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ACADEMY

Certificate in Waxing

Learning Outcomes

Learning Outcomes of the Qualification's Units:

- Unit: iUBT430 Waxing

Purpose of this document:

This document outlines the learning outcomes for each unit within the Certificate in Waxing. It provides learners, tutor, and assessors with a clear understanding of the knowledge, skills, and competencies to be achieved upon successful completion of the qualification.

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Unit – iUBT430: Waxing

LO1 Be able to prepare for waxing treatments:

Protecting the floor; Protecting the couch; Ensuring the wax is ready at the required temperature; Preparing strips to remove the wax; Ensuring that sanitiser is available; Surgical gloves; Powder; Pre-wax lotion; After-wax lotion; Scissors; Tweezers; Cotton wool; Tissues; Ensuring that there are no trailing wires for the wax pot; Ensuring that there are no bare wires; Ensuring that there is no water in the area; Ensure that the thermostat is working on the wax pot; Ensuring that gloves are worn at all times; A different spatula must be used for each area; Changing the spatula immediately and disposed appropriately where blood spots occur.

LO2 Be able to carry out a consultation and understand contra-indications to waxing treatments:

Taking a full consultation; Checking medical history; Discussing the treatment plan; Discussing homecare and aftercare advice.

Knowing all 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: These include: 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.

Knowing all contra-indications 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; Bell's Palsy; Abnormal hair growth.

Being able to explain the cause of ingrowing hairs and treatment: Dry skin, Shaving, Hairs break off when waxing, Lack of exfoliation and moisturiser.

LO3 Be able to carry out waxing treatments:

Being able to explain and demonstrate the use of the following products: Hot wax; Cool wax; Sugaring; Pre/after-wax lotions; Disposable spatulas; Cotton wool; Waxing strip; Tweezers.

Being able to treat the following areas: Under arms; Back; Chest; Abdomen Bikini Line; Brazilian; Hollywood; Leg; Lip; Chin; Forearms; Eyebrows.

Being able to explain and demonstrate how to sanitise the area to be treated: By wiping over the area to be waxed with sanitiser or with a pre-wax treatment.

Being able to understand the composition and ingredients of the following depilatory products and explain their appropriate use: Cool wax; Hot wax.

Being able to explain and demonstrate how to test the products on self and client: The heated wax should be tested on the therapist's 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.

Being able to explain and apply cool wax evenly, sparingly and ensuring cost effectiveness throughout: Spatula to be 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.

Being able to explain and apply hot wax evenly: Checking length of hair (minimum 1cm); Checking direction in which hairs grow; Applying wax first against the hair growth.

Being able to explain and demonstrate removal of the product: Using the correct method for the product selected; Minimising discomfort to the client.

Being able to explain and demonstrate 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.

Being able to 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.

Being able to 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; Back 30 minutes ; Chest 20 minutes; Abdomen 15 minutes; Brazilian 30-40 minutes; Hollywood 45-50 minutes; Lip 10 minutes; Chin 10 minutes; Forearms 20 minutes; Eyebrows 15 minutes.

Being able to explain and demonstrate accurate updating of client records: Contra-indications 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.

Being able to explain the advantages and disadvantages of the use of each product: Composition; Working temperature (cool wax 43°C, hot wax 68°C); Method of application; Method of removal.

Being able to explain temporary forms of depilation: Tweezing; Shaving; Depilatory creams; Sugaring; Threading; Depilation machine.

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LO4 Knowing the structure and functions of the skin in relation to waxing treatments:

Being able to 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 Germinitivum/Basal layer); Dermis; Blood supply; Lymphatic supply; Hair follicle; Hair; Sebaceous gland; Sweat glands (Eccrine and Apocrine); Sensory nerve endings; Dermal papilla; Erector pili muscle.

Being able to explain the Subcutaneous/Adipose layer: The structure and function of the fatty layer underneath the Dermis.

Being able to explain the functions of the skin: Secretion, Heat regulation, Absorption, Protection/Acid Mantle, Elimination, Sensation, Vitamin D formation (7-dehydrocholesterol).

Being able to explain the functions and formation of the acid mantle: Composition and formation.

Being able to explain the main skin cancers: Basal Cell Carcinoma; Squamous Cell Carcinoma; Malignant Melanoma.

Being able to explain and recognise skin diseases/disorders and show knowledge of whether they are contraindicated or not:

Infestations: Scabies, Lice

Congenital: Atopic eczema, Atopic dermatitis, Psoriasis

Bacterial: Acne vulgaris, Impetigo, Acne rosacea, Boils, Folliculitis

Viral: Warts, Verruca, Herpes simplex, Herpes zoster

Fungal: Tinea corporis, Tinea pedis

Pigmentation disorders: Vitiligo, Albinism, Chloasma, Ephilides, Lentigo, Moles (papilloma), Naevae, Port wine stain, Leucoderma

General disorders: Urticaria, Allergic reaction

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LO5 Knowing the structure of the hair:

Being able to 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.

Being able to explain types of hair: Lanugo; Vellus; Terminal.

Being able to explain the factors which may affect hair growth: Congenital; Hormonal; Topical; Systemic; Non-systemic; Medication.

Being able to explain the hair growth cycle: Anagen; Catagen; Telogen

LO6 Knowing the endocrine system in relation to waxing treatments:

Being able to 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: Serotonin (Also regulates the pituitary gland)

Islets of Langerhans: Insulin

Adrenal glands: Adrenal medulla – Adrenalin, Noradrenalin; Adrenal cortex - Corticosteroids

Ovaries: Oestrogen, Progesterone

Testes – Testosterone

Being able to explain the effects of hormones on hair growth: Puberty; Pregnancy; Menopause

Being able to explain the effect of hormones on the hair growth cycle: Testosterone and hormones secreted from the adrenal cortex.

Being able to explain the menstrual cycle: First menstrual phase; Second proliferate phase; Third secretory phase.

Being able to explain the effect of stress on the endocrine system and effects on hair growth: Effects of the parasympathetic and sympathetic nervous systems.

Being able to explain the causes and effects of the following diseases and disorders: Addison's syndrome; Amenorrhoea; Cushing's Syndrome; Menopause; Pre-menstrual Syndrome; Polycystic Ovarian Syndrome; Stress.

Case Studies / Portfolio of evidence containing:

Evidence of 5 treatments using warm/cool and hot wax as appropriate; including one treatment per client on each of the following areas:

Full leg, Bikini line, Underarm, Forearm, Lip, Chin

They should include: Consultation; Medical history; Treatment details; Client feedback; Home care advice including recommendations for ongoing treatment plan.

Treatments should be evidenced through the consultation form.