Medical Esthetician

Hair Removal

Instructor Manual

Overview

©Anderson College of Health, Business and Technology

This module covers different permanent and temporary hair removal methods and how the skin is affected. Waxing techniques for face and body.

Objectives

The students will gain comprehensive knowledge on hair growth and waxing techniques, proper waxing choice to suit the different skin demands, proper waxing techniques, etc.

Knowledge

Core Competency: **Know the Anatomy and Physiology of the Hair**

1. Identify the composition of hair and its surrounding structures.
2. Know the three stages of hair growth.
3. Identify abnormal conditions related to hair growth.
4. Identify all areas of the body where superfluous hair can be removed.

Core Competency: **Know a variety of Hair removal techniques.**

1. Identify different methods of temporary and permanent hair removal.
2. Know advantages and disadvantages of a variety of hair removal techniques.
3. Know indications and contraindications for hair removal techniques.

Core Competency: **Know the equipment, steps and sanitation and disinfection practices for hair removal services.**

1. Know the proper set up of treatment area.
2. Know Implements and equipment needed for waxing treatments.
3. Know the step to preparation of the client and skin before and after wax treatment.
4. Know Sanitary practices, and safety precautions based on Public Health Department requirement.
5. Know home care, precautions, and recommendations for the client.

Skills

Core Competency: **Practical application of Temporary Hair Removal Services**

1. Safely sanitize and disinfect various tools and surfaces.
2. Demonstrate the preparation of the client and skin before and after wax treatment observing sanitary practices safety.
3. Demonstrate practical application of step-by-step procedure for wax hair removal.
4. Demonstrate client consultation considering indications and contraindications.
5. Perform a variety of hair removal services using hot and cold wax including Face, Upper Lip, Eyebrows, Under Arm, Arm, Hands, Full Leg, Bikini, Back and Ears.
6. Demonstrate practical application of recommending home care.

©Anderson College of Health, Business and Technology

Textbooks

Milady's Standard: Fundamentals for Estheticians, 12th Ed. Delmar Learning

Milady's Standard: Fundamentals for Estheticians, Workbook, Delmar Learning

Instructor Resources

D2L, Videos, PowePoints, Textbooks, Lesson Activities

Instructor Preparation

The instructor should be ready and prepared.

The instructor is to review and be familiar with all material in the course textbook, D2L, quizzes and all daily lesson plans of time prior to the class presentation.

NOTE: The PowerPoint presentations will require prior preparation with key notes, and lectures.
The PowerPoints are merely guided images of the chapters to be learned.

The instructor will also create, as needed, reviews, games, or quizzes according to class needs.

Teaching Presentation

Teaching / Learning Strategies	Activities to Enhance Learning
Lectures – Question/Answer Sessions Videos Class Discussions Group Assignments Individual Reading/Research Computer Investigation Classroom Exercises Instructor/Student Interaction	Assignments Group Discussions Games Internet Research Self and Peer Evaluation Role Play One-on-One Feedback Laboratory Activities

Equipment Requirements

Resources listed in the lesson plans.

Homework

Instructors will assign chapters to read prior to the lesson for the next day. Lessons and lectures will be based on the book chapters which the student will have previous reading knowledge of. Instructors will assign homework pertaining to the chapters covered the day of the lesson.

©Anderson College of Health, Business and Technology

Marking Scheme

Attendance and Participation	10%
Practical Test	15%
Theory Test	15%
Final Practical Exam	35%
Final Theory Exam	25%
TOTAL	**100%**

Course at a Glance

Contact Hours	Module Topic	Relative Value %
Unit 1 20 hours	**Hair Removal** • Identify and describe the composition of hair and its surrounding structures • List and describe the three stages of hair growth • Identify and discuss abnormal conditions related to hair growth • Identify all areas of the body where superfluous hair can be removed • Identify the different methods of temporary and permanent hair removal and discuss the advantages and disadvantages of: o Electrolysis o Laser o Chemical depilation o Tweezing o Shaving o Sugaring o Hot (hard) wax o Soft (warm) wax o Threading	25.0%
Unit 2 20 hours	**Temporary and Permanent Hair Removal** • Skin and hair analysis • Specific client contraindications • Preparation of the treatment area • Implements and equipment needed for waxing treatments	25.0%

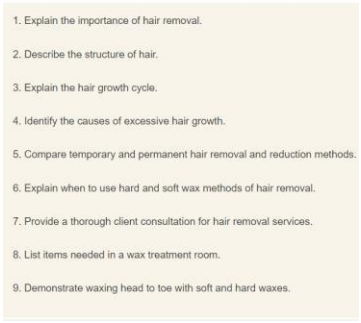
©Anderson College of Health, Business and Technology

	• Sanitary practices, and safety precautions based on Public Health Department requirements • Home care, precautions, and follow-up treatment to client	
Unit 3 40 hours	**Practical Application for Hair Removal** • Demonstrate the preparation of the client and skin before and after wax treatment • Demonstrate practical application of step-by-step procedures for wax hair removal observing sanitary practices, safety precautions and client contraindications from the following areas with repetitions until an entry professional level is achieved: o Face o Upper lip o Eyebrows o Under arm o Arm o Hands o Full leg o Bikini o Back o Ears • Demonstrate practical application of recommending home care, precautions and follow-up care	50%

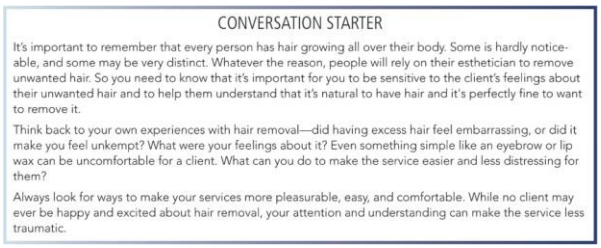
Lesson Plan

	Topical Coverage	**Suggested Presentation Techniques**
Unit 1 20 hours	**Overview:** • Identify and describe the composition of hair and its surrounding structures • List and describe the three stages of hair growth. • Identify and discuss abnormal conditions related to hair growth. • Identify all areas of the body where superfluous hair can be removed. • Identify the different methods of temporary and permanent hair removal, and discuss their advantages and	Lectures • Key notes prepare ahead of time • Prop demonstrations Video Games Question/Answer Sessions Class Discussions Group In-class Assignments

©Anderson College of Health, Business and Technology

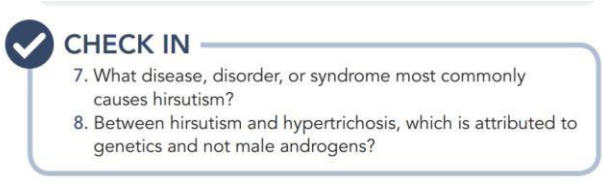
	disadvantages: • Electrolysis, Laser, Chemical depilation, Tweezing, Shaving, Sugaring, Hot (hard) wax, Soft (warm) wax, Threading.	Individual Reading/Research Classroom Exercises Instructor/Student Interaction Laboratory activities Guest Speakers Lesson Activities
Day 1	**Part 1** **REVIEW** • Course syllabus • Goals, structure and resources • Attendance policy, grading, classroom rules and expectations • Weekly schedule, expected outcomes, objectives, class assignments and homework • Inform students of all graded work, value, tests / exam dates and assignment due dates • Feedback and Surveys Q and A Part 2 Introduction to Chapter 11 Review • Main objectives  1. Explain the importance of hair removal. 2. Describe the structure of hair. 3. Explain the hair growth cycle. 4. Identify the causes of excessive hair growth. 5. Compare temporary and permanent hair removal and reduction methods. 6. Explain when to use hard and soft wax methods of hair removal. 7. Provide a thorough client consultation for hair removal services. 8. List items needed in a wax treatment room. 9. Demonstrate waxing head to toe with soft and hard waxes. Watch • The history of Waxing Discuss • Why Study Waxing Recap the day • Q and A	**Resources** Course Syllabus Weekly Lesson Plan Q and A

©Anderson College of Health, Business and Technology

Day 2	Recap of the previous day Conversation Starter  CONVERSATION STARTER It's important to remember that every person has hair growing all over their body. Some is hardly noticeable, and some may be very distinct. Whatever the reason, people will rely on their esthetician to remove unwanted hair. So you need to know that it's important for you to be sensitive to the client's feelings about their unwanted hair and to help them understand that it's natural to have hair and it's perfectly fine to want to remove it. Think back to your own experiences with hair removal—did having excess hair feel embarrassing, or did it make you feel unkempt? What were your feelings about it? Even something simple like an eyebrow or lip wax can be uncomfortable for a client. What can you do to make the service easier and less distressing for them? Always look for ways to make your services more pleasurable, easy, and comfortable. While no client may ever be happy and excited about hair removal, your attention and understanding can make the service less traumatic. Discussion • Is hair removal relevant to all cultures? PowerPoint • The Importance of Individual Hair Removal Choice and Hair Anatomy Complete • Hair Shaft Labeling • Skin and Hair Structure Labeling • Lesson Activity #1 o Paint and Sip Clinic • Demonstration o How to prepare the station area o Names of all utensils to be used o How warm wax should be o All elements to have at hand o How to dispose of used items o How to sanitize and disinfect o How to remove wax from the floors and furniture. Recap of the day Assign Homework	Group activities PowerPoints Lesson Activities Clinical Activities
Day 3	Recap of the previous day Lecture • Explain hair growth cycle with some visuals and flashcards Watch • Hair Growth Cycle Complete • True and False questions o Hair Growth Cycle CHECK IN 5. What is the most effective stage for hair removal? 6. What makes scalp hair grow longer than eyelashes?	Group activities PowerPoints Lesson Activities Clinical Activities

©Anderson College of Health, Business and Technology

	Read
	• Eyebrow Shapes Guide https://lilacst.com/pages/eyebrow-shapes
	
	Clinic
	• Demonstration
	  ○ Detailed demonstration on eyebrow waxing
	• Practice
	  ○ Students will pair up and measure eyebrows and
	  • Practice measuring only
	Recap of the day
	Assign homework	

Day 4	Recap of the previous day
	Homework review
	PowerPoint
	• Causes of Excessive Hair Growth
	Complete
	• True and False and Multiple-Choice Questions
	  ○ Causes of Excessive Hair Growth
	
	
	
	Clinic
	• Demonstration
	  ○ How to wax an upper lip
	• Practice
	  • Students will partner up and practice wax application and the correct technique for removal
	  • Instructor will monitor all movements and applications
	  • Students will choose a low sensitive area of the body to start practicing first
	Recap of the Day
	Assign Homework
		Group activities
		PowerPoints
		Lesson Activities
		Clinical Activities

©Anderson College of Health, Business and Technology

Day 5	Students will have a field trip to a wax bar	
Unit 2 20 hours	**Overview** The students will concentrate on • Skin and hair analysis. • Specific client contraindications • Preparation of the treatment area • Implements and equipment needed for waxing treatments. • Preparation of the client and skin before and after wax treatment • Sanitary practices, and safety precautions based on Public Health • Department requirements • Home care, precautions, and follow-up treatment to client. Theory Test • This will include structure labelling Practical Test • This will include trolley room preparation and client consultation	Group activities PowerPoints Lesson Activities Clinical Activities
Day 6	Recap of Previous Week Review • Sanitation and Disinfection in a Spa setting PowerPoint • Wax Equipment Watch • Salon Hygiene • How to Improve your wax room PowerPoint • Wax Indications and contraindications Review • Indications and Contraindications Lecture • Client consultation forms • Consent forms • Children consent forms Activity • Group exercise, ○ Partners to practice consultation on each other using the consultation forms Clinic	Group activities PowerPoints Lesson Activities Clinical Activities

©Anderson College of Health, Business and Technology

	• Demonstration
	  ○ Instructor to demonstrate on a body part
	• Practice
	  ○ students to set up and prepare their stations
	Assign Homework from the wax portion of the workbook.	

Day 7	Recap of the previous day
	Lecture
	• Temporary Methods, Home and Professional
	Watch
	• Every Method of Hair Removal
	Complete
	• Workbook pages 265 to 266
	Watch
	• Hard Wax vs Soft Wax
	• Roll on Wax
	Lecture
	• When to use hard wax vs soft wax
	  ○ Page 437
	Complete
	• Workbook pages 267 to 269
	• Students can do this with partners
	• Activity # 7 from the extra activity's resources
	Clinic
	• Demonstration
	  ○ How to handle hard wax
	Assign homework
		Group activities
		PowerPoints
		Lesson Activities
		Clinical Activities

Day 8	Missing in original manual	
Day 9	Review • Study the review for the Theory Test Clinic • Continue practice for the Practical Test ○ Preparing the trolley and consultation • Instructor will continue to do demos on how to wax various parts of the body like under arm, bikini • Students should spend more time in clinic practicing technique	Group activities PowerPoints Lesson Activities Clinical Activities

©Anderson College of Health, Business and Technology

	Assign Homework	

Day 10	Theory Test
	Clinic
	• Practical Test
	• Demonstrate
	  o How to perform a Brazilian wax
	  o How to sanitize after treatment
		Group activities
		PowerPoints
		Lesson Activities
		Clinical Activities

Unit 3 40 hours	**Overview**
	
	Students will concentrate on
	• Practical application for hair removal with soft wax, hard wax, roll on wax
	• Instructor to perform demonstrations with other techniques like sugaring and threading
	• Preparation of the client for Brazilian and American wax, before and after
	• Eye lash and eyebrow tinting paired with waxing
	• Demonstrate how to work on sensitive skin
	• Wax hair removal observing sanitary practices safety
	• Students to practice with repetitions until an entry professional level is achieved on:
	  o Face
	  o Upper lip
	  o Eyebrows
	  o Under arm
	  o Arm
	  o Hands
	  o Full leg
	  o Bikini
	  o Back
	  o Ears
	• Demonstrate practical application of recommending home care, precautions and follow-up care
	• Students will have the change of brining in clients to practice
	• Students will have their final theory
		Group activities
		PowerPoints
		Lesson Activities
		Clinical Activities

©Anderson College of Health, Business and Technology

	and practical exams.	
Day 11	Invite a guest speaker to demonstrate and discuss sugar waxing Assign homework	
Day 12	Recap of the previous day Watch • Satin Smooth Men's Eyebrow, Ear & Nose Waxing Lecture • Waxing Do's and Don't Watch • Eye Brow Tweezing • Women's Facial Waxing Complete • Case Study • True and False Questions o Hair Removal Clinic • Demonstration o Continue to demonstrate facial hair removal with hard and soft wax ▪ Male and female models Assign Homework from the workbook	Group activities PowerPoints Lesson Activities Clinical Activities
Day 13	Recap of the previous day Review the homework Lecture • Explain when to use soft and hard wax o Chapter 11 Complete • Case study o Removal Techniaues Ch 11 Discuss: Waxing Hype Which types of waxing procedures are you excited to try on clients? Which ones make you nervous? How will you prepare yourself for your first clients? Share your thoughts with your classmates. Clinic • Instructor will continue to perform demonstrations • Students will continue to practice all techniques for the exam Assign homework	Group activities PowerPoints Lesson Activities Clinical Activities

©Anderson College of Health, Business and Technology

Day
14
	Recap of the previous day
	Review homework
	Clinic
	• Demonstration
	  o Hair removal on a male client
	• Practice
	  o Students can practice on each other or bring a model
		Clinical Activities

Day
15
	Recap of the previous day
	Review
	• Review for final exam
	Clinic
	• Demonstrations
	  o On any areas not covered
	• Practice
	  o Students to continue with practice
		Review
		Clinical Activities

Days 16 to 18	Recap all information to date in preparation for the final exam Complete any reviews available Clinic • Continual practice • At minimum 15 hours	Theory Review Clinical Activities
Day 19	Reviews for all final exams Assign partners • Instructor will pair students by 2 by draw or chance • Students will pick from a bag the area to be waxed and the type of wax that will be used • Students will be able to practice the service for the next day	Theory Reviews Clinical Activities
Day 20	Final Theory Exam	

©Anderson College of Health, Business and Technology

	Final Practical Exam	

©Anderson College of Health, Business and Technology