MILADY STANDARD ESTHETICS: FUNDAMENTALS COURSE MANAGEMENT GUIDE LESSON PLAN 11.0

INSTRUCTOR NAME: _____ DATE TAUGHT: _____

PART: Skin Care Treatments

CHAPTER: Hair Removal

LEARNING OBJECTIVES

UPON COMPLETING THIS LESSON, THE STUDENT WILL BE ABLE TO:

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.

IMPLEMENTS, EQUIPMENT, AND SUPPLIES

STUDENT	INSTRUCTOR	ITEMS
X	X	*Milady Standard Esthetics: Fundamentals*
X	X	*Milady Standard Esthetics: Fundamentals Workbook*
	X	*Milady Standard Esthetics: Fundamentals Instructor Support Slides*
	X	*Milady Standard Esthetics: Fundamentals Course Management Guide and DVD*
X		*Notebook/Tablet*

FACILITY: Theory Classroom

TIME ALLOTMENT: 2 to 4 hours (adjust based on school schedule and student participation/activities)

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PRIOR STUDENT ASSIGNMENT:

1. Read *Milady Standard Esthetics: Fundamentals* Chapter 11: Hair Removal
2. Other: _____

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.

LESSON ACTIVITIES

1. **PAINT AND SIP:** Create a "paint and sip" experience for your students. Have students paint a diagram of a hair structure, similar to Figure 11–2, while they drink Italian sodas, or other beverages such as lattes or coffee. Make sure they identify each of the important structures.

   You will need:

   - 11" × 13" or larger canvases, which are available in bulk from an online retailer or an art supply store for about $3 per canvas
   - Acrylic paint in quart sizes or larger (about $8 per quart), white, black, red, blue and yellow
   - At least three different sizes of brushes, available in bulk from an online retailer or an art supply store for about $1 each
   - Paper plates to be used as a palette for students to mix their own colors
   - Beverages to create a fun atmosphere
2. **DEMO EYEBROW TWEEZING:** Perform Procedure 11-1, a demonstration of a brow tweezing. Require students to perform a return demonstration and provide feedback. Refer to page 496 for the complete procedure.
3. **THREADING EXPO:** Arrange a field trip to a threading salon or invite an esthetician who threads to class to perform a demonstration.
4. **SUGARING EXPO:** Arrange a field trip to a sugaring salon or invite an esthetician who performs sugaring to class to perform a demonstration.

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5. **ELECTROLYSIS EXPO:** Arrange a field trip to an electrolysis salon or invite an electrolysis professional to class to perform a demonstration.

   Remind students that electrolysis may not be in their scope of practice and checking with the state board is best if they decide they would like to perform electrolysis.

6. **MEDICAL SPA VISIT:** Arrange a field trip to a medical spa to observe laser hair removal or invite a manufacturer's rep from a laser hair removal device to class to perform a demonstration.

   Remind students that laser or IPL hair removal may not be in their scope of practice and checking with the state board is best if they decide they would like to perform laser or IPL hair removal.

7. **COMPARE METHODS OF HAIR REMOVAL:** As teams or individually, instruct students to make a compare and contract poster of *all* hair removal methods in this chapter, encouraging them to add additional pros and cons. Have them present to the class and choose which method they would prefer.

8. **HARD WAX DEMO:** Perform a hard wax demonstration after reviewing the hard wax dos and don'ts. Have students perform a hard wax return demonstration on another student. Provide feedback.

9. **SOFT WAX DEMO:** Perform a soft wax demonstration after reviewing the soft wax dos and don'ts. Have students perform a soft wax return demonstration on another student. Provide feedback.

10. **PREPARE FOR BROW WAX:** Review the information in the Did You Know? box on page 484 in student text. Instruct students to cut eyebrows strips from a 9-inch body strip to prepare for brow waxing.

11. **EYEBROW SHAPES:** Instruct students to create a collage of at least six eyebrow shapes. Draw shaping guidelines on the brow photos to learn to identify the best shapes based on the hair growth patterns.

12. **PRACTICE EYEBROW HAIR REMOVAL:** Instruct students to draw "eyebrows" on their non-dominant arm with a felt-tip pen. Have them practice wax application and removal with hard or soft wax on their own arms so they can get comfortable with the procedure.

13. **KEY TERM REVIEW:** Create a game of JEOPARDY!, Bingo, word search, or crossword puzzle for the glossary words to help students learn the terminology. Use a free online resource.

STUDENT ACTIVITIES

1. Have students complete Chapter 11 of the *Milady Standard Esthetics: Fundamentals Workbook* and/or *MindTap* assessments.
2. Read *Milady Standard Esthetics: Fundamentals* Chapter 12: Makeup Essentials.
3. Have students complete a review and final testing with *Milady Standard Esthetics: Fundamentals* Online Licensing Preparation.
4. Instruct students to create flashcards for the glossary terms to study for state board exams.
5. On the lines below, write any activities, assignments, or ideas that have been used effectively with this lesson in order to aid other instructors who may use this lesson plan in the future:

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SUBJECT OUTLINE

I. Explain the Importance of Hair Removal

II. Describe the Structure of Hair
- A. The Hair Follicle and Its Appendages
- B. List the Types of Hair

III. Explain the Hair Growth Cycle
- A. Anagen Phase
- B. Catagen Phase
- C. Telogen Phase

IV. Identify the Causes of Excessive Hair Growth
- A. Hypertrichosis Versus Hirsutism
- B. Common Diseases, Disorders, and Syndromes Affecting Hair Growth

V. Compare Temporary and Permanent Hair Removal and Reduction Methods
- A. Temporary Methods, Home and Professional
- B. Permanent Hair Removal and Reduction

VI. Explain When to Use Hard and Soft Wax Methods of Hair Removal
- A. Hard Wax Essentials
- B. Soft Wax Essentials
- C. Selecting the Right Wax for the Best Service

VII. Provide a Thorough Client Consultation for Hair Removal Services
- A. Complete the Client Consultation Forms
- B. Discuss the Client's Indications and Contraindications
- C. Consider the Needs of the Client Who Is Transgender

CLASS NOTES

Enter your notes for class here!

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VIII. List Items Needed in a Wax Treatment Room
- A. Wax Equipment

IX. Demonstrate Waxing Head to Toe with Soft and Hard Waxes
- A. General Waxing Dos and Don'ts
- B. Face Waxing on Women and Men
- C. Performing a Men's Eyebrow Wax with Soft Wax
- D. Waxing the Lip
- E. Waxing the Chin
- F. Waxing the Sides of the Face
- G. Waxing the Underarm (Axilla)
- H. Waxing the Arm and Hand
- I. Waxing the Upper Body on Women and Men
- J. Waxing the Chest
- K. Waxing the Back
- L. Waxing the Lower Body on Women and Men

CLASS NOTES

Enter your notes for class here!

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LESSON **PLAN 11.0**

SUBJECT OUTLINE	IN-DEPTH NOTES *(information to share during presentation)*
I. EXPLAIN THE IMPORTANCE OF HAIR REMOVAL **Slides 1–5**	Hair removal methods range from procedures such as waxing and tweezing to more advanced techniques that require special training, like electrolysis, laser, and intense pulsed light (IPL). Face and body hair removal has become increasingly popular as evolving technology makes it easier to perform with more effective results for both women and men for esthetic purposes or sport performance.
	Estheticians should study and have a thorough understanding of hair removal because: • The growing popularity of hair removal makes up a large part of a salon's business and is one of the most lucrative services offered. • Waxing is the most common method of hair removal in salons, making it an important service to learn, become proficient in, and provide. • Understanding the benefits, the risks, and how to perform various techniques is vital to an esthetician's success in this profitable market. • Knowing what methods are used, room preparation, safety, and infection control procedures is an important part of hair removal procedures.
II. DESCRIBE THE STRUCTURE OF HAIR **Slides 6–10**	The scientific study of hair and its diseases is called **trichology**. Understanding all aspects of the hair, including its structure, appendages, and types of hair found on the body will help you to suggest and provide the best hair removal services to your client.
A. The Hair Follicle and Its Appendages	A **hair follicle** is a mass of epidermal cells forming a small tube or canal that extends deep into the dermis. The *pilosebaceous unit* contains the hair follicle and its appendages, which include the hair root, hair bulb, hair papilla, and the arrector pili muscle and sebaceous glands. See Figure 11–2.
1. Follicular Canal	Lined with epidermal tissue which produce the follicle and the hair matrix where cell mitosis happens.

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2. **Hair Root**	Anchors hair to the skin cells and is part of the hair located at the bottom of the follicle below the surface of the skin. The root is part of the hair that lies within the follicle at its base, where the hair grows.
3. **Hair Bulb**	Thick, club-shaped structure made from epithelial cells that surround the papilla. This forms the lower part of the follicle where the hair grows. The lower part of the bulb fits over and covers the papilla. It contains the dividing cells of the matrix that produces the hair and both the external root sheath, made of horny epidermal tissue, and internal root sheath, the innermost layer of the follicle.
4. **Hair Papilla** (plural: *papillae*)	A cone-shaped elevation of connective tissue that contains the capillaries and nerves located at the base of the follicle that fits into the bulb; necessary for hair growth and nourishment of the follicle.
5. **Hair Shaft**	The part of the hair located above the surface of the skin. As cell division within the hair matrix occurs, the hair grows and gets longer. Keratinization is complete by the time these cells approach the skin's surface, where the hair shaft protrudes from the skin. Basal cells in the hair matrix divide and form three main layers of the hair shaft: • Cuticle: outermost layer • Cortex: middle layer • Medulla: center, or innermost layer The two outer layers are hard keratin, while the inner layer is soft keratin.
6. **Sebaceous Gland**	Secretes the waxy substance sebum to lubricate the skin and hair, making it supple, waterproof, and protected against external factors.
7. Arrector Pili Muscle	Contracts when affected by cold or other stimuli, causing the follicle to stand erect (goose bumps); thought to keep skin warmer by creating an air pocket under the upright hairs. This contraction also helps disperse protective lipids from the sebaceous glands to the skin and hair.
ACTIVITY: PAINT AND SIP	**Complete Lesson Activity #1.**
B. List the Types of Hair	
1. **Lanugo**	Soft, downy hair found on a fetus which sheds after birth and is replaced with either vellus or terminal hair.

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2. **Vellus Hair**	Found in areas not covered by the larger coarse terminal hairs (such as peach fuzz on women's cheeks). Not recommended to tweeze, shave, or wax because doing so can result in the follicles producing new terminal hairs, especially if removed against the hair growth.
3. **Terminal Hair**	Longer coarse hair found on the head, brows, lashes, genitals, arms, and legs. During puberty, follicles change from producing vellus hairs to terminal hairs.
CHECK IN	1. What are hair papillae necessary for? 2. What is a benefit of the arrector pili muscle? 3. What is the difference between lanugo and vellus hair? 4. What is the main catalyst for vellus hairs transitioning to terminal hairs?
III. EXPLAIN THE HAIR GROWTH CYCLE **Slides 11–13**	Hair growth is the result of cell activity found in the basal layer within the hair bulb. Hair growth occurs in three stages: anagen, catagen, and telogen. The stages vary in duration on different parts of the body. The cycles can also be determined and affected by many factors, including age, genetics, hormones, and a person's health and prescription drugs. See Figure 11–3.
A. **Anagen** Phase	Growth stage in which new hair is produced. New keratinized cells are manufactured in the hair follicle. Activity is greater in the hair bulb, which pushes down into the dermis and swells with cell mitosis in the matrix. New cells form hair and root sheaths while the older part is pushed upward. At full length, hair can remain there for weeks or years, depending on its location on the body. Scalp hair remains in anagen phase for years, whereas eyelashes have a short anagen phase. The length of the anagen phase determines the length of the hair. This is the most important stage for estheticians in hair removal, as removing hair during this stage will be more effective for long-term hair reduction.
B. **Catagen** Phase	The transition stage of hair growth. Mitosis ceases. Hair, having completed its growing phase, detaches itself from the dermal papilla. Follicle degenerates and collapses. Hair loses its inner root sheath and becomes dryer. Mature hair is referred to as *club hair*. This is the shortest part of the hair growth cycle.

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C. **Telogen** Phase

The final, or resting, stage of hair growth. Club hair moves up the follicle and is ready to shed. The hair, at its full size and length, is erect in the follicle. Hair shows above skin's surface. The hair bulb is not active. Hair is released and is attached only by epidermal cells. Hair may sit in the follicle until it is pushed out by new anagen hair or falls out.

CHECK IN

5. What is the most effective stage for hair removal?
6. What makes scalp hair grow longer than eyelashes?

IV. IDENTIFY THE CAUSES OF EXCESSIVE HAIR GROWTH

- Hair growth is determined by genetics and ethnicity as well as health and hormonal influences.
- Important to recognize differences when assessing clients for hair removal services.

Slides 14–19

A. Hypertrichosis Versus Hirsutism

- **Hypertrichosis**
  - Excessive growth of terminal hair in areas of the body that normally grow only vellus hair, and not necessarily in the adult male hair growth patterns.
  - Genetically and ethnically inherited.
  - Can also occur due to natural life occurrences, certain medical procedures and treatments, or reactions to certain medications.
  - Not stimulated by male androgens and may be treated esthetically.

  See Figure 11–4.

- **Hirsutism**
  - Excessive hair growth on the face, chest, underarms, and groin, especially in women.
  - Caused by excessive male androgens in the blood.
  - May be caused by puberty, medications, illness, and stress and may be resolved by eliminating the cause of the condition.
  - In women, this hair growth may be attributed to hormonal imbalances and excessive androgens secreted from the ovaries or adrenal glands and even menopause.
  - May dissipate with time and medical attention.

  See Figure 11–5.

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B. Common Diseases, Disorders, and Syndromes Affecting Hair Growth	Excessive hair growth may indicate a medical issue, and diagnosing and treating several documented diseases, disorders, and syndromes can reduce the problem of hirsutism. • A disease is pathological, like conditions caused by viruses and bacteria, with a series of signs and symptoms. • A disorder is an abnormality of function, like a birth defect or genetically inherited malfunction. • A **syndrome** is a group of symptoms that, when combined, characterize a disease or disorder.
1. Diseases Affecting Hair Growth	Medical conditions related to excessive androgen production that affect hair growth are acromegaly and Cushing syndrome.
2. Disorders Affecting Hair Growth	Adrenogenital syndrome is a malfunction of the adrenal cortex that causes overproduction of androgens.
3. Syndromes Affecting Hair Growth	The most notable and prevalent syndrome relating to hair growth is polycystic ovarian syndrome (PCOS), formally known as Stein–Leventhal syndrome. An individual with this syndrome would present with hirsutism, irregular menses, ovarian cysts, and obesity. Another notable syndrome is Achard–Thiers syndrome, a combination of Cushing and adrenogenital syndromes.
CHECK IN	7. What disease, disorder, or syndrome most commonly causes hirsutism? 8. Between hirsutism and hypertrichosis, which is attributed to genetics and not male androgens?
FOCUS ON: Common and Current Medicines Affecting Hair Growth	• Medications Causing Hirsutism: Anabolic steroids, Brevicon (norethindrone and ethinyl estradiol), Ciclosporin (axorid), Restasis (cyclosporin), Danazol (danocrine), Prednisone (corticosteroid), Provera (medroxyprogesterone acetate), Premarin (conjugated estrogens), Tagamet (cimetidine), Tamoxin (tamoxifen citrate) • Medications Causing Hypertrichosis: Clomid (clomiphene citrate), Cortisone (cortone acetate), Dilantin (phenytoin), Loestrin (norethindrone acetate, ethinyl estradiol, ferrous fumarate), Rogaine (minoxidil), Proglycern (diazoxide), Provera (medroxyprogesterone acetate)

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V. COMPARE TEMPORARY AND PERMANENT HAIR REMOVAL AND REDUCTION METHODS

Slides 20–34

There are two general categories: temporary (involves repeat treatments as hair grows) and permanent (the papilla is destroyed, making regrowth impossible). Spa and salon techniques are generally limited to temporary methods and some may offer electrolysis as a permanent method. Some states allow laser and IPL hair removal that offer permanent reduction. Medical spas with physicians on staff offer laser and IPL hair removal, but rarely temporary methods.

A. Temporary Methods, Home and Professional

Depilation is a process of removing hair at or near the level of the skin. Both shaving and chemical depilation are included in this category.

Epilation is the process of removing hair from the bottom of the follicle by breaking contact between the bulb and the papilla. The hair is pulled out of the follicle.

Tweezing, waxing, sugaring, and threading are all methods of epilation.

See Figure 11–6.

1. Tweezing and "Electronic Tweezing"

Tweezing: using tweezers to pull hair out by the root one at a time.

Electric tweezing: less common method using electrically charged tweezers that grasp a single hair and transmit radio-frequency energy down the hair shaft into the follicle area. The idea is that the papilla is desiccated and eventually destroyed; however, the efficacy of this method is controversial as the hair is not a good conductor of heat or radio frequency. Separate licensing may be required to perform electronic tweezing in some states.

- Tweezing Pros
  - Minimal cost after purchase of good pair of tweezers
  - Convenient to use
- Tweezing Cons
  - Can be uncomfortable, even painful
  - Eyeglasses impede tweezing
  - Poor vision makes it difficult
  - Time consuming and laborious for clearing dense growth
  - Only feasible in small areas
  - Hairs broken with tweezing can create bumps and pimples

ACTIVITY: DEMO EYEBROW TWEEZING

Complete Lesson Activity #2.

PERFORM Procedure 11-1: Perform Eyebrow Tweezing

Refer to Procedure 11-1 on page 496. Rubrics at the end of the lesson plan enable rating and grading student performance.

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2. Shaving	• Hair is removed down to the skin's surface. • It may appear that hair is growing in thicker and darker after shaving, but that is because the fine tip of the shaft is removed, and the thicker part of the shaft is visible as it protrudes. • Shaving terminal hair on a woman's face could be problematic, as vellus hair would also be removed and repetitive shaving stimulates terminal regrowth, especially with onset of menopause. • Additional problems are the potential for PFB, or pseudofolliculitis barbae, and *folliculitis*. Use clean razors, do not shave so close that the cut hair drops underneath the skin, and do not change the direction of shaving.
• Shaving pros	• Inexpensive • Convenient • Fast • Painless
• Shaving cons	• Causes stubble hair growth in one to four days • Vellus hair also removed when terminal hair on the face shaved • May cause folliculitis, PFB, and ingrown hairs • May cut skin
3. Chemical **Depilatory**	A chemical substance spread on the skin to dissolve the hair at the surface of the skin and just below the stratum corneum. On contact, the hair expands and the disulfide bonds of the hair (protein and cystine) break, and the hair can be wiped or washed away. Active ingredients are alkaline such as sodium hydroxide, potassium hydroxide, thioglycolic acid, or calcium thioglycolate. Although they are not commonly used, you should be familiar with them in case your clients have used or are using them.
• Depilatory pros	• Relatively inexpensive, though costlier than shaving • Can be conveniently applied in privacy of own home • Regrowth is slower and softer than that of shaving
• Depilatory cons	• Results not as long-lasting as waxing • Strong odor during chemical processing • Can cause irritation and later reactions such as contact dermatitis because the skin's natural protective barrier is compromised as the depilatory is removed • Should not be used on nonintact skin

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4. Threading

Ancient method of epilation that began in the Middle East and is rapidly spreading throughout Western world. Also known as *banding*, works by using cotton thread that is looped and twisted in the middle then quickly and selectively guided along the surface of the skin, snagging the unwanted hairs in the twisted portion of the thread and epilating them. Its effect is tantamount to mass rapid tweezing. See Figure 11–7.
Licensing and regulations for threading vary by state.

- Threading pros
  - Fast, inexpensive method of hair removal
  - Requires minimal products and supplies
  - The thread is discarded after use, so it is hygienic
  - It can be performed on clients whose skin cannot tolerate waxing
- Threading cons
  - It can be painful as hairs are snagged in clusters.
  - It should not be performed on vellus facial hair as it distorts the follicles, stimulating them to produce terminal hair over time.
  - It may cause some redness and irritation.
  - Can cut hairs, causing bumps and breakouts.

ACTIVITY: THREADING EXPO

Complete Lesson Activity #3.

5. Sugaring

An ancient method dating back to the ancient Egyptians. It is an alternative for those who have sensitive skin or who react to waxing with bumps and redness. Similar to waxing methods except that it uses a thick, sugar-based paste. Advantages include that the hair can be removed even if it is only 1/16 to 1/8 inch (1.5 to 3 millimeters) long, without adhering to the skin; hair can be removed in the direction of hair growth, which is less irritating; and can be used for some who have certain wax contraindications. There are two types of sugaring methods: hand applied and spatula applied.

- Hand-applied sugaring method

  The product is held in the hand, applied against the hair growth, and removed in the direction of hair growth. Performed at body temperature. See Figure 11–8.
  - Hand-applied sugaring pros
    - No risk of burning
    - Minimal risk of bruising
    - Manufacturers consider it possible to apply over varicose and spider veins, dry psoriasis, and dry itch eczema
    - Same area can be gone over more than once without irritation and trauma
    - Considered safe to use on people with diabetes; however, physician's approval should be obtained

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- Hair length need only be 1/16-inch-long for removal of virgin hair
- No hair follicle distortion or breakage of hair
- Regrowth is lighter, softer, and less dense
- Easy clean-up for client
- Naturally antiseptic properties
- Hygienic, as sugar paste is not reused on other clients
- Easy clean-up of equipment, room, and treatment table (water soluble)
- Inexpensive if homemade

- Hand-applied sugaring cons
  - Slower and more time consuming to perform than soft wax, especially on larger areas
  - Some minimal discomfort similar to waxing
  - Not suitable for precise hair removal
  - Folliculitis and ingrown hairs possible

- Spatula-applied sugaring method

The product is applied with a spatula in the direction of hair growth and removed against the hair growth with muslin or pellon strips. It is warmed according to manufacturers' instructions, as it may be affected by additives like resins. See Figure 11–9.

- Spatula-applied sugaring pros (if sugar paste has no added resins)
  - Reduced risk of burning
  - Faster service than hand-applied method, as larger applications are made
  - Minimal discomfort and skin trauma
  - Safe for dry psoriasis and dry itch eczema
  - Same area can be gone over more than once without irritation and trauma
  - Hair length need only be 1/16-inch-long for removal of virgin hair
  - Regrowth hair is lighter, softer, and less dense
  - Easy clean-up for client
  - Naturally antiseptic properties
  - Hygienic (not reused on other clients)
  - Easy clean-up of equipment, room, and table (if resin free)

- Spatula-applied sugaring cons (if sugar paste contains resins)
  - Risk of burning if sugar paste is not tested for appropriate safe-to-use temperature prior to application
  - Some discomfort
  - Folliculitis and ingrown hair possible
  - Possible distortion of hair follicles

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ACTIVITY: SUGARING EXPO	Complete Lesson Activity #4.
6. Waxing	The primary method used by estheticians; applied in either soft or hard form. Both products are made of resins and beeswax. Honey wax with added gum rosin is the most common. Wax is applied evenly over hair and then removed. Hard wax is thicker and does not require fabric strips for removal. The recommended time between waxing appointments is generally four to six weeks.
• Waxing pros	• Relatively fast and efficient way to temporarily remove unwanted hair • Wax kits and products available for home use • Estheticians, with training and practice, can become "speed" waxing technicians, cutting the typical service time in half and increasing profits • Shorter waxing time means minimal discomfort for client • Hair regrowth takes six to eight weeks • Regrowth is often softer • Some clients report reduction in hair growth after multiple services
• Waxing cons	• Several contraindications • Rosins in wax adhere to skin and can cause irritation • Risk of irritation and burning due to overheating wax • Risk of lifting epidermal layer of skin if wax is too cool or too thick • Can be messy until one is skilled with use of waxing • Hair length of ½ inch for coarse and ¼ inch for fine hair is required • Irregular regrowth can occur after multiple treatments • Poor technique can leave behind up to 30 percent breakage
B. Permanent Hair Removal and Reduction	The methods of permanent hair removal and reduction are **electrolysis**, **laser hair removal**, and *intense pulsed light (IPL)*. Electrolysis is the only proven method of hair removal recognized and given the designation permanent hair *removal* by the U.S. Food and Drug Administration (FDA) and the American Medical Association (AMA), as it is an effective method on all hair and skin types. Laser and IPL have been given the designation of permanent hair *reduction*, as effectiveness is dependent on levels of pigment in the hair and skin.

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1. Electrolysis	Electrolysis should be practiced only by a professional certified and licensed (if the state requires it) in the field of electrology. If the state does not license this profession, an electrologist should become a Certified Professional Electrologist (CPE) via the American Electrology Association (AEA) or a Clinical Medical Electrolysis (CME) from the Society for Clinical and Medical Hair Removal (SCMHR). There are three main modalities of electrolysis: thermolysis, galvanic electrolysis, and the blend.
• **Thermolysis**	Uses alternating current (AC) that is applied and emitted from the probe, inserted into the follicle of the hair to be eliminated, to destroy the dermal papilla.
• **Galvanic electrolysis**	Utilizes direct current (DC) from the probe, which creates a chemical reaction of sodium hydroxide (NaOH), also known as lye, to cause decomposition of the follicle.
• **Blend**	A combination of the two methods applied alternately or simultaneously.
• Electrolysis pros	• Only method of permanent hair removal recognized by the FDA • Can be performed successfully on all types and colors of hair • Can be used effectively on all skin types and with all races • Can remove hairs with great precision, one at a time
• Electrolysis cons	• Requires cessation of other forms of hair removal on areas to be treated, except for trimming or shaving • More costly than tweezing • Can cause discomfort for some • Success depends on commitment to regularly scheduled appointments • Treatments can cause redness, bumps, and swelling • Makeup should not be worn on treated areas for 24 hours after treatment • Extensive electrolysis may take months, even years, to complete • Higher Fitzpatrick skin types can develop postinflammatory hyperpigmentation if appropriate aftercare of sunblock is not applied
ACTIVITY: ELECTROLYSIS EXPO	**Complete Lesson Activity #5.**

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2. Laser and Intense Pulsed Light

Although these methods are sometimes called *permanent*, the hair bulb must be destroyed completely or there may be some regrowth. FDA guidelines require that these procedures be defined only as *permanent hair reduction*.

Laser is an acronym for "light amplification by stimulated emission of radiation." Lasers use intense pulses of electromagnetic radiation that in the case of hair removal are attracted to, and heat up, pigment. The best candidates are those with dark hair and minimal pigment in the skin. Those with gray hair are least favorable candidates because the hair does not respond. Fitzpatrick IV through VI are less favorable candidates because they have greater pigment in the skin and a greater risk of burning and hyperpigmentation.

Intense pulsed light (IPL) produces a quick flash of light which shatters the target without allowing heat to build up and burn surrounding skin.

Both are normally performed in a medical setting or under medical supervision, although regulatory agencies regulate who can use these devices.

- Laser/IPL pros
  - Fast, long-lasting hair reduction treatment
  - May produce some permanent results in hair reduction
  - Large body areas can be treated with greater speed
  - No risk of disease transmission from blood
  - Not considered as uncomfortable as electrolysis
  - Regrowth often finer and lighter
- Laser/IPL Cons
  - Costly treatment requiring average of three to six or more treatments
  - Issues of long-term safety and effectiveness
  - Not effective on light and nonpigmented hair such as blonde, red, or gray/white
  - Depending on specific laser, generally not effective method on dark or tanned skin
  - Safety concerns for the eyes; need protective eyewear
  - Uncomfortable for some people
  - No guarantee of satisfaction
  - Inadequate and inconsistent state regulatory controls and guidelines

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ACTIVITY: MEDICAL SPA VISIT	**Complete Lesson Activity #6.**
ACTIVITY: COMPARE METHODS OF HAIR REMOVAL	**Complete Lesson Activity #7.**
CHECK IN	9. What are the main active ingredients in depilatories? 10. What is another name for threading? 11. What is the biggest benefit of cleaning up after hand-applied sugaring? 12. What is the minimal length of hair that can be removed with sugaring? 13. Which modality of electrolysis utilizes direct current? 14. What is a main benefit of electrolysis? 15. What is a downside to electrolysis? 16. Name a safety concern for laser/IPL.
VI. EXPLAIN WHEN TO USE HARD AND SOFT WAX METHODS OF HAIR REMOVAL **Slides 35–44**	Waxing services are one of the most popular services in salons and spas, and the most common form of hair removal. There are two types of waxes: • Hard wax, where no strip is used for removal and generally on smaller areas of the body • Soft wax, which uses a strip for removal and generally on larger areas of the body Wax formulas are made of rosins, beeswax, paraffin, honey, and other waxes and substances. May also include additives for sensitive skin or for soothing and antiseptic benefits. Consistencies vary, as do melting points. It is important to keep wax at the temperature recommended by the manufacturer for effective and optimal use. Overheating may cause injury. Both hard wax and soft wax regrowth is softer and there is no stubbly feeling. Regrowth generally takes six to eight weeks.
CAUTION	Gloves must be worn for *all* waxing services!
A. Hard Wax Essentials	Hard waxes are available in blocks, disks, pellets, or beads. Generally, the harder the wax, the more heat is required to melt it. Hard waxes are based on a resin called **rosin** and often combined with beeswax as well as **candelilla** and **carnauba** waxes to modify the melting point and provide strength. Used wax is discarded after each use. Hard waxes are gentle enough for facial area, yet strong enough to be used on hard-to-remove coarse hair and areas where hair growth converges from multiple directions.

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1. Pre-treatment for Hard Wax	Cleanse and prepare the skin; remove all makeup from area to be waxed. For larger areas, a spray cleanser or general antiseptic product is faster and more economical. Hard wax generally requires a thin application of prewax oil to protect the skin, which should absorb and not leave a film.
2. Hard Wax Technique	Applied with an applicator at 45-degree angle directly to the skin in a thick, wet layer that hardens as it cools. First applied against hair growth and back in figure-eight pattern to ensure each hair is coated. Hair is gripped as wax dries, tightens, and lifts of the skin. Esthetician grips the wax at one end and pulls while it is still tacky. See Figure 11–14. Hard wax can be removed in the direction of hair growth, avoiding distorting the follicle. Especially effective in areas where hair grows in multiple directions or on thin or fragile skin. Hard wax can be applied to an area for a second time during the service.
3. Hard Wax: Post-treatment Care	Use post-treatment oil to remove remaining pieces of wax. To provide soothing aftercare use products containing chamomile, tea tree oil, or aloe vera.
• Hard wax dos	• Follow the manufacturer's recommendations for heating the wax. • Regularly stir the wax and refresh with pellets or beads if necessary. • Test the wax prior to use on the client. • Apply the wax in a figure eight movement, under and against then over and with hair growth. • Apply the wax with clean borders to avoid leaving wax behind after the removal pull. • Apply the wax to the thickness of a nickel with no visible hair beneath it. • Form a slightly thicker tab at the end for gripping during removal. • Discard used wax. • Check for contraindications with the client and obtain a signed release.
• Hard wax don'ts	• Do not overheat the wax or leave the heat on overnight. • Do not apply wax to a client without testing the temperature for safety. • Do not double dip a spatula. • Do not reuse the wax. • Do not apply wax inside the ear canal or nostrils.

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ACTIVITY: HARD WAX DEMO	Complete Lesson Activity #8.
B. Soft Wax Essentials	One of the most common methods. Predominantly made of rosins that adhere to the skin. Professional soft waxes have a lower melting point and come in cans. Some come in plastic bottles for single client use with roller heads for application in place of a spatula. When melted, has consistency of honey and when applied runs down and around every hair. Must be removed immediately with a muslin or pellon, while still warm. See Figure 11–15.
CAUTION	Some regions may prohibit the use of roll-on wax due to concerns with cross-contamination in the wax and proper disinfection of the applicators. Bottles of wax with roller applications must be single use. They are used on a client, and then the roller must be disinfected prior to its use on a subsequent client. Make certain to check with your state regulatory board and OSHA to be in compliance
1. Pre-treatment for Soft Wax	Cleanse and prepare the skin, possibly with witch hazel. If waxing the face, a thin film of tea tree oil can be applied to protect the skin and minimize redness, followed by a dusting of baby powder, to ensure the area is dry and oil free.
2. Technique for Soft Wax	Before application, test for correct and safe temperature and consistency. Using appropriate size applicator, apply a thin coating of wax in the direction of hair growth, using the edge of applicator at a 45-degree angle across the area, allowing the wax to slide off the applicator as it moves across. Quickly place the appropriate size muslin or pellon strip over the area. Make sure there is a wax-free portion at the pulling end of the strip to grip it for removal. Rub firmly over the strip two to three times in the direction of growth. Place hand firmly on the skin at the pulling end while using the other hand to grab the strip and swiftly pull it, close and parallel to the skin, against the direction of hair growth. Immediately after the pull apply gentle pressure to the area.
3. Blending	Technique that utilizes the wax that has built up on the muslin or pellon strip to remove the more obvious hairs, while leaving shorter hairs behind.
4. Post-treatment Care for Soft Wax	Use a soothing wax removal lotion. Puffiness can be treated with aloe, ice in a bag, or cold stones. Hives can be avoided if the client takes an OTC antihistamine.

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5. Speed Waxing

Quick application and removal of soft wax. It is more comfortable for the client. Faster procedures save time, lead to more revenue, and ensure more satisfied clients.

- Soft wax dos
  - Follow the manufacturer's directions for heating the wax to the correct and optimal temperature.
  - Test the wax prior to applying to the client.
  - Check for contraindications.
  - Obtain a signed release.
  - Wear gloves.
  - Apply the wax in the direction of hair growth.
  - Apply the wax thinly to prevent injury.
  - Remove the wax (strip) against direction of hair growth.
- Soft wax don'ts
  - Do not provide service without a consultation and obtaining a signed release.
  - Do not apply the wax without testing first for temperature.
  - Do not apply the wax thickly; it will injure the client.
  - Do not double dip the spatula.
  - Do not let the soft wax cool before pulling. It will bruise or lift the skin.
  - Do not go over a waxed area a second time in the same service, as it could burn, lift, or otherwise damage the skin.

ACTIVITY: SOFT WAX DEMO

Complete Lesson Activity #9.

C. Selecting the Right Wax for the Best Service

Knowing the pros and cons of hard and soft wax helps determine the most suitable wax for the client and area to be treated. See Table 11–1.

- Facts about hard wax
  - When removed in the general direction of the hair growth, it does not distort follicles.
  - Does not adhere to skin and therefore causes less irritation.
  - Effective where hair grows in multiple directions (axilla region).
  - Preferred for the labia during a Brazilian bikini wax.
  - Area can be waxed a second time during the service, provided there is no irritation.
  - May be used with caution on individuals who use glycolic or other alpha hydroxy acid (AHA) skin care.

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- Eyebrows may be waxed with hard wax if topical prescriptions are being used by the client but have not been applied directly to the eye area.
- Slow and laborious method and takes considerably longer, especially on larger areas like legs and back.
- Hair cannot be blended.
- If it is left to get old in the wax heater and new wax is not added periodically, the old wax becomes brittle when used and loses its removal properties.

- Facts about soft wax
  - Removed against the direction of hair growth and distorts hair growth. Regrowth stands to attention rather than lying flat.
  - Adheres to skin and can cause redness and irritation.
  - Must be applied in small sections where hair grows in multiple directions.
  - Cannot be removed against the hair growth on the labia, making it a poor choice for a Brazilian bikini wax.
  - Area cannot be waxed a second time during the service.
  - Cannot be used on individuals using glycolic acid or AHAs.
  - Cannot be used anywhere on the face if prescriptions are being used by the client.
  - Considerably faster method and preferred choice for larger body areas.
  - Wax already present on strip is perfect for blending.
  - Does not need to be refreshed to maintain its removal properties.

DID YOU KNOW?

New wax formulas continue to appear on the market. Some take hold, while others dwindle into obscurity. One current wax formulation that is gaining popularity is flex-wax. It coats the hair like a soft wax, being applied in the direction of the hair growth, but is removed against the hair growth without a strip, like hard wax, after being allowed to set for 30 seconds until it becomes tacky. In testing it has been found to also be effective when applied like hard wax, under and against hair growth and back over in the direction of growth and removed with the growth, thus not unnecessarily distorting hair follicles.

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1. Facial Waxing During Facials	Eyebrow or upper lip should be done after cleansing, gentle exfoliation, steam, and extractions and before the mask. It should not be performed if aggressive exfoliation has taken place or over an area where extractions were performed.
CHECK IN	17. What are two benefits to speed waxing? 18. What are two downsides of waxing?
VII. PROVIDE A THOROUGH CLIENT CONSULTATION FOR HAIR REMOVAL SERVICES **Slides 45–48**	A successful hair removal service is achieved with a detailed consultation, a prepared room, and following all protocols for cleanliness, pre-care, the service, and post-care.
A. Complete the Client Consultation Forms	Complete client intake form. Client should disclose all products and medications being used and any known skin disorders or allergies and sensitivities. Form should be updated, and a release form should be signed at beginning of each appointment. Clients should also be given post-care instructions and precautions before and after each waxing service. See Figures 11–16 and 11–17.
1. The Intake/Client Assessment Form	Complete for first appointment and update at each follow-up appointment to note changes in health or skin care regimen.
2. The Wax Release Form	Simpler than the intake/client assessment form, signed prior to each wax service. Should list contraindications and potential risks to wax service. By signing, the client assumes responsibility for informing the esthetician of any changes and awareness of risks; it serves as protection against a formal complaint.
3. Informed Consent for Minors	Individuals younger than 18 should be accompanied by a parent, guardian, or other caregiver who has written authorization from the parent or guardian. The responsible adult signs the release.
4. Post-wax Instructions and Precautions	After waxing, clients should avoid sun exposure, tanning booths, exfoliation, creams with fragrance or other irritants, and excessive heat for 24 to 48 hours.

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B. Discuss the Client's Indications and Contraindications

• Indications	• Hair to be waxed should be a minimum of ¼ inch long if it is virgin hair or fine regrowth. • Hair should be ½ inch long if it is shaven and coarse, approximately 10 to 14 days' growth post-shaving. • If possible, the client should lift ingrown hairs four days to a week prior to the service, leaving the hair in the follicle and allowing the follicle to heal and normalize. • Working the area of the body with a loofah or using an exfoliating body scrub prior to waxing is recommended, but not on the day of the service. • The client should avoid tanning for 24 hours before and after the area is depilated.

• Contraindications (see Table 11–2)	• Clients with varicose veins (leg wax)
	• Clients with phlebitis, skin disorders, epilepsy, diabetes, haemophilia, or other contraindicated medical conditions (body wax)
	• Clients who have the following contraindications until physician's approval is obtained:
	  ○ Recent treatments or product use
	  ○ Medical conditions or medications
	  ○ Skin conditions
	  ○ Scar tissue, moles, skin tags, warts
	  ○ Skin disorders
	  ○ Thin, fragile skin
	  ○ Lack of skin sensation

• Other considerations	• Avoid inside of nose, ears, eyelids, areola and nipples • Pregnant women in last trimester if they have to lie flat for more than 20 minutes • Check for product allergies • Contraindicated products and treatments should be stopped one month to six weeks prior to waxing or according to physician's recommendations.

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C. Consider the Needs of the Client Who Is Transgender

Stages for a patient to go through to complete gender reassignment from male to female:

1. Emotional and psychological counseling: Clients may be advised to dress as women and they may seek services to feel more feminine in women's clothing.
2. Hormone replacement therapy: Patient often undergoes laser treatment and/or electrolysis to the face and other body areas.
3. Reassignment surgeries: There are three main types of surgery the client may undergo: (1) facial feminization surgery which may include breast augmentation; (2) genital surgery; and (3) voice feminization surgery.

1. Most Common Services

- Phase 1: Emotional and psychological counseling—arm and leg waxing, simple manicures and pedicures, minimal eyebrow trimming, facials, makeup applications and lessons, and fitting for wigs
- Phase 2: Hormone replacement therapy (HRT)—electrolysis; laser hair removal; more dramatic facial peels; more dramatic shaping of the eyebrows; more feminine hair and nail services.
- Phase 3: Reassignment surgeries—continuation of phase 2.

VIII. LIST ITEMS NEEDED IN A WAX TREATMENT ROOM

The waxing room and equipment should be immaculately clean, warm, and comfortable. Optimally there should be a sink.

Slides 49–54

A. Wax Equipment

Furniture should be ergonomically designed so that both esthetician and client are comfortable. Furniture includes:

- Adjustable waxing table
- A stool may, which may be necessary to help the client onto and off of the table
- A multitiered rolling cart for holding waxing pots and supplies
- An assortment of covered containers for applicators, cotton, and gauze squares
- A covered holding tray and disinfection solution
- A covered container to store clean and disinfected items such as tweezers and scissors
- A covered waste container necessary for the proper disposal of all used supplies
- An assortment of towels and linens in a cabinet that allows for easy access

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1. Wax Treatment Essentials	• Wax heaters, one containing hard wax and the other soft wax • Tweezers, slanted and pointed, made of surgical steel able to withstand disinfection • Scissors for trimming eyebrows (must be able to withstand disinfection) • Scissors for cutting wax strips • Metal spatulas that can be disinfected (a sufficient number to ensure double dipping is not necessary)
2. Single-Use Items	• Bikini bottoms • Cotton rounds • Facial tissues • Gauze • Headbands, hair clips, bobby pins • Paper drapes • Paper towels • Single-use wooden wax applicators: large (tongue depressor), medium (popsicle sticks), or small • Treatment table paper rolls • Gloves, nonlatex • Wax strips of pellon (fiber) or muslin (cotton), which comes in rolls 3 inches wide or as precut packets for the body (3" × 9") and eyebrow and upper lip (1" × 3").
DID YOU KNOW?	You can cut 9" × 1" eyebrow or lip strips from a 3" × 9" body strip.
ACTIVITY: PREPARE FOR BROW WAX	**Complete Lesson Activity #10.**
3. Consumables	• **Pre-care:** Hand soap, wax manufacturer's recommended products, and/or cleansers/makeup remover, antiseptic lotions such as witch hazel, tea tree oil, and baby powder, numbing/topical anesthetic products, and desensitizing spray. • **Post-care:** Petroleum jelly for removing wax from eyelashes or other hair. Wax-removing lotion for skin, calming products such as aloe vera gel, salicylic lotion, arnica, and azulene. Baking soda for soothing compress solution. Eyebrow pencils in assorted colors, sharpener, eyebrow brushes.

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CAUTION	Desensitizing spray products must never be sprayed on the face; rather, spray onto a cotton round and apply to the face.
4. Hygiene and Infection Control	Following protocols and maintaining high standards reduces the risk of cross-contamination. • Keep applicators, strips, gauze, and cotton supplies in covered containers when not in use. • Clean tongs can be used to retrieve items after starting a service. • Gloves must be worn for all services and for cleaning and processing equipment. • Tweezers and any other multiuse items should be thoroughly cleansed, dried, and placed into a wet disinfectant following the manufacturer's instructions. • After cleaning, place the instruments into an EPA-registered disinfectant solution that is designated to kill all microbes, including staphylococcus, tuberculosis, pseudomonas (a pathogen), fungus, and the HIV virus. • Stainless steel instruments can also be processed and sterilized in an autoclave. • A metal spatula is exclusively used on a single client, any remaining wax is discarded, and the container is disinfected and refilled or replaced. • Multiple metal spatulas can be removed without double dipping, and then processed after the service. • Double dipping is never acceptable.
5. Table and Chair Protection	Cover with paper or linen any part of the table that will come in contact with the clients' skin. Change between each client.
6. Draping and Disposable Protection	Disposable paper drapes to allow the client to maintain modesty. Towels and linens should be avoided in favor of disposable drapes as wax is damaging to linens and towels and does not easily wash away.
7. Learn Hand Washing and Infection Control Measures	• Estheticians' hands must be thoroughly washed before and after contact with the client. • Do not put contaminated hands or gloves into clean containers. • Use clean gloves or disinfected tongs to open and reach into a drawer if more supplies are needed. • Hand washing in front of the client inspires confidence.

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8. Understanding Glove Use	Always wear gloves as there may be blood when the follicle is removed. Use vinyl or nitrile gloves, not latex, as it breaks down easily via a process known as wicking.
9. Do Not Double Dip	Do not double dip the spatula or applicator unless you are disposing of the entire pot of wax after treating that individual client.
10. Disposal of Contaminated Waste Items	All blood-stained, bodily fluid–contaminated cotton, gauze, and other materials should be immediately discarded by double bagging or placed in a biohazard waste container and disposed of properly.
11. Mastering Clean-up	• Throw away disposable drapes and other disposable items. • Clean and disinfect the treatment table and work area. • Change table linens. • Change wax heater collars if overly soiled with wax drips. • Place tools in a disinfectant holding tray. • Use a wax removal solution to wipe away wax from all surfaces, including the floor. • Retrieve new clean items and have them at the ready for the next service. • Retrieve paperwork, including the client's intake form and wax release form.
CHECK IN	19. List three important infection control methods. 20. What is the best way to remove wax from eyelashes?
IX. DEMONSTRATE WAXING HEAD TO TOE WITH SOFT AND HARD WAXES **Slides 55–65**	Preferred wax choices for differing areas and situations.
A. General Waxing Dos and Don'ts • General Waxing Dos	• Complete a client consultation card and have the client read and sign a release form. • Check for allergies, particularly beeswax, performing a patch test in a nonconspicuous area if necessary.

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- Wear single-use gloves to prevent contact with any possible bloodborne pathogens.
- Make sure hair is at least ¼ inch (0.6 centimeters) to ½ inch (1.25 centimeters) long for waxing.
- Trim hair before waxing if it is longer than ¾ inch (2 centimeters).
- Perform a temperature safety test on the inside of your wrist before applying wax to the client.
- Avoid creating messy threads of wax by scraping the underside of the spatula or applicator after dipping.
- Avoid wax threads or drops falling on the client's eyes or lashes.
- The client's eyes should be closed for face waxing.
- Protect scalp hair with a headband for face waxing.
- Protect clothes to avoid wax drips near the area you are waxing.
- Select the best choice of wax with the appropriate pre- and post-treatment.
- Always apply gentle pressure (fingers for small areas or the entire hand for larger body areas) immediately after removal.
- If redness or swelling occurs, apply aloe gel, cortisone cream, or a compress of gauze soaked in baking soda to calm and soothe the skin after waxing.
- Always provide post-treatment instructions.

- General Waxing Don'ts
  - Do not apply wax without first checking the temperature.
  - Do not reapply soft wax to an area already waxed in the same session.
  - Do not touch the client without washing your hands.
  - Do not double dip.
  - Do not remove vellus hair; doing so may cause the hair to lose its softness and uniformity.
  - Do not apply wax over warts, moles, abrasions, or irritated or inflamed skin.
  - Never wax over curves or two different planes in one application.
  - Do not wax male mustache or beard hair or sideburns as it is terminal, coarse and grows deep into the skin.

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DID YOU KNOW?	To safely cover an area such as a blemish or abrasion that cannot be waxed and that is close to where you are removing hair, apply an occlusive balm such as petroleum jelly over the area so wax will not adhere to it.
B. Face Waxing on Women and Men	
1. Waxing the Eyebrows	Eyebrows enhance and provide expression to the face; they provide a natural frame for the eyes. Correctly shaping eyebrows is an art combined with following a few simple rules. The start of the brow is the corner nearest the nose, with an ascent to the point of the arch, followed by the descent to the end of the brow on the outer edge. These three points are determined with the placement of an applicator using the guide illustrated in Figure 11–20a. If a client has wide nostrils, an alternative guideline is to rest the applicator just above the nostril for the start point as shown in Figure 11–20b. An initial eyebrow shaping appointment will entail discussing shaping and will require more time than follow-up maintenance visits.
CAUTION	Avoid waxing the eyebrows if there are signs of irritation or infection present like conjunctivitis or a sty.
DID YOU KNOW?	If any wax falls onto the client's lashes, request that the client keep the eyes gently closed. Slide some damp cotton under the client's lashes, then using cotton or a cotton-tip applicator and petroleum jelly, stroke down the lashes until the wax slides off.
C. Performing a Men's Eyebrow Wax with Soft Wax	Male clients generally just want a unibrow and any heaviness under the brow removed, but without emphasizing an arch, so adjustment to the guideline is needed. Start point should be slightly further towards center. Allow for intermittent tweezing for a more natural look.
PERFORM: Procedure 11-2: Eyebrow Wax with Hard Wax	Refer to Procedure 11-2 on page 499. Rubrics appear at the end of the lesson plan for rating and grading student performance.

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PERFORM: Procedure 11-3: Eyebrow Wax with Soft Wax	Refer to Procedure 11-3 on page 502. Rubrics appear at the end of the lesson plan for rating and grading student performance.
ACTIVITY: EYEBROW SHAPES	**Complete Lesson Activity #11.**
ACTIVITY: PRACTICE EYEBROW HAIR REMOVAL	**Complete Lesson Activity #12.**
D. Waxing the Lip	Hard wax is a good choice for this area, or a cream wax or a soft wax designed for more sensitive skin, reducing the occurrence of redness. The upper lip is divided, under the nose, into two equal sections for hair removal. Hair grows down and outward at a slight angle, while growing straight down under the nose. Nuisance hairs along the **vermillion border** sometimes bother clients. Wax as close as possible without getting wax on the fragile lip tissue. Finish by applying aftercare lotion, massaging both sides with fingertips, with gentle pressure on outer edges of the lip. Offer client ice in a baggie if area remains sensitive or feels puffy.
PERFORM: Procedure 11-4: Lip Wax with Hard Wax	Refer to Procedure 11-4 on page 505. Rubrics appear at the end of the lesson plan for rating and grading student performance.
PERFORM: Procedure 11-5: Lip Wax with Soft Wax	Refer to Procedure 11-5 on page 507. Rubrics appear at the end of the lesson plan for rating and grading student performance.
E. Waxing the Chin	A chin wax is often considered to include not only the chin but also the area under the jaw. Waxing should not be considered the primary choice of hair removal for the chin, as it can lead to irregular regrowth and removal of vellus hair, creating more irregular regrowth. Laser or IPL may be preferred for an abundance of superfluous hair, while a few terminal hairs surrounded by vellus hair may be better suited for electrolysis. If not an option, then use hard wax. Waxing should not be performed on terminal, beard-type, deep, coarse hair on the face.

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PERFORM: Procedure 11-6: Chin Wax with Hard Wax	Refer to Procedure 11-6 on page 509. Rubrics appear at the end of the lesson plan for rating and grading student performance.
F. Waxing the Sides of the Face	Waxing the sides of the face can create problems for your client in the future. If they have not waxed there before, educate and inform them of the consequences down the road. Multiple wax treatments with soft wax cause distorted hair follicles and irregular hair growth. Vellus hair may gradually grow deeper into the dermis and when the client experiences hormonal changes, the hairs transition to become terminal. Also, as the skin matures, it becomes more fragile and wax treatments can cause an adverse reaction leaving the client with choosing other methods such as laser or electrolysis. If the area is to be waxed, hard wax is the better option. Sugaring is also an option.
G. Waxing the Underarm (**Axilla**)	Axilla is the region between the arm and the thoracic wall where there is often asymmetry to the hair growth. The different directions of growth converge in the center, so hard wax is the preferred method of hair removal. Consider cream or honey wax for sensitive skin. Determine direction of growth before applying wax. Initial section to be waxed should be toward outside edge, and removal should proceed in sections to the center. Apply a soothing lotion after removal. If underarm is tender, a cool cotton compress of cold water and baking soda can be applied.
CAUTION	Do not wax the axilla if the client has had a mastectomy or has mastitis.
PERFORM: Procedure 11-7: Axilla Waxing with Hard Wax	Refer to Procedure 11-7 on page 510. Rubrics appear at the end of the lesson plan for rating and grading student performance.
PERFORM: Procedure 11-8: Axilla Waxing with Soft Wax	Refer to Procedure 11-8 on page 513. Rubrics appear at the end of the lesson plan for rating and grading student performance.
H. Waxing the Arm and Hand	Soft wax is fastest and most effective, although it can cause regrowth in an unruly fashion. Client may want to consider hard wax or sugaring to prevent this.

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1. Waxing the Upper Arm	Use blending if just a few hairs above the elbow. If hair is obvious, complete removal is required.
PERFORM: Procedure 11-9: Arm and Hand Waxing with Hard Wax	Refer to Procedure 11-9 on page 516. Rubrics appear at the end of the lesson plan for rating and grading student performance.
PERFORM: Procedure 11-10: Arm and Hand Waxing with Soft Wax	Refer to Procedure 11-10 on page 520. Rubrics appear at the end of the lesson plan for rating and grading student performance.
I. Waxing the Upper Body on Women and Men	Though not common, some women may want a small diamond area near the base of spine to be waxed or hair growing in the cleavage between the breasts. Conversely, men may ask for larger areas to have hair removed. Waxing body hair may involve trimming the hair to ½ inch.
J. Waxing the Chest	Do not wax the areola on women, but hairs surrounding the areola can be waxed. Chest hair generally grows upward and across the chest and over the breast from the outside toward the center. Then it gradually transitions to growing downward in the center. See Figure 11–24. Before waxing a man's chest, discuss what areas are to be waxed (abdomen, shoulders, chest).
PERFORM: Procedure 11-11: Men's Chest Waxing with Hard Wax	Refer to Procedure 11-11 on page 524. Rubrics appear at the end of the lesson plan for rating and grading student performance.
PERFORM: Procedure 11-12: Men's Chest Waxing with Soft Wax	Refer to Procedure 11-12 on page 526.
K. Waxing the Back	Typically, men want hair from the waist up removed. Unless you have a long reach, stand on the same side that the wax is going to be applied first and change sides after that half is completed. If standing on one side for entire service, complete side furthest away first. The hair grows from outside toward the center. See Figure 11–25.
PERFORM: Procedure 11-13: Men's Back Waxing with Hard Wax	Refer to Procedure 11-13 on page 528.

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PERFORM: Procedure 11-14: Men's Back Waxing with Soft Wax	Refer to Procedure 11-14 on page 532.
L. Waxing the Lower Body on Women and Men	Includes the bikini area, abdomen, and upper and lower legs.
1. Bikini Waxing	Three methods: American (or standard), French, and Brazilian. See Figure 11–26. Waxing method used depends on client's preference and extent of hair to be removed. Hard wax is preferred.
• Styles for bikini waxing	• The standard *American* bikini wax is the removal of all hair that protrudes from a standard bikini bottom. • The *French* bikini wax (named for hair protruding from French thong underwear) leaves hair on the front pubis area—everything else is removed. The shape of the hair left and amount of hair to be removed should be clearly ascertained from the client prior to starting the waxing procedure. • With *Brazilian* waxing, all of the hair in the bikini area is removed, including on the pubis, genital area, and perineum.
• Importance of communication prior to bikini waxing services (for the extent of the wax)	Good communication is essential so that both parties understand what hair is to be removed and what should remain. The client may ask for one thing, like a Brazilian, but actually want hair left on the pubis.
PERFORM: Procedure 11-15: American Bikini Wax with Hard Wax	Refer to Procedure 11-15 on page 536. Rubrics appear at the end of the lesson plan for rating and grading student performance.
PERFORM: Procedure 11-16: American Bikini Wax with Soft Wax	Refer to Procedure 11-16 on page 539.
2. Waxing the Leg	Can vary between upper and lower leg. Hair of upper leg may be less dense in growth, but a larger surface has to be covered. See Figures 11–27 and 11–28 for directions of hair growth.
PERFORM: Procedure 11-17: Leg Waxing with Soft Wax	Refer to Procedure 11-17 on page 542. Rubrics appear at the end of the lesson plan for rating and grading student performance.
ACTIVITY: KEY TERM REVIEW	**Complete Lesson Activity #13.**

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SUMMARY AND REVIEW

- Hair is removed by:
  - Depilation: removing hair at the skin line such as shaving and using chemical depilatories
  - Epilation: removing hair below the skin line by tweezing, waxing and electrolysis
- As a licensed esthetician, you will be asked to remove unwanted hair, especially the eyebrows and other facial hair.
- Become proficient in other hair removal services as allowed by the regulatory agency in the state or province where you practice.
- It is extremely important to follow infection control guidelines when removing unwanted hair.
- Never forget to cleanse and dry the treatment area prior to treatment and apply a cooling antiseptic afterward.
- Follow all safety precautions to protect the client from skin irritation or inflammation.

CHECK IN QUESTIONS AND ANSWERS

1. What are hair papillae necessary for?

   Answer: *The hair papillae, located at the base of the follicle, houses capillaries for nourishment and are essential to hair growth.*

2. What is a benefit of the arrector pili muscle?

   Answer: *Contraction of the arrector pili muscle fiber warms the skin when it creates an air pocket under the upright hairs. It also helps disperse the protective lipids from the sebaceous gland to the skin and hair.*

3. What is the difference between lanugo and vellus hair?

   Answer: *Lanugo is soft downy hair found on a fetus and vellus hair is the soft peach fuzz hair found on areas of the face and body not covered with terminal hair.*

4. What is the main catalyst for vellus hairs transitioning to terminal hairs?

   Answer: *Hormonal influences, as well as tweezing, shaving, and waxing, especially against the hair growth, can cause vellus hairs to transition to terminal hair.*

5. What is the most effective stage for hair removal?

   Answer: *The anagen phase is the most effective stage for hair removal.*

6. What makes scalp hair grow longer than eyelashes?

   Answer: *The longer anagen phase of the scalp hair allows it to grow longer than eyelashes, which have a short anagen phase.*

7. What disease, disorder, or syndrome most commonly causes hirsutism?

   Answer: *Polycystic ovarian syndrome (PCOS) is the most prevalent cause of hirsutism.*

8. Between hirsutism and hypertrichosis, which is attributed to genetics and not male androgens?

   Answer: *Excessive hair growth attributed to genetics is called hypertrichosis.*

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9. What are the main active ingredients in depilatories?

   Answer: *Alkalines such as sodium hydroxide, potassium hydroxide, thioglycolic acid, or calcium thioglycolate are the main ingredients in depilatories.*

10. What is another name for threading?

    Answer: *Banding is another name for threading.*

11. What is the biggest benefit of cleaning up after hand-applied sugaring?

    Answer: *Hand-applied sugar paste is water soluble, making clean-up easy.*

12. What is the minimal length of hair that can be removed with sugaring?

    Answer: *Hair can be removed with sugaring if it is only 1/16 to 1/8 inch (1.5 to 3 millimeters) long.*

13. Which modality of electrolysis utilizes direct current?

    Answer: *Galvanic electrolysis uses direct current (DC).*

14. What is a main benefit of electrolysis?

    Answer: *The biggest benefit of electrolysis is that it offers permanent hair removal regardless of hair type or skin color.*

15. What is a downside to electrolysis?

    Answer: *Downsides to electrolysis are discomfort, cost, time, cessation of other hair removal methods, and irritation.*

16. Name a safety concern for laser/IPL.

    Answer: *Safety concerns for laser/IPL are selecting suitable candidates on the Fitzpatrick and Lancer Ethnicity scale and the use of protective eyewear.*

17. What are two benefits to speed waxing?

    Answer: *Speed waxing is more comfortable for the client and the appointment time is shorter.*

18. What are two downsides of waxing?

    Answer: *Hair has to grow back in to be waxed. The waxing process can be uncomfortable and can produce irritation or injury to the waxed skin. Regrowth can be irregular.*

19. List three important infection control methods.

    Answer: *Wash hands prior to touching clients. Wear gloves for all wax services. Do not double dip the spatula.*

20. What is the best way to remove wax from eyelashes?

    Answer: *Apply petroleum jelly to eyelashes and gently stroke downward with a cotton-tip applicator.*

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STUDENT NAME: _____ DATE: _____

EYEBROW TWEEZING

YES	NO	CRITERIA	INSTRUCTOR COMMENTS
		Preparation	
		1. Prepared treatment area with equipment and supplies.	
		2. Reviewed client's intake form.	
		3. Greeted client.	
		4. Ensured there are no contraindications for the treatment scheduled.	
		5. Ensured client is properly seated on treatment table/chair.	
		6. Performed client consultation.	
		7. Hair protected and secured.	
		8. Washed hands; put on gloves.	
		Procedure	
		9. Properly cleansed skin.	
		10. Measured starting point, endpoint, and correct arch location.	
		11. Brushed brows upward and isolate longer hairs.	
		12. Trimmed longer hairs.	
		13. Brushed hairs and determined which hairs need to be removed.	
		14. Applied gentle friction to the brow area.	
		15. Held skin of brow taut.	
		16. Removed unwanted hairs.	
		17. Tweezed hair in direction of growth.	
		18. Brushed hair downward and removed hairs above the brow as necessary.	
		19. Repeated procedure on second brow.	
		20. Proceed to the glabella area.	
		21. Wiped treated area with a soothing lotion.	

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		22. Finished by brushing eyebrows in line.	
Completion			
		23. Asked client if they had any questions.	
		24. Advised client on proper home care.	
		25. Recommended professional products.	
		26. Recorded service findings and recommendations on client's chart.	
		27. Cleaned treatment area.	
		28. Followed all infection control and safety procedures.	
TOTAL NUMBER OF YES's and NO's			
FINAL SCORE (Total yes's divided by 28)			

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STUDENT NAME: _____ DATE: _____

EYEBROW WAX (HARD OR SOFT WAX)

YES	NO	CRITERIA	INSTRUCTOR COMMENTS
		Preparation	
		1. Prepared treatment area with equipment and supplies.	
		2. Reviewed client's intake form.	
		3. Greeted client.	
		4. Ensured there are no contraindications for the treatment scheduled.	
		5. Ensured client is properly seated on treatment table/chair.	
		6. Performed client consultation.	
		7. Client properly draped; hair protected and secured.	
		8. Washed hands; put on gloves.	
		Procedure	
		9. Properly cleansed skin.	
		10. Pretreated area to be waxed according to manufacturer's instructions.	
		11. Measured the eyebrows for the start point, endpoint, and point of arch.	
		12. Dipped small applicator into the wax, scrape underside, to avoid threads.	
		13. Standing behind client, properly applied wax.	
		14. Hard wax: left thicker tab at outer edge. Soft wax: placed strip over wax.	
		15. Held skin taut and removed strip/hard wax against the direction of hair growth.	
		16. Applied immediate pressure to area.	
		17. Repeated on other eyebrow.	
		18. Waxed the glabella.	
		19. Tweezed/trimmed stray hairs as needed.	
		20. Massaged both eyebrows simultaneously with a soothing lotion.	

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		21. Brushed eyebrows.	
Completion			
		22. Asked client if they had any questions.	
		23. Advised client on proper home care.	
		24. Recommended professional products.	
		25. Recorded service findings and recommendations on client's chart.	
		26. Cleaned treatment area.	
		27. Followed all infection control and safety procedures.	
TOTAL NUMBER OF YES's and NO's			
FINAL SCORE (Total yes's divided by 27)			

INSTRUCTOR: _____ DATE: _____

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STUDENT NAME: _____ DATE: _____

LIP WAX (SOFT OR HARD WAX)

YES	NO	CRITERIA	INSTRUCTOR COMMENTS
		Preparation	
		1. Prepared treatment area with equipment and supplies.	
		2. Reviewed client's intake form.	
		3. Greeted client.	
		4. Ensured there are no contraindications for the treatment scheduled.	
		5. Ensured client is properly seated on treatment table/chair.	
		6. Performed client consultation.	
		7. Client properly draped; hair protected and secured.	
		8. Washed hands; put on gloves.	
		Procedure	
		9. Properly cleansed skin.	
		10. Pretreated area to be waxed according to manufacturer's instructions.	
		11. Standing behind client, properly applied wax to half of upper lip.	
		12. Hard wax: left thicker tab where pull will originate. Soft wax: placed strip over wax.	
		13. Hard wax: removed wax. Soft wax: held lip taut and stable; removed strip opposite of hair growth.	
		14. Applied immediate pressure to area.	
		15. Repeated on opposite side of upper lip.	
		16. Applied soothing lotion.	
		Completion	
		17. Asked client if they had any questions.	
		18. Advised client on proper home care.	
		19. Recommended professional products.	

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		20. Record service findings and recommendations on client's chart.	
		21. Cleaned treatment area.	
		22. Followed all infection control and safety procedures.	
TOTAL NUMBER OF YES's and NO's			
FINAL SCORE (Total yes's divided by 22)			

INSTRUCTOR: _____ DATE: _____

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STUDENT NAME: _____ DATE: _____

CHIN WAX (HARD WAX)

YES	NO	CRITERIA	INSTRUCTOR COMMENTS
		Preparation	
		1. Prepared treatment area with equipment and supplies.	
		2. Reviewed client's intake form.	
		3. Greeted client.	
		4. Ensured there are no contraindications for the treatment scheduled.	
		5. Ensured client is properly seated on treatment table/chair.	
		6. Performed client consultation.	
		7. Client properly draped; hair protected and secured.	
		8. Washed hands; put on gloves.	
		Procedure	
		9. Properly cleansed skin.	
		10. Determined number of sections where wax was to be applied.	
		11. Standing behind the client, properly applied wax.	
		12. Held skin taut and removed wax in the direction of the hair growth.	
		13. Applied immediate pressure.	
		14. Continued procedure to all sections of the chin.	
		15. Applied soothing lotion.	
		Completion	
		16. Asked client if they had any questions.	
		17. Advised client on proper home care.	
		18. Recommended professional products.	
		19. Recorded service findings and recommendations on client's chart.	

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		20. Cleaned treatment area.	
		21. Followed all infection control and safety procedures.	
TOTAL NUMBER OF YES's and NO's			
FINAL SCORE (Total yes's divided by 21)			

INSTRUCTOR: _____ DATE: _____

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STUDENT NAME: _____ DATE: _____

AXILLA WAX (HARD AND SOFT WAX)

YES	NO	CRITERIA	INSTRUCTOR COMMENTS
		Preparation	
		1. Prepared treatment area with equipment and supplies.	
		2. Reviewed client's intake form.	
		3. Greeted client.	
		4. Ensured there are no contraindications for the treatment scheduled.	
		5. Ensured client is properly seated on treatment table/chair. Placed bolster as needed.	
		6. Performed client consultation.	
		7. Client properly draped.	
		8. Washed hands; put on gloves.	
		Procedure	
		9. Trimmed hair if needed.	
		10. Properly cleaned axilla.	
		11. Asked client to raise the arm above shoulder, placing hand behind the head. Asked client to reach across body with the other hand and move breast tissue down and away.	
		12. Properly applied wax.	
		13. Hard wax: left thicker tab at outer edge.	
		14. Soft wax: placed strip over wax.	
		15. Asked client to turn head away.	
		16. Properly removed wax.	
		17. Applied immediate pressure.	
		18. Applied soothing lotion.	
		19. Completed the opposite side.	

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Completion			
		20. Asked client if they had any questions.	
		21. Advised client on proper home care.	
		22. Recommended professional products.	
		23. Recorded service findings and recommendations on client's chart.	
		24. Cleaned treatment area.	
		25. Followed all infection control and safety procedures.	
TOTAL NUMBER OF YES's and NO's			
FINAL SCORE (Total yes's divided by 25)			

INSTRUCTOR: _____ DATE: _____

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STUDENT NAME: _____ DATE: _____

ARM AND HAND WAX (HARD OR SOFT)

YES	NO	CRITERIA	INSTRUCTOR COMMENTS
		Preparation	
		1. Prepared treatment area with equipment and supplies.	
		2. Reviewed client's intake form.	
		3. Greeted client.	
		4. Ensured there are no contraindications for the treatment scheduled.	
		5. Ensured client is properly seated on treatment table/chair.	
		6. Performed client consultation.	
		7. Client properly draped.	
		8. Washed hands; put on gloves.	
		Procedure	
		9. Applied pretreatment.	
		10. Properly applied wax to inside arm.	
		11. Hard wax: left thicker tab at edge. Soft wax: placed strip over wax.	
		12. Properly removed wax/strip.	
		13. Properly applied wax to inside arm.	
		14. Hard wax: left thicker tab at edge. Soft wax: placed strip over wax.	
		15. Properly removed wax/strip.	
		16. Applied aftercare to arm.	
		17. Properly applied wax to hand.	
		18. Hard wax: left thicker tab at edge. Soft wax: placed strip over wax.	
		19. Properly removed wax/strip.	
		20. Properly applied wax to fingers.	
		21. Hard wax: left thicker tab at edge. Soft wax: placed strip over wax.	

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		22. Properly removed wax/strip.	
		23. Applied aftercare to hand and fingers.	
Completion			
		24. Asked client if they had any questions.	
		25. Advised client on proper home care.	
		26. Recommended professional products.	
		27. Recorded service findings and recommendations on client's chart.	
		28. Cleaned treatment area.	
		29. Followed all infection control and safety procedures.	
TOTAL NUMBER OF YES's and NO's			
FINAL SCORE (Total yes's divided by 29)			

INSTRUCTOR: _____ DATE: _____

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STUDENT NAME: _____ DATE: _____

MEN'S CHEST/BACK WAXING (HARD OR SOFT)

YES	NO	CRITERIA	INSTRUCTOR COMMENTS
		Preparation	
		1. Prepared treatment area with equipment and supplies.	
		2. Reviewed client's intake form.	
		3. Greeted client.	
		4. Ensured there are no contraindications for the treatment scheduled.	
		5. Ensured client is properly seated on treatment table/chair.	
		6. Performed client consultation.	
		7. Client properly draped.	
		8. Washed hands; put on gloves.	
		Procedure	
		9. Trimmed hair if longer than ½ inch.	
		10. Brushed away hair clippings, cleansed the skin and applied pretreatment.	
		11. Properly applied wax to outer edge of chest/back.	
		12. Hard wax: left thicker tab at outer edge. Soft wax: placed strip over wax.	
		13. Properly removed wax.	
		14. Applied gentle pressure.	
		15. Continued to next section(s) and properly applied wax to each section.	
		16. Hard wax: left thicker tab at outer edge. Soft wax: placed strip over wax.	
		17. Properly removed wax.	
		18. Applied gentle pressure.	
		19. Applied a soothing lotion.	
		20. Checked for blood spots.	

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Completion			
		21. Asked client if they had any questions.	
		22. Advised client on proper home care.	
		23. Recommended professional products.	
		24. Recorded service findings and recommendations on client's chart.	
		25. Cleaned treatment area.	
		26. Followed all infection control and safety procedures.	
TOTAL NUMBER OF YES's and NO's			
FINAL SCORE (Total yes's divided by 26)			

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STUDENT NAME: _____ DATE: _____

AMERICAN BIKINI WAX (HARD OR SOFT)

YES	NO	CRITERIA	INSTRUCTOR COMMENTS
		Preparation	
		1. Prepared treatment area with equipment and supplies.	
		2. Reviewed client's intake form.	
		3. Greeted client.	
		4. Ensured there are no contraindications for the treatment scheduled.	
		5. Ensured client is properly seated on treatment table/chair.	
		6. Performed client consultation.	
		7. Client properly draped or provided client with disposable bikini bottoms.	
		8. Washed hands; put on gloves.	
		Procedure	
		9. Cleansed area to be waxed.	
		10. Trimmed hair if longer than ½ inch. Securely tucked away hair not to be waxed.	
		11. Applied pretreatment.	
		12. Properly positioned client on table.	
		13. Properly applied wax to femoral ridge.	
		14. Hard wax: left thicker tab at outer edge. Soft wax: placed strip over wax.	
		15. Properly removed wax.	
		16. Applied gentle pressure.	
		17. Properly positioned client on table for next application.	
		18. Properly applied wax downward from the ridge toward the table.	
		19. Hard wax: left thicker tab at outer edge. Soft wax: placed strip over wax.	
		20. Properly removed wax.	

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		21. Applied gentle pressure.	
		22. Properly positioned client on table for next application.	
		23. Properly applied wax downward to final section.	
		24. Hard wax: left thicker tab at outer edge. Soft wax: placed strip over wax.	
		25. Properly removed wax.	
		26. Applied gentle pressure.	
		27. Applied soothing aftercare.	
Completion			
		28. Asked client if they had any questions.	
		29. Advised client on proper home care.	
		30. Recommended professional products.	
		31. Recorded service findings and recommendations on client's chart.	
		32. Cleaned treatment area.	
		33. Followed all infection control and safety procedures.	
TOTAL NUMBER OF YES's and NO's			
FINAL SCORE (Total yes's divided by 33)			

INSTRUCTOR: _____ DATE: _____

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STUDENT NAME: _____ DATE: _____

LEG WAXING (SOFT WAX)

YES	NO	CRITERIA	INSTRUCTOR COMMENTS
		Preparation	
		1. Prepared treatment area with equipment and supplies.	
		2. Reviewed client's intake form.	
		3. Greeted client.	
		4. Ensured there are no contraindications for the treatment scheduled.	
		5. Ensured client is properly seated on treatment table/chair.	
		6. Performed client consultation.	
		7. Client properly draped.	
		8. Washed hands; put on gloves.	
		Procedure	
		9. Properly pretreated legs with antiseptic lotion and baby powder.	
		10. Properly positioned client on table.	
		11. Properly applied wax to foot.	
		12. Applied strip.	
		13. Properly removed strip.	
		14. Applied immediate pressure.	
		15. Properly applied wax to lower leg.	
		16. Applied strip.	
		17. Properly removed strip.	
		18. Applied immediate pressure.	
		19. Properly applied wax to upper leg.	
		20. Applied strip.	
		21. Properly removed strip.	
		22. Applied immediate pressure.	

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		23. Applied lotion to remove any residue.	
		24. Finished by applying lotion and gently massaging legs with effleurage movements.	
Completion			
		25. Asked client if they had any questions.	
		26. Advised client on proper home care.	
		27. Recommended professional products.	
		28. Recorded service findings and recommendations on client's chart.	
		29. Cleaned treatment area.	
		30. Followed all infection control and safety procedures.	
TOTAL NUMBER OF YES's and NO's			
FINAL SCORE (Total yes's divided by 30)			

INSTRUCTOR: _____ DATE: _____

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NAME: _____ DATE: _____

TEST—CHAPTER 11—HAIR REMOVAL

Read each statement carefully. Circle the letter that correctly completes each of the following statements.

1. The scientific study of hair and its diseases is called _____.
    a. follicology
    b. trichology
    c. biology
    d. anatomy
2. Hair growth is created by the activity of cells in the _____.
    a. stratum corneum
    b. pores
    c. basal layer
    d. dermis
3. What is the name for the thick club-shaped structure made from epithelial cells?
    a. dermal papilla
    b. follicle
    c. hair bulb
    d. hair follicle
4. A hair follicle is a mass of epidermal cells, extending down into the dermis and forming what?
    a. bulb
    b. tube
    c. sac
    d. pore
5. What is the most common form/method of hair removal in salons?
    a. threading
    b. sugaring
    c. waxing
    d. electrolysis
6. Lanugo is _____.
    a. telogen hair
    b. short, fine, downy hair
    c. anagen hair
    d. catagen hair

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7. What is the "resting" stage of hair growth?
    a. anagen
    b. catagen
    c. telogen
    d. depilagen
8. Long-term hair reduction is most effective when hairs are removed in which stage?
    a. anagen
    b. catagen
    c. telogen
    d. The stage of hair growth at removal is irrelevant.
9. What helps keep skin supple and waterproof?
    a. sebaceous glands
    b. hair papilla
    c. arrector pili muscle
    d. hair bulb
10. Hirsutism is _____.
    a. hyperhirchosis
    b. excessive hair growth
    c. baldness
    d. thin hair
11. Which of the following is a *disease* affecting hair growth?
    a. Stein–Leventhal syndrome
    b. Adrenogenital syndrome
    c. Achard–Thiers syndrome
    d. Cushing syndrome
12. The two types of hair removal are _____.
    a. deep and shallow
    b. temporary and permanent
    c. thinning and complete
    d. anagen and catagen
13. Galvanic, thermolysis, and blend are three methods of hair removal used by this method.
    a. electrolysis
    b. laser
    c. IPL
    d. photoepilation

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14. IPL hair removal involves the use of _____.
    a. short, powerful bursts of light
    b. a solid beam of light
    c. a DC electric current
    d. an AC electric current
15. What is depilation?
    a. removing the hair at the root
    b. removing the hair at or near the surface of the skin
    c. removing hair from the bottom of the follicle
    d. permanently removing the hair
16. Which of these is not a method of epilation?
    a. sugaring
    b. tweezing
    c. shaving
    d. waxing
17. Which hair removal process can cause folliculitis?
    a. shaving
    b. tweezing
    c. threading
    d. waxing
18. Common ingredients that are added in waxes are _____.
    a. azulene
    b. chamomile
    c. tea tree oil
    d. all of the above
19. Sugar paste is easy to clean up because it is _____.
    a. water soluble
    b. oil based
    c. a depilatory
    d. a resin
20. Hard wax is the preferred wax for which of the following areas?
    a. the arms
    b. the chest
    c. the face
    d. the back

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21. What is the method of utilizing wax that has built up on the muslin to remove more obvious hairs while leaving shorter hairs behind?
    a. speed waxing
    b. blending
    c. sugaring
    d. lasering
22. Which of the following answers best describe post-waxing materials?
    a. products with tea tree oil and soothing lotions
    b. soothing lotions only
    c. hair-growth inhibitors only
    d. products containing alcohol
23. When clients have these conditions and/or diseases, they should not receive a leg waxing service.
    a. varicose veins
    b. have deep hair roots
    c. diabetes
    d. are too hairy
24. Never apply wax over _____.
    a. warts, moles, abrasions, or inflamed skin
    b. freckles, birthmarks
    c. areas that have been waxed during previous appointments
    d. the fingers
25. Which of the following are post-waxing precautions?
    a. do not exfoliate for 48 hours
    b. avoid sun exposure for 48 hours
    c. avoid using creams with fragrance for 48 hours
    d. all answers
26. Properly shaped eyebrows are important because they _____.
    a. will make you look more intelligent
    b. will look thicker
    c. can enhance natural beauty and attractiveness
    d. speak to trend and fashion

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27. Which of the following is a post-care consumable?
    a. witch hazel
    b. baby powder
    c. aloe vera gel
    d. desensitizing spray
28. What type of gloves are recommended?
    a. rubber
    b. latex
    c. vinyl
    d. cloth

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ANSWER KEY—CHAPTER 11—HAIR REMOVAL

ANSWER	PAGE REFERENCE	LEARNING OBJECTIVE NUMBER
1. b	p.456	11-2
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3. c	p.457	11-2
4. b	p.456	11-2
5. c	p.456	11-1
6. b	p.458	11-2
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10. b	p.461	11-4
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20. c	p.473	11-6
21. b	p.476	11-6
22. a	p.474	11-5
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25. d	p.481	11-7
26. c	p.488	11-9
27. c	p.484	11-8
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