

ITEC Level 2 Diploma for Beauty Specialists	
Unit 12 Waxing	
Recommended guided learning hours – 50	
QCA Qualification Accreditation Number: 100/1914/5	
Learning outcome	Underpinning knowledge
Students will be able to: 1) Understand, explain and demonstrate the use of the following products:	<ul style="list-style-type: none"> • Hot wax • Cool wax • Sugaring • Pre/after wax lotions • Disposable spatulas • Cotton wool • Waxing strips • Tweezers
2) Understand and explain how to treat the following areas:	<ul style="list-style-type: none"> • Under arms • Back • Chest • Abdomen • Bikini Line • Brazilian • Hollywood • Leg • Lip • Chin • Forearms • Eyebrows
3) Understand and explain how to prepare/protect the working area	<p>To include:</p> <ul style="list-style-type: none"> • Protect the floor • Protect the couch • Ensure the wax is ready at the required temperature • Strips to remove the wax • Ensure that sanitiser is available • Powder • Tweezers • Surgical gloves • Cotton wool • Tissues • After wax lotion • Scissors
4) Understand and explain the setting up of equipment safely	<ul style="list-style-type: none"> • Ensure there are not trailing wires for the wax pot • Ensure that there are no bare wires • Ensure there is no water in the area • Ensure that the thermostat is working on the wax pot
5) Understand and explain specific hygiene and precautions for waxing	<p>To include:</p> <ul style="list-style-type: none"> • Gloves must be worn • A different spatula must be used for each area • Where blood spots occur the spatula must be changed immediately and disposed of appropriately
6) Understand and explain the importance of communicating with the client tactfully and accurately and demonstrate how to do so	<p>To include:</p> <ul style="list-style-type: none"> • Taking a full consultation • Checking medical history • Discussing the treatment plan • Discussing home care and after advice
7) Understand and recognise those general contraindications to waxing requiring medical permission or the client to sign an informed consent form prior to the treatment and those contraindications that restrict treatment	<ul style="list-style-type: none"> ◆ Contraindications requiring medical permission – in circumstances where medical permission cannot be obtained clients must sign an informed consent form stating that the treatment and its effects have been fully explained to them and confirm that they are willing to proceed without permission from their GP • Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Nervous/Psychotic conditions • Recent operations • Diabetes • Trapped/Pinched nerve • Inflamed nerve • Severe varicose veins ◆ Contraindications that restrict treatment • Fever • Infectious or contagious diseases • Under the influence of recreational drugs or alcohol • Any known allergies • Infectious skin diseases and disorders • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Self tan • Heat rash • Hairy moles • Hormonal implants • Recent fractures (minimum 3 months) • Neuralgia • Hypersensitive skin • Loss of skin sensation • Vascular skin • Hairy moles • Varicose veins • 48 hours after sun tanning • Bells Palsy • Abnormal hair growth
8) Understand and explain the cause of ingrowing hairs and treatment	<p>To include:</p> <ul style="list-style-type: none"> • Dry skin • Shaving • Hairs break off when waxing • Lack of exfoliation and moisturiser

9) Understand, explain and demonstrate how to sanitise the area to be treated	<ul style="list-style-type: none"> Wipe over the area to be waxed with sanitiser or with a pre-wax treatment
10) Understand and explain the composition and ingredients of the following depilatory products	<ul style="list-style-type: none"> Hot wax Cool wax
11) Understand and explain the appropriate use of the following depilatory products	<ul style="list-style-type: none"> Hot wax Cool wax
12) Understand and explain how to test the products on self and client	<ul style="list-style-type: none"> The heated wax should be tested on the therapists wrist first to check the temperature The heated wax should then be tested on the wrist or the ankle of the client to ensure it is not too hot
13) Understand, explain and apply cool wax evenly, sparingly and ensuring cost effectiveness throughout	<ul style="list-style-type: none"> Ensure that the spatula is held at right angles to the area to be waxed ensuring that wax drips from the top to the bottom of the spatula ensuring a thin even distribution of wax which also ensure less strips are used for removal
14) Understand, explain and apply hot wax evenly	<ul style="list-style-type: none"> Check length of hair (minimum 1cm) Check direction in which hairs grow Apply wax first against the hair growth
15) Understand, explain and demonstrate removal of the product	<ul style="list-style-type: none"> Quickly, whilst holding the skin taut without touching an already waxed area, using the correct method for the product selected, whilst minimising discomfort to the client
16) Understand and explain how to clear the area effectively	<ul style="list-style-type: none"> Do not re-wax over an area which has already been treated with hot wax Tweeze out any stray hairs
17) Understand, explain and demonstrate safe disposal of waste	<p>Where blood spots may have occurred care must be taken with the waste to include:</p> <ul style="list-style-type: none"> Place in a plastic bag Put in a separate bin (containing chemical) to be taken away and incinerated
18) Understand, explain and demonstrate the ability to work quickly and efficiently to a standard acceptable by the industry	<p>The treatment should be performed in a commercially acceptable time:</p> <ul style="list-style-type: none"> Full leg 40 minutes Half leg 20 minutes Underarm and bikini 15 minutes each
19) Understand, explain and demonstrate accurate updating of client records	<ul style="list-style-type: none"> Contraindications must be checked and noted appropriately A note should be made of the area(s) to be waxed Any notes regarding skins reaction should be made at the end of the treatment Home care advice
20) Understand and explain the advantages and disadvantages of the use of each product	<p>To include:</p> <ul style="list-style-type: none"> Composition Working temperature (Cool wax 43°C, Hot wax 68°C) Method of application Method of removal
21) Understand and explain temporary forms of depilation	<p>To include:</p> <ul style="list-style-type: none"> Tweezing Shaving Depilatory creams Sugaring Threading Depilation machine
Structure of the Skin	
22) Understand and explain (with the aid of a diagram) the position and function of the following:	<ul style="list-style-type: none"> ◆ Epidermis <ul style="list-style-type: none"> Stratum Corneum Stratum Lucidum Stratum Granulosum Stratum Spinosum/Malpighian Stratum Germinativum/Basal layer ◆ Dermis <ul style="list-style-type: none"> Blood supply Lymphatic supply Hair follicle Hair Sebaceous gland Sweat gland: Eccrine and Apocrine Sensory nerve endings Dermal papilla Erector pili muscle
23) Understand and explain the Subcutaneous/Adipose layer	<ul style="list-style-type: none"> The structure and function of the fatty layer underneath the Dermis
Functions of the Skin	
24) Understand and explain the functions of the skin	<ul style="list-style-type: none"> Secretion Heat regulation Absorption Protection/Acid Mantle Elimination Sensation Vitamin D formation (7 dehydrocholesterol)
25) Understand and explain the functions and formation of the acid mantle	<p>To include:</p> <ul style="list-style-type: none"> Composition and formation

<p>26) Understand, explain and recognise skin diseases/disorders and show knowledge of whether they are contraindicated or not</p>	<p>To include:</p> <ul style="list-style-type: none"> ◆ Infestations • Scabies • Lice ◆ Congenital • Atopic eczema • Atopic dermatitis • Psoriasis ◆ Bacterial • Acne vulgaris • Impetigo • Acne rosacea • Boils • Folliculitis ◆ Viral • Warts • Herpes simplex • Herpes zoster ◆ Fungal • Tinea corporis • Tinea pedis ◆ Pigmentation disorders • Vitiligo • Albinism • Chloasma • Ephelides • Lentigo • Moles (papilloma) • Naevae • Port wine stain • Leucoderma ◆ General disorders • Urticaria • Allergic reaction
<p>Skin Cancer</p>	
<p>27) Understand and explain the main skin cancers</p>	<ul style="list-style-type: none"> • Basal Cell Carcinoma • Squamous Cell Carcinoma • Malignant Melanoma
<p>Structure of the Hair</p>	
<p>28) Understand and explain (with the aid of diagrams) the position and function of the following and their relevance to waxing</p>	<ul style="list-style-type: none"> • Cuticle • Cortex • Medulla • Inner Root Sheath • Huxley's layer • Henle's layer • Outer Root Sheath • Vitreous Membrane • Connective Tissue • Dermal Papilla
<p>29) Understand and explain types of hair</p>	<ul style="list-style-type: none"> • Lanugo • Vellus • Terminal
<p>30) Understand and explain the factors which may affect hair growth</p>	<ul style="list-style-type: none"> • Congenital • Hormonal • Topical • Systemic • Non systemic • Medication
<p>31) Understand and explain the hair growth cycle</p>	<ul style="list-style-type: none"> • Anagen • Catagen • Telogen
<p>Endocrine System</p>	
<p>32) Understand and explain (with the aid of diagrams) the position of the main endocrine glands and hormones secreted</p>	<ul style="list-style-type: none"> ◆ Pituitary • Oxytocin • Antidiuretic hormone (ADH) (vasopressin) • Prolactin • Human Growth Hormone (HGH) • Thyroid Stimulating Hormone (TSH) • Adrenocorticotrophic hormone (ACTH) • Luteinising Hormone (LH) • Follicle Stimulating Hormone (FSH) • Melanin Stimulating Hormone (MSH) ◆ Thyroid gland • Thyroxin ◆ Parathyroid glands • Parathormone ◆ Thymus • T lymphocytes ◆ Pineal • Regulates the pituitary and releases serotonin ◆ Islets of Langerhans • Insulin ◆ Adrenal glands Adrenal medulla: • Adrenalin • Noradrenalin Adrenal cortex: • Corticosteroids ◆ Ovaries • Oestrogen • Progesterone ◆ Testes • Testosterone
<p>33) Understand, explain and demonstrate knowledge of the effects of hormones on hair growth</p>	<p>To include:</p> <ul style="list-style-type: none"> • Puberty • Pregnancy • Menopause
<p>34) Understand and explain the effect of hormones on the hair growth cycle</p>	<p>To include:</p> <ul style="list-style-type: none"> • Testosterone and hormones secreted from the adrenal cortex

35) Understand and explain the menstrual cycle	To include: <ul style="list-style-type: none"> • First menstrual phase • Second proliferate phase • Third secretory phase
36) Understand and explain the effect of stress on the endocrine system and effects on hair growth	To include: <ul style="list-style-type: none"> • Effects of the parasympathetic and sympathetic nervous systems
37) Understand and explain the causes and effect of the following diseases and disorders:	<ul style="list-style-type: none"> • Addison's syndrome • Amenorrhoea • Cushing's Syndrome • Menopause • Pre-menstrual Syndrome • Polycystic Ovarian Syndrome • Stress

Unit 12 Waxing Case Studies	
<p>5 case studies are required, including one treatment per client on the following range of areas: Full leg, Bikini line, Underarm, Forearm, Lip, Chin</p> <p>These are internally assessed by the college lecturer and reviewed by the ITEC Practical Examiner</p>	<p>To include:</p> <ul style="list-style-type: none"> • Consultation form • Medical history • Lifestyle and client profile • Details of each treatment • Home care advice including recommendations for ongoing treatment plan • Client feedback • Reflective practice after each treatment* • Overall conclusion of each case

*NB: Candidates should reflect on their own performance and the performance outcomes of the treatment