

iUBT421 – Provide electrical epilation

URN – Y/617/4363

Guided Learning Hours: 88

Learning outcome	Assessment criteria	Taught content to include
LO1 Be able to prepare for electrical epilation	1.1. Prepare self, client and work area for electrical epilation treatments	• Preparation of working area • Equipment • Products • Work wear • Personal Protective Equipment (PPE) • Personal appearance and behaviour • Hygiene e.g. sterilising/sanitising tools and equipment • Client for treatment • Client care and modesty
	1.2. Use suitable consultation techniques to identify treatment objectives	• An example of a consultation form can be downloaded from www.vtctskills.org.uk • Suitable area • Positive body language • Positioning of the client • Communication skills • Professionalism • Contra-indications and contra-actions • Treatment plan • Products used • Consent • Confidentiality • Client's signature
	1.3. Carry out skin and hair analysis	• Overall skin/hair type • Skin/hair condition • Pigmentation and colour • Skin texture

		• Skin imperfections • Skin tone • Skin temperature • Muscle tone • Skin elasticity • UV damage
	1.4. Select products, tools and equipment to suit client treatment needs, skin types and conditions	• Type of current used • Indications for use • Treatment effects • Length and frequency of use for the following: - Alternating current (short wave diathermy) - Blend method • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Head band • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Magnifying lamp • Tissues • Cotton wool • Sponges • Spatulas • Gauze • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Cleansing products • Toning products

		• Unperfumed aftercare lotion • Tinted medicated aftercare lotion • Sanitiser • Personal Protective Equipment (PPE): gloves, surgical masks • Pre-packed sterilised needles in a variety of sizes • Tweezers • Indifferent electrode • Needle holder • Probe • Foot pedal • Magnifying lamp • Alternating current (short wave diathermy) machine • Blend machine • Glass bead steriliser • Contaminated waste disposal bin • Sharps box
	1.5. Provide clear recommendations to the client	• Taking into account the following: - The outcome of the consultation and skin/hair analysis - Client requirements - Treatment objectives
	1.6. Describe the different consultation techniques used to identify treatment objectives	• Positive body language • Positioning of the client (no barriers between self and client) • Good communication skills (asking open and/or closed questions where appropriate) • Verbal and non-verbal communication
	1.7. Explain the contra-indications to electrical epilation treatment	• With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained, clients must sign an informed consent form stating that the treatment and its effects have been explained to them and confirm that they are willing to proceed without permission from their GP - Pregnancy - Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) - Any condition already being treated by a GP or another practitioner - Medical oedema - Nervous/psychotic conditions

		- Epilepsy - Recent operations - Diabetes - Asthma - Any dysfunction of the nervous system (e.g. Multiple sclerosis, Parkinson's disease, Motor neurone disease) - Neuralgia - Inflamed nerve - Cancer - Conditions causing muscular spasticity e.g. cerebral palsy - Whiplash and any neck conditions - Slipped disc - Undiagnosed pain - When taking prescribed medication - Endocrine disorders • Contra-indications that restrict treatment - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and/or vomiting - Mucous membranes - Hepatitis B - HIV/AIDS - Anti-coagulant drugs - Bell's palsy - Loss of skin sensation - Keloid scarring - Skin diseases - Hairy moles - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Varicose veins - Pregnancy (abdomen) - Cuts - Bruises - Abrasions - Scar tissue (2 years for major operation and 6 months for a small scar)
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		- Sunburn - Hormonal implants - Abdomen (first few days of menstruation depending how the client feels) - Haematoma - Hernia - Recent fractures (minimum 3 months) - Cervical spondylitis - Hyperpigmentation - Botox/dermal fillers (1 week following treatment) - Metal plates - Mechanical implants - Piercings • Contra-indications which prevent treatment - Pacemaker - Haemophilia - Cochlear implants
	1.8. Describe health and safety working practices	• 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/General Data Protection Regulations (GDPR) • Adhere to all safety precautions and manufacturers' instructions
	1.9. Explain the importance of carrying out detailed hair and skin analysis	• Skin type/characteristics • Skin condition • Moisture content • Skin temperature

		• Skin healing • Hair types • Contra-indications • Selection of appropriate epilation method/equipment to meet client's needs
	1.10. Describe how to select, products, tools and equipment to suit client's needs	• Type of current used • Indications for use • Treatment effects • Length and frequency of use for the following: - Alternating current (short wave diathermy) - Blend method • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Magnifying lamp • Tissues • Cotton wool • Sponges • Spatulas • Gauze • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Cleansing products • Toning products • Unperfumed aftercare lotion

		• Tinted medicated aftercare lotion • Sanitiser • Personal Protective Equipment (PPE): gloves, surgical masks • Pre-packed sterilised needles in a variety of sizes • Tweezers • Indifferent electrode • Needle holder • Probe • Foot pedal • Magnifying lamp • Alternating current (short wave diathermy) machine • Blend machine • Glass bead steriliser • Contaminated waste disposal bin • Sharps box
	1.11. Describe the environmental conditions suitable for electrical epilation treatments	• Lighting • Heating • Ventilation • Noise levels • Available space • Music • General hygiene • Waste disposal including contaminated waste • Décor • Equipment • Privacy • Reception areas • General use/treatment areas • Safety aspects
LO2 Be able to provide electrical epilation	2.1. Communicate and behave in a professional manner	• Checking consultations and contra-indications • Explaining the treatment to the client • Benefits, limitations and co-operation required • Helping the client onto the couch prior to and off the couch after the treatment • Positioning the client correctly • Sanitising client's hands as appropriate

		• Sanitising own hands and changing gloves as appropriate throughout treatment • Protecting the client's modesty at all times • Ensuring that all parts of the client are covered except the area being treated • Ensuring that the client is comfortable • Using appropriate covered supports • Adapt the electrical epilation treatments to suit the needs of the client • Ensure client does not stand on floor with bare feet • Client care • Communication • Correct posture, hygiene and a professional approach to the client throughout treatment
	2.2. Follow health and safety working practices	• 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/General Data Protection Regulations (GDPR) • Adhere to all safety precautions and manufacturers' instructions
	2.3. Position self and the clients correctly throughout the treatment	• Ensuring the client is comfortable and correctly positioned • Therapist maintaining correct working posture
	2.4. Use products, tools, equipment and techniques to suit clients treatment needs	• Type of current used • Indications for use • Treatment effects • Length and frequency of use for the following: - Alternating current (short wave diathermy)

		- Blend method • Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Magnifying lamp • Tissues • Cotton wool • Sponges • Spatulas • Gauze • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Cleansing products • Toning products • Unperfumed aftercare lotion • Tinted medicated aftercare lotion • Sanitiser • Personal Protective Equipment (PPE): gloves, surgical masks • Pre-packed sterilised needles in a variety of sizes • Tweezers • Indifferent electrode • Needle holder • Probe • Foot pedal • Magnifying lamp
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		• Alternating current (short wave diathermy) machine • Blend machine • Glass bead steriliser • Contaminated waste disposal bin • Sharps box
	2.5. Insert the needle into the hair follicle with regard to depth and angle	• Stretching the area between the index and middle finger of the hand not probing
	2.6. Complete the treatment to the satisfaction of the client	• Conclusion of treatment in appropriate manner to meet client's needs
	2.7. Record and evaluate the results of the treatment	• Reviewing and recording treatment outcomes in accordance with current data protection legislation • Treatment recommendations • Home care advice
	2.8. Provide suitable aftercare advice	• Recommendations for immediate and ongoing aftercare • Suitable skin care regime • Use of SPF • Lifestyle • Recommendation of further salon treatments and frequency • Avoidance of activities which could cause contra-actions
	2.9. Describe how to select the needle type and size to suit hair and skin types	• Area to be treated • Size of the follicle • Appropriate needle size for the hair • Types of needle: - One piece - Two piece - Insulated - Gold - Stainless
	2.10. Describe how to work on different hair growth patterns and treatment areas	• Upper lip • Chin • Bikini line • Eyebrows • Underarms • Neck • Breast • Chest

		• Abdomen • Legs • Arms • Fine hair • Coarse hair • Straight hair • Curly hair • In-growing hairs • Scattered hairs
	2.11. Explain the causes and consequences of inaccurate probing	• Incorrect techniques • Incorrect needle size • Not securing the needle correctly in the probe • Inaccurate probing • Probing too deep • Probing too shallow • Prolonged incorrect probing • Piercing of the sebaceous gland • Removing the probe with the current flowing • Inserting the probe with the current flowing • Unsteady hands • Current too high • Using blunt or bent probes • Indentations (pitting) • Tissue damage • Black or blue marks (bruising) • Blanching • Hyperpigmentation • Hypopigmentation • Raised lumps • Scabs • Scarring
	2.12. Explain the principles, uses and benefits of galvanic, alternating and blend currents	• Types of current used • Effects the currents produce • Indications for use • Length and frequency of use • Safety precautions • Production of lye

		• Heating pattern • Cauterisation/coagulation • Damage by the current to the surrounding follicle
	2.13. Describe how treatments can be adapted to suit client treatment needs, skin, hair types and conditions	• Restrictions • Client preferences and commitment • Product availability • Time scales • Costs • Galvanic • Alternating current (short wave diathermy) • Blend
	2.14. Describe how moisture gradient in the skin affects the electrical epilation treatment	• Dry skin • Oily skin • Sensitive • Dehydrated • Mature
	2.15. State the contra-actions that may occur during and following treatments	• Excessive erythema • Slight oedema • Blood spots • Scarring • White spots (blanching) • Burning • Excess heat in the tissues • Bleeding • Bruising
	2.16. Describe the methods of evaluating the effectiveness of the treatment	• 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

	2.17. Describe the aftercare advice that should be provided	• Based upon consultation, skin/hair analysis and relevant tests, recommendations for ongoing or further treatments, home and aftercare advice • General care and lifestyle advice and the beneficial effects thereof • Recommendation of further salon treatments and frequency • Avoidance of activities which could cause contra-actions
	2.18. Describe the suitable methods of dealing with re-growth between treatments	• Cutting • Shaving (where/if applicable)
	2.19. Describe different skin types, conditions, diseases and disorders	• Skin types - White - Black - Asian type skin - Mixed - Dry - Oily - Combination • 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 - Hyperpigmentation - Hypopigmentation - Dermatitis papulosa nigra - Pseudofolliculitis - Keloids - Ingrowing hairs

		- Vitiligo - Albinism - Chloasma - Ephelides - Lentigo - Naevae - Port wine stain - Leucoderma - Scarring - Thin skin - Small moles • Infestations - Scabies - Pediculosis • Congenital - Atopic eczema - Atopic dermatitis - Psoriasis • Bacterial - Acne vulgaris - Impetigo - Acne rosacea - Boils - Folliculitis • Viral - Warts - Herpes simplex - Herpes zoster • Fungal - Tinea (ringworm) • Pigmentation disorders - Vitiligo - Albinism - Chloasma - Ephelides - Lentigo - Moles (papilloma) - Naevae - Port wine stain
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		- Leucoderma • General disorders - UV damage - Urticaria - Allergic reaction - Hyperkeratosis
	2.20. Describe the structure, growth and repair of the skin	• Epidermis - Stratum corneum - Stratum lucidum - Stratum granulosum - Stratum spinosum/malphigian layer - Stratum germinativum/basal layer • Dermis - Blood supply - Lymphatic supply - Hair follicle - Hair - Sebaceous gland - Sweat glands: Eccrine and apocrine - Sensory nerve endings - Dermal papilla - Collagen - Elastin - Histeocytes - Mast cells - Fibroblasts - Erector pili muscle • Subcutaneous layer - Adipose tissue • Functions: - Secretion - Heat regulation - Absorption - Protection - Elimination - Sensation - Vitamin D formation (7-dehydro-cholesterol) - Keratinisation

		- Melanin formation - melanocytes - Mitosis
	2.21. Describe the structure and function of the hair	• Cuticle • Cortex • Medulla • Inner root sheath • Huxley's layer • Henle's layer • Outer root sheath • Vitreous membrane • Connective tissue • Dermal papilla
	2.22. Describe the hair types, growth patterns and causes of hair growth	• Lanugo • Vellus • Terminal • Anagen • Catagen • Telogen • Congenital • Topical • Hormonal • Systemic • Non-systemic • Drugs/medication • Stress • Anorexia • Polycystic ovaries • Hirsutism • Hypertrichosis
	2.23. Describe the structure and function of the endocrine system and its effect on hair growth	• Pituitary posterior lobe - Oxytocin - Antidiuretic hormone (ADH or vasopressin) - Anterior lobe - Prolactin - Human growth hormone (HGH) - Thyroid stimulating hormone (TSH) - Adrenocorticotrophin hormone (ACTH)

		- Luteinising hormone (LH) - Follicle stimulating hormone (FSH) - Interstitial cell stimulating hormone (ICH) - Melanin stimulating hormone (MSH) • Thyroid gland - Thyroxin - Triiodothyronine - Calcitonin • Parathyroids - Parathormone • Thymus - Secretion of T lymphocytes • Pineal - Releases melatonin • Islets of Langerhans - Insulin - Glucagon - Glycogen • Adrenal medulla - Adrenalin - Noradrenalin • Adrenal cortex - Mineralocorticoids - Glucocorticoids - Sex hormones • Ovaries - Oestrogen - Progesterone • Testes - Testosterone • Puberty • Pregnancy • Menopause • Adrenalin • Stress • Addison's syndrome • Cushing's syndrome • Amenorrhoea
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		• Menopause • Pre-menstrual syndrome • Polycystic ovarian syndrome
	2.24. Describe the structure and function of circulatory and lymphatic systems	• Erythrocytes • Leucocytes • Thrombocytes • Plasma and plasma proteins • Platelets • Arteries • Arterioles • Veins • Venules • Capillaries • Superior vena cava • Aortic arch • Inferior vena cava • Aorta • Right atrium • Right ventricle • Left atrium • Left ventricle • Septum • Pulmonary valve • Pulmonary artery • Pulmonary veins • Mitral (bicuspid) valve • Tricuspid valve • Endocardium • Myocardium • Pericardium • Blood pressure and pulse • 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 • Lymphatic duct
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Assessment

Portfolio of evidence containing: • Evidence of 10 treatments to be performed and the outcomes documented	5 Alternating current (short wave diathermy) treatments and 5 blend treatments. These will be internally assessed by the college lecturer and verified by the external examiner (if sampled). To include: • Consultation including medical history • Treatment details: Possible reason for hair growth and reaction to treatment • After/homecare advice • Learner and client signature • Treatment date Treatments must be evidenced through the use of signed and dated treatment evidence forms. See www.vtctskills.org.uk for sample form
MCQ	
Practical examination	Assessment forms and marking criteria may be downloaded from www.vtctskills.org.uk .

Guide to taught content

The content contained within the unit specification is not prescriptive or exhaustive but is intended to provide helpful guidance to teachers and learners with the key areas that will be covered within the unit, and, relating to the kinds of evidence that should be provided for each assessment objective specific to the unit learning outcomes.

Document History

Version	Issue Date	Changes	Role
v1	25/09/2019	First published	Qualifications and Regulation Co-ordinator
v2	18/06/2026	Rebranding	Development Administrator