarian Syndrome</li> <li>• Stress</li> </ul>

### Evidence of treatments

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: <ul style="list-style-type: none"> <li>• Consultation</li> <li>• Medical history</li> <li>• Treatment details</li> <li>• Client feedback</li> <li>• Homecare advice including recommendations for ongoing treatment plan</li> </ul> <p>Treatments should be evidenced through the consultation form. See <a href="http://www.itecworld.co.uk">www.itecworld.co.uk</a> for a sample consultation form and evidence of treatment guidance form</p>
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**Document History**

Version	Issue Date	Changes	Role
v1	01/05/2018	First published	Qualifications Manager
v2	30/08/2019	Amended product coding	Qualifications and Regulation Co-ordinator