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HAIR REMOVAL

LEARNING OBJECTIVES

After completing this chapter, you will be able to:

LO1

Explain the significance of a client intake form used in hair removal services.

LO2

Name the conditions that contraindicate hair removal in the salon.

LO3

Identify and describe three methods of permanent hair removal.

LO4

List the eight methods used for temporary hair removal.

OUTLINE

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One of the fastest growing services in the salon and spa businesses is hair removal. Once restricted to an occasional lip or brow service, a growing number of clients now want to have their entire face, arms, and legs bare of hair.

Body waxing has gained a tremendous amount of popularity in the last few years. Many clients now have body waxing performed as regularly as getting their hair cut or colored.

The most common form of hair removal in salons and spas is waxing, but with the popularity of these services on the rise, many different methods are now coming into play.

Many men are now frequently requesting hair removal services. It has become a fashion trend for men to have hairless legs, arms, and even chests. Men who participate in sports such as cycling, swimming, body building, and soccer often remove hair from their legs and arms, and occasionally their entire body. The nape of the neck, chest, and back are the most frequent removal requests for men.

Clients with an overabundance of hair are certainly the best candidates for hair removal, although many clients with even just a few unwanted hairs on their arms or legs are now requesting these services. **Hirsuties** (hur-SOO-shee-eez), also known as *hypertrichosis* (hy-pur-trih-KOH-sis), refers to the growth of an unusual amount of hair on parts of the body normally bearing only downy hair, such as the faces of women and the backs of men. **Hirsutism** (HUR-suh-tiz-um) is an excessive growth or cover of hair, especially in women.

Facial and body hair removal has become increasingly popular as evolving technology makes it easier to perform with more effective results. All of the various approaches to hair removal fall into two major categories: permanent and temporary. Salon techniques are generally limited to temporary methods.

why study Hair Removal?

Cosmetologists should study and have a thorough understanding of hair removal because:

- Removing unwanted hair is a primary concern for many clients, and being able to advise them on the various types of hair removal will enhance your ability to satisfy your clients.
- Offering clients hair removal services that meet their needs and can be scheduled while they are already in the salon can be a valuable extra service you can offer.
- Learning the proper hair removal techniques and performing them safely makes you an even more important part of a client's beauty regimen.



After reading the next few sections, you will be able to:

- LO 1** Explain the significance of a client intake form used in hair removal services.

Consult the Client

Before performing any hair removal service, a consultation is always necessary. Ask the client to complete a *client intake form* which is used in skin care services and is a questionnaire that discloses all medications, both topical (applied to the skin) and oral (taken by mouth), along with any known medical issues, skin disorders, or allergies that might affect treatment (**figure 22-1**). Allergies or sensitivities must be noted, highlighted, and documented on the service record card—the client’s permanent progress record of services received and products purchased or used. Keep in mind that many changes can occur between client visits. Since a client’s last visit, he or she may have been prescribed medications such as antidepressants, hormones, cortisone, medicine for blood pressure or diabetes, or topical prescriptions such as Retin-A®, Renova®, and hydroquinone. A client using any one of these prescriptions may not be a candidate for hair removal. See **figure 22-2** for a sample client intake form.

Many of these medications cause changes in the skin that can cause epidermal skin to lift during waxing treatment. In other words, the epidermal skin can peel off along with the wax and the hair.

Clients who have autoimmune diseases such as lupus can have reactions to the inflammation caused by waxing, electrolysis, or other hair removal methods.

Clients with conditions such as rosacea or eczema can experience severe inflammation, because these skin conditions are likely to already be inflamed before treatment.

It is imperative that every client sign a release form for the hair removal service you are going to provide. This should be completed prior to every service. It serves as a reminder to the client to really think about any topical or oral medication they might have started since their last visit. See **figure 22-3** for a sample release form. Any changes should be recorded on the service record card.



figure 22-1
Filling out a client intake form should be a part of every hair removal service.

After reading the next few sections, you will be able to:

- LO 2** Name the conditions that contraindicate hair removal in the salon.

Name the Contraindications for Hair Removal

One of the main purposes of a client consultation is to determine the presence of any contraindications for hair removal. Some medical conditions and medications may cause thinning of the skin or make the skin more vulnerable to injury. Waxing clients with these conditions could cause unnecessary inflammation or severe injuries to the skin.

Client history

Name _____

Address _____

City _____ State _____ Zip code _____

Email _____ Home phone _____

Cell phone _____ Work phone _____

Occupation _____ Referred by _____ Date of birth _____

Is this your first facial treatment? YES _____ NO _____

Have you been waxed before? YES _____ NO _____

Do you have acne or frequent blemishes? YES _____ NO _____

Have you ever used:

RetinA (Tretinoin), Differin (Adapalene), Tazorac (Tazarotene), Azelex? YES _____ NO _____

Any other topical/dermatological prescription drugs? YES _____ NO _____

Accutane® (isotretinoin)? YES _____ NO _____

Are you using glycolic or alphas hydroxy acids, salicylic acid, or skin bleaching products? YES _____ NO _____

Have you had microdermabrasion or a chemical peel? YES _____ NO _____

Have you had laser resurfacing, laser or light treatment, facial injectables, or plastic surgery? YES _____ NO _____

Do you smoke? YES _____ NO _____

Do you tan or use tanning beds/booths? YES _____ NO _____

Are you pregnant? YES _____ NO _____

Are you nursing? YES _____ NO _____

Taking birth control pills? YES _____ NO _____ If so, how long? _____

Have you had skin cancer? YES _____ NO _____

Do you experience stress? YES _____ NO _____ If so, how often? _____

Do you wear contact lenses? YES _____ NO _____

Are you under a physician's care? YES _____ NO _____

Physician's Name _____

Do you have any allergies to cosmetics, foods, or drugs? YES _____ NO _____

Please list _____

figure 22-2

Client intake form for skin care services

Are you presently using any medications? YES____ NO____

Please list_____

What products do you use presently? _____

Please circle: Soap Cleansing Milk Toner Daily sunscreen Creams

Other _____

Please circle if you are affected by or have any of the following:

- | | | |
|----------------------------|---------------------------|----------------------------|
| Have had hysterectomy | Herpes | Lupus |
| Depression or Anxiety | Chronic headaches | Urinary or kidney problems |
| Seborrhea/Psoriasis/Eczema | Fever blisters/Cold sores | Hepatitis |
| Asthma | Metal bone pins or plates | Epilepsy |
| High blood pressure | Sinus problems | Other skin diseases |
| Pacemaker/Cardiac Problems | Immune disorders | |

Please explain above problems or list any significant others:

I understand that the services offered are not a substitute for medical care, and any information provided by the therapist is for educational purposes only and not diagnostically prescriptive in nature. I understand that the information herein is to aid the technician in giving better service and is completely confidential.

SALON POLICIES

1. Professional consultation is required before initial dispensing of products.
2. Failure to give 24 hours notice of cancelation of any appointment will result in charges for the service time reserved.
3. We do not give cash refunds.

I fully understand and agree to the above salon policies.

Client signature

Date

figure 22-2
Client intake form for skin care services (continued)

RELEASE FORM FOR WAXING

I understand that topical creams, medical conditions, and medications which are contraindicated for waxing, and can negatively affect the results of waxing. Certain medications, products, and medical or cosmetic treatments used prior to waxing may result in irritation, skin peeling, blotchiness, pigmentation, and sensitivity.

I understand that I cannot be waxed anywhere on the body if I am taking or have recently taken the prescription drug isotretinoin (Accutane®), prednisolone (prednisone), blood thinners such as Coumadin® (warfarin), and others that have side effects on the condition of the skin.

I understand that I cannot be waxed if I am using topical prescription acne drugs such as Retin-A® (tretinoin), Tazorac® (tazarotene), Differin® (adapalene), or other similar drugs or products that are peeling agents.

I understand that I cannot be waxed if I have recently had any peeling or exfoliation treatment, laser treatments, skin injections, skin or facial surgery.

I understand that I am accepting full responsibility for skin reactions if I do not inform my technician of any and all medical conditions, cosmetic or medical treatments, and medications I am using prior to waxing.

I understand that some redness and/or sensitivity may result. I agree to avoid sun exposure, excessive heat (saunas, hot tubs), and all active products for the next 48 hours or as instructed by the technician.

The hair removal process has been explained and I have had an opportunity to ask questions and receive satisfactory answers.

I consent to be waxed and will not hold the salon or technician responsible for any adverse reactions from treatments or products.

Name (print) _____ Signature _____

Initial below for each visit:

Date: _____ Client initials: _____ Date: _____ Client initials: _____

Date: _____ Client initials: _____ Date: _____ Client initials: _____

Date: _____ Client initials: _____ Date: _____ Client initials: _____

.....

WAX TREATMENT RECORD

(Cosmetologist to fill out chart notes on back of assessment form for each service)

Client name: _____

Date	Cosmetologist	Wax Service	Notes
9/8/15	Teresa	Brow w/soft wax	New client: shaping for more arch, close-set eyes Tweezed chin No redness

figure 22-3
Sample waxing release form

Clients should not have any waxing or hair removal performed anywhere on the body if they are experiencing any of the following medical conditions or treatments, without first obtaining written permission from their physician:

- Client is using or has used isotretinoin (Accutane) in the last six months.
- Client is taking blood-thinning medications.
- Client undergoing chemotherapy or radiation.
- Client is taking drugs for autoimmune diseases, including lupus.
- Client is taking or has recently taken prednisone or steroids.

- Client has psoriasis, eczema, or other chronic skin diseases.
- Client has a sunburn.
- Client has pustules, papules, or other skin lesions in area to be waxed.
- Client has recently had cosmetic or reconstructive surgery within the previous three months.
- Client has recently had a laser skin treatment on the body.
- Client has severe varicose leg veins.
- Client has hemophilia, bleeding disorders, or circulatory conditions.
- Client has any other questionable medical condition.

Facial waxing should not be performed on clients with any of the following conditions, without first obtaining permission from their physician:

- Client has rosacea or very sensitive skin.
- Client has a history of fever blisters or cold sores. (Waxing can cause a flare-up of this condition without medical pretreatment.)
- Client has had a recent chemical peel using glycolic, alpha hydroxy, or salicylic acid, or other acid-based products.
- Client has recently had microdermabrasion.
- Client uses any exfoliating topical medication, including Retin-A®, Renova®, Tazorac®, Differin®, Azelex®, or other medical peeling agent in area to be waxed.
- Client has recently had laser skin treatment or surgical peel.
- Client uses hydroquinone for skin lightening.

If you have any question that your client may have a condition that might be a contraindication for waxing, consult with the client's physician. You may also choose to wax a small area of the skin as a patch test before performing the service.

After reading the next few sections, you will be able to:

LO3 Identify and describe three methods of permanent hair removal.

Describe Permanent Hair Removal

Although permanent hair removal services are not often offered in salons, it is useful to know the options that exist. Permanent hair removal methods include electrolysis, photoepilation (light-based hair removal), and laser hair removal.

Electrolysis

Electrolysis is the removal of hair by means of an electric current that destroys the growth cells of the hair. The current is applied with a very fine, needle-shaped electrode that is inserted into each hair follicle. This technique must only be performed by a licensed electrologist.

Photoepilation

Photoepilation (FOTO-epp-ihl-aye-shun), also known as *Intense Pulsed Light* (IPL), uses intense light to destroy the growth cells of the hair follicles. This treatment has minimal side effects, requires no needles, and thus minimizes the risk of infection. Clinical studies have shown that photoepilation can provide 50 to 60 percent clearance of hair in 12 weeks. This method can be administered in some salons by cosmetologists and estheticians, depending on state law. Manufacturers of photoepilation equipment generally provide the special training necessary for administering this procedure.



Laser Hair Removal

Lasers are another method for the rapid removal of unwanted hair. In **laser hair removal**, a laser beam is pulsed on the skin, impairing hair growth. It is most effective when used on follicles that are in the growth or anagen phase.

The laser method was discovered by chance when it was noted that birthmarks treated with certain types of lasers became permanently devoid of hair. Lasers are not for everyone; an absolute requirement is that one's hair must be darker than the surrounding skin. Coarse, dark hair responds best to laser treatment. For some clients, this method produces permanent hair removal. For other clients, laser hair removal treatments simply slow down regrowth.

In certain states, cosmetologists or estheticians are allowed to perform laser hair removal under a doctor's supervision. This method requires specialized training, most commonly offered by laser equipment manufacturers.

Laws regarding photoepilation and laser hair removal services vary by state, so be sure to check with your regulatory agency for guidelines.

After reading the next few sections, you will be able to:

LO 4 List the eight methods used for temporary hair removal.

Discuss Temporary Hair Removal

Temporary methods of hair removal, some of which may be offered in the salon or spa, are discussed below.

Shaving

The most common form of temporary hair removal, particularly of men's facial hair, is shaving. The targeted area should be softened by applying a warm, moist towel, and then applying a shaving cream or lotion that has excellent lubrication qualities and calms the skin. An electric clipper may also be used, particularly to remove unwanted hair at the nape of the neck. The application of a pre-shaving lotion helps to reduce any irritation. An electric trimmer can also make short work of unwanted hair at the nape of the neck.



DID YOU KNOW?

Contrary to popular belief, shaving does not cause the hair to grow thicker or stronger. It only seems that way because the razor blunts the hair ends and makes them feel stiff.

Tweezing

Tweezing is using tweezers to remove hairs, commonly used to shape the eyebrows, and can also be used to remove undesirable hairs from around the mouth and chin. Eyebrow arching is often done as part of a professional makeup service. Correctly shaped eyebrows have a strong, positive impact on the overall attractiveness of the face. The natural arch of the eyebrow follows the orbital bone, or the curved line of the eye socket, but hair can grow both above and below the natural line. These hairs should be removed to give a clean and attractive appearance.

Determining the Best Shape for Eyebrows

As with any procedure, always perform a client consultation prior to tweezing or waxing the eyebrows. Determine the client's wishes for final eyebrow shape. If you remove too much hair, it will generally grow back, but regrowth may take several months, and you may end up with an unhappy client who is not likely to return for your services. Conducting a thorough consultation beforehand will help you avoid such mistakes.

To determine the best shape for the brow, hold the base of a comb or spatula against the corner of the nose, with the other end of the comb or spatula extending straight upward toward the eyebrow. This is where the brow should begin. Hold the comb or spatula so it extends from the corner of the nose to the outside corner of the eye and then across the eyebrow. This is where the brow should end.

The high point of the arch of the brow should be near the outside corner of the iris, if the client is looking straight ahead. See [figure 22-4](#) for an illustration of how these techniques are applied.

Just like a good haircut, the arch and shape of the eyebrows should be well blended and flow in a natural line. Remove the excess brow hair in an even fashion to avoid sharp angles or obvious thinner areas in the brow line. If the client has an uneven brow line, encourage him or her to allow the eyebrows in the thin area to grow back, so that you can help the client achieve a smoother, well-blended, and more natural-looking line.

P 22-3 Eyebrow Tweezing *See page 753*

Depilatories

A **depilatory** (dih-PIL-uh-Tohr-ee) is a substance, usually a caustic alkali preparation, used for the temporary removal of superfluous hair by dissolving it at the skin's surface. It contains detergents to strip the sebum from the hair and adhesives to hold the chemicals to the hair shaft for the five to ten minutes necessary to remove the hair. During the application time, the hair expands and the disulfide bonds break. Finally, such chemicals as sodium hydroxide, potassium hydroxide, thioglycolic acid, or calcium thioglycolate destroy the disulfide bonds. These chemicals turn the hair into a soft, jelly-like mass that can be scraped from the skin. Although depilatories are not commonly used in salons, you should be familiar with them in the event that your clients have used them.

Depilatories can be inflammatory to skin and should not be used on sensitive skin types or on clients who have contraindications for waxing.

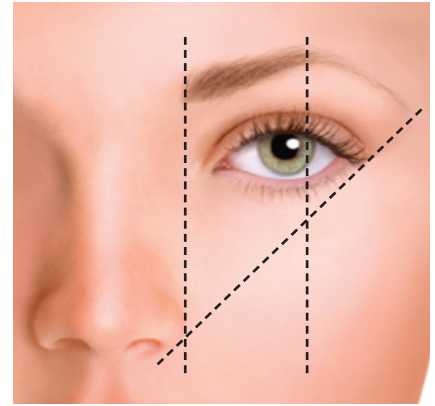


figure 22-4
Guidelines for proper eyebrow shape

**DID YOU KNOW?**

While soft wax is always applied in the direction of the hair growth, some wax specialists use a back-and-forth motion to apply hard wax. Always check the manufacturer's directions before using any new wax product.

It is a good idea to patch test any depilatory on your client's skin prior to treatment the first time. Select a hairless part of the arm, apply a small amount according to the manufacturer's directions, and leave it on the skin for seven to ten minutes. If there are no signs of redness, swelling, or rash, the depilatory can probably be used safely over a larger area of the skin. Follow the manufacturer's directions for application. For an easy reference guide for which type of hair removal procedure is appropriate for various areas of the body, refer to [table 22-1](#).

Epilators

An **epilator** removes the hair from the bottom of the follicle. Wax is a commonly used epilator and is available in two main forms: hard and soft wax. Both types of wax are made primarily of resins and polymers, but can also be made from sugars, honey, and sometimes beeswax.

Soft wax is applied to the skin and then removed using fabric strips. Hard wax is somewhat thicker and does not require fabric strips for removal. Because waxing removes the hair from the bottom of the follicle, the hair takes longer to grow back. The time between waxings is generally four to six weeks.

Wax is available in various forms including tubs that can be inserted into wax heaters and wax beads that can be melted in a heater. Always check the manufacturer's instructions for heating, using, and removing the particular form of wax, as well as clean-up techniques.

Wax may be applied to various parts of the face and body, such as the eyebrows, cheeks, chin, upper lip, arms, and legs. On male clients, wax may be used to remove hair on the back and nape of the neck. The hair should be at least ¼-inch (0.6 centimeters) long for waxing to be effective. Hair shorter than ¼-inch may not adhere to the wax. If hair is more than ½-inch (1.25 centimeters) long, it should be trimmed before waxing.

Bikini hair removal has also evolved into its own art form, with different designs becoming sought-after services by many clients. **Brazilian bikini waxing**, a waxing technique that requires the removal of all the hair from the front and the back of the bikini area, is a popular style of waxing. The method was named for the completely hairless look required when

table 22-1

APPROPRIATE HAIR REMOVAL PROCEDURES

Body area	Waxing	Tweezing	Depilatories
Face/Upper Lips/Eyebrows	X	X	
Underarms	X		
Arms	X		X
Bikini line	X	X	
Back/shoulders	X	X (after waxing or sugaring)	X
Legs	X		X
Tops of feet/toes	X		X

wearing a Brazilian style bikini. Brazilian bikini waxing requires more specific training than offered in this book. Ask your instructor about advanced courses in Brazilian bikini waxing.

Be aware that removing vellus (lanugo) hair may cause the skin to temporarily feel less soft. When waxing is done properly, the hair will not feel like beard stubble as it grows out.

Before beginning a wax treatment, be sure that the client completes a client intake form (see [figure 22-2](#)), and have the client sign a release form (see [figure 22-3](#)). Wear disposable gloves to prevent contact with bloodborne pathogens.

Safety Precautions for Waxing

- To prevent burns, always test the temperature of the heated wax before applying to the client's skin. Use a professional wax heater for warming wax. Never heat wax in a microwave or on a stove top. Wax can become overheated and burn the client's skin.
- Use caution so that the wax does not come in contact with the eyes.
- Never double-dip wax. When removing wax from the wax pot, always use a new spatula.
- Do not apply wax over warts, moles, abrasions, or irritated or inflamed skin. Do not remove hair protruding from a mole because the wax could cause trauma to the mole.
- The skin under the arms is sometimes very sensitive. If so, use hard wax.
- Redness and swelling sometimes occur after waxing sensitive skin. Apply an aloe gel and cool compresses to calm and soothe the skin.

P 22-4 Eyebrow Waxing Using Soft Wax *See page 755*

P 22-5 Lip Waxing Using Hard Wax *See page 757*

P 22-6 Body Waxing Using Soft Wax *See page 759*

Threading

Threading, also known as *banding*, is a temporary hair removal method whereby cotton thread is twisted and rolled along the surface of the skin, entwining the hair in the thread and lifting it from the follicle ([figure 22-5](#)). The technique is still practiced in many Eastern cultures today. Threading has become increasingly popular in the United States as an alternative to other methods. It requires specialized training.

Sugaring

Sugaring is another temporary hair removal method that involves the use of a thick, sugar-based paste and is especially appropriate for more sensitive skin types ([figure 22-6](#)). Sugaring is becoming more popular and produces the same results as soft or hard wax. One advantage with sugaring is the hair can be removed even if it is only 1/8-inch (0.3 centimeters) long.

Removing the residue from the skin is simple, as it dissolves with warm water.



figure 22-5
Threading



figure 22-6
Sugaring

? **DID YOU KNOW?**

Threading, sugaring, and specialty waxing, such as Brazilian waxing, are advanced techniques that require additional training and experience. Check with your instructor about advanced training that is often available at trade shows and seminars, as well as through videos.

PRE-SERVICE PROCEDURE

In the morning, the treatment room should be ready to go from the previous night's thorough cleaning and disinfecting. (See "At the End of the Day" in Procedure 22-2, Post-Service Procedure.) The preparations listed below should be performed between every client service.

A. PREPARING THE TREATMENT ROOM



- 1 Check your room supply of linens (towels and sheets) and replenish as needed. Change the bed or treatment chair linens.



- 2 Throw away any disposables used during the previous service.



- 3 Clean and disinfect any used brushes or implements, such as mask brushes, comedo extractors, tweezers, machine attachments, and electrodes.



- 4 Clean and disinfect any machine parts used during the previous service.

- 5 Clean and disinfect counters and the magnifying lamp or lens.



- 6 Check water level on vaporizer as needed.



- 7 Replace any disposable implements you may need, such as gloves, sheet cotton, gauze squares, sponges for cleansing and makeup application and removal, disposable makeup applicators (mascara wands, lip brushes, other brushes), spatulas and tongue-depressor wax applicators, cotton swabs, facial tissue, and fabric strips for waxing. Prepare your strips ahead of time by cutting smaller strips for the eye and face areas.

- 8 Prepare to greet your next client.



- 9 Review your client schedule for the day. Refresh your mind about each repeat client you will be seeing that day and his or her individual concerns. Make sure you have enough of all the products you will be using that day.

B. PREPARING FOR THE CLIENT

- 10 Retrieve and review the client's intake form and service record card. If the appointment is for a new client, let the receptionist know that the client will need an intake form.
- 11 Organize yourself by taking care of your personal needs before the client arrives—use the restroom, get a drink of water, return a personal call—so that when your client arrives, you can place your full attention on his or her needs. Double-check your room including cleanliness, music, and temperature. Double-check your personal professional appearance including your breath, hair, clothing, and makeup.
- 12 Turn off your cell phone or PDA. Be sure that you eliminate anything that can distract you from your client while he or she is in the salon.
- 13 Take a moment to clear your head of all your personal concerns and issues. Take a couple of deep breaths and remind yourself that you are committed to providing your clients with fantastic service and your full attention.
- 14 Wash your hands following Procedure 5-3, Proper Hand Washing, before going to greet your client.

C. GREET CLIENT



15 Greet your client in the reception area with a warm smile and handshake in a professional manner. Introduce yourself if you've never met. If the client is new, ask them for the intake form he or she filled out in the reception area.



16 Escort the client to the changing area for him or her to change into a smock or robe. Some salons provide disposable slippers that can be worn to and from the dressing room. Make sure you indicate where to securely place personal items. If you do not have a changing room or lockers, he or she will need to change in the treatment room. If the client is only having a lip or brow wax, it is not always necessary to change clothes. Clothing can be protected with proper towel draping.

17 Ask the client to remove all jewelry and put it in a safe place, because you do not want to stop the service for them to remove the jewelry later.

18 Invite the client to take a seat in the treatment chair or to lie down on the treatment table.



19 Drape the client properly and either place the hair in a protective cap or use a headband and towels to drape the hair properly. Give the client a blanket and make sure she is comfortable before beginning the service.

20 Consult with the new client about his or her concerns, and ask any questions you have concerning their intake form. If the client is returning, ask how their skin has been since the last treatment. Briefly explain your treatment plan to the client.

POST-SERVICE PROCEDURE

A. ADVISE CLIENT AND PROMOTE PRODUCTS



1 After the treatment, ask the client how he or she feels and how their skin feels. Discuss the conditions of the client's skin and what you can do to improve them. Ask if the client has any questions or other concerns. Determine a plan for future visits.

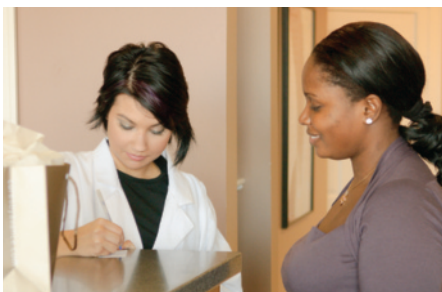


2 Advise client about the importance of proper home care and how the recommended professional products will help to improve the client's skin conditions. Explain each product in the home care step by step.

B. SCHEDULE NEXT APPOINTMENT AND THANK CLIENT



3 Escort the client to the reception desk and write up a service ticket including today's service, recommended products, and when the next service should be. Place all recommended home-care products on the counter.



4 After the client has paid for their service and take-home products, ask if you can schedule the next appointment. Write the next appointment time on your business card for the client.



5 Thank the client for the opportunity to work with him or her. Ask the client to feel free to contact you should he or she have any questions or concerns. Thank the client again, shake his or her hand, and wish them a great day.



6 Be sure to record service information, observations, and product recommendations on the service record card and be sure you return it to the proper place for filing with the completed client intake form.

AT THE END OF THE DAY

- 1 Put on a fresh pair of gloves to protect yourself from contact with soiled linens and implements.
- 2 Turn off and unplug all equipment. Wax heaters must always be turned off nightly for safety as well as not damaging the unused wax.
- 3 Remove all dirty laundry from the hamper. Spray the hamper with a disinfectant aerosol spray or wipe it down with disinfectant. Mildew grows easily in hampers.
- 4 Remove all dirty spatulas, used brushes, and other utensils. Most of these should have been removed between clients during the day.
- 5 Thoroughly clean and disinfect all multiuse tools and implements.
- 6 Clean and then disinfect all counters, the treatment chair, machines, and other furniture with disinfectant. The magnifying lamp should be cleaned and disinfected on both sides in the same manner.
- 7 Replenish the room with fresh linens, spatulas, utensils, and other supplies, so it is ready for the next day.
- 8 Change disinfectant solution.
- 9 Maintain vaporizer as necessary.
- 10 Check the room for dirt, smudges, or dust on the walls, on the baseboards, in corners, or on air vents. Vacuum and mop the room with a disinfectant.
- 11 Spray the air in the room with a disinfectant aerosol spray.
- 12 Replenish any empty jars. If you are reusing and refilling jars, always use up the entire content of the small jar and thoroughly clean and disinfect the jar before replenishing. Never add cream to a partially used jar.

EYEBROW TWEEZING

IMPLEMENTS & MATERIALS

You will need all of the following implements, materials, and supplies:

- | | | | |
|--|--|---|-----------------------------------|
| <input type="checkbox"/> Antiseptic lotion | <input type="checkbox"/> Emollient cream | <input type="checkbox"/> Hair cap or headband | <input type="checkbox"/> Towels |
| <input type="checkbox"/> Cotton balls/pads | <input type="checkbox"/> Eyebrow brush | <input type="checkbox"/> Hand-held mirror | <input type="checkbox"/> Tweezers |
| <input type="checkbox"/> Disposable gloves | <input type="checkbox"/> Gentle eye makeup remover | <input type="checkbox"/> Soothing toner | |

PREPARATION

Perform:

P 22-1 Pre-Service
Procedure *See page 748*

PROCEDURE

- Put on disposable gloves. Cleanse the eyelid area with cotton balls moistened with gentle eye makeup remover.



- Brush the eyebrows with a small brush to remove any powder or scaliness.



- Soften brows. Saturate two pledgets (tufts) of cotton, or a towel with warm water, and place over the brows. Allow them to remain on the brows 1 to 2 minutes to soften and relax the eyebrow tissue. You may soften the brows and surrounding skin by rubbing a small amount of emollient cream into them.

- Apply a mild toner on a cotton ball prior to tweezing.



5 When tweezing, stretch the skin taut with the index finger and thumb (or index and middle fingers) of your non-dominant hand. Remove the hairs between the brows. Grasp each hair individually with tweezers and pull with a quick motion, always in the direction of growth. Tweeze between the brows and above the brow line first because the area under the brow line is much more sensitive.

6 Sponge the tweezed area frequently with cotton moistened with an antiseptic lotion to avoid infection.



7 Brush the hair downward. Remove excessive hairs from above the eyebrow line, being careful to not create a hard line with top of the brow. Shape the upper section of one eyebrow, and then shape the other. Frequently sponge the area with toner.

8 Brush the hairs upward. Remove hairs from under the eyebrow line. Shape the lower section of one eyebrow, and then shape the other. Sponge the area with toner. Optional: Apply emollient cream and massage the brows. Remove cream with cool, wet cotton pads.

9 After tweezing is completed, sponge the eyebrows and surrounding skin with a toner to soothe the skin.

10 Brush the eyebrow hair to its normal position.

POST-SERVICE

Complete:

P 22-2 Post-Service Procedure *See page 751*

EYEBROW WAXING USING SOFT WAX

IMPLEMENTS & MATERIALS

You will need all of the following implements, materials, and supplies:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Brow brush | <input type="checkbox"/> Facial chair | <input type="checkbox"/> Single or double wax heater | <input type="checkbox"/> Towels for draping |
| <input type="checkbox"/> Cotton pads and swabs | <input type="checkbox"/> Hair cap or headband | <input type="checkbox"/> Small disposable spatula or small wooden applicators | <input type="checkbox"/> Tweezers |
| <input type="checkbox"/> Disposable gloves | <input type="checkbox"/> Mild skin cleanser | <input type="checkbox"/> Soothing emollient or antiseptic lotion | <input type="checkbox"/> Wax |
| <input type="checkbox"/> Fabric strips for hair removal | <input type="checkbox"/> Roll of disposable paper | | <input type="checkbox"/> Wax remover |

PREPARATION

Perform:

P 22-1 Pre-Service Procedure See page 748

PROCEDURE



1 Melt the wax in the heater. This should take 10 to 25 minutes, depending on how full the wax pot is and the manufacturer's directions. Wax should have the thickness of caramel sauce. It should not be runny. Runny wax is often too hot and is more likely to drip.

- 2 Lay a clean towel over the top of the facial chair and then a layer of disposable paper.
- 3 Place a hair cap or headband on the client's head to keep hair away from the face.
- 4 Put on disposable gloves.
- 5 Remove the client's makeup, cleanse the area thoroughly with a mild cleanser, and dry.



6 Test the temperature and consistency of the heated wax by applying a small drop on your inner wrist. It should be warm but not hot, and it should drip smoothly off the spatula.



7 With the spatula or wooden applicator, spread a thin coat of the warm wax evenly over the area to be treated, applying in the same direction as the hair growth. Be sure not to put the spatula in the wax more than once. No double dips!



8 Apply a fabric strip over the waxed area. Press gently in the direction of hair growth, running your finger over the surface of the fabric three to five times, always in the direction of the hair growth.



9 Gently applying pressure to hold the skin taut with one hand, quickly remove the fabric strip and the wax that sticks to it by pulling it against the direction of hair growth. Do not pull straight up on the strip; doing so could damage or remove the skin.

10 Immediately apply pressure to the waxed area with your finger. Hold your finger on the area for approximately 5 seconds to relieve any discomfort.

11 Remove any remaining wax residue from the skin with a gentle wax remover.

12 Repeat procedure on the area around the other eyebrow.



13 Cleanse the skin with a mild emollient cleanser and apply an emollient or antiseptic lotion.

POST-SERVICE

Complete:

P 22-2 Post-Service Procedure *See page 751*

LIP WAXING USING HARD WAX

IMPLEMENTS & MATERIALS

You will need all of the following implements, materials, and supplies:

- | | | | |
|--|---|---|--|
| <input type="checkbox"/> Cotton pads and swabs | <input type="checkbox"/> Hard wax | <input type="checkbox"/> Single or double wax heater | <input type="checkbox"/> Soothing emollient or antiseptic lotion |
| <input type="checkbox"/> Disposable gloves | <input type="checkbox"/> Mild skin cleanser | <input type="checkbox"/> Small disposable spatula or small wooden applicators | <input type="checkbox"/> Towels for draping |
| <input type="checkbox"/> Facial chair | <input type="checkbox"/> Roll of disposable paper | | <input type="checkbox"/> Wax remover |
| <input type="checkbox"/> Hair cap or headband | | | |

PREPARATION

Perform:

P 22-1 Pre-Service Procedure See page 748

PROCEDURE

- 1 Melt the wax in the heater. This should take 10 to 15 minutes, depending on how full the wax pot is and the manufacturer's instructions. Wax should have the thickness of a thick caramel sauce. It should not be runny.
- 2 Lay a clean towel over the top of the facial chair and then a layer of disposable paper.
- 3 Place a hair cap or headband on the client's head to keep hair away from the face.
- 4 Put on disposable gloves.
- 5 Remove the client's makeup, cleanse the area thoroughly with a mild cleanser, and dry.

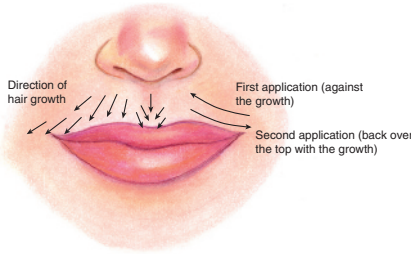


- 6 Test the temperature and consistency of the heated wax by applying a small drop on your inner wrist. It should be warm but not hot.

7 There are two different techniques for applying hard wax over the lip. Check with your instructor on their preferred method from the choices below:



a. With the spatula or applicator, apply the warmed hard wax to the skin over the lip evenly from the center of the lip towards the corner of the mouth, in the same direction as the hair growth, about the thickness of a nickel. Make sure all visible hairs are covered and apply the wax just past where the hair stops growing, creating an edge to lift when removing the wax. It is best to have the pull-tab end where there is no hair underneath.



b. Alternative method: Another way to perform this step is with the spatula or applicator, first apply the warmed, hard wax about the thickness of a nickel to the skin in the *opposite* direction of hair growth. Go from the corner of the mouth towards the center of the lip. Then, in the same direction as the hair growth, apply the wax in a smooth or figure-eight pattern over the area to be waxed.



8 Allow the wax to sit for 1 to 2 minutes. If hard wax becomes too dry or cool, it will be brittle and break off when you attempt to remove it. Using your index finger and thumb, gently lift the edge of the wax and pull off the wax in an upwards and inwards movement.

9 Immediately apply pressure to the waxed area with your finger. Hold your finger on the area for approximately 5 seconds to relieve any discomfort.

10 Repeat the application and removal in the same manner to the other side of the lip.

11 Remove any remaining wax residue from the skin with a gentle wax remover.

12 Cleanse the skin with a mild emollient cleanser and apply an emollient or antiseptic lotion.

POST-SERVICE

Complete:

P 22-2 Post-Service Procedure *See page 751*

BODY WAXING USING SOFT WAX

IMPLEMENTS & MATERIALS

You will need all of the following implements, materials, and supplies:

- | | | | |
|---|--|---|---|
| <input type="checkbox"/> Disposable gloves | <input type="checkbox"/> Dusting powder | <input type="checkbox"/> Small disposable spatula or small wooden applicators | <input type="checkbox"/> Towels for draping |
| <input type="checkbox"/> Fabric strips for hair removal | <input type="checkbox"/> Roll of disposable paper | <input type="checkbox"/> Soothing emollient or antiseptic lotion | <input type="checkbox"/> Soft wax |
| <input type="checkbox"/> Facial chair | <input type="checkbox"/> Single or double wax heater | | <input type="checkbox"/> Wax remover |
| <input type="checkbox"/> Mild skin cleanser | | | |

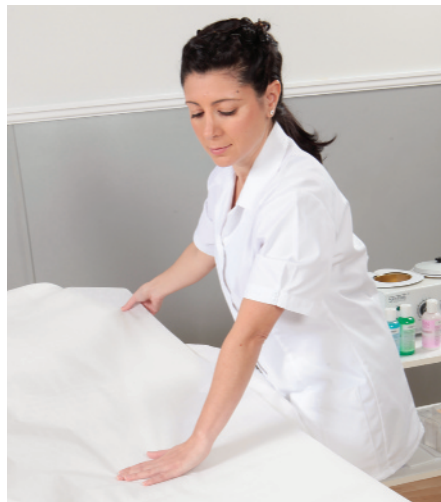
PREPARATION

Perform:

P 22-1 Pre-Service Procedure *See page 748*

PROCEDURE

- 1 Melt the wax in the heater. Be sure the wax is not too hot.



- 2 Drape the treatment bed with disposable paper or a bed sheet with paper over the top.

- 3 If bikini waxing, offer the client disposable panties or a small, clean towel.
- 4 If waxing the underarms, have the client remove her bra and put on a terry wrap. Offer a terry wrap when waxing the legs as well.
- 5 Assist the client onto the treatment bed and drape with towels.



6 Apply disposable gloves. Thoroughly cleanse the area to be waxed with a mild cleanser and dry.

7 Trim the hair with scissors if it is more than ½-inch (1.25 centimeters) long. Put an extra single-use paper towel under the area to catch the hair and discard it before waxing. This keeps the extra hair from interfering with the wax and easier clean-up.



8 Apply a light covering of dusting powder.



9 Test the temperature and consistency of the heated wax by applying a small drop to your inner wrist.



10 Using a disposable spatula, spread a thin coat of the warm wax evenly over the skin surface in the same direction as the hair growth. Be sure not to put the spatula in the wax more than once. If the wax strings and lands in an area you do not wish to treat, remove it with lotion designed to dissolve and remove wax.



11 Apply a fabric strip in the same direction as the hair growth. Press gently but firmly, running your hand back and forth over the surface of the fabric three to five times.



12 Gently apply pressure to hold the skin taut with one hand and with the other hand quickly remove the adhering wax in the opposite direction of the hair growth without lifting. Do not pull the fabric strip straight upwards.

13 Apply gentle pressure to the treated area.



14 Repeat, using a fresh fabric strip every time.



15 Remove any remaining residue of powder from the skin. Cleanse the area with a mild emollient cleanser and apply an emollient or antiseptic lotion.



16 For waxing the legs, have the client turn over, and repeat the procedure on the backs of her legs. The entire front leg should be waxed, including the knees, and lotion applied to the front before having the client turn over and continue on the back of the legs. This is to avoid having the client's skin stick to the table.

17 Undrape the client and escort her to the dressing room.

POST-SERVICE

Complete:

P 22-2 Post-Service Procedure *See page 751*

- Complete a post-wax consultation and discuss post-wax precautions.



Check out miladypro.com for additional resources and training to enhance your technical skills. Keyword: FutureCosPro

REVIEW QUESTIONS

- 1 What information should be entered on the client intake form during the consultation?
- 2 What conditions, treatments, and medications contraindicate hair removal in the salon?
- 3 What are the two major types of hair removal? Give examples of each.
- 4 Define electrolysis, photoepilation, and laser removal.
- 5 Which hair removal techniques should not be performed in the salon without special training?
- 6 What is the difference between a depilatory and an epilator?
- 7 Why must a patch test be given before waxing?
- 8 List safety precautions that must be followed for soft and hard waxing.
- 9 Define threading and sugaring.

STUDY TOOLS

- **Reinforce what you just learned:** Complete the activities and exercises in your Theory or Practical Workbook, or your Study Guide.
- **Expand your knowledge:** Search for websites about the topics in this chapter and make a list of additional resources.
- **Study and prepare for your quiz:** Take the chapter test in your Exam Review or your Milady U: Online Licensing Prep.
- **Re-Test your knowledge:** Take the Chapter 22 Quizzes!
- **Learn even more:** Look up in a dictionary or search the internet for the definitions of any additional terms you want to learn about.

CHAPTER GLOSSARY

Brazilian bikini waxing	p. 746	A waxing technique that requires the removal of all the hair from the front and the back of the bikini area.
depilatory dih-PIL-uh-Tohr-ee	p. 745	Substance, usually a caustic alkali preparation, used for the temporary removal of superfluous hair by dissolving it at the skin surface level.
electrolysis	p. 743	Removal of hair by means of an electric current that destroys the root of the hair.
epilator	p. 746	Substance used to remove hair by pulling it out of the follicle.
hirsuties hur-SOO-shee-eez	p. 738	Also known as <i>hypertrichosis</i> (hy-pur-trih-KOH-sis); growth of an unusual amount of hair on parts of the body normally bearing only downy hair, such as the faces of women or the backs of men.
hirsutism HUR-suh-tiz-um	p. 738	Condition pertaining to an excessive growth or cover of hair, especially in women.

laser hair removal	p. 744	Permanent hair removal treatment in which a laser beam is pulsed on the skin, impairing the hair growth.
photoepilation FOTO-ep-ihl-aye-shun	p. 744	Also known as <i>Intense Pulsed Light</i> ; permanent hair removal treatment that uses intense light to destroy the growth cells of the hair follicles.
sugaring	p. 747	Temporary hair removal method that involves the use of a thick, sugar-based paste.
threading	p. 747	Also known as <i>banding</i> ; temporary hair removal method that involves twisting and rolling cotton thread along the surface of the skin, entwining the hair in the thread, and lifting it from the follicle.
tweezing	p. 745	Using tweezers to remove hairs.