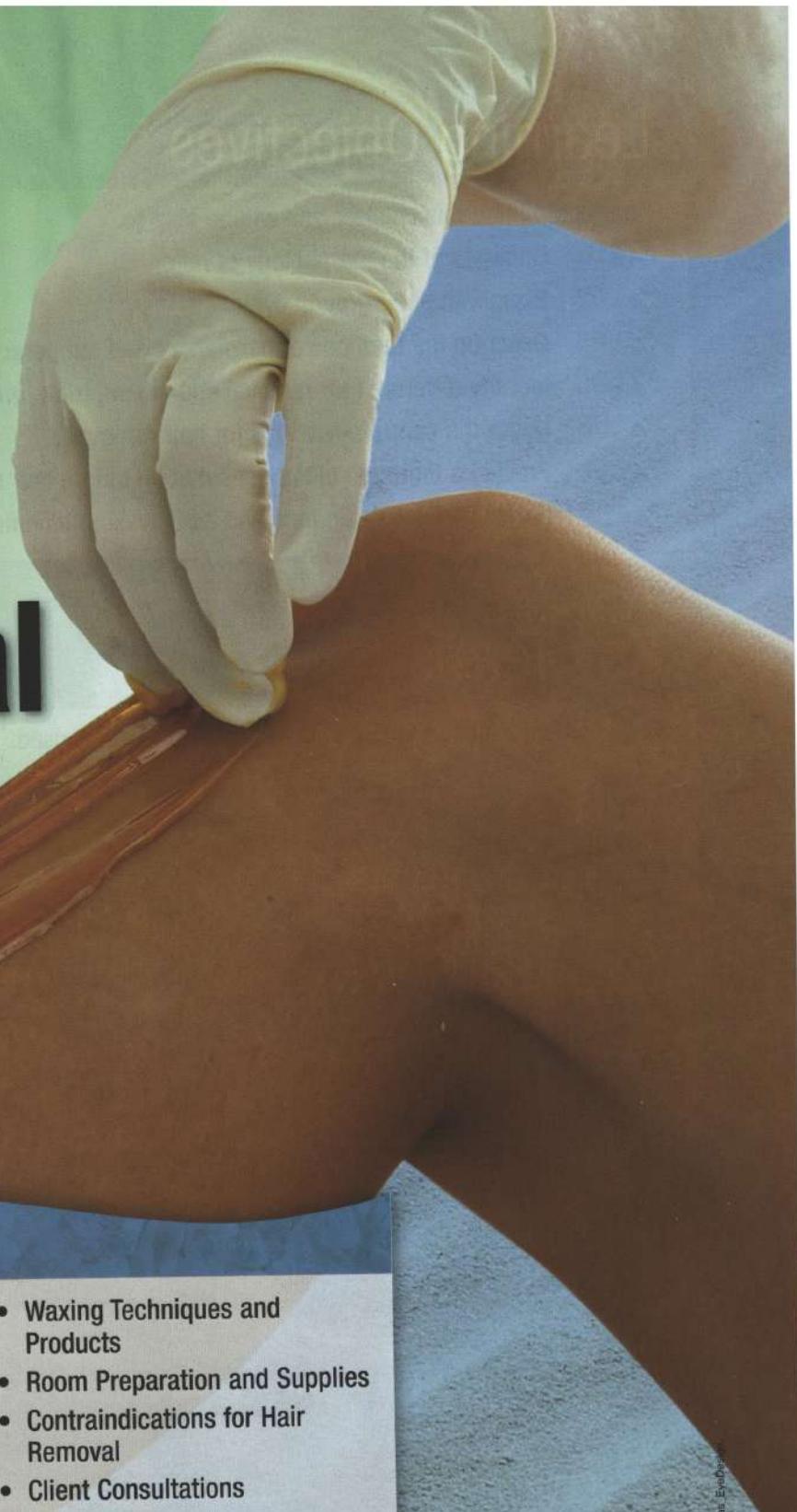


CHAPTER

18

Hair Removal



Chapter Outline

- Why Study Hair Removal?
- Morphology of the Hair
- Hair Growth Cycle
- Characteristics and Differences in Hair Growth
- Methods of Hair Removal
- Temporary Hair Removal Methods
- Waxing Techniques and Products
- Room Preparation and Supplies
- Contraindications for Hair Removal
- Client Consultations
- General Waxing Procedures
- Procedures

Learning Objectives

After completing this chapter, you will be able to:

- L01** Understand the morphology of hair.
- L02** Explain the hair growth cycle.
- L03** Describe the methods of permanent and temporary hair removal.
- L04** Identify different hair removal equipment, tools, and accessories.
- L05** Name the contraindications for hair removal.
- L06** Provide a thorough client consultation before hair removal.
- L07** Safely perform basic face and body waxing techniques.

Key Terms

Page number indicates where in the chapter the term is used.

anagen pg. 477	hair bulb pg. 476	hypertrichosis pg. 480	telogen pg. 478
catagen pg. 477	hair follicle pg. 475	lanugo pg. 474	threading (banding) pg. 485
depilation pg. 484	hair papilla pg. 477	laser hair removal pg. 482	trichology pg. 474
depilatory pg. 484	hair root pg. 475	photoepilation pg. 482	vellus hair pg. 474
electrolysis pg. 481	hair shaft pg. 475	pilosebaceous unit pg. 476	
epilation pg. 484	hirsutism pg. 480	sugaring pg. 486	

Throughout history, hair has been used for physical adornment and to enhance beauty. Different cultures have different views as to what is beautiful and attractive. Both social and personal preferences influence hair removal choices. Most women want smooth and hair-free bodies. Hair removal for cosmetic reasons has become very popular. Consumers in the U.S. spend millions of dollars per year on hair removal products and services.

Throughout the ages, unwanted hair has been removed by a variety of methods. Excavations of Egyptian tombs indicate that abrasive materials such as pumice stones were used to rub away hair. Ancient Greek and Roman women were known to remove their body hair by similar methods. Native Americans may have used sharpened stones and seashells to rub off and pluck out hair. The ancient Turks used a chemical method—a combination of yellow sulfide made of arsenic, quicklime, and rose water—as a crude hair removal agent. Today, of course, the methods are more benign.

Excessive or unwanted hair is a common problem that affects both men and women. Fortunately, a variety of hair removal methods are available, ranging from procedures such as shaving and tweezing to more advanced techniques that require special training. Face and body hair removal has become increasingly popular as evolving technology makes it easier to perform with more effective results.

Women comprise the vast majority of hair removal clients. Most often, they want hair removed from the eyebrows, upper lip, underarms, bikini line, and legs. Hair removal for men is also on the rise. Men may choose to have hair removed from their back and chest. If they compete in sports like bicycling and swimming, they may want hair removed from their legs and arms to facilitate faster competition times. Hair removal makes up a large part of a salon's business (Figure 18–1). Waxing is the most common method of hair removal in salons. In some cases, up to 50 percent of the salon services involve hair removal.

Understanding the benefits, risks, and how to perform various techniques is vital to an esthetician's success in this potentially profitable market. In this chapter, you will learn hair removal procedures, what methods are used, and what is involved in room preparation. Safety, decontamination procedures, and Universal Precautions are an important part of hair removal procedures. Conducting services in a safe environment and taking measures to prevent the spread of infectious and contagious diseases are always primary concerns. Thorough client consultations and a careful review of hair removal contraindications are necessary before providing any service.



▲ Figure 18–1
Hair removal is a large part of an esthetician's business.

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Photography by Rob Venet





Why Study Hair Removal?

Estheticians should study and have a thorough understanding of hair removal because this is an essential service that estheticians must be able to perform effectively and safely.

- Learning how to safely perform face and body waxing techniques is vital to an esthetician's success as hair removal makes up a large part of a salon's business.
- Conducting services in a safe environment and taking measures to prevent the spread of infectious and contagious diseases protects clients and technicians.
- Providing thorough client consultations and reviewing hair removal contraindications is necessary before providing any hair removal service.
- Removing unwanted hair is a primary concern for many clients, and being able to advise them on the various types of hair removal services will enhance your professionalism.

Morphology of the Hair

Trichology (tri-KAHL-uh-jee) is the scientific study of hair and its diseases. *Trichos* is the Greek word for "hair." How much hair you have is predetermined by genetics. Hair growth is also affected by age and hormones. Not all follicles contain hair. Some are singular sebaceous follicles that connect directly to the surface of the skin. No hair grows on the palms of the hands, the soles of the feet, the lips, or the eyelids.

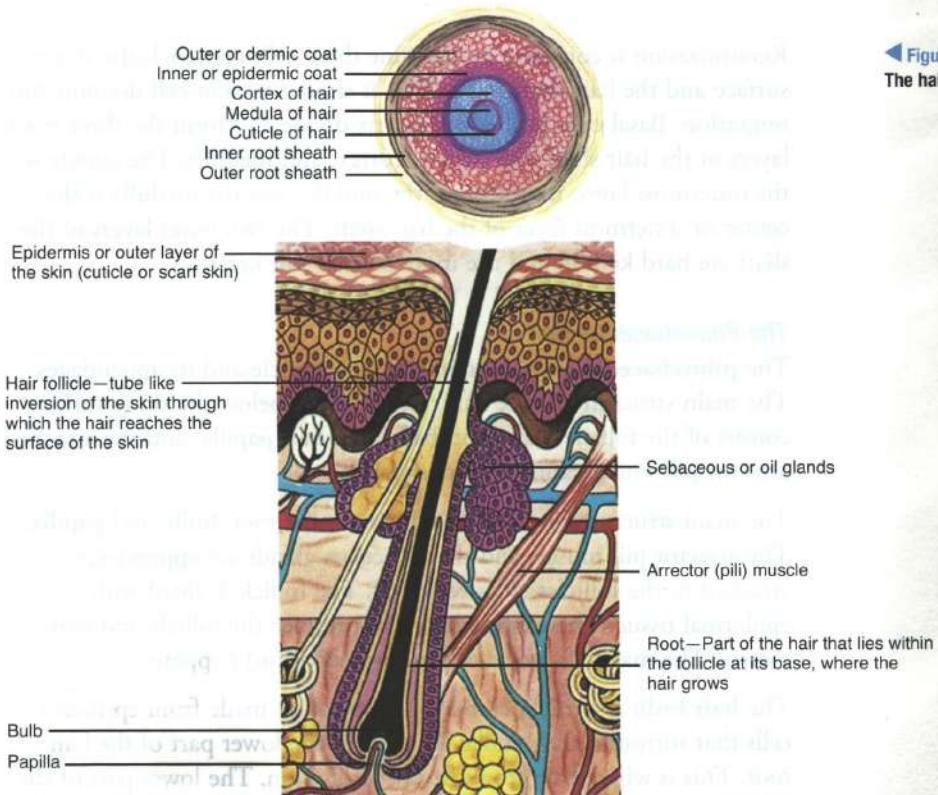
Hair formation actually begins before birth. The hair on a fetus is extremely soft and downy, known as *lanugo* (luh-NOO-goh) hair. The lanugo hair is lost and then replaced with either vellus or terminal hairs (stronger, pigmented hair) after birth. The shape, size, and normal function of the hair follicle is genetically determined, as is secretion activity and the depth of the hair shaft.

Vellus hair: Very fine, soft hair is referred to as *vellus hair* (VEL-lus) or *lanugo hair*. It is found in areas that are not covered by the larger, coarse terminal hairs. For example, vellus hair usually grows on women's cheeks (a.k.a. peach fuzz). Removing vellus hair can result in the follicles producing new terminal hairs, so it is not recommended to tweeze, shave, or wax these fine hairs.

Terminal hair: Terminal hair is the longer, courser hair found on the head, brows, lashes, genitals, arms, and legs. With hormone changes during puberty, follicles are naturally regulated to switch from producing vellus hairs to producing terminal hairs in these areas.

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◀ Figure 18–2
The hair follicle and appendages.



The Hair Follicle

Hair is made from a hard protein called *keratin*, which is produced from the hair follicle. A **hair follicle** is a mass of epidermal cells forming a small tube, or canal (Figure 18–2). Follicles extend deep into the dermis.

The face contains many follicles per square inch (2.5 square centimeters). Only some of these follicles have hair. It is estimated that we have millions of hair follicles covering our bodies. It is interesting to note that as our bodies grow the follicle density we are born with does not change, but as we age it decreases because there is more surface area to cover once we grow larger and become adults. Hair follicles are slanted. Sometimes more than one hair will grow from a single follicle, and hair can grow in many different directions in one area (for example, under the arm). This hair growth pattern is important to know when providing hair removal services.

Hair Components

A mature strand of hair is divided into two parts: the hair root and the hair shaft.

The root: The **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 shaft: The **hair shaft** is defined as the part of the hair located above the surface of the skin. The shaft actually starts forming about halfway up to the surface near the sebaceous gland in the hair follicle. As the cell division within the hair matrix continues, hair grows and gets longer.

Keratinization is complete by the time these cells approach the skin's surface and the hair shaft starts. This is similar to skin-cell division and migration. Basal cells in the hair matrix divide and form the three main layers of the hair shaft: the cuticle, cortex, and medulla. The cuticle is the outermost layer, the cortex is the middle, and the medulla is the center or innermost layer of the hair shaft. The two outer layers of the shaft are hard keratin and the inner layer is soft keratin.

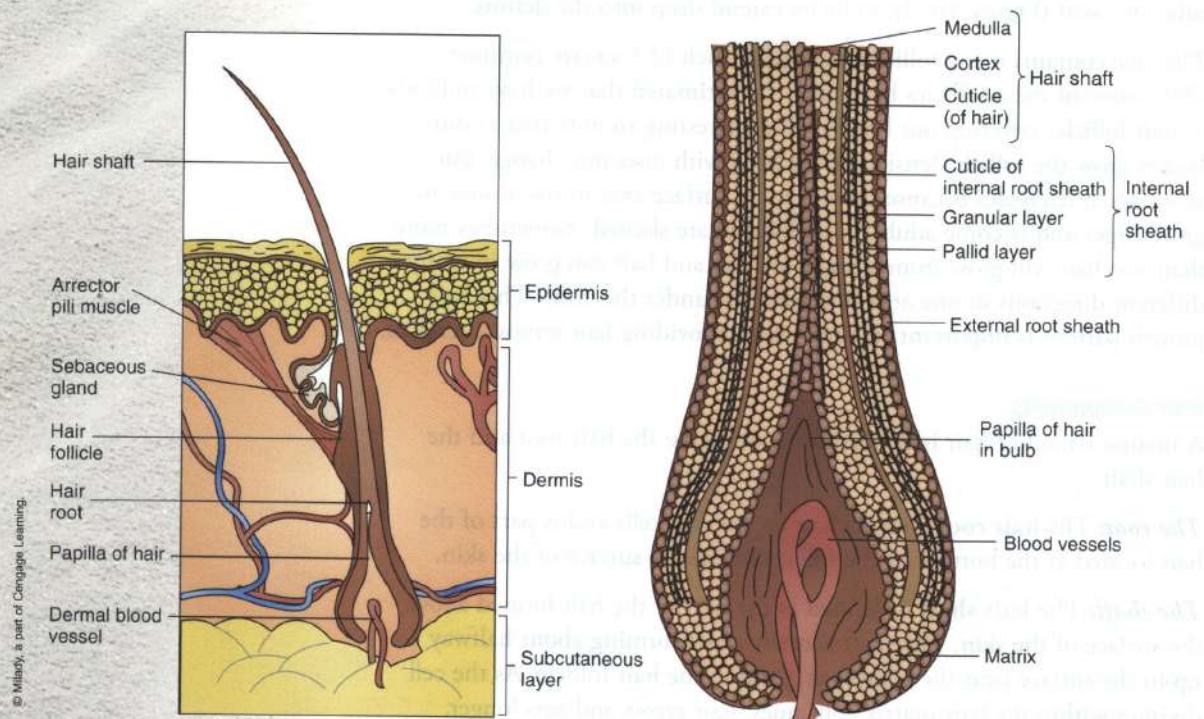
The Pilosebaceous Unit

The **pilosebaceous unit** contains the hair follicle and its appendages. The main structures of the hair unit (the area below the skin's surface) consist of the follicle, hair root, hair bulb, hair papilla, and the attached arrector pili muscle and sebaceous glands.

The main structures in the hair follicle are the root, bulb, and papilla. The arrector pili muscle and the sebaceous glands are appendages attached to the follicles (Figure 18–3). The follicle is lined with epidermal tissue. These epidermal cells produce the follicle and hair matrix. The matrix is where cell mitosis (division) happens.

The **hair bulb** is a thick, club-shaped structure made from epithelial cells that surround the papilla. This forms the lower part of the hair root. This is where hair grows from cell division. The lower part of the bulb fits over and covers the papilla. The hair bulb contains the dividing cells of the hair matrix that produces the hair and both the external root sheath (epidermal tissue) and internal root sheath lining the follicle. The external root sheath is made of horny epidermal tissue. The

▼ Figure 18–3
Hair morphology.



internal sheath is the innermost layer of the follicle closest to the hair. The internal sheath is the thick layer of cells you see attached to the base of a hair when epilating it.

The **hair papilla** (plural: papillae), a cone-shaped elevation at the base of the follicle, fits into the bulb. This is the dermal papilla, the connective tissue that contains the capillaries and nerves. Hair papillae are necessary for hair growth and nourishment of the follicle. Vitamins, minerals, and nutrients are needed for strong, healthy hair. The blood vessels bring nutrients to the base of the bulb, causing it to grow and form new hair. Sensory nerves surround the base of the follicle.

The arrector pili muscle (ur-REK-tohr PY-li) attaches to the base of the hair follicle. This muscle extends from the papillary layer of the dermis and attaches to the follicle.

When cold or other stimuli cause the muscle to contract, it pulls on the follicle and forces the hair to stand erect. The hair stands straight up, causing goose bumps. This reaction is also thought to keep skin warmer by creating an air pocket under the upright hairs. The muscle contraction also helps disperse the protective lipids from the sebaceous gland to the skin and hair. Sebaceous glands attached to the follicle are responsible for lubricating the skin and hair. Moderate amounts of sebaceous oil are necessary for healthy skin and hair.  L01

Did You Know?

Pilus [PY-lus] means hair; *pili* [PY-lie] is the plural.

FOCUS ON

Hair

The hair unit consists of the follicle which includes the root, bulb, papilla, and the appendages: the arrector pili muscle and sebaceous gland. The hair shaft consists of the cuticle, cortex, and medulla.

Hair Growth Cycle

Hair growth is a result of the activity of cells found in the basal layer. These cells are found within the hair bulb. Hair growth occurs in three stages: anagen, catagen, and telogen (Figure 18–4, page 478). Use the acronym ACT to remember the growth stage sequence.

Did You Know?

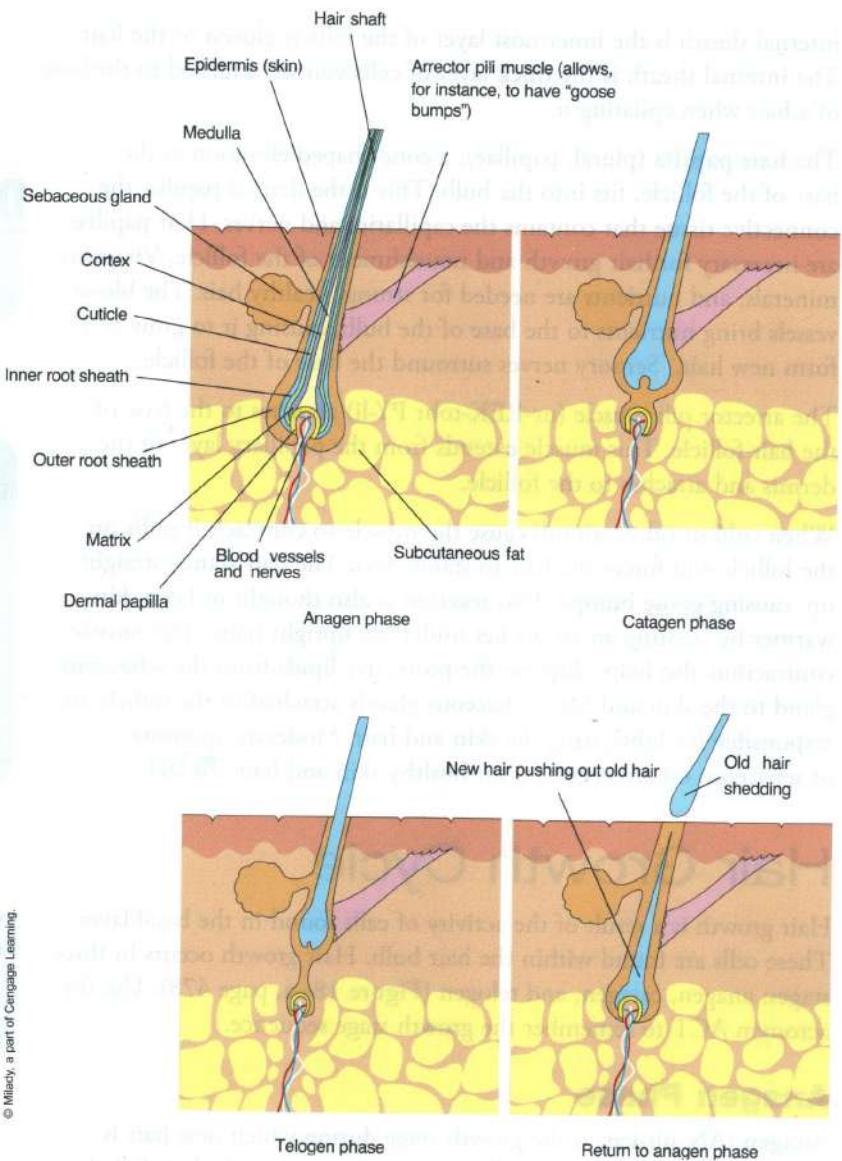
The average hair growth on the scalp is one-half inch (1.25 cm) per month.

Anagen Phase

Anagen (AN-uh-jen) is the growth stage during which new hair is produced. New keratinized cells are manufactured in the hair follicle during the anagen stage. Activity is greater in the hair bulb, which pushes down into the dermis and swells with cell mitosis in the matrix. Stem cells at the junction between the arrector pili muscle and the follicle grow downward and stimulate cell mitosis in the matrix. New cells form hair and root sheaths while the older part of the hair is pushed upward. Once hair has reached its full length, it can remain there for weeks or years, depending on its location on the body. Hair on the scalp remains for years. Other areas have a growth cycle in weeks. The length of the anagen phase determines the length of the hair.

Catagen Phase

Catagen (KAT-uh-jen) is the transition stage of hair growth. In the catagen stage, mitosis ceases. The hair grows upward and detaches



▲ Figure 18–4
Hair growth encompasses three stages: anagen, catagen, and telogen.

itself from the dermal papilla. The follicle degenerates and collapses as epidermal tissue retracts upward. Hair loses its inner root sheath and becomes dryer. The mature hair is now referred to as a *club hair* (the base looks like a club). This is the shortest part of the hair growth cycle.

Telogen Phase

Telogen (TEL-uh-jen) is the final, or resting, stage of hair growth. During the telogen stage, the club hair moves up the follicle and is ready to shed. The hair is at its full size and is erect in the follicle. It shows above the skin's surface. The hair bulb is not active, and the hair is released and is only attached by epidermal cells. Hair may sit in the follicle or fall out.

Latent Phase

After the telogen stage, the follicle is empty and dormant. The old hair sheds and the cycle then begins again. The follicle can be void of hair in the telogen stage until it cycles back into the anagen stage. If the hair does not fall out and the anagen stage begins again, two hairs can occupy the same follicle.

It is important to understand the three stages of hair growth. Two hairs can be growing next to each other and be at different stages of growth. It takes 4 to 16 weeks for the hair to grow from the papilla to the surface of the skin, depending in part on the area of the body. Hair growth is affected by many factors including age, genetics, hormones, and a person's health. When offering services, the practitioner takes into consideration these stages and schedules appointments according to these cycles. Repeat visits are normally necessary. Remind clients that not all hair grows at the same rate and that hairs are at different growth stages in the follicle. Hairs removed in the anagen stage, while the hair bulb is more "active," will be more effective for long-term hair reduction. **L02**

Characteristics and Differences in Hair Growth

Hair protects the body from environmental elements and ultraviolet rays. It guards the nose, ears, and reproductive areas with fine hairs to filter out dust and other particles. Hair is a conduit of sensation for the skin and acts as a wick in the follicle, allowing for sebum to move up and out onto the skin's surface. Everyone has millions of hair follicles on their body. One-fifth of the hair follicles on the body are on the scalp. Some estimate that there are 500,000 hairs on the head, which helps protect the scalp. Hair on the scalp grows an average of .33 millimeters ($\frac{1}{60}$ of an inch) per day.

As cultures moved from region to region, individuals acquired mixed traits of hair color and thickness (Figure 18–5). In northern regions of the world, fine hair and lighter skin tones are common.

Blond hair is generally finer and easier to remove. Redheads can have coarse hair that can be more difficult to remove—these individuals generally have fair skin that tends to be sensitive, a very important point to remember when performing hair removal on them.

In warmer areas closer to the equator, the skin and hair are normally thicker and darker. These characteristics help protect the body from strong ultraviolet rays. Central and South American people, as well as those from Mediterranean regions and the Middle East, tend to have darker and more



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▲ Figure 18–5
Genetic differences in hair growth and coloring.



▲ Figure 18–6
Hirsutism.

noticeable hair as it is coarser and thicker in diameter. Individuals from Western Europe (France, Spain, and Portugal) generally have dark hair, with average thickness. With thicker hair, the root is quite deep in the follicle, and thus very difficult to remove. With repeated removal, hair regrowth tends to become thinner and easier to remove.

Individuals with olive and darker skin tones can have major pigmentation problems if hair removal is not performed carefully. Those originating from Africa and Australia tend to have black, coarse, curly hair which has a tendency to become ingrown. The method of hair removal for these individuals needs to be chosen carefully. Native Americans and many Asians have thinner facial hair, but the roots tend to be deep.

Aging creates changes in the hair. Gray hair is a result of physiological and hormonal changes, causing it to be coarse with a deep root system. Before hair grays, it is easier to remove. With the changes that take place during the aging process, the hair root system increases on the face, making hair removal difficult. This explains the increase in coarse hairs on women's chins and lips. For many people, however, hair on other areas of the body and scalp gets thinner as we age.

Indicator of Health

Hair and skin are good barometers of an individual's state of health. Dull, lifeless hair and sallow, listless skin tone may signal a health warning. Strong, healthy hair and good skin tone are signs of good health. Hair also responds to the outside elements. For instance, hair grows faster in a warm climate. Excessive cold can dry the hair and reduce its luster. The rate of oil secretions from the follicle determines whether the skin is oily or dry. Excessive heat or damaging products such as haircolor will dry the hair and scalp. Medical conditions, disease, drug use, and the aging process affect the hair's growth and overall appearance.

Excessive Hair Growth

Two medical terms are applied to excessive hair growth. The first is **hirsutism** (HUR-suh-tiz-um), which is excessive hair growth on the face, arms, and legs, especially in women (**Figure 18–6**). The second is **hypertrichosis** (hy-pur-trih-KOH-sis), an excessive growth of hair. It is characterized by the growth of terminal hair in areas of the body that normally grow only vellus hair. The amount of hair an individual has differs from person to person. What would be normal hair growth in one person might be extreme in another. Excessive abnormal hair growth on a female body suggests an imbalance of hormones.

Hirsutism can be caused by various factors. A normal pregnancy increases adrenocortical activity, which may cause moderate hirsutism. Vitamin deficiency, certain diseases, particular drugs, and emotional shock or stress can result in glandular disturbances that stimulate excessive hair growth.

Excessive hair growth on a female face or body may be attributed to hormonal imbalances and excessive androgen production secreted from the ovaries or adrenal glands. One of the more notable and prevalent causes of this is Polycystic Ovarian Syndrome (PCOS). Menopause may also cause excess facial hair. The “menopause mustache,” as it is often called, is a sign of menopause. These changes may dissipate with time. Other excessive androgen production conditions that affect hair growth are adrenogenital syndrome, Achard–Theirs syndrome, and Cushings syndrome. Client health and medical conditions are potential contraindications for hair removal.

Methods of Hair Removal

Methods of hair removal fall into two general categories: temporary and permanent. Temporary hair removal involves repeat treatments as hair grows. With permanent hair removal, the papilla is destroyed, making regrowth impossible. Salon techniques are generally limited to temporary methods such as waxing.

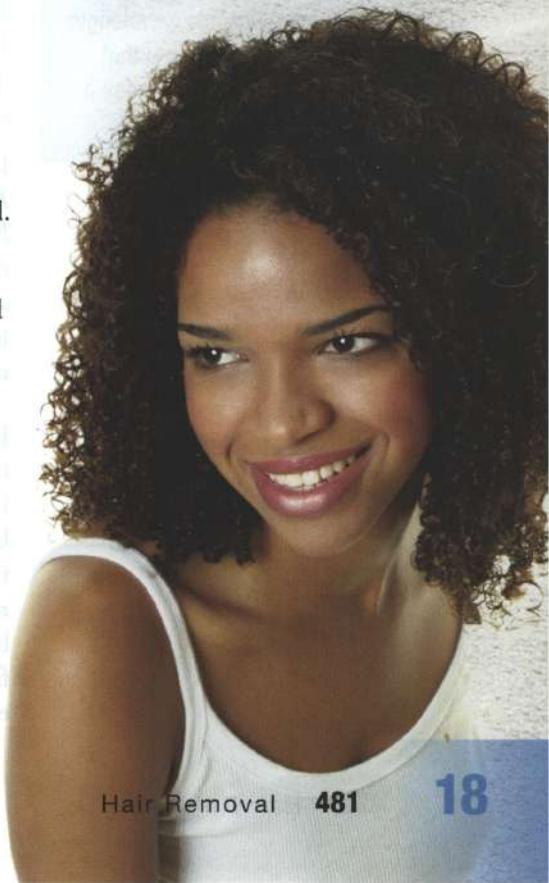
Permanent Hair Removal

Electrolysis

Electrolysis (ee-lek-TRAHL-ih-sis), the process of removing hair by means of electricity, is considered the only true method of permanent hair removal (versus permanent hair *reduction* with lasers). All electrolysis procedures are performed by inserting small needles into the hair follicles. Electrolysis should be performed by a certified and licensed (if the state requires it) electrologist. If the state does not license the profession, look for an electrologist who holds the designation “CPE” (Certified Professional Electrologist) from the American Electrology Association (AEA). Talk with your instructor for additional information about classes and licensing in electrolysis.

There are three methods of electrolysis: galvanic, thermolysis, and blend.

GALVANIC ELECTROLYSIS: This method uses direct current, which causes chemical decomposition of the hair follicle. The galvanic method decomposes the papilla, the source of nourishment for the hair. The needle is connected to the negative side of a direct current (DC) power source and is inserted into the follicle. The client holds the electrode connected to the positive side of the power source. When power is applied, the electrical charge begins transforming saline moisture inside the follicle into sodium hydroxide (lye) along with hydrogen and chlorine gas. Unstable sodium hydroxide destabilizes the follicle wall through a chemical action. It weakens the hold of the follicle wall on surrounding tissue. This allows the hair to be removed easily. In the case of galvanic electrolysis, the moisture content within the skin is important to conduct a proper current. This method is slower than thermolysis.



Did You Know?

The word *laser* is an acronym for “light amplification by stimulated emission of radiation.” Lasers use intense pulses of electromagnetic radiation.

Photothermolysis comes from three Greek root words meaning light, heat, and destruction (*photo*: light; *thermo*: heat; and *lysis*: destruction). This method is the precise targeting of a structure using a specific wavelength of light that absorbs light into that target area alone, which damages it with heat.

THERMOLYSIS: This method of electrolysis utilizes a high-frequency current to produce heat, which coagulates and destroys the hair follicle. Thermolysis, also known as *electrocoagulation*, destroys the hair by coagulating the papilla through heat. An alternating current (AC) passes through a needle causing vibration in the water molecules surrounding the hair follicle. This action produces heat, which destroys the papilla.

BLEND: This method combines both systems, sending a current through a fine needle or probe. The blend method combines the benefits of the galvanic and thermolysis methods by passing AC and DC current through the needle at the same time. Results are reported to be quicker than with the galvanic method alone.

Permanent Reduction and Semipermanent Hair Removal

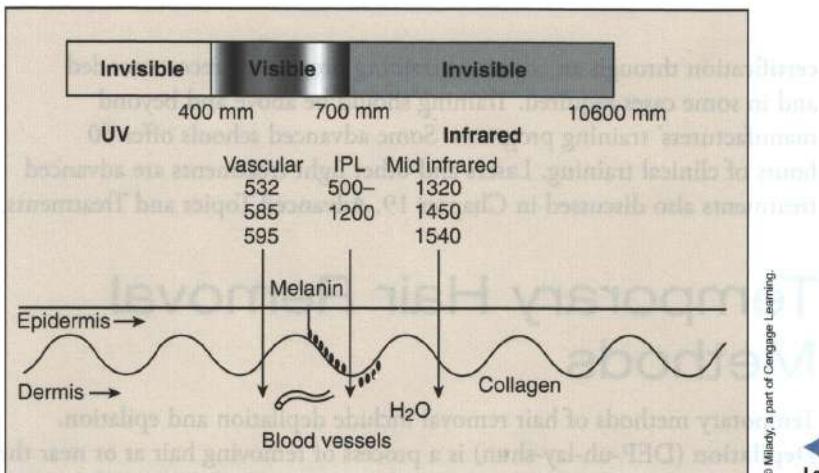
Methods of permanent hair reduction include laser as well as photo light hair removal systems. Laser and photo light are normally performed in a medical setting. Food and Drug Administration (FDA) guidelines require that these procedures be defined as permanent hair reduction. While these methods are sometimes called “permanent,” the hair bulb must be destroyed completely or there may be some regrowth. This has led to the confusing, interchangeable terms of *permanent reduction* and *semipermanent removal* (both of these terms mean that hair removal is not permanent).

Laser and Pulse Light Technology

Photoepilation (FOH-toh-ep-uh-LAY-shun) uses intense light to destroy the growth cells of the hair bulb. Photoepilation includes both *laser hair removal* and *intense pulsed light* (IPL) to reduce hair growth.

Laser hair removal technology has been around since the early 1980s. A variety of lasers are available such as the diode, alexandrite, and Nd:YAG. The hair removal industry now has the ability to offer clients a choice of both treatments: epilation by traditional methods and photoepilation with intense pulse light and lasers. Clinical studies have shown that photoepilation can provide a 50 to 60 percent reduction of hair in 12 weeks.

LASERS: In *laser hair removal*, a laser beam is pulsed on the skin, impairing the hair follicles. It is most effective when used on follicles in the growth, or anagen, phase. As mentioned earlier, “permanent” laser hair reduction is defined as *semipermanent*. The laser will reduce the number of body hairs. It cannot be guaranteed that permanent hair removal will happen; however, in some clients the hair does not grow back and in other clients lasers slow hair regrowth. Regardless of these factors, laser hair removal is increasingly in demand by clients with excess hair problems.



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◀ Figure 18–7
Lasers: light and the chromophores they target.

The laser method was discovered by chance when it was noted that birthmarks treated with certain types of lasers became permanently devoid of hair. Lasers are not for everyone. Some lasers work only if one's hair is darker than the surrounding skin. Coarse, dark hair responds better to laser treatments than light hair because the laser is designed to target the pigment in the hair.

Earlier-generation lasers restricted hair removal to Fitzpatrick Skin Types II, III, and sometimes Type IV. Darker skin ended up absorbing more energy, which often resulted in skin damage and postinflammatory hyperpigmentation (PIH). Individuals with a lack of contrast between hair and skin color are not good candidates for laser hair removal. Lasers are attracted to chromophores such as blood and dark hair color. *Chromophores* are defined as what lasers are attracted to. Laser hair removal uses what is called selective *photothermolysis* to target an area using a specific wavelength to absorb light only into that specific area (Figure 18–7). The pigment of the hair absorbs the light and thus destroys the dermal papilla.

INTENSE PULSED LIGHT: Different from a traditional laser, the first-generation lasers were a solid beam of light. Pulsed light (or photo light) produces a quick "flash" of light. These short, powerful pulses shatter their target without allowing heat to build up and burn the surrounding skin. IPL is used for hair reduction, as well as for vascular and pigmented lesions and skin treatments. The IPL used for skin tightening is referred to as *photorejuvenation*, or a photo facial. Improved since its introduction in the United States, it is widely used in the medical arena or in medi-spas. While there is always a risk of scarring with any laser procedure, this newer technology greatly reduces the risk of scarring, often to less than 1 percent.

All laser devices must have FDA approval. Most photoepilation hair removal machines must be used under the direct supervision of a physician. Each local regulatory agency regulates who can use these devices. Manufacturers of photoepilation equipment generally provide the specialized training for administering this procedure, but

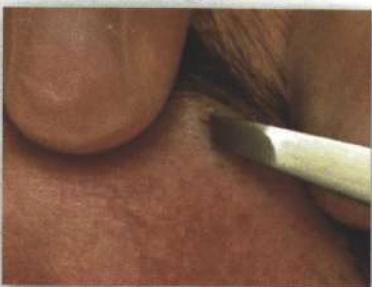
REGULATORY AGENCY ALERT

Laws regarding photoepilation services vary by region and province. Be sure to check with your regulatory agency for guidelines.

fyi

To protect the eyes from damage, laser use requires eye protection goggles for the client and the practitioner. Additionally, do not have mirrors in the room in order to avoid reflections from the laser's light.

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Photography by Rob Werfel.



▲ Figure 18-8

Epilation removes hairs from the follicles.

certification through an advanced training program is recommended and in some cases required. Training should be above and beyond manufacturers' training programs. Some advanced schools offer 60 hours of clinical training. Lasers and other light treatments are advanced treatments also discussed in Chapter 19, Advanced Topics and Treatments.

Temporary Hair Removal Methods

Temporary methods of hair removal include depilation and epilation.

Depilation (DEP-uh-lay-shun) is a process of removing hair at or near the level of the skin. Both shaving and chemical depilation are included in this category. Another temporary method of hair removal is **epilation** (ep-uh-LAY-shun), the process of removing hair from the bottom of the follicle by breaking contact between the bulb and the papilla (Figure 18-8). The hair is pulled out of the follicle. Tweezing, wax depilatories, and sugaring are all methods of epilation. Waxing is the most common epilation procedure estheticians perform and is the focus of this chapter.

Depilation

The main method of depilation is shaving. How long it takes for hair to grow back after removal depends on a person's hair growth pattern. After removal by any method, hair can take from days to weeks to reappear.

Shaving

Shaving is a daily ritual for most men and women. Many women shave the underarms, legs, and bikini area. As in any depilation method, the hair is removed down to the skin's surface. Shaving is a temporary method of hair removal that can also irritate the skin. Ingrown hairs are an additional problem with shaving. *Folliculitis* (fah-lik-yuh-LY-tis) is a term for infected follicles or ingrown hairs from shaving or other hair removal methods such as waxing. This problem can be corrected by changing the direction of shaving. Contrary to popular belief, shaving does not cause hair to grow back thicker or stronger. It only seems that way because the razor blunts the hair ends and makes them feel stiff. *Pseudofolliculitis* refers to razor bumps or ingrown hairs without pus or infection.

Depilatories

A **depilatory** (dih-PIL-uh-tohr-ee) is a substance, usually a caustic alkali preparation, used for temporarily removing superfluous hair by dissolving it at the skin level. During the application time, the hair expands and the disulfide bonds of the hair (protein and cystine) break as a result of using such chemicals as sodium hydroxide, potassium hydroxide, thioglycolic acid, or calcium thioglycolate. Although depilatories are not commonly used, you should be familiar with them in case your clients have used them.

Chemical depilatories are applied in a thin coating on the surface of the skin. Any chemical depilation cream should be patch tested first on the inside of the arm to make sure there are no allergic or sensitivity reactions. Normally, if there is no reaction—swelling, itching, or redness—within the first 10 minutes, the substance can then be applied to a larger area. A chemical depilatory causes skin irritation and is generally not recommended for use on the upper lip or other sensitive areas.

Methods of Epilation

Epilation methods and products continue to improve and become more effective.

Tweezing

The method of using tweezers to pull hair out by the root one at a time is called *tweezing*. Eyebrows can be shaped and contoured by tweezing (Figure 18–9). Tweezing is also used on remaining hairs after waxing. If clients are sensitive to waxing, tweezing is a slower, but effective, alternative for removing the dark, coarse hair on the face.

PROCEDURE 18-1 Eyebrow Tweezing PAGE 506

Electronic Tweezers

Another tweezing method used in the past was the electronically charged tweezers. This method transmits radio-frequency energy down the hair shaft into the follicle area. The papilla is thus dehydrated and eventually destroyed. The tweezers are used to grasp a single strand of hair. Electronic tweezers are not a method of permanent hair removal and the process is slow. Certain licensing is usually required to perform electronic tweezing.

Threading

An ancient method of hair removal is threading (Figure 18–10), which is still common practice in many Middle Eastern cultures today.

Threading, also known as **banding**, works by using cotton thread that is twisted and rolled along the surface of the skin, entwining the hair in the thread and lifting it out of the follicle. There are two main threading techniques: *hand and mouth threading*, using both hands and the mouth to hold the thread; and *two-handed threading*, using just the hands (Figure 18–11). A third technique uses the neck instead of the mouth to hold and maneuver the piece of thread.

Threading is a fast, inexpensive method of hair removal and requires minimal products and supplies. The thread is discarded after use, so it is more sanitary than waxing.

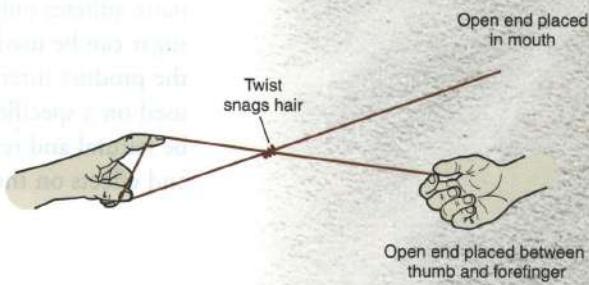


▲ Figure 18–9
Tweezing hair from the eyebrows.



▲ Figure 18–10
An example of threading.

▼ Figure 18–11
Threading techniques.



A clean thread is used and the skin is prepared as it is for waxing. The thread is 24- to 30-inches (60 to 75 centimeters) long. The ends of the thread are tied together to form a loop. The middle is twisted and captures the hair inside the two twisted threads. The hair only needs to be $\frac{1}{16}$ (1.5 millimeters) of an inch long to be removed with threading.

Threading is mainly used for the facial area. It is not recommended to remove vellus hair as this may result in terminal hairs and can distort the natural angle of the follicles over time. The skin usually reacts with a little redness and slight soreness. The discomfort level is similar to tweezing, as multiple hairs are removed at once. Threading is considered an effective hair removal method for clients unable to tolerate waxing due to the use of exfoliation treatments or products like glycolic acid and Retin A®. Do not use the threading method on irritated skin. Threading has become increasingly popular as an option to other methods and requires specialized training. Some regions require special licensing to perform threading.



Sugaring

Sugaring is another ancient method of hair removal, dating back to the Egyptians. It is an alternative for those who have sensitive skin or who react to waxes with bumps and redness. The sugaring solution is water soluble, meaning that it is easily removed with water. The original basic recipe is a mixture of sugar, lemon juice, and water. It is heated to form a syrup, which is then molded into a ball and pressed onto the skin and quickly stripped away.

Sugaring is similar to waxing methods except that it uses a thick, sugar-based paste and is especially appropriate for more sensitive skin types. One advantage with sugar waxing is the hair can be removed even if it is only $\frac{1}{16}$ - to $\frac{1}{8}$ -inch (1.5 to 3 millimeters) long. It can be removed in the direction of the hair growth, which is less irritating than waxing. It can be used for some who have certain wax contraindications. Always do a consultation and do not perform sugaring on irritated skin. Follow the manufacturer's instructions.

Sugar mixtures are now manufactured in large quantities and sold in small containers ready to be placed in a heater. There are also homemade recipes. The sugar mixture melts at a very low temperature. The sugar paste adheres only to the hair, making removal more comfortable. The sugar can be used over and over on the same client until the hair left in the product interferes with the process. It is hygienic because it is only used on a specific client and then discarded. True sugar products should be natural and resin-free. Additives in the formula will change the results and effects on the skin.

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Sugaring uses both directions of applying and removing the product: with the hair growth and against the hair growth. The application and removal depends on the product and the manufacturer's instructions. There are two types of sugaring methods: hand-applied and spatula-applied. The hand method is performed with room temperature sugar wax and the spatula applied method is with warm sugar wax.

Hand Method: With the hand method, the product is applied against the hair growth and removed in the direction of the hair growth using a thicker application. The application is similar to hard wax. It can be applied either warm or at room temperature with the hands (**Figure 18–12**).

Spatula Method: The product is applied with the hair growth (as with soft wax) and removed against the hair growth with the spatula and a strip (**Figure 18–13**).

Waxing

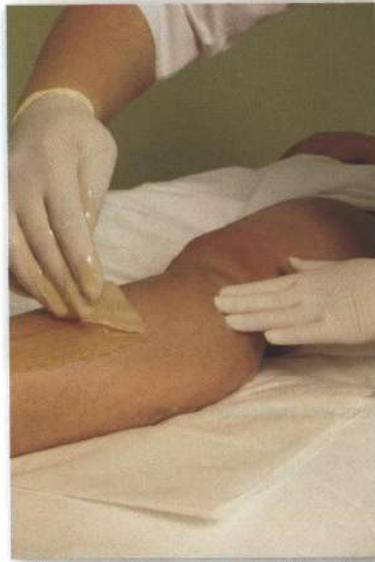
The primary hair removal method used by estheticians is waxing. Wax is a commonly used epilator, applied in either soft or hard form as recommended by the manufacturer. Both products are made primarily of resins and beeswax. Wax is applied evenly over the hair and then removed. Hard wax is thicker than soft wax and does not require fabric strips for removal. The benefit of waxing is that the hair takes longer to grow back and the skin feels smoother without the hair or stubble. The recommended time between waxing appointments is generally 4 to 6 weeks. **L03**

Waxing Techniques and Products

Correct waxing techniques, appropriate materials, and proper wax temperatures are all factors in obtaining positive results from waxing services. Wax is designed to adhere to the hair as close to the skin as possible. When the wax is removed, it should adhere to the hair and remove the hair and bulb from the follicle.

If the wax is not applied correctly, is applied at the wrong temperature, or if the skin is not cleansed well, the hair will not be removed. If the wax is too hot, it can cause skin irritation and burns severe enough to cause blistering. If not performed correctly during removal, the skin can be pulled off as well.

The skin must be held as taut as possible to avoid skin damage. As with all esthetic methods, proper technique is the key to successful waxing. Understanding the “whys and hows” of proper waxing techniques and checking for contraindications that might cause injury is crucial to providing a satisfactory, safe, and comfortable hair removal service.



▲ Figure 18–12
Sugaring: hand method.



▲ Figure 18–13
Sugaring: spatula method.



▲ Figure 18-14
Hard wax application on the face.

Types of Wax Products

There are two types of waxes: *hard* (no strip is used) and *soft* (a strip is used). Hard “*stripless*” waxes are applied directly to the skin in a thick, “wet” layer that hardens as it cools (Figure 18-14). The technician then uses the fingers to lift the wax off the skin while it is still tacky-feeling. Soft “*strip*” waxes are applied in a thin layer and covered with a strip of pellon or muslin material, which removes the hair as it is pulled off quickly. All soft wax is applied in the same direction as the hair grows out of the follicle and is removed in the opposite direction of the hair growth. Pulling wax off in the wrong direction with soft wax can have serious consequences. Hard wax is the only wax that may be removed in the direction of the hair growth, but additional training is needed to use this method.

Wax product consistencies vary, as do melting points. Waxes require a heater to liquefy them. Cold hard waxes are also available, primarily for home use. It is important to keep the wax at the right temperature so it works correctly. It has to be exactly the right temperature and consistency for hair removal use. Do not leave the wax unit on overnight or overheat the wax. This changes the effectiveness of the wax product.

Wax formulas are made from rosins (derived from resins of pine trees), beeswax, paraffin, honey, and other waxes and substances. Waxes may include additives to address the needs of different skin types. For example, azulene or chamomile may be used for sensitive skin. Tea tree oil may be added for its soothing and antiseptic benefits. Some waxes are water soluble and wipe off easily with water. Others, such as resins, are oil soluble. Excess wax is removed with an oil-based solution if it is not soluble in water.

Hard Wax

Hard waxes are available in blocks, disks, pellets, or beads (Figure 18-15). They are considered a no-strip wax. They must be liquefied before they can be used. Hard waxes are available at different melting points to address the needs of normal and sensitive skin. The harder the wax, the more heat it requires to melt it. Small, individual wax heaters are available and can be placed in each treatment room. The used wax is discarded after each service.

Some estheticians prefer hard waxes. They are gentle enough for the face area, yet strong enough to be used on hard-to-remove, coarse hairs. Some like to use it on the bikini and underarm area. Estheticians generally use soft wax in larger areas, such as the back and legs, and hard wax in smaller areas, such as the eyebrow.



▲ Figure 18-15
Hard waxes are available in blocks, disks, pellets, or beads.

Hard wax is thicker than soft wax. It is first applied against the hair growth, then back in the opposite direction in a figure eight pattern. The hair is gripped as the wax dries and tightens and lifts off without sticking to the skin. The follicle is not distorted when pulled in the same direction as the hair growth pattern. Hard wax is especially effective in areas where hair grows in multiple directions or skin is thin or fragile. Some estheticians apply and remove the hard wax in the same direction as the soft wax. Application depends on the area to be waxed and how coarse the hair is. The direction for pulling the hard wax off is more forgiving than soft wax. Hard wax is the only wax recommended for Brazilian waxing.

Soft Wax

One of the most common methods of hair removal is soft, or strip, waxing. Soft waxes have a lower melting point and come in tins or plastic containers. If they come in plastic containers, they can be melted slightly in the microwave to make it easier to pour the wax into a wax heater or warming pot (Figure 18–16). With this method, a thin coat of wax is applied on the skin and removed immediately with a muslin, pellon, or cotton strip before it cools.

One of the benefits of soft wax is that it feels warm on the skin and the heat dilates the follicle for easier removal. The quick application of soft wax is known as *speed waxing* and is more comfortable for the client. Faster procedures save time, lead to more revenue, and more satisfied clients.

The main detractor to using soft wax is that it can be irritating to the skin because the ingredients, such as rosins, can adhere to the skin. Additionally, the removal has to be precise against the hair growth. Removing against the hair growth can distort the follicles. A negative effect of removing vellus hair is that this can stimulate the growth of coarser hair. Waxing may also lead to more ingrown hairs.

All wax techniques take practice and can be messy at first. Practice working with the wax to avoid leaving stringy trails of wax where you do not want them. There are many little details to keep track of, and wax sets up fast, so be ready to work quickly.

Roll-On Wax

Another type of soft wax method uses roll-on applicators (Figure 18–17). The applicators contain wax and have roll-on heads. Applicators are warmed in a heating unit designed to fit the applicators. This method is very efficient and clean to work with. Many estheticians prefer to use the roll-on wax because it can be less messy and more efficient. Be sure to clean and disinfect applicators and rollers properly. There are concerns with cross-contamination and disinfection with the use of roll-on wax applicators.

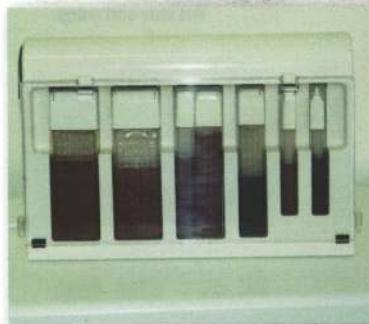


▲ Figure 18–16
Soft wax products.

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Photography by Paul Castle.

REGULATORY AGENCY ALERT

Some regions may prohibit the use of roll-on wax due to concerns with cross-contamination in the wax and the proper disinfection of the applicators.



▲ Figure 18–17
Roller-type waxes are convenient for various waxing applications, but may be prohibited in some regions.

Courtesy of Shelley Lotz.

Room Preparation and Supplies

The waxing room and equipment should be immaculately clean, with appropriate covers on the waxing table. The room should be warm and comfortable. The music can be livelier than the music that is played during the more relaxing treatments.

Furniture and Accessories

Some spas and salons have separate rooms for waxing. Others perform waxing services in the facial rooms. Waxing, especially on larger body areas such as the legs, is labor intensive. Furniture should be ergonomically designed so that both the technician and client are comfortable. Ideally, the waxing table should be adjustable to different heights. This allows each technician to adjust the table to the correct height that is comfortable for their back. Straining or bending over is bad for the technician's back. Client comfort is also a priority, and disrupting the service with too many table adjustments is slow and less efficient. Test the setup and think about the positioning needs of the client before the service.

A mult-tiered wheeled cart is useful for holding waxing pots and supplies (**Figure 18–18**). The cart can be moved near the client, keeping tools and supplies close at hand. A covered waste container is necessary for the proper disposal of all used supplies as you work. A stool should also be available to help the client safely get on and off of the table.

Tools and Supplies

Appropriate tools and supplies need to be replenished every day. Many items, such as applicators, are available as single-use items that are

► **Figure 18–18**
The wax cart setup.

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both convenient and sanitary. The cart should be stocked with items such as the wax and warmer, cleansers, pre- and post-epilation solutions, tweezers, scissors, applicators, cotton supplies, and gloves. Follow the same cleaning and decontamination procedures for all esthetic services, whether it is for facials or waxing.

Tweezers

Professional tweezers are available in different point sizes. Slant-tipped tweezers are best for general tweezing. A more pointed tip is ideal for ingrown hairs. Tweezers should be made of stainless steel so they will not corrode when disinfected in solution or in the autoclave. Plastic breaks down quickly. Always purchase the highest-quality tweezers and accessories you can afford. Tweezers are an important tool that will help make your work more precise and efficient. The result will be a more satisfied client.

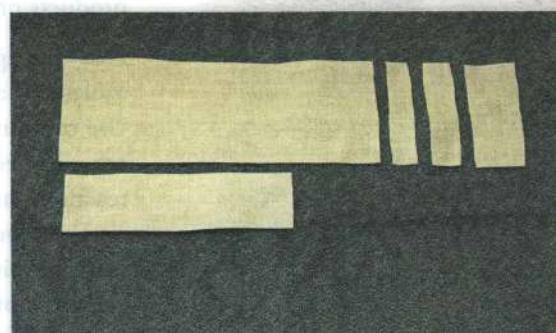
Applicators

Single-use wax applicators are wooden, flat sticks, either large, medium, or small. These are similar to Popsicle sticks, metal pushers, and tongue depressors. A stainless steel or hard plastic 5-inch (12.5 centimeter) spatula is ideal for spreading a thin coat on larger areas such as the legs. The spatula must be cleaned and disinfected after each use. All single-use applicators are used once and are not double-dipped. If they are, wax is exclusively used on each client, any leftovers are discarded, and the container must be disinfected and refilled or replaced.

Wax Strips

There are two popular types of wax strips: cotton muslin, which comes in rolls or precut packets, and pellon. Pellon® is a fiber-like material. Strips can be used a few times on a client before disposal. When using a strip wax, prepare your strips ahead of time. Cut smaller strips for the eye and face areas. Trim a strip to the size of the area you are going to wax, plus an inch or two (2.5 to 5 centimeters) on the end to hold onto. With correct strip sizes, less material is wasted and more effective pulling is ensured. Estimate the number of strips needed for each service and prepare these ahead of time.

Wax strip sizes: If strips are not precut, cutting the wax strip to the right size is important for client safety and proper technique. If the strips are too large, they interfere with your waxing technique. It is not safe to wax too much surface area at one time. Your instructor will give you specific dimensions to use. The strips should be cut straight with no stray edges. The width for leg strips is the size of the wax roll, approximately 3 inches (7.5 centimeters) (**Figure 18–19a** and **b**). Cut smaller sizes from the leg strips or roll. The length of the small face strips match the roll's width, so only the widths need to be cut for these.



▲ Figure 18–19a and b
Wax strips and sizes.



These are approximate sizes:

- **Leg:** 3" (7.5 cm) wide × 8" (20 cm) in length (cut one-half to three-quarters of the leg strip length for the knees).
- **Brow/lip:** $\frac{1}{2}$ " (1.25 cm) to $\frac{3}{4}$ " (2 cm) wide to 1" (2.5 cm) wide × 3" (7.5 cm) in length.
- **Face (chin):** $1\frac{1}{2}$ " (3.75 cm) wide × 3" (7.5 cm) length.
- **Bikini/underarm:** $1\frac{1}{2}$ " (3.75 cm) to 2" (5 cm) wide × 5" (12.5 cm) to 6" (15 cm) length (half of the roll's width and three-quarters of the leg strip length). As an option, you can use part of a small leg strip for larger areas.

Linen/Roll Paper

To keep the area clean, place a clean sheet or sheet of paper on the waxing table for each new client. Roll paper for waxing is normally ordered through esthetics or medical suppliers. You can also use bath towels or sheets. Keep wax linens separate from nicer facial linens.

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Pre- and Post-Epilation Products

Various products are available for treating the skin before and after waxing. A prep solution is applied to thoroughly clean the skin before waxing. Both pre- and post-waxing solutions may have antiseptic or calming ingredients such as witch hazel, arnica, chamomile, or calendula. Other desensitizing lotions ease discomfort. Powder and other pre-wax products protect the skin while waxing.

Post-waxing products contain antiseptic or soothing properties, such as azulene or aloe. Other post-waxing products are hair-growth inhibitors. Use caution when applying products to skin after waxing. Fragrances and other ingredients such as alcohol can be irritating to the skin. Irritation, reactions, and breakouts can occur. Unfortunately, some aloe and other post-wax products are not always soothing—most are not pure and contain irritating ingredients. Just because a product comes with a wax kit does not mean you have to use it. Products to prevent ingrown hair are used after the skin has recovered from waxing and help keep the follicle open.

Infection Control

Waxing stations and supplies must be kept clean and disinfected. Wax drips on the side of a heater are unsightly. Waxing needs to be done carefully to avoid drips on the floor, linens, and furniture. Wipe excess wax off the spatula before taking it from the pot and move the spatula carefully from the pot to the client. Do not double-dip the spatula unless you are disposing of the entire pot of wax after treating that individual client. Otherwise, use a new spatula each time to dip into the pot of wax. Place the waxing unit and all your accessories on a roll cart that can be pulled close to the client.

Keep the clean single-use wooden applicators and cotton supplies in covered containers when not in use. 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.

Always wear gloves. Use gloves other than latex. Latex tends to get sticky and breaks down easily. Change your gloves if they become excessively sticky during a waxing service. Hair removal often causes trauma to the follicle. When the hair is forcefully pulled out of the follicle, spot-bleeding may occur and fluids may rise to the surface of the skin. This is normal—this is the blood that has been nourishing the dermal papilla.

All blood-stained gauze and materials should be discarded in a biohazard waste container and disposed of properly. When there is slight bleeding or even red bumps, place a small amount of antiseptic on a cotton 4" × 4" (10 cm × 10 cm) or 2" × 2" (5 cm × 5 cm) pad and gently press it on the area. This helps stop the bleeding and calms the skin. A cold, wet cotton compress is also soothing and constricts the follicles after waxing. A bowl of ice or cold water is useful to have on hand for certain clients and procedures.

The liquid-disinfectant container is normally a small, rectangular box with a lid. Tweezers and any other multiuse items should be thoroughly cleansed, dried, and placed into a wet disinfectant following the manufacturer's instructions. Place the instruments into an EPA-registered, hospital-strength disinfectant solution that is designated to kill all microbes, including staphylococcus, tuberculosis, pseudomonas (a pathogen), fungus, and the HIV virus. These solutions are often listed in catalogs for the esthetics industry or are available at a medical supply house. Stainless steel instruments can be sterilized in an autoclave.  L04

Contraindications for Hair Removal

The main reason for the client consultation is to determine if the client has any contraindications for hair removal (**Table 18–1**, page 494). It is also helpful to know if they have been waxed before and if they had any problems or reactions from past waxing experiences.  L05



Client Consultations

Before any hair removal service, a consultation is always necessary. A client assessment form (**Figure 18–20** on page 495) should be completed by each new client and kept in the client's file folder. Ask the client to complete a questionnaire that discloses all products and medications, both topical (applied to the skin) and oral (taken by mouth), along with any known skin disorders or allergies. Allergies or sensitivities must be noted and documented.

Keep in mind that many changes can occur between client visits. This is why many facilities have clients read, update, and sign their release form on every visit

CONTRAINDICATIONS FOR WAXING PROCEDURES

- Leg waxing should not be performed on clients who have varicose veins.
- Body waxing should not be performed on clients with phlebitis, skin disorders, epilepsy, diabetes, or other contraindicated medical conditions.
- Facial waxing should not be performed on clients who have any of the following contraindications:
 - Recent Treatments or Product Use**
 - Recent chemical exfoliation using glycolic, salicylic, or other acid-based products
 - Recent microdermabrasion or injectables (Botox® or other dermal fillers)
 - Recent cosmetic or reconstructive surgery, laser, or IPL treatments
 - Recent use of exfoliating topical medication including Retin-A®, Renova®, Tazorac®, Differin®, Azelex®, other peeling agents, or vitamin A topical products on the area
 - Recent use of hydroquinone for skin lightening
 - Recent use of topical or oral cortisone medication
 - Medical Conditions or Medications**
 - Recent use of acne medications (do not wax within 1 year for some)
 - Recent use of blood-thinning medications (Coumadin®, warfarin)
 - Circulatory disorders (phlebitis, thrombosis)
 - Chemotherapy or radiation
 - Epilepsy, diabetes, hemophiliacs (face and body waxing)
 - Autoimmune disorders (AIDS, lupus)
 - Medications such as tetracycline may have an adverse reaction with wax
 - Skin Conditions**
 - Rosacea or very sensitive skin
 - Sunburn, inflamed skin, bruising
 - History of fever blisters or cold sores (herpes)
 - Presence of pustules or papules on area to be waxed
 - Other Cautions and Contraindications**
 - Do not wax over scar tissue, moles, skin tags or warts or varicose veins.
 - Do not wax over skin disorders (eczema, seborrhea, psoriasis).
 - Do not wax papery-like or over-thinned skin.
 - Do not wax inside the nose, ear, or over the nipples or eyelids.
 - Check for product allergies to wax ingredients.
 - Contraindicated topical products and treatments should be stopped at least 1 month to 6 weeks prior to waxing. With harsher products and treatments, it can take up to 3 months or longer after healing before the skin is ready to be waxed.
 - This is only a guideline and medical information needs to be carefully reviewed.

▲ Table 18-1 Contraindications for Waxing Procedures.

CLIENT ASSESSMENT FORM

(Sample form)

(assessment should be performed/reviewed prior to each treatment)

Name _____ Date _____

Phone _____ Address _____

E-mail _____

Have you been waxed before? Yes _____ No _____

The following are potential contraindications for waxing:

Any chemical exfoliation treatment such as a glycolic acid peel or any other AHA treatment? (wait at least two weeks before waxing): Yes _____ No _____ If yes, when: _____

Applied any topical products containing AHAs (glycolic or lactic acid), BHAs (salicylic acid), or lightening or bleaching gels? (wait at least 48 hours; a week is better) Yes _____ No _____

Have you had microdermabrasion, laser resurfacing, light therapy, or injectable treatments? (wait 4 weeks or longer—treatment dependent) Yes _____ No _____ If yes, when: _____

Are you taking acne drugs and/or using exfoliating topical products such as Retin-A® or other vitamin A products? (wait at least 3 months or longer—drug dependent) Yes _____ No _____ If yes, what type: _____

Exposure to continuous sun, or shaved, scrubbed, or experienced any recent peeling or irritation in the last 48 hours? Yes _____ No _____

Skin treatments: _____ Date(s): _____

Currently using, or has used, the following topical products on face and neck: _____

Medical conditions: _____

Currently taking, or has taken, the following medications: _____

Pregnant or lactating? Yes _____ No _____

Seen or seeing dermatologist? Yes _____ No _____ Date: _____

Name of doctor: _____

Allergies to products or medications: _____

History of fever blisters or cold sores? Yes _____ No _____

Tanning regime or use of tanning booths? Frequency: _____

Client initials: _____

WAX TREATMENT RECORD

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

Client Name: _____

Date	Esthetician	Wax Service	Notes
9/8/12	Teresa	Brow w/soft wax	New client: shaping for more arch, close-set eyes Tweezed chin No redness

▲ Figure 18-20
A client assessment form.

Wax Release Form
(Sample form)

Name _____ Date _____
 Phone _____ Address _____
 E-mail _____

I understand that topical creams, medical conditions, and medications can affect the results of waxing. I understand that I cannot be waxed if I have certain contraindications such as taking topical acne drugs or if I am using Retin-A® (or other peeling agents) topical prescription products.

I understand that I am accepting full responsibility for skin reactions if I do not inform my technician of contraindications prior to waxing.

Certain medications, products, and treatments used prior to waxing may result in irritation, skin peeling, blotchiness, pigmentation, and sensitivity.

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

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

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

Name (print) _____ Signature _____

Initial below for each visit:

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

▲ **Figure 18–21**
 A sample wax release form.

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Here's a Tip

If a client comes in for face waxing and you are unable to wax due to contraindications, offer to tweeze or trim a small amount of hair for them instead. Or offer a substitute service such as a mini-facial. They will appreciate getting at least some hair removal or other service completed. Most clients will appreciate a cautious approach in caring for their skin. Don't be talked into waxing if you are in doubt about the contraindications.

(Figure 18–21). Since the last time you saw them, clients may be taking new medications such as antidepressants, hormones, cortisone, medicine for blood pressure or diabetes, or such topical prescriptions as Retin-A®, Renova®, and hydroquinone. A client on any one of these prescriptions may not be a candidate for hair removal, because the client is more sensitive and the skin can actually be pulled off if waxed. See Table 18–1 on page 494 for contraindications. Always refer to this contraindication list to make sure clients are safe to receive hair removal services.

It is imperative that every client fills out a release form for the hair removal service you are going to provide. Have clients review their forms before every service because it reminds them to think about any topical or oral medication they may have started since the last visit. If you neglect to do this, a potential accident may occur.

Give clients post-wax precautions: avoid sun exposure, exfoliation, creams with fragrance or other ingredients that may be irritating, and excessive heat (hot tubs, saunas) for at least 24 to 48 hours after waxing.

Fitzpatrick skin typing and the skin's response to UV light are important to keep in mind due to how the skin reacts with treatments. This helps

predict how the skin will respond to chemical peeling, microdermabrasion, waxing, and laser treatments. The possibilities of pigmentation problems or sensitivities are serious issues. Postinflammatory hyperpigmentation (**Figure 18–22**) from injury to the skin is common from waxing for darker skin types. Refer to the Fitzpatrick Skin Type Scale and note it on the client chart before waxing new clients. **L06**

Waxing Safety Precautions

Please note the following safety precautions for wax treatments:

- Before beginning a wax treatment, be sure to complete a client consultation card and have the client read and sign a release form.
- Wear single-use gloves to prevent contact with any possible bloodborne pathogens.
- The hair should be at least $\frac{1}{4}$ -inch (.6 centimeters) to $\frac{1}{2}$ -inch (1.25 centimeters) long for waxing to be the most effective. Trim hair before waxing if it is longer than $\frac{3}{4}$ inch (2 centimeters).
- Do not remove vellus hair; doing so may cause the hair to lose its softness and uniformity.
- Beeswax has a relatively high incidence of allergic reaction. Before every service, always do a small patch test of the product to be used.
- To prevent burns, always test the temperature of the heated wax on the inside of the wrist before applying it to the client's skin.
- Use caution so that the wax does not come in contact with the eyes. Have the client keep their eyes closed for face waxing as wax may drip or "string" off the spatula.
- Do not apply wax over warts, moles, abrasions, or irritated or inflamed skin. Do not remove hair protruding from a mole since the wax could cause trauma to the mole.
- Cover the scalp hair with a headband for face waxing and protect clothes to avoid wax drips near the area you are waxing.
- Never wax over curves—always do one side of an area at a time or the top and bottom separately. Waxing over curves damages the skin because the pull is not parallel to the skin when going over the curved surface.
- The skin under the arms and other areas is very sensitive. If sensitive, use hard wax.
- Redness and swelling sometimes occur on sensitive skin. Apply aloe gel or cortisone cream to calm and soothe the skin after waxing.
- Give clients post-wax precautions: avoid sun exposure, exfoliation, creams with fragrance or other ingredients that may be irritating, and excessive heat (hot tubs, saunas) for at least 24 to 48 hours after waxing.

CAUTION!

Never wax if you are in doubt about how a client's skin will react. Do a patch test on a tiny area if you are concerned about the results or reactions from a procedure or product.



Courtesy of Leon Prete, LMT, and Barbara Prete, Satielase Institute for Cosmetic Laser Training, CE.

▲ Figure 18–22
Postinflammatory hyperpigmentation.

FOCUS ON

Waxing

Frequent waxing does weaken the hair follicle and slow down hair growth. Conversely, with frequent waxing, follicles may grow deeper into the dermis and closer to a richer blood supply. This stimulates stronger, thicker hairs. As women age, the excess androgens (from less estrogen) also stimulate the hair growth. The hair growth in the chin may become so coarse that only tweezing will remove it. Ingrown hairs from hair removal and more fragile skin is common with mature skin, so treating facial hair is more complicated. Sugaring or hard wax is gentler on the face. Laser is also a consideration for those with waxing contraindications.

Here's a Tip

Unlike facials, waxing procedures need to flow quickly, so make sure you are ready to quickly apply and remove the wax immediately. Keep up a fast pace to avoid client discomfort and problems with the product consistency and removal.

Here's a Tip

To safely cover an area such as a blemish or abrasion that cannot be waxed 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.

CAUTION!

Wax expands out beyond the edges when pressing down the strip, so stay inside the border and do not put wax anywhere hair should not be removed.

General Waxing Procedures

Here is an overview of waxing procedures to review before performing the hands-on procedures.

Client Preparation

Provide the client with a gown, single-use panties, or other items, depending on the service provided. Draping is important for client's modesty.

Prepare the skin per the instructor's directions.

- **Brows/face.** The client's eyes should be closed. Completely remove any traces of makeup with a gentle cleanser. Follow with a preparation solution to remove any residue on the area. Allow the area to dry for a few moments. Some states or regions require the use of client eye pads before some services, such as waxing or tweezing.
- **All areas.** Clean the skin thoroughly with a pre-epilation solution such as witch hazel on a cotton pad. Powder is applied if a moist area needs to be dried (especially underarms). Powder can also protect the skin and make hairs more visible. However, it can interfere with waxing if too much powder is applied. Do not use talcum powder. Many talcs contain fragrances and other particles that can cause an allergic reaction. Cornstarch is a good alternative.
- **Excess body hair.** Trim any thicker or longer hair areas with scissors before applying wax. This allows the wax to adhere better with fewer traumas to the follicles and is more comfortable for the client. Trim hair to no shorter than $\frac{1}{2}$ inch (1.25 centimeters).

Wax Application and Removal Techniques

- All wax applications are either soft wax used with strips or hard wax without strips.
- Hold spatulas or applicators at a 45-degree angle or less while applying the wax.
- Hold the skin taut next to where the wax is first applied for a smoother application.
- The most important points in all wax removal techniques are to hold the skin *taut* (tightly stretched) next to where starting the pull and to remove it *quickly* while pulling *parallel* to the skin. Stretch the skin out while holding, rather than applying too much pressure downward on the skin.

Soft Wax Application

- Dip the end of the spatula into the warm wax. Following the direction of the hair growth, apply a very thin coat along

the area to be waxed (**Figure 18–23**). Be careful not to drip wax on areas that are not being waxed.

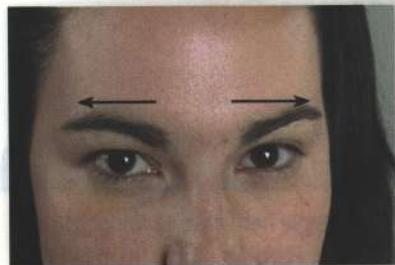
Soft Wax Removal

- Apply the muslin or Pellon® strip evenly over the wax and with light pressure. Rub the strip firmly in the same direction as the wax application. Do not use too much pressure, or you could cause bruising. Leave approximately 1 inch (2.5 cm) of the strip free to grip for removing.
- Check under the edges of the strip to make sure the wax did not migrate out beyond the border or line—especially for brows.
- Hold the skin taut next to the end you will be pulling with one hand, and remove the wax quickly with the other hand using one continuous pull in the direction opposite the hair growth. If the end of the hair is pointing to the left, pull to the right. Because follicles do not grow vertically, but at an angle, the hair is “popped” out at an angle. The pulling method and direction are critical. When pulling, keep the strip parallel to the skin without lifting to avoid skin damage (**Figure 18–24**).
- Follow through on the pull to avoid slowing down. Do not pull straight up, or you will remove skin or cause bruising or the hair to break off. Immediately after you remove the strip, place your other hand or fingers quickly over the area and apply pressure to block the nerves from sensing pain.

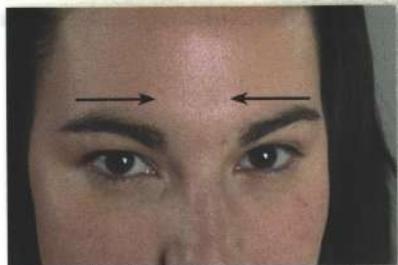
Hard Wax Application and Removal Techniques

Hard Wax Application

- Dip a spatula into the wax and apply it first in the opposite direction of hair growth, then in the same direction of the hair growth in a smooth or figure-eight pattern over the area to be waxed. Apply to the thickness of a nickel. For the body use 2-inch (5 centimeter) wide strips of hard wax. Length should not exceed 9 inches (22.5 centimeters). Use smaller sections when first learning how to wax.
- Apply a thicker area on the end to pull up with, lifting it up before it completely hardens to make a tab that can be grasped between the thumb and index finger. It is best to have the pull tab end where there is no hair underneath.
- Wait a few moments for the wax to set up. If hard wax becomes too dry or cool, it will be brittle and break off when you attempt to remove it. Try to end the wax where there is no hair when flicking up the end to make a tab (to grasp on to for the pull). It's very uncomfortable when hair is pulled



▲ Figure 18–23
Wax application in the direction of the hair growth.



▲ Figure 18–24
Wax removal opposite to the hair growth.

Here's a Tip

Especially for brow waxing: Only apply the strip where hair removal is desired. If soft wax is accidentally placed where the hair should not be removed, then do not put the strip over it. You can later remove the wax with a wax remover or oil for the skin. Always make sure you can see the brow area outside of the wax and strip to avoid removing too much hair. Use smaller strips and place them carefully to avoid covering the entire brow with the strip so you have a clear view.

ACTIVITY

Before attempting the actual wax application, practice a mock application. Using a mannequin head or other body part, pretend you are applying and pulling off wax for an actual client. Use a pencil or practice applicator to mimic applying the wax, and then apply scotch or masking tape as a practice strip to pull off of the area. *Remember the mantra: hold taut, pull fast, keep it parallel and follow through (don't slow down) on the motion.*

Removing wax is a similar sort of action to throwing a Frisbee without the wrist action.

CAUTION!

Never apply hard wax as thinly as soft wax. Hard wax must be at least as thick as a nickel. If it is too thin, it will be brittle and the only way to get it off is one tiny painful piece at a time using lots of oil or petroleum jelly.

on under the tab. Small plastic pull tabs are now available to slide under the edge of the wax before it sets up, to make the removal easier.

- Hard wax is a slower method, and the technician has to wait for the applied wax to set. With experience, one should be able to apply the second application to another part of the area (although not immediately adjacent) while waiting for the first application to set. If the procedure is too slow, it becomes inefficient, laborious, and uncomfortable for the client.

Hard Wax Removal

- Follow the previous removal steps for the soft wax, only without the strips. Once the wax has set, grasp the thick edge firmly between the thumb and index finger. Pull off the wax in the appropriate direction according to instructions. Immediately put your other hand over the area to soothe nerve endings.

Post-Wax Treatment

Tweezing

- After waxing, visually check the waxed area with the magnifying light. All hair should have been removed in the pull.
- Remove any residual hair with tweezers. If there are ingrown hairs, pointed tweezers can be used to loosen them or remove them. Carefully slide the point of the tweezers just under the skin close to the hair and lift it out. It is recommended not to remove ingrown hairs right away. Release them from under the skin and let the follicle heal, so the hair does not become trapped under the skin again. Tweeze them a few days later or wax them at the next appointment.

Post-Wax Product Application

- Remove residual wax with a wax remover made for the skin. Gently apply to the waxed area, removing any wax residue. Rub with a cotton pad to remove excess wax and product.
- Apply an after-wax soothing product (such as azulene or aloe) as directed. After waxing, open, irritated follicles are susceptible to

Here's a Tip

Have the client take a *deep breath in* just before removing the wax while you rub over the strip and *exhale and blow out* during the pull when removing the wax. This decreases the discomfort.

more irritation. Keep epilated areas clean and free from any debris. If you are applying a hair-growth inhibitor cream, follow the manufacturer's directions.

- If skin is especially sensitive, a cold compress with baking soda mixed in water can be applied to calm the skin and help neutralize reactions from products.

Post-Wax Clean Up

Follow all cleaning and decontamination procedures. Give the client post-wax instructions and precautions. Prepare the station for the next service.

Shaping Eyebrows

Correctly shaped eyebrows have a strong, positive impact on the overall attractiveness of the face (Figure 18–25). The natural arch of the eyebrow follows the top of the orbital bone, or the curved line above the eye socket. Most people have hair growth above, between, and below the natural line. These hairs can be removed to give a cleaner, more attractive appearance. Correctly shaping brows is an art, and a good brow artist attracts loyal clients who trust their esthetician. Initial brow shaping takes detail work and more time than just maintenance appointments (Figure 18–26a and b).

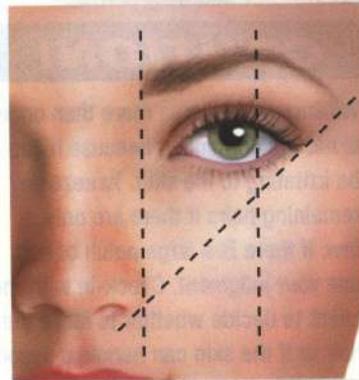
As with any procedure, always perform a client consultation before tweezing or waxing the eyebrows. Determine the client's wishes as to the final eyebrow shape. If you remove too much hair, it will generally grow back, but the process takes a long time. You will also end up with an unhappy client who is not likely to return for your services. Conducting a thorough consultation beforehand will help you avoid such mistakes.

Reshaping is common, and sometimes there is a need for hair to grow back in spots. This regrowth stage takes patience to not remove hair outside the current line, even if it is the wrong shape. Use a mirror and brow brush to show the client where hair should or should not be removed before they lay down on the table.

Encourage the client not to tweeze between appointments. Recommend a brow pencil or powder and a shaping gel to enhance the brow shape and

Here's a Tip

To calm down the skin for sensitive clients apply a cool, wet cotton pad to waxed areas.



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▲ Figure 18-25
Brow shaping guidelines.



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Photography by Dino Petrucci.



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Photography by Dino Petrucci.

▲ Figure 18-26a and b
Brow design: before and after.

help clients achieve the look they desire, especially if brows are sparse or uneven. Demonstrate for clients how to use these products for the best results.

PROCEDURE
18-2 **Eyebrow Waxing
with Soft Wax**

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CAUTION!

Waxing over an area more than once is not recommended because it can be irritating to the skin. Tweeze any remaining hairs if there are only a few. If there is a large patch of hair, use your judgment. Check-in with the client to decide whether to leave the hair or if the skin can handle a second waxing, but only if using hard wax.

Brow Waxing Tips

Here are some guidelines to use when waxing the eyebrows.

- **Men's eyebrows:** Most men want the brows left natural with just cleaning-up underneath and between the brows. Do not make an even line or tweeze to define unless the client requests it.
- **Sculpting:** Brows are arched according to the standard diagram.
- **Corrections:** If brows are uneven or too thin, leave the stray hairs to grow back in to match the shape the client wants. Recommend letting the hair grow back to achieve the desired shape. If hairs are removed, they may not always grow back. Hair density gets thinner with time, so in 10 or 20 years, there may be less hair in areas. Let clients know that over-thinning now can affect the brow shape for years to come.
- Check the balance, length, width, and arch for the correct brow shape.
- Use a pencil liner to help mark the boundary lines or points of where to remove (or not remove) the hair.
- Chapter 20, The World of Makeup, provides more information about corrective brow shaping.

Face, Chin, and Lip Waxing Tips

Hard wax is the preferred wax method for face waxing. It is gentler on the follicles than soft wax and can be removed in the direction of hair growth. It is not recommended to wax vellus hair. The skin is also more delicate on the face. The lip area is especially sensitive.

PROCEDURE
18-3 **Lip Waxing
with Hard Wax**

PAGE 512

PROCEDURE
18-4 **Chin Waxing
with Soft Wax**

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Tweezing

Tweezing takes practice. It can be very painful if not performed correctly. To remove hair with tweezers, first hold and stretch the skin very taut around the area where you are removing the hair. Then place the tweezers at the base of a hair and gently but firmly pull the hair out,

matching the direction of the hair growth (**Figure 18–27**). A pair of quality tweezers is necessary for professional services.

Always check your work with the magnifying lamp. Some estheticians prefer to use their magnifying light while doing hair removal to allow for very detailed work.

Whether you are tweezing or waxing brows, the order of the procedure can be altered. The area between the brows can be tweezed or waxed first, then the areas underneath the brow line. It is more efficient to wax one brow, and then move over to the other one, and then proceed to tweeze as necessary. Some estheticians tweeze between the brows and above the brow line first because the area under the brow line is much more sensitive; others prefer to start underneath.

Body Waxing Procedure Preparation

- Use the same equipment as for the eyebrow waxing procedure, with the addition of larger strips and a larger metal or single-use wooden spatula. A metal spatula holds the heat longer, but it must not touch the client's skin as you apply the wax and must not be used if prohibited by your regulatory agency. You may find single-use spatulas more convenient. Prepare the correct strip sizes.
- Make sure the treatment table is at the right height for the technician and that it is comfortable and easy to move around the table.
- Drape the treatment bed with single-use paper, or use a bed sheet with a towel or paper over the top.
- Conduct the consultation and review the client release form and contraindications.
- Instruct the client on how to prepare, and be mindful of her or his modesty and comfort.
- If bikini waxing, offer the client single-use panties or a small towel for draping.
- If waxing the underarms, have the female client put on a facial gown or wrap. Offer a wrap or towel when waxing the legs or back as well.
- Assist the client onto the treatment bed and drape the client with towels.
- Tuck in a paper towel or wax strip into a bikini bottom or on the edge of the pants to protect any clothing from the wax.
- If trimming excess hair, put an extra single-use paper towel under the area to catch the hair and discard it before waxing. This keeps the extra hair from interfering with the wax and getting all over the table and floor.

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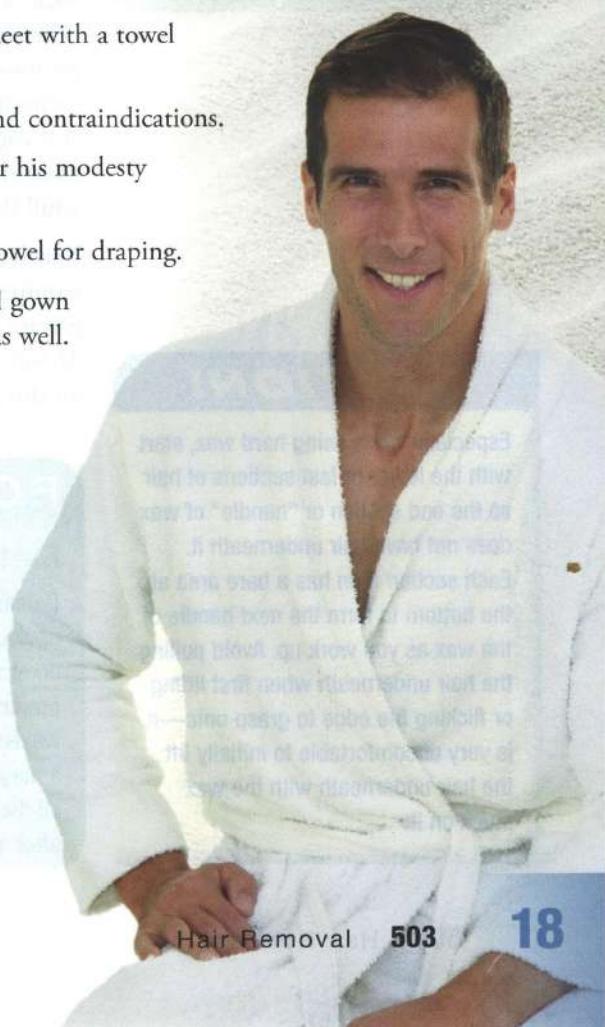
PROCEDURE **18-5 Leg Waxing with Soft Wax**

PAGE 516



▲ Figure 18–27
Tweezing techniques.

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Photography by Rob Werhel.



REGULATORY AGENCY ALERT

Laws regarding waxing services vary by region and province. Be sure to check with your regulatory agency for guidelines.

FOCUS ON

The Client

Be mindful of your client's modesty. Try to make her as relaxed as possible, and do not expose the bikini area any more than she is comfortable with.

CAUTION!

Especially when using hard wax, start with the lower or last sections of hair so the end section or "handle" of wax does not have hair underneath it. Each section then has a bare area at the bottom to form the next handle of the wax as you work up. Avoid pulling the hair underneath when first lifting or flicking the edge to grasp onto—it is very uncomfortable to initially lift the hair underneath with the wax stuck on it.

PROCEDURE 18-6 Underarm Waxing with Hard Wax

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PROCEDURE 18-7 Bikini Waxing with Hard Wax

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Bikini Waxing Variations

Bikini waxing can be categorized in three ways: American (or standard) bikini wax, French bikini wax, and Brazilian bikini wax. The waxing method used depends on the client's preference and the extent of hair to be removed.

Standard *American* bikini waxing is the removal of hair outside the normal bikini line. *French* bikini waxing leaves only a small patch of hair on the front pubis area—everything else is removed.

With *Brazilian* waxing, all of the hair on the genital area is removed—both front and back. Because of the different hair growth directions, hair coarseness, and delicate skin in that area, hard wax is the preferred method used. Blood spots are normal when waxing the bikini area.

The client needs to be positioned to remove hair from the front and back of the bikini area, so everyone needs to be comfortable with the different client positions. These include holding the legs up in a frog position while holding the feet, or being face down while holding themselves up on the arms and legs. Think of them as stretching and yoga poses. You can remove most of the hair and get a very clean shape with normal bikini waxing techniques without doing a full Brazilian wax.

Brazilian waxing is a very popular service. This "extreme" waxing requires practice, competency, and being comfortable working with private areas on the body. Advanced training is required. Refer to the *Milady Standard Esthetics: Advanced* textbook for more information on this procedure.

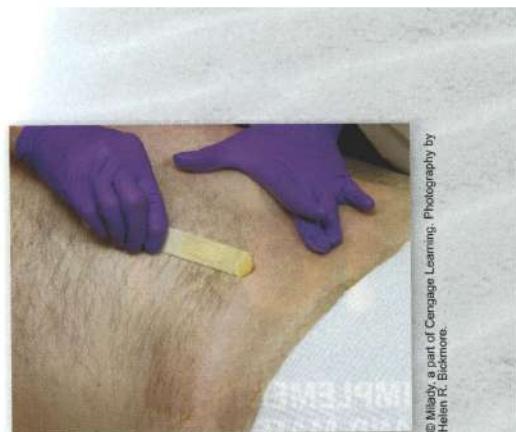
FOCUS ON

Details

Details are important in any esthetic service. Make sure the wax line is not obvious and blends into the next section of the body with hair. For example, on arm waxing the line between the waxed and nonwaxed area should be gradual and natural looking, not a straight line or abrupt area that has been waxed. Leave some partial hair on the area next to the hairless area. Using a magnifying light and tweezing is another important detail in making sure all the hair is removed after waxing. Clients expect every hair to be gone after a service.

Waxing for the Male Client

The main areas men have waxed are the brow area and the nape of the neck (base of the back of the neck). Another common area that men have waxed is the back (Figure 18–28). The chest waxing procedure is similar to back waxing. Estheticians must proceed with caution in all cases. Men may be sensitive to waxing as the hair is dense and coarse. The skin may become red and irritated. With regular services, your male clients typically get used to waxing. Men may grow wiry hair on the edges of their ears and on the inside of the nose. This growth tends to increase with age. It is not advisable to wax these sensitive areas, but trimming the external hair is helpful. Since men's body hair is thicker and denser, more wax strips are needed to perform men's waxing services.



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▲ Figure 18–28
Waxing of the back and neck is common for many men.

PROCEDURE 18-8 Men's Waxing with Soft Wax PAGE 523

Scheduling Services

- Face waxing procedures take from 15 minutes to 30 minutes. For example, for both a brow and lip wax, it normally takes 30 minutes. Add time for each additional area that is waxed.
- First time clients, consultations, and shaping with detail work takes longer.
- Body waxing procedures take from 30 minutes to an hour. A basic bikini or lower leg wax takes 30 minutes each; a full leg wax can take an hour. Add time for each additional area.
- The time depends on the amount of hair and area to be waxed.

Preparation time and clean-up time is usually scheduled for 15 minutes before and 15 minutes after the service (refer to Table 18–2 for average times and prices). Body waxing takes more preparation and clean-up time. Proper decontamination takes time.

REGULATORY AGENCY ALERT

Some states or provinces require estheticians to (1) clean the skin before tweezing or waxing and (2) apply an antiseptic at the end of the procedure. Always check with your regulatory agency to be sure you are complying with the requirements.

WAXING TIMES AND PRICES

These times and prices obviously vary by region and facility, but this is a partial example of a menu with average pricing. Times and prices are usually adjusted by the amount of hair to be waxed.

WAXING SERVICE	TIME	PRICE
Eyebrow Maintenance or Design	15–30 minutes	\$25–\$50
Lip or Chin	15 min. each	\$15–\$25 each
Under Arms	30 min.	\$25–\$35
Half Leg	30–45 min.	\$35–\$50
Full Leg	60 min.	\$65–\$75
Basic Bikini	30 min.	\$40–\$50
Back, Chest, or Shoulders	30–45 min.	\$30–\$50

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▲ Table 18–2 Waxing Times and Prices.

CAUTION!

To avoid injuring or irritating the client's skin, remember these important points about the wax removal technique: You must hold the skin taut, remove the wax quickly, and not pull upward when removing the wax strip. Always pull parallel along the skin's surface. Parallel pulling means following the same plane as the body: keeping the entire motion at a constant and equal distance to the skin's surface.

PROCEDURE 18-1

IMPLEMENTS AND MATERIALS

- Station and cleaning supplies
- EPA-registered disinfectant
- Hand sanitizer
- Towels
- Tweezers
- Small hair scissors
- Small hand-held mirror
- Cotton pads
- Eyebrow brush or comb
- Emollient cream
- Antiseptic lotion
- Gentle eye makeup remover
- Astringent
- Single-use gloves
- Client release form and chart
- Client headband
- Plastic bag for disposables

Eyebrow Tweezing

Preparation

PROCEDURE
14-1 Pre-Service
Procedure

PAGE 372



- 1** Discuss with the client the type of eyebrow arch suitable for her facial characteristics.



- 2** Seat the client in a facial chair in a reclining position, as for a facial massage. Or, if you prefer, seat the client in a half-upright position and work from the side if it is comfortable for both you and the client. The head needs to be supported and held steady to get a firm grip and hold the skin taut. The brows should be easy to reach and visible under adequate lighting, preferably with a magnifying light.

- 3** Drape a towel over the client's clothing.



- 4** Wash and dry your hands, and put on single-use gloves. Washing your hands thoroughly with soap and warm water is critical before and after every client procedure you perform. The importance of proper cleaning in these procedures cannot be overemphasized.

Procedure

The eyebrow tweezing procedure involves the following steps:



- 5** Prepare the skin: use a mild antiseptic on a cotton pad before tweezing to clean and prepare the area.



- 6** Measure the brows to check the shape (in-between the brows, the arch, and the end of the brow). Brush the eyebrows with a small brush. Carefully trim long hairs outside the brow line now or after tweezing. Brush the hair upward and into place to see the natural line of the brow. Observe the stray hairs and what needs to be removed.



- 7** Stretch the skin taut next to the hair with the index finger and thumb (or index and middle fingers) of your other hand while tweezing. Hold each area taut next to the hair being removed.



- 8** Remove hairs from under the eyebrow line. Shape the lower section of one eyebrow, then shape the other. Grasp each hair individually with tweezers and pull with a quick, smooth motion in the direction of the hair growth. Carefully grasp the hair at the base as close to the skin as possible without pinching the skin and pull in the direction of the hair growth, not straight up or out.



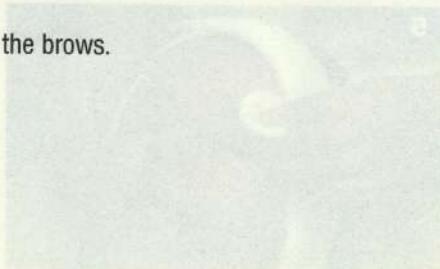
- 9** Brush the hair downward. Remove hairs from above the eyebrow line if the predetermined shape deems it necessary. Shape the upper section of one eyebrow; then shape the other.

PROCEDURE

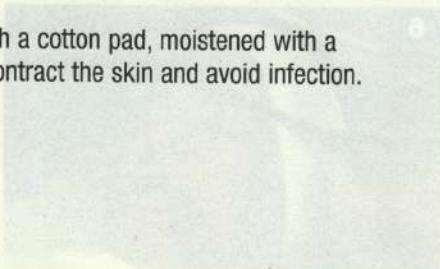
18-1 Eyebrow Tweezing (continued)



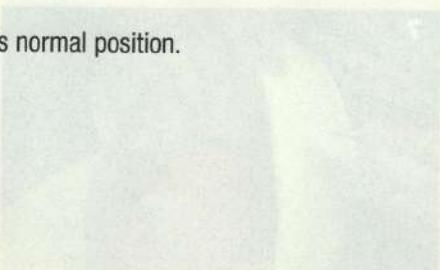
10 Remove hair from between the brows.



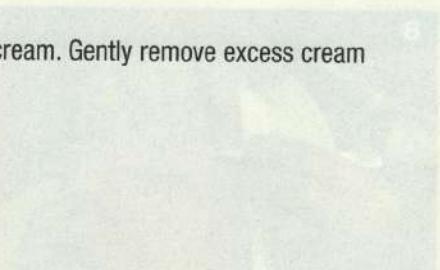
11 Wipe the tweezed areas with a cotton pad, moistened with a nonirritating antiseptic lotion, to contract the skin and avoid infection.



12 Brush the eyebrow hair in its normal position.



13 *Optional:* Apply a soothing cream. Gently remove excess cream with a cotton pad.



fyi

Always wash your hands before preparing and setting up for a service, after draping, immediately after any service before walking the client out, and after finishing the post-service procedures.

14 If eyebrow tweezing is part of a makeup or facial service, continue the procedure. If not, complete the next step.

Post-Service

- Complete

PROCEDURE 14-2 Post-Service Procedure

PAGE 375

PROCEDURE 18-2

IMPLEMENT AND MATERIALS

The following list applies for all waxing procedures.

- Facial chair or treatment table
- Technician stool
- EPA-registered disinfectant
- Hand sanitizer
- Roll of single-use paper or paper towels
- Closed, covered waste container
- Cart
- Implement tray
- Containers for supplies
- Wax product
- Wax heater
- Wax remover
- Small single-use applicators (brow size spatulas)
- Wax strips (for soft wax)
- Single-use gloves
- Sealable plastic bags for waste disposal
- Cotton pads and swabs
- Powder
- Mild skin cleanser
- Emollient or antiseptic lotion
- Brow brush
- Tweezers
- Small scissors
- Hand mirror
- Tongs (to retrieve clean supplies during a service)
- Surface cleaner (oil to remove wax from the equipment)
- Wax cleaning towels/supplies
- Table linens/towels
- Hair cap or headband for face waxing
- Towels for draping
- Wax release form and client chart
- Biohazard container, especially for underarm, bikini, and back waxing (the potential for blood spots from follicles is normal)

Eyebrow Waxing with Soft Wax

This procedure for eyebrow waxing employs the use of a strip to remove soft wax. Hard wax may also be used. Adapt this procedure and supply list for all other body areas to be waxed. Review the wax application and removal techniques in the chapter before performing this procedure.

Preparation

PROCEDURE 14-1 Pre-Service Procedure PAGE 372

- Perform
 - For the waxing procedures, melt the wax in the heater. The length of time it takes to melt the wax depends on the product, temperature, and how full the wax holder is: approximately 30 minutes if it is full; 15 minutes if it is a quarter to half full. Be sure the wax is not too hot.
 - Complete the client consultation, release form, determine any contraindications, and determine what hair you need to remove.
 - Lay a clean towel over the top of the facial chair and then a layer of single-use paper under the head (if applicable).

Procedure

The soft pot wax procedure with strips includes the following steps:



- 1** Prepare the skin: remove makeup on the area to be waxed. Cleanse the area thoroughly with a mild astringent cleanser, and dry.



- 2** Apply a non-talc powder, if applicable. Brush the hair into place to see the brow line. Measure the three lines for shaping and examine what hair needs to be removed.

PROCEDURE

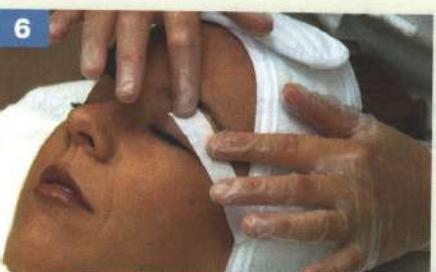
18-2 Eyebrow Waxing with Soft Wax (continued)



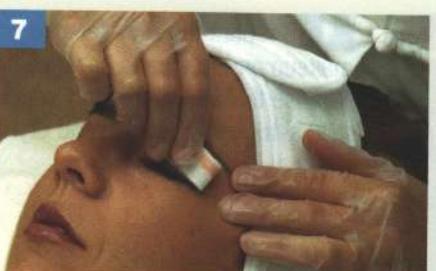
3 Test the temperature and consistency of the heated wax by applying a small (dime size) drop on the inside of your wrist. It should be warm but not hot, and it should run smoothly off the spatula. Remove with a strip as you would while waxing.



4 Wipe off one side of the spatula on the inside edge of the pot, so it does not drip. Carefully take it from the pot to the brow area. If it is dripping off the spatula, there is too much wax, or it is too hot. Correct the problem to avoid drips or hurting the client.



5 Apply the wax: with the spatula at a 45-degree angle, spread a thin coat of the wax evenly over the area to be waxed, following the direction of the hair growth. Hold the skin taut near the edge where the wax is first applied. Be sure not to put the spatula in the wax more than once (do not double-dip). Do not use an excessive amount of wax, because it will spread when the fabric is pressed and may cover hair you do not wish to remove.



6 Apply a clean fabric strip over the area to be waxed. Start the edge of the strip at the edge of the wax where you first applied it. Do not cover the rest of the brow with the strip. This way you can see the exposed area that you do not want to wax. Leave enough of the strip to hold on to for the pull. Press gently in the direction of hair growth, running your finger over the surface of the fabric three to five times so the wax adheres to the hair. Remember to check to make sure wax has not spread where you do not want it.

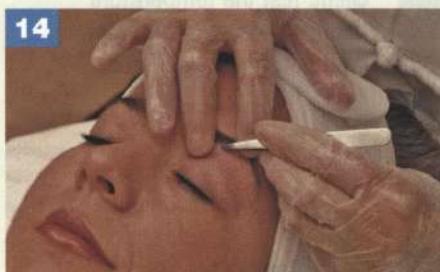
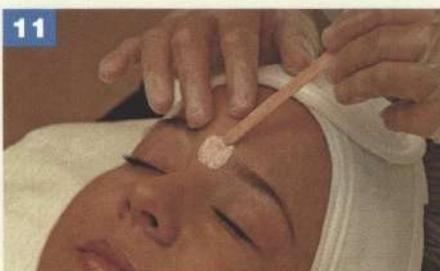


7 Remove the wax: gently but firmly hold the skin taut, placing the index and middle fingers of one hand on next to the strip as close as possible to where you will start to pull. Hold the loose edge of the strip at the end and quickly remove the strip by pulling in the direction opposite to the hair growth. Do not lift or pull straight up on the strip; doing so could damage or remove the skin.

8 Immediately apply pressure with your finger to the waxed area. Hold it there for approximately 5 seconds to relieve the painful sensation.

9 Remove any excess wax residue from the skin with the strip by gently lifting it sideways in the same direction as the hair growth. To avoid removing additional hair, do not let the strip accidentally touch any hair while doing this. A clean part of the strip can be folded over and used for this, or use a new strip.

10 Repeat the wax procedure on the area around the other eyebrow.



15 Remove the gloves and wash your hands.

Post-Service

PROCEDURE **14-2 Post-Service Procedure**

PAGE 375

- Complete
- Discard all used single-use materials in a sealable plastic bag and closed waste container.
- Never reuse wax.
- Do not place the used spatula, muslin strips, wax, or any other materials used in waxing directly on the counter. Use a tray or paper towel.
- Complete a post-wax consultation and discuss post-wax precautions.

11 For the area between the brows, apply the wax (generally in an upward direction between the nose and the forehead). Line the bottom of the strip up to the bottom edge of the wax. Hold the skin taut on both sides of the strip above the brows with the middle and ring fingers.

12 Hold the top of the strip and pull the strip straight down close to the nose without lifting. This area can be done all in one section or in two halves—the right and the left.

13 Cleanse the waxed area with a mild wax-remover, and apply a post-wax product or antiseptic lotion.

14 Tweeze the remaining stray hairs, and apply a cold compress if necessary. If it is too slippery or there is wax residue, apply the post-wax products after tweezing or rinse the area with water and pat dry before tweezing.

Service Tip

Excess wax will get on the tweezers and interfere with tweezing. Remove all wax and post-products with a moist cotton pad before tweezing, and reapply soothing products after tweezing.

CAUTION!

If the wax strings and lands in an area you do not wish to treat, remove it with lotion designed to dissolve and remove wax. Always cover clients' hair and clothes to protect them from wax.

PROCEDURE
18-3

**IMPLEMENTS
AND MATERIALS**

- Facial chair or treatment table
- Technician stool
- EPA-registered disinfectant
- Hand sanitizer
- Roll of single-use paper or paper towels
- Closed, covered waste container
- Cart
- Implement tray
- Containers for supplies
- Wax product
- Wax heater
- Wax remover
- Single-use applicators (medium size spatulas)
- Wax strips (for soft wax)
- Single-use gloves
- Sealable plastic bags for waste disposal
- Cotton pads and swabs
- Powder
- Mild skin cleanser
- Emollient or antiseptic lotion
- Tweezers
- Small scissors
- Hand mirror
- Tongs (to retrieve clean supplies during a service)
- Surface cleaner (oil to remove wax from the equipment)
- Wax cleaning towels/supplies
- Table linens/towels
- Hair cap or headband for face waxing
- Towels for draping
- Wax release form and client chart
- Biohazard container, especially for underarm, bikini, and back waxing (the potential for blood spots from follicles is normal)

Lip Waxing with Hard Wax

Be guided by your instructor for hard wax application and removal. Some apply and remove hard wax differently than soft wax. For example: Only with hard wax can you apply opposite to the hair growth and remove with the direction of the hair growth. It is best to learn the soft wax techniques first to avoid incorrect pulls and injuring the skin.

Preparation

PROCEDURE
14-1 Pre-Service Procedure

PAGE 372

- Perform

- Melt the wax in the heater.

Note: Soft wax may be used with strips for the same procedure. The lip waxing procedure with hard wax includes the following steps:



- 1** After draping the client, test the temperature and consistency of the wax on the inside of your wrist.



- 2** Prepare the skin by cleansing. For lip waxing, have the client hold the lips tightly together to avoid pulling the skin.



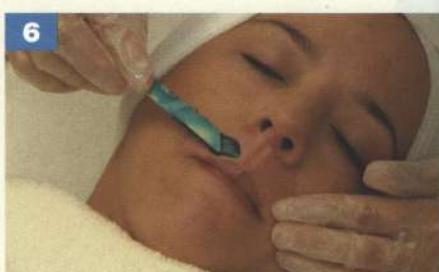
- 3** Apply wax to one side of the upper lip outward from the center to the corner, leaving a "tab" or "handle" to grasp. Make sure there is a thicker layer of hard wax and the consistency is right before removing. It should be firm and feel tacky, but not hard or brittle. (If using soft wax, apply the strip.)



- 4** Remove the wax: hold the skin taut, and quickly pull parallel to the skin without lifting up.



- 5** Immediately apply pressure to the waxed area to ease any discomfort.



- 6** Repeat on the other side of the lip.



- 7** Apply after-wax soothing lotion.

Post-Service

- Complete **14-2 Post-Service Procedure** **PAGE 375**
- Complete a post-wax consultation and discuss post-wax precautions.

PROCEDURE 18-4

IMPLEMENT AND MATERIALS

Note: Make sure you have the correct strip sizes ready if you are using soft wax instead of hard wax.

The following list applies for all waxing procedures.

- Facial chair or treatment table
- Technician stool
- EPA-registered disinfectant
- Hand sanitizer
- Roll of single-use paper or paper towels
- Closed, covered waste container
- Cart
- Implement tray
- Containers for supplies
- Wax product
- Wax heater
- Wax remover
- Single-use applicators (medium size spatulas)
- Wax strips (for soft wax)
- Single-use gloves
- Sealable plastic bags for waste disposal
- Cotton pads and swabs
- Powder
- Mild skin cleanser
- Emollient or antiseptic lotion
- Tweezers
- Small scissors
- Hand mirror
- Tongs (to retrieve clean supplies during a service)
- Surface cleaner (oil to remove wax from the equipment)
- Wax cleaning towels/supplies
- Table linens/towels
- Hair cap or headband for face waxing
- Towels for draping
- Wax release form and client chart
- Biohazard container, especially for underarm, bikini, and back waxing (the potential for blood spots from follicles is normal)

Chin Waxing with Hard Wax

Preparation

PROCEDURE 14-1 Pre-Service Procedure

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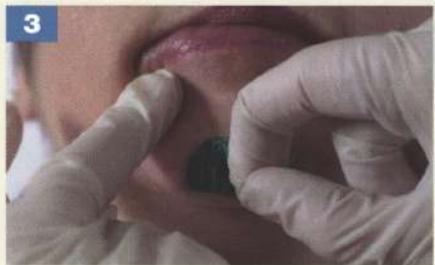
- Perform
- Melt the wax in the heater. Be sure the wax is not too hot.
- Complete the client consultation, release form, determine any contraindications, and determine what hair you need to remove.
- Lay a clean towel over the top of the facial chair and then a layer of single-use paper under the head (if applicable).

Procedure

- 1** Test the wax temperature.



- 2** Apply the wax in small sections above the curve of the jawline from the top to bottom ending at the jawline. Do not go over the curve. Wax above the jawline, then below it using separate pulls. Or you can wax below the jawline first, then above it. Make sure to leave enough wax beyond the area for a handle/pull tab. Lift up the pull tab to grasp onto. Check that the wax consistency is "tacky" before removal.



- 3** Remove the wax: hold the skin taut close to the end of the wax where you start the pull, and pull opposite to the hair growth and parallel to the skin.



- 4** Apply the wax in small sections below the curve of the jawline.



- 5** Remove the wax: hold the skin taut, and pull parallel to the skin.

6 Apply light pressure on the waxed area without pressing down hard on the throat or neck.

7 Continue the procedure and apply the post-wax products.

Post-Service

PROCEDURE
**14-2 Post-Service
Procedure**

PAGE 375

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

PROCEDURE 18-5

IMPLEMENTS AND MATERIALS

Note: Make sure you have the correct strip sizes ready if you are using soft wax instead of hard wax.

The following list applies for all waxing procedures.

- Facial chair or treatment table
- Technician stool
- EPA-registered disinfectant
- Hand sanitizer
- Roll of single-use paper or paper towels
- Closed, covered waste container
- Cart
- Implement tray
- Containers for supplies
- Wax product
- Wax heater
- Wax remover
- Single-use applicators (large spatulas)
- Wax strips (for soft wax)
- Single-use gloves
- Sealable plastic bags for waste disposal
- Cotton pads and swabs
- Powder
- Mild skin cleanser
- Emollient or antiseptic lotion
- Brow brush
- Tweezers
- Small scissors
- Hand mirror
- Tongs (to retrieve clean supplies during a service)
- Surface cleaner (oil to remove wax from the equipment)
- Wax cleaning towels/supplies
- Table linens/towels
- Hair cap or headband for face waxing
- Towels for draping
- Client wrap for body waxing
- Wax release form and client chart
- Biohazard container, especially for underarm, bikini, and back waxing (the potential for blood spots from follicles is normal)

Leg Waxing with Soft Wax

Preparation

PROCEDURE

14-1

Pre-Service Procedure

PAGE 372

- Perform
- Melt the wax in the heater. Be sure the wax is not too hot.
- Complete the client consultation, release form, and determine any contraindications.
- Place a clean sheet or sheet of paper on the waxing table for each new client.

Procedure

Leg waxing can be started with either the front or the back of the legs. Visually divide the front of the legs in quarter sections (below the knees) and use a set pattern, starting removal at the bottom half of the lower legs. Make sure the skin is held taut while removing the wax, especially around the ankle, which is more sensitive.

Start the application on the front (or back) side of the leg 7 inches (17.5 centimeters) below the knee and apply down to the just above the ankle. Work across to the other side of the leg using two or three strips. Then do the next section from the middle of the lower leg to the knees. The entire front leg should be waxed, including the knees, and lotion applied to the front before having the client turn over and continue on the back of the legs.

1 If skin is moist or oily, cleanse the area to be waxed with a mild astringent cleanser and dry. If skin is dry and flaky, a tiny amount of lotion may be applied and then removed. Apply a light dusting of powder if necessary.

2 Test the temperature and consistency of the heated wax.



3 Apply the wax using a spatula. Spread a thin coat of warm wax evenly over the skin surface in the same direction as the hair growth.



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

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5 Remove the wax: hold the skin taut with one hand close to where you will pull with the other hand, and quickly remove the wax in the opposite direction of the hair growth without lifting.



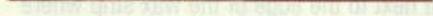
6 Quickly put your hand down to apply pressure to the waxed area for approximately 5 seconds.



7 Repeat, using a fresh fabric strip as each strip becomes too thick with wax or hair.



8 Wax the knees. Have the client bend the knee and place the foot on the table. Wax below the curve of the knee working in three sections across from one side to the other: left, middle, and right sides. Then wax the top of the knees above the curve using the same pattern in three sections.



9 To keep the client's skin from sticking to the table, apply the soothing wax remover (made for the skin) only where the wax was applied before having the client turn over to wax the back of the legs. Have the client turn over, and repeat the procedure on the backs of the legs.

10 Remove any remaining residue of wax from the skin, and apply an emollient or antiseptic lotion. Check for stray hairs. Remove gloves and wash your hands after the service.

Post-Service

PROCEDURE **14-2 Post-Service Procedure**

PAGE 375

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

Service Tip

If skin is too dry or cold, wax may stick and will not come off properly. A tiny amount of lotion or oil may be used to pre-treat the skin. Conversely, too much product will prevent the wax from sticking. Make sure the room is warm so both the wax and client are at the right temperature. Check the wax consistency and machine temperature knob while setting up for services so adjustments can be made before starting a service.

PROCEDURE 18-6

IMPLEMENTS AND MATERIALS

The following list applies for all waxing procedures.

- Facial chair or treatment table
- Technician stool
- EPA-registered disinfectant
- Hand sanitizer
- Roll of single-use paper or paper towels
- Closed, covered waste container
- Cart
- Implement tray
- Containers for supplies
- Wax product
- Wax heater
- Wax remover
- Single-use applicators (large)
- Wax strips (for soft wax)
- Single-use gloves
- Sealable plastic bags for waste disposal
- Cotton pads and swabs
- Powder
- Mild skin cleanser
- Emollient or antiseptic lotion
- Brow brush
- Tweezers
- Small scissors
- Hand mirror
- Tongs (to retrieve clean supplies during a service)
- Surface cleaner (oil to remove wax from the equipment)
- Wax cleaning towels/supplies
- Table linens/towels
- Hair cap or headband for face waxing
- Towels for draping
- Client wrap for body waxing
- Wax release form and client chart
- Biohazard container, especially for underarm, bikini, and back waxing (the potential for blood spots from follicles is normal)

Underarm Waxing with Hard Wax

Preparation

- PROCEDURE
14-1 Pre-Service Procedure PAGE 372
- Perform
 - Melt the wax in the heater. Be sure the wax is not too hot.
 - Complete the client consultation, release form, determine any contraindications, and determine what hair you need to remove.

Procedure

Because the hair under the arms grows in several different directions, it is important to first determine the number of different growth patterns and then to wax in sections following those patterns. Cut strips to the appropriate size if using soft wax. Divide the underarm area into multiple sections or as hair growth patterns allow. Follicles under the arm have fluids and spots of blood that come to the surface after hair removal, so apply a cold compress to calm the follicles after the hair is removed from the area.

- 1** Wearing gloves, cleanse the underarm area.
- 2** Apply a small amount of powder (or pre-wax product) to the area to dry the area and facilitate the adherence of wax. Have the client hold the skin taut next to the area to be waxed and place her hands where it does not interfere with the waxing pull. Hold the skin taut next to the edge of the wax strip where applying and removing the wax.



- 3** Apply wax to the first area, usually on the top or outer edge of the underarm. Leave a tab to grasp onto and check the consistency for removal.



- 4** Remove wax: grasp the wax "handle" or strip and quickly pull. Hold and stretch the skin taut when removing the wax.



- 5** Apply pressure immediately after wax removal to ease any pain.

- 6** Repeat the procedure on the last growth area, or the center of the underarm. Remove any other stray hairs. Check-in with the client to make sure she is comfortable and can handle any tweezing. This is a sensitive area, so the faster the procedure, the better.



- 7** Repeat the procedure on the next growth area.



- 8** Apply a soothing after-wax lotion; cold compresses are also nice to soothe the skin.

Post-Service

- Complete **14-2 Post-Service Procedure** PAGE 375
- Complete a post-wax consultation and discuss post-wax precautions.

PROCEDURE 18-7

IMPLEMENT AND MATERIALS

Supplies will depend on the type of bikini waxing service to be performed (basic or Brazilian).

- Facial chair or treatment table
- Technician stool
- EPA-registered disinfectant
- Hand sanitizer
- Roll of single-use paper or paper towels
- Closed, covered waste container
- Cart
- Implement tray
- Containers for supplies
- Wax product
- Wax heater
- Wax remover
- Single-use applicators (large)
- Wax strips (for soft wax)
- Single-use gloves
- Sealable plastic bags for waste disposal
- Cotton pads and swabs
- Powder
- Mild skin cleanser
- Emollient or antiseptic lotion
- Brow brush
- Tweezers
- Small scissors
- Hand mirror
- Tongs (to retrieve clean supplies during a service)
- Surface cleaner (oil to remove wax from the equipment)
- Wax cleaning towels/supplies
- Table linens/towels
- Hair cap or headband for face waxing
- Towels for draping
- Client wrap for body waxing
- Wax release form and client chart
- Biohazard container, especially for underarm, bikini, and back waxing (the potential for blood spots from follicles is normal)
- Disposable underwear

Bikini Waxing with Hard Wax

Note: Soft wax with strips may be used in place of hard wax for the same procedure if performing an American or French bikini waxing (not a Brazilian wax).

Preparation

PROCEDURE 14-1 Pre-Service Procedure

PAGE 372

- Perform
- Melt the wax in the heater. Be sure the wax is not too hot.
- Complete the client consultation, release form, and determine any contraindications.
- Place a clean sheet or sheet of paper on the waxing table for each new client.



1 Wash hands and wear gloves. Drape the client. Tuck in a paper towel or wax strip along the edge of the client's bikini line. Cleanse the area.



2a Trim the hair to $\frac{1}{2}$ " to $\frac{3}{4}$ " (1.25 cm to 2 cm) in length if necessary.



2b Apply a small amount of a pre-epilating product.

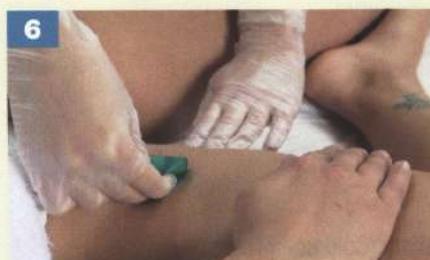
3 Bend the client's knee with the leg facing out. This position assists in reaching the inner bikini area and stretches the skin tighter. Be confident in moving the client's body position around to reach the right angle for waxing, but make sure they are comfortable in the different positions.



4 Have the client hold her skin taut next to the area being waxed. Show her where to place her hand and make sure that the hand is not in the way of the parallel pull used for removal.



5 Apply wax to the first growth area, usually on the upper, outer edge of the bikini line. Extend the wax beyond the hair to make the pull tab and check wax consistency for removal.



6 Remove the wax: hold the skin taut, grasp the wax "handle," and quickly pull. Pull back parallel to the skin.



7 Apply pressure immediately to alleviate any discomfort.



8 Work in and down to the femoral ridge in sections. Do not wax over the curve of the femoral ridge (tendon).

PROCEDURE

18-7 Bikini Waxing with Hard Wax (continued)



- 9** To wax the underside and the back side of the bikini area in separate sections have the client lift her leg toward her chest, grasping the ankle if possible. This position also holds the skin taut.



- 10** Apply the wax.



- 11** Remove it parallel to the body without lifting up while pulling.



- 12** Apply a soothing after-wax lotion. (Cold compresses are also nice to soothe the skin.)

CAUTION!

Never go over the curve of the femoral ridge. Wax the top and bottom of the bikini area separately.

Post-Service

at end of service this is how to do it

PROCEDURE

14-2 Post-Service Procedure

PAGE 375

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

PROCEDURE
18-8

**IMPLEMENTS
AND MATERIALS**

- Facial chair or treatment table
- Technician stool
- EPA-registered disinfectant
- Hand sanitizer
- Roll of single-use paper or paper towels
- Closed, covered waste container
- Cart
- Implement tray
- Containers for supplies
- Wax product
- Wax heater
- Wax remover
- Single-use applicators (large)
- Wax strips (for soft wax)
- Single-use gloves
- Sealable plastic bags for waste disposal
- Cotton pads and swabs
- Powder
- Mild skin cleanser
- Emollient or antiseptic lotion
- Brow brush
- Tweezers
- Small scissors
- Hand mirror
- Tongs
- Surface cleaner (oil to remove wax from the equipment)
- Wax cleaning towels/supplies
- Table linens/towels
- Hair cap or headband for face waxing
- Towels for draping
- Client wrap for body waxing
- Wax release form and client chart
- Biohazard container, especially for underarm, bikini, and back waxing

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Men's Waxing with Soft Wax

PROCEDURE
8-8t

Due to the hair density, back waxing generally requires more wax strips. Strips fill up with hair quickly. Sometimes a partial wax will be requested and the time and price varies with the amount of waxing that is needed. Waxing of the back and neck is a common procedure for many men. First determine the number of different growth patterns, and then wax in sections following those patterns. Do not wax large strips of areas at one time—it's uncomfortable and traumatizes the follicles. Leg strip sections are generally too large. Cut the leg strips to three-quarters of the length. Save the unused leftover part of the strip for other body parts.

Preparation

PROCEDURE

14-1

**Pre-Service
Procedure**

PAGE 372

- Perform
- Melt the wax in the heater. Be sure the wax is not too hot.
- Complete the client consultation, release form, and determine any contraindications.
- Place a clean sheet or sheet of paper on the waxing table for each new client.

1 Have the client remove any uncomfortable clothing (belts) or give them a wrap to put on. Tuck a paper towel into the waist band to protect the clothing or wrap from wax. Have the client lay face down and start at the lower back area working up to the shoulders. Then have him sit up for the top of the shoulder area if necessary.



2 Cleanse the area to be waxed and trim hair as necessary. Brush excess hair onto a paper towel and discard before starting.



3 Apply a small amount of powder all over the area to be waxed. Check the hair growth pattern to decide on the pattern of removal before starting.

PROCEDURE

18-8 Men's Waxing with Soft Wax (continued)



4 Apply wax to the first growth area. Start at the bottom of the lower back on the outside edge. Work in sections on one side of the body, working up towards the shoulders. Do the outside edge, then the center. Follow the hair growth and a set pattern.



5 Apply the strip. Do not use too big of a strip, as a large section is painful and the parallel removal is not as easy to control. Follow the directional changes. The client may need to turn onto their hip to wax the curved edge next to the bed, if the bed is in the way of the pull and follow through.



6 Grasp the strip, hold skin taut, and quickly pull parallel against the hair growth.

7 Apply pressure immediately after wax removal for at least 3 to 5 seconds to ease any pain. Apply cold compresses and soothing lotion as needed after completing a large section during the procedure.



8 Repeat the procedure until all hair is removed, working up one side and then the other side of the body (this is more efficient to avoid changing sides during the waxing).



9 Remove any other stray hairs. Check-in with the client to make sure he is comfortable. It is a sensitive area, so the faster the procedure, the better.



10 Sit the client up to remove hair from the curve of the shoulder area. Blend the end of the waxed area to the front so there is not an abrupt line where the hairless area ends. Some trimming may be necessary here.

11 Apply a soothing after-wax lotion; large cold compresses (paper towels or cotton) are also used to soothe the skin. It is normal for hives and redness to appear after waxing such a large area of thick, coarse hair.

Service Tip

To wax a male client's shoulder and neck area, have him sit up and do the work from behind him.

Web Resources

www.dermatology.about.com

Post-Service

PROCEDURE 14-2

Post-Service Procedure

PAGE 375

- Complete

- Complete a post-wax consultation and discuss post-wax precautions. L07

Review Questions

1. What structures are part of the pilosebaceous unit?
2. What are the main structures of the hair follicle?
3. Explain the three stages of the hair-growth cycle.
4. Define the terms hirsutism and hypertrichosis.
5. Define electrolysis.
6. Define threading and sugaring.
7. What is photoepilation?
8. What is the difference between depilation and epilation?
9. What are the two main types of waxing products?
10. What are six of the conditions, treatments, and medications that contraindicate hair removal?
11. List four of the safety precautions that must be followed for waxing.
12. What are the three most important points in safe wax removal techniques?
13. When should you use a biohazard container for waste disposal?
14. Why is hard wax better than soft wax for sensitive areas?

Glossary

anagen	First stage of hair growth during which new hair is produced.
catagen	Second transition stage of hair growth; in the catagen stage, the hair shaft grows upward and detaches itself from the bulb.
depilation	Process of removing hair at skin level.
depilatory	Substance, usually a caustic alkali preparation, used for temporarily removing superfluous hair by dissolving it at the skin level.
electrolysis	Removal of hair by means of an electric current that destroys the hair root.
epilation	Removes hairs from the follicles; waxing or tweezing.
hair bulb	Swelling at the base of the follicle that provides the hair with nourishment; it is a thick, club-shaped structure that forms the lower part of the hair root.
hair follicle	Mass of epidermal cells forming a small tube, or canal; the tube-like depression or pocket in the skin or scalp that contains the hair root.
hair papilla (plural: papillae)	Cone-shaped elevations at the base of the follicle that fit into the hair bulb. The papillae are filled with tissue that contains the blood vessels and cells necessary for hair growth and follicle nourishment.

Glossary

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; part of the hair that lies within the follicle at its base, where the hair grows.
hair shaft	Portion of the hair that extends or projects beyond the skin, consisting of the outer layer (cuticle), inner layer (medulla), and middle layer (cortex). Color changes happen in the cortex.
hirsutism	Growth of an unusual amount of hair on parts of the body normally bearing only downy hair, such as the face, arms, and legs of women or the backs of men.
hypertrichosis	Also known as <i>hirsuties</i> ; condition of abnormal growth of hair, characterized by the growth of terminal hair in areas of the body that normally grow only vellus hair.
lanugo	The hair on a fetus; soft and downy hair.
laser hair removal	Photoepilation hair reduction treatment in which a laser beam is pulsed on the skin using one wavelength at a time, impairing hair growth; an intense pulse of electromagnetic radiation.
photoepilation	Also known as <i>Intense Pulsed Light (IPL)</i> ; permanent hair removal treatment that uses intense light to destroy the growth cells of the hair follicles.
pilosebaceous unit	The hair unit that contains the hair follicle and appendages: the hair root, bulb, dermal papilla, sebaceous appendage, and arrector pili muscle.
sugaring	Ancient method of hair removal. The original recipe is a mixture of sugar, lemon juice, and water that is heated to form a syrup, molded into a ball, and pressed onto the skin and then quickly stripped away.
telogen	Also known as <i>resting phase</i> ; the final phase in the hair cycle that lasts until the fully grown hair is shed.
threading	Also known as <i>banding</i> ; method of hair removal; cotton thread is twisted and rolled along the surface of the skin, entwining hair in the thread and lifting it out of the follicle.
trichology	Scientific study of hair and its diseases and care.
vellus hair	Also known as <i>lanugo hair</i> ; short, fine, unpigmented downy hair that appears on the body, with the exception of the palms of the hands and the soles of the feet.