

● **MILADY STANDARD ESTHETICS: ADVANCED COURSE MANAGEMENT GUIDE
CLASS SIGN-IN SHEET 19.0**

INSTRUCTOR NAME: _____

DATE TAUGHT: _____

LESSON 19.0

SUBJECT: ADVANCED ESTHETICS

TOPIC: ADVANCED HAIR REMOVAL

LESSON OBJECTIVES:

Upon completion of the lesson, the student should be able to:

1. Discuss the importance of safety and disinfection procedures.
2. Explain the difference between hirsutism and hypertrichosis.
3. Describe basic threading techniques and their uses.
4. Discuss sugaring as an alternative technique.
5. Employ advanced facial waxing techniques.
6. Build speed-waxing techniques.
7. Perform Brazilian waxing.
8. Perform male waxing services.
9. Discuss the basics of electrolysis.
10. Discuss the uses of hair removal associated with medical intervention.

IMPLEMENTS, EQUIPMENT, SUPPLIES REQUIRED:

Student	Instructor	Items
X	X	<i>Milady Standard Esthetics: Advanced</i>
X	X	<i>Milady Standard Esthetics: Advanced Student Workbook</i>
X		Student Notebook
X		Pens, pencils

TEACHING AIDS (Audio/visual equipment, handouts, etc., used by instructor):

1. Board
2. LCD Projector and *Milady Standard Esthetics: Advanced Instructor Support Slides*
3. *Milady Standard Esthetics DVD Series* and DVD player

FACILITY: Theory Classroom

TIME ALLOTMENT: 1 to 2 hours (Adjust based on school schedule and student activities/participation.)

PRIOR STUDENT ASSIGNMENT:

Read Chapter 19, *Milady Standard Esthetics: Advanced*

EDUCATOR REFERENCES:

1. *Milady Standard Esthetics: Advanced*
2. *Milady Standard Esthetics: Advanced Student Workbook*

NOTES TO EDUCATOR:

1. Review chapter, entire lesson plan, and *Milady Standard Esthetics: Advanced Instructor Support Slides* prior to lesson.
2. Review learning reinforcement ideas/activities and predetermine which are to be used at what point during the lesson. You will incorporate them based on your time allotment.
3. Check projector and any audio/visual equipment to ensure it is working properly.
4. Review and practice proper pronunciation of technical terms for this lesson.
5. Take attendance or have students sign in based on school's procedure.
6. During the instructor preparation time, and while students are entering and getting settled for the class, have a *Milady Standard Esthetics: Advanced Instructor Support Slide* containing an inspirational quote projected (or write it on the board or flip chart). This will help get instructors and students into the appropriate mind-set for learning and for the day.
7. The information contained in this lesson plan correlates to that found in Chapter 19 of *Milady Standard Esthetics: Advanced Course Management Guide*, 1st edition.

Learning Motivation (Why?)

Hair removal is big business. A client's personal preference and budget dictates whether he or she seeks temporary hair removal, permanent hair reduction, or electrolysis. Whatever technique you employ in your clinic, client safety and disinfection are paramount. Your skill and knowledge of multiple hair removal techniques will allow you to better serve and educate your clients.

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

- Having knowledge and understanding of all current methods of hair removal will help you better answer clients' questions and advise them, particularly with regard to more advanced methods such as laser hair reduction and electrolysis.
- Learning and subsequently offering a broader range of hair removal services, including advanced waxing services, such as Brazilian bikini waxing, will increase your potential for profit. A business that can offer multiple methods will be assured a larger clientele that will take advantage of other services offered.
- When undertaking advanced hair removal services, increased risks must often be learned and understood for the safety and protection of both the client and the technician. Understanding these risks is essential to avoid injury and malpractice liability.
- Studying and improving hair removal techniques will ensure a comfortable and effective hair removal service that is carried out in an efficient and timely manner, generating client satisfaction. The happy client is a regular, repeat client who will bring referrals to the business.

● PRESENTATION OF THE SKILLS AND/OR INFORMATION LESSON PLAN 19.0

SUBJECT LINE	IN-DEPTH NOTES <i>(Information to Share During Presentation)</i>
I. SAFETY AND DISINFECTION FIRST	Disinfection precautions are important and must be changed to more modern practices.
A. BLOOD POTENTIAL	Is high when extracting hair.
<ol style="list-style-type: none"> 1. Wear gloves 2. Avoid cross-contamination 	Of product or applicators from client to client.
B. CLIENT CONSIDERATIONS	Always consult with the client for contraindications. Do not perform hair removal if herpetic breakout is present in the area being treated.
<ol style="list-style-type: none"> 1. HSV-2 breakouts 	Tingling, itching, or burning usually result in clusters of vesicles on a red platform. Infections heal within 7 to 10 days. Mild fever, pain, and swollen lymph nodes accompany recurrent HSV-2. Clients with HSV-2 should seek counsel from their physician prior to hair removal treatments.
<ol style="list-style-type: none"> 2. Genital warts 	Warts are a cutaneous viral infection caused by the human papilloma virus (HPV). There are more than 100 different types of HPV. As many as 80 percent of people worldwide have been infected with at least one type. The biggest concern in body waxing is genital warts. Abort the waxing procedure if there are any unidentified lesions in the pelvic area. Refer the client to a physician.
C. WAXING CONTRAINDICATIONS	Client should not lie on her back more than 20 minutes, especially in the third trimester. Some clinics require permission from a physician before performing hair removal on a pregnant client.
<ol style="list-style-type: none"> 1. Blood and circulatory disorders 2. Cancer treatments 3. Diabetes 4. Epilepsy 5. Fractures and sprains 6. Hemophilia 7. Herpes, herpes simplex (cold sores) 8. Inflamed or irritated skin 9. Lack of skin sensation 10. Lupus 11. Moles, skin tags, and warts 12. Pregnancy 	

SUBJECT LINE**IN-DEPTH NOTES***(Information to Share During Presentation)*

13. Scar tissue
14. Sunburn
15. Skin disorder conditions
16. Varicose veins
17. Sensitive areas
18. Any uncertain situation

II. HIRSUTISM AND HYPERTRICHOSIS**A. HYPERTRICHOSIS**

Excess hair growth on any particular part of the body that is abnormal for the age, sex, race, and culture of an individual; does not necessarily grow in the adult male sexual hair growth patterns; and is not stimulated by male androgens.

B. CAUSES OF HYPERTRICHOSIS

1. Congenital (acquired from birth)
2. Androgen independence
3. Natural life occurrences
4. Reaction to medical procedures
5. Result of cancer treatments
6. Reaction to prescription medications

Puberty, pregnancy, menopause.

Especially steroids.

C. HIRSUTISM

The term used for terminal hair growth in women and children (not men) that is caused by excessive male androgens present in the blood; it does grow in the areas of adult male sexual hair growth patterns.

D. CAUSES OF HIRSUTISM

1. Genetic inheritance
2. Androgen dependence
3. Diseases and disorders of endocrine system

III. THREADING**A. THREADING HISTORY**

Also known as *banding*; a method of hair removal—most commonly on the face—using a looped and twisted cotton thread. It is a fast, inexpensive method of mass tweezing that does not cause trauma to the skin.

Used for centuries in Middle Eastern countries; in Arabic, it is known as *khite*, and in Egyptian, *fatlah*. It is an inexpensive method passed on from generation to generation. Predominantly found in Asia, India, and Arabia, it is gaining popularity in the United States.

B. THREADING BENEFITS

Accomplished at a much faster rate than tweezing; results can be compared to waxing without the trauma to the skin; an effective method for individuals unable

SUBJECT LINE**IN-DEPTH NOTES***(Information to Share During Presentation)***C. THREADING PREPARATION**

1. Equipment/treatment area preparation
2. Technician preparation
3. Client preparation

to tolerate waxing on the face. Discomfort level is usually less than with electrolysis but similar to tweezing. Because it is faster, the plucking sensation is more tolerable. Requires use of strong household cotton thread, an antiseptic pre-treatment, and soothing aftercare.

Use a new, clean thread for each client. Have several pre-cut threads available. Line treatment chair with a fresh sheet, towel, or paper.

Wash hands and wear gloves.

Protect client's hair by wrapping. Cleanse area to be treated. Wipe with mild antiseptic and dry. Avoid creams; they remain on the hair and reduce the gripping effectiveness of threading.

D. THREADING TECHNIQUE

1. Knot two ends to form loop
2. Finger placement
3. Twist the loop at one end
4. Coax twists into loop center
5. Knot placement
6. Thread
7. Entrap unwanted hairs
8. Spread fingers
9. Relocate to another area
10. Use new loop if congested

Most popular areas for this technique are the eyebrows, the area above the eyebrows (up to hairline), sideburns, sides of face, upper lip, chin, and under jaw. Thread lengths should range from 24 to 30 inches (61 to 76 cm). Shorter lengths are easier to control when learning and developing the skill.

Forefingers, middle fingers, and thumbs are placed through each end of the loop. See Figure 19-3.

Approximately 12 times.

Make sure the knot of one end is near the fingers.

Place the upper end of the twist under the unwanted hairs so they hang over the twist; then quickly manipulate the twist upward by spreading the lower fingers.

This entraps or snags the unwanted hairs, plucking them out. See Figure 19-4 (eyebrow threading).

Follow by quickly spreading the upper fingers, thus moving the twist toward the lower fingers, dropping some of the plucked hairs.

Move quickly to another area of unwanted hair. Move fingers rapidly at a rate of one movement approximately every quarter of a second.

As twist gets congested with hair, use a new part of the loop or a new thread. After the service is complete, apply soothing lotion.

SUBJECT LINE	IN-DEPTH NOTES <i>(Information to Share During Presentation)</i>
E. SECOND APPLICATION TECHNIQUE	More traditional: Put one end of the loop of thread in your mouth, gripped between the teeth, and maneuver the loop from one end. Practitioners often use this when working on themselves. No data suggests this is harmful to a client. Check with state regulatory agency. See Figure 19–3.
F. THREADING INDICATIONS	Unwanted hair including eyebrows, between the eyebrow and hairline, upper lip, and hair along jaw, under chin, and on sides of face.
G. THREADING CONTRAINDICATIONS	
<ol style="list-style-type: none"> 1. Broken, irritated skin 2. Active eczema and psoriasis 3. Active herpes lesion 4. Sunburned skin 	
H. THE PROS AND CONS OF THREADING	NOTE: Refer students to Figure 19–6 in the textbook and conduct a discussion about the pros and cons of threading.
IV. SUGARING	
A. HISTORY	An ancient method of hair removal that is gaining popularity in the United States. Customers like the idea of an ancient, well-utilized technique. The sugaring paste is 100 percent natural. See Figure 19–7. Used for centuries in the Middle East, North Africa, and the Mediterranean. It is believed to have been discovered in ancient times. Ancient Egyptians believed body hair to be unacceptable and unclean. Women removed all hair except brows and hair on the head. Sugaring was faster, less painful, and more effective. It also exfoliated the skin, leaving it smoother and without stubble. Sugar epilates the hair; the regrowth is softer and finer.
B. TWO TYPES	When the technique arrived in the United States, it evolved dramatically. The original formula was altered with additives, promoting a faster method of using fabric strips to remove the hair and sugar paste. This method is now applied in the same way as the strip method of soft waxing. The original formula, made without resins, requires a warm, moist cloth for aftercare. Clients using Retin-A or AHAs should not have sugaring performed unless they have stopped using the product for at least five days prior to treatment. Their skin is thinner and more prone to irritation.

SUBJECT LINE**IN-DEPTH NOTES***(Information to Share During Presentation)***C. BENEFITS OF SUGARING**

1. No risk of burning.
2. Product is applied at body temperature.
3. Traditional formulas do not adhere as tightly to the skin, so there is minimal risk of bruising and less discomfort.
4. Treatment areas can be treated more than once without risk of irritation or trauma.
5. Sugar paste has natural antiseptic properties, which inhibit bacterial growth, cause less irritation, and reduces possible breakouts.
6. Paste is water-soluble, so cleanup is easy and gentle.
7. Can be used safely on dry psoriasis and dry-itch eczema.
8. Regrowth hair is lighter, softer, and less dense.

See Figure 19–8.

If paste is resin-free.

D. DOWNSIDE FOR SUGARING

1. Slow and time-consuming, this is not a preferred method for larger body areas.
2. There is some discomfort.
3. Folliculitis and ingrown hairs may result.
4. Risk is less with sugaring methods than with waxing.
5. Using the ball method, product is firmer and it is more difficult to catch all the hair.

E. SUGARING PASTE

1. Made of 100 percent natural raw sugar.
2. The paste is heated until syrup is formed.
3. With the hand method, the paste mixture is manipulated into a ball.
4. With a spatula or strip, paste can be thin, but not too runny.
5. The formula is considered hypoallergenic and is not irritating to the skin.
6. If gums, resins, or fragrances have been added, it may be irritating to the skin.
7. Read the product label to check ingredients listed.

Consistency is similar to molasses.

SUBJECT LINE**IN-DEPTH NOTES***(Information to Share During Presentation)***F. DIFFERING BENEFITS OF SUGARING TECHNIQUES**

1. No risk of burning.
2. Multiple treatments without irritations.
3. Safe on varicose veins.
4. Safe on psoriasis and dry-itch eczema.
5. Minimal risk of bruising or tearing skin.
6. Safe on diabetics.
7. Hair need only be 1/16 of an inch (1.5 millimeters).
8. Regrowth hair is lighter, softer, and less dense.
9. Less distortion of hair follicles and regrowth is more uniform.
10. Easier cleanup.
11. Natural antiseptic properties inhibit bacterial growth.
12. Hygienic due to no reuse.

G. SUGARING PASTE RECIPE

2 cups (473 ml) of sugar, ¼-cup (59 ml) of lemon juice, ¼-cup (59 ml) water. Combine ingredients and cook over low heat. Do not heat above 250°F (121.1°C). Use candy thermometer to read temperature accurately. Allow mixture to cook in jar. Use at body temperature when applying.

H. PATCH TEST

1. Used to gauge a client's reaction.
2. Histamine reactions appear immediately.
3. Small, white pustules or small red rash may appear up to 48 hours after treatment.
4. Test in front of ear, not on face.

I. HAND APPLICATION TECHNIQUE

1. Wash hands and apply gloves.
2. Clean area to be treated with an antibacterial cleanser.
3. Skin should feel warm to the touch.
4. Lightly dust area with powder.

Skin must be totally clean of makeup, oils, and lotions or sugar will not adhere properly.

Powder is free of chemicals, perfumes, and aluminum. Powder will absorb any residual moisture. If too much is applied, sugar will not adhere well.

SUBJECT LINE**IN-DEPTH NOTES***(Information to Share During Presentation)*

5. Manipulate sugar paste between fingers.
6. Paste is pressed and pushed against the hair growth and back over the top.
7. If hair remains, apply to same area.
8. Remove hair on adjacent area.

J. APPLICATION BY SPATULA/STRIP

1. Apply in direction of hair growth.
2. Apply muslin strip over top.
3. Rub in direction of growth.
4. Pull away against the growth, keeping close and parallel to the skin.
5. Use the opposite hand to keep the skin taut.

K. POSTTREATMENT CARE**V. HARD WAX****A. HARD WAX BASICS**

See Figure 19–9.

Followed by a quick flicking motion parallel to the skin, pulling the sugar paste off in the direction of hair growth.

Repeat.

When the area is cleared, sugar can be used to remove hair on the adjacent area; repeat until complete. Same sugar can be used on same client throughout service until it is ineffective. Paste can be used on face and later the body, but not vice versa for disinfection reasons. Never reuse on another client. See Figure 19–11.

Done in the same fashion as hot wax.

See Figure 19–12.

Warm strip sugar will not adhere well to pella. Regular-weight pella used for waxing are too stiff to use with sugar. Muslin lets sugar bind to fabric fibers, allowing for a smooth and effective pull.

Client's skin can be easily cleaned. Skin should be left clean and dry. Creams are not necessary after sugaring. Time between services vary by client, usually 6 to 12 weeks. The more clients are sugared, without using any other method in-between, the longer they will go between services.

Hard wax was the original depilatory that vanished into obscurity when the quick and efficient soft wax came to the forefront. In recent years, hard wax has made a strong comeback. This is due in part to advances in skin care. With the increase in use of retinoids and AHAs came an increase in incidents of skin lifting during a facial waxing service. Hard wax causes less injury to clients receiving specialized skin treatments, since it does not adhere to the skin.

Should be soft in the pot and easily spreadable on the skin, without burning. Should quickly solidify on the skin without becoming brittle.

SUBJECT LINE	IN-DEPTH NOTES <i>(Information to Share During Presentation)</i>
B. HARD WAX TEMPERATURES	<p>The melting point must be greater than 98°F (36.6°C), but less than 165°F (73.8°C). Temperature for hard wax should be between 125° and 160°F (51.6° and 71°C). Wax cools rapidly, so work quickly for maximum efficacy. Depilatory waxes are often combined with beeswax, candelilla wax, and carnuba wax to modify their melting points and increase strength. Strip wax is hotter and has more of a liquid consistency on application. It more readily runs to the base of the hair shaft. Hard wax sets faster. Apply in the opposite direction of hair growth, giving the wax the chance to get to the base of the hair while the wax is still warm. The wax shrinks as it cools and sets. Hard wax can be removed in the direction of hair growth, especially when used on vellus hair, without distorting the hair follicles. See Figure 19–13.</p>
VI. SOFT WAX	See Figure 19–14. Most popular method of hair removal.
A. SOFT WAX FEATURES AND BENEFITS	
<ol style="list-style-type: none"> 1. Liquid honey consistency. 2. More effective. 3. Causes limited discomfort. 4. Is faster. 5. Available for sensitive skin. 	
B. SOFT WAX SIDE EFFECTS	Ingrown hairs, which can be released at least four days before the waxing service. See Figure 19–15.
C. IMBEDDED HAIR REMOVAL	See Figure 19–16.
VII. PRODUCT EVALUATION	<p>Many good products are on the market. Experiment to find your personal preference. When treating the full body, more than one product is needed as each has its specialized use.</p>
VIII. ADVANCED FACIAL WAXING	NOTE: Conduct a discussion of Table 19–2.
A. BROW DESIGN	<p>Eyebrow waxing is also about esthetics. Understanding shape, balance, and artistry is important. Well-groomed individuals generally appreciate more precise and defined eyebrows. Sporty or more casual individuals may be comfortable with a more natural look. Consider if hair is worn short or long. Short/fine hair may need a thinner, more defined brow. Thick/longer hair may suit more substance to the brow. Communication is important to achieve the desired look. Advise the client that constantly removing eyebrow hairs may cause them not to grow back.</p>

SUBJECT LINE**IN-DEPTH NOTES***(Information to Share During Presentation)***B. BROW AND FACE SHAPE**

1. Round/broad face/wide-set eyes
2. Narrow/close-set eyes

There are other factors to consider when assessing the shape of the brow. Sit the client in a semi-reclined position. Provide a hand mirror for viewing the desired shape. Take the hair off the face so you can assess face shape and eye placement.

Benefit by bringing the point of the arch to the inside of the iris. This creates the illusion that the face is narrower and eyes are closer together. See Figures 19–17 and 19–18.

Benefit when the point of the arch is outside of the iris. This creates the illusion that the face is wider or eyes are more in balance with the face. See Figures 19–19 and 19–20.

C. GUIDELINES FOR DEFINING THE EYEBROW SHAPE.

1. Start
2. Point of arch
3. End

These are applied to a perfect oval-shaped face with perfect balance eyes. The start and point of the arch can be changed with subtle adjustments.

Point 1, the first point of reference. Identify by resting a thin, wooden applicator orangewood stick, or pencil along side of nose, just above the nostril. The point above the inner corner of the eye where the stick passes will determine where the eyebrow should start. Remove any hair outside the stick (unless the client has wide-set eyes).

Point 2, the second reference point. Locate the arch and adjust slightly to correct brow proportions. To find the point, have client look straight ahead, place stick at base of nose, and angle it so that it crosses in front of the pupil. The point of the arch should be where the stick crosses the eyebrow. Adjust based on shape of face and eyes.

Point 3, the final point of reference. Locate the end of the brow. Place the stick at the base of the nose, so that it crosses over the outer corner of the eye. The point where the stick meets the brow is where the brow should end. Hair that goes beyond the stick should be removed. Pencil in any space on the inside of the stick. See Figure 19–21.

D. SIDES OF FACE

Advise client of adverse consequences.

Electrolysis should be the first choice if hair is visible but minimal in quantity. If there is a significant amount of hair, laser hair removal may be a good option. If neither are available, then hard wax is more desirable than strip wax to avoid distorting follicles. Sugaring is an option if hair is not too strong.

SUBJECT LINE**IN-DEPTH NOTES***(Information to Share During Presentation)***IX. SPEED WAXING AND BODY TECHNIQUES****A. LEGS**

1. Spray antiseptic.
2. Sprinkle powder.
3. Rub in unison.
4. Apply wax knee to ankle.
5. Remove strip quickly.

B. ARMS PREPARATION

1. Give client a gown or apron.
2. Have client sit on treatment table.
3. Spray forearm with antiseptic solution.
4. Dust it with powder.

C. ARMS AND HARD WAX**D. ARMS AND SOFT WAX**

A technique in which soft wax is applied to an entire area and removed rapidly with the same strip. As treatment times are shortened, you will be able to book more clients. Technician must be well organized. Know the start point and follow the same routine for each body part. See Figure 19–22.

Spray both legs with antiseptic solution and wipe down with a paper towel in each hand. Sprinkle dusting powder quickly and rub again with both hands in unison. Apply wax down one side of the front of the leg, knee to ankle, and remove it quickly along the entire length of strip.

Strip wax is the fastest, most effective way to remove hair from arms. Because of pulling direction against the growth of the hair, the hair may start to grow back in an unruly fashion, sticking up. Hard wax or sugaring will prevent unruly regrowth.

Outstretch arm with the palm facing up. Begin on the inside where there is less hair. Follow general application rules or manufacturer's directions. Complete forearm up to the elbow, paying attention to the hair growth. On the upper arm, apply wax against, then immediately in the direction of, growth toward the elbow. Remove the hair sections, starting toward the elbow and working up toward the shoulder, blend or feather.

Apply wax thinly and downward following the hair growth. Continue up the lower half of the inside arm. Apply the strip over wax. Rub and remove in the usual manner. Move to the next section just above the previous section. Complete the inner arm turn the arm palm down. Holding arm firmly, start at the wrist. Apply the wax across the top of the arm from the inside (thumb side) to the outside (little finger side). Remove. Continue up the forearm to the elbow. Next, apply to the side that follows down from the little finger. Remove hair on the upper arm with wax that is already on the strip. The strip will remove more obvious hairs, leaving short hair behind. This is known as *blending*. See Figure 19–23.

SUBJECT LINE**IN-DEPTH NOTES***(Information to Share During Presentation)***E. HANDS**

1. Hands and Hard Wax

After completing the lower and upper arm, proceed to the knuckles and hands, if necessary. Have the client make a fist. This will tighten the skin. Grip the hand when removing wax.

Take hand and apply the wax in the usual manner for hard wax. Hair growth is usually downward, toward the fingers, and angling out, toward the little finger. The top of the hand can be done at one time. Take the fingers one at a time. Once wax is applied to all fingers, it should have set enough to start removing. Begin with the thumb and quickly pull off with hair growth. Apply soothing lotion.

2. Hands and Soft Wax

Soft wax is preferred for the hand. Apply wax. Apply strip over the entire area of the hand and rub in the direction of growth. Grip the hand when pulling back quickly against the growth. If there is a small amount of hair to remove on the fingers, it can be removed with wax already on the strip. After removing hair, apply a soothing lotion.

F. BIKINI VARIATIONS

Classified three ways, according to how much hair should be removed. Communication is important so the client clearly understands what is removed. See Figure 19–24.

G. AMERICAN BIKINI WAX

Removal of hair exposed at the top of the thighs and just under the navel when wearing a regular bikini bottom.

1. Protect swimsuit.
2. Pull out hair from under panty line.
3. Trim hair to 1/2 inch (1.3 cm) if needed.

H. FRENCH BIKINI WAX

Named for the high-cut, French-style thong. This wax removes everything, including the hair of the anus and labia, leaving only a strip of hair in the front, on the pubis. Follow all directions for a regular/American bikini wax.

1. Pay attention to cleaning and powdering.
2. Hard wax is preferred for removing hair on the labia.
3. First position for buttocks.
 - a. Client is supine.
 - b. Client brings both legs up, drawing knees to chest.
 - c. Client crosses ankles and grabs under them.

It grips the strong hair while reducing risk of injury. Hair grows inward toward the vaginal opening; the rules of removing against the growth cannot be applied.

For good mobility/minimal growth. Area between buttocks is called the perineum.

See Figure 19–26

SUBJECT LINE**IN-DEPTH NOTES***(Information to Share During Presentation)*

- d. Clean area with antiseptic using 4" × 4" (10 × 10-cm) gauze wipes.
 - e. Hard wax is used after prewax oil.
 - f. When using soft wax, dust with powder.
4. The second position
 - a. Client turns onto side.
 - b. Client keeps lower leg straight.
 - c. Client bends top leg placing knee on table.
 - d. Client may use topside hand to help stretch and separate buttocks and hold panties out of the way.
 - e. Area is cleansed with a 4" × 4" (10 × 10-cm) gauze pad in a front-to-back direction.
 - f. Apply prewax oil for hard wax.
 - g. Apply powder for soft wax.
 5. The third position.
 - a. Client turns over and kneels.
 - b. Client rests a forearm on the table for support.
 - c. Client uses other hand to move panties and separate buttocks.
 - d. Area is cleansed with 4" × 4" (10 × 10-cm) gauze pad, followed by precare.
- I. BRAZILIAN BIKINI WAX

For poor mobility/moderate growth.

See Figure 19–27.

For good mobility/moderate growth.

See Figure 19–28 .

This is the removal of all hair. Hair is removed as described for the French bikini wax. In addition, hair on the pubis is removed. Hard wax should be used. Explain to the client that blood spots may appear and are expected. Advise the client to return within three weeks (if this is her first bikini wax) and every four to six weeks after that.

1. Remove hair closest to navel.
2. Slightly alter applications to accommodate changes in hair growth.
3. At top of vagina, switch to hard wax.

That grows horizontally from each side and toward center where it meets.

SUBJECT LINE**IN-DEPTH NOTES***(Information to Share During Presentation)*

4. Remove all traces of wax.
5. Place client in “froggy” position.
6. Proceed as in French procedure.
7. Apply soothing antiseptic lotion.

X. ADVANCED MALE WAXING**A. EYEBROWS**

1. Apply small amount of wax with wooden applicator.
2. Apply wax in the direction of the hair growth.
3. Apply strip in direction of the growth.
4. Quickly pull away against the growth.
5. After completing both brows, move to the center area.

B. BACKS

1. Client lies prone on the table with arms upward, elbows sticking outward.
2. Client rests side of face on top of hands.
3. Place two paper towels along top edge of client’s pants (if not removed).
4. If hair is longer than ½ inch (1.3 cm), trim.
5. Stand on the side that wax is applied.
6. Spray mild antiseptic solution.
7. Wipe off excess moisture and dust with powder.

Apply salicylic acid with cotton to remove redness and bumps and reduce risk of ingrown hairs.

Athletes are turning to waxing as alternative to shaving the entire body. Most common areas to wax are the back, shoulders, between eyebrows, and the outer ears. Ascertain from clients what they would like to have removed and confirm.

Most often area waxed is the glabellar area, or the “unibrow.” See Figure 19–29. Tweezing under the brow is occasionally warranted. Trimming with scissors makes a big difference in the appearance of long and unruly eyebrows. Create a natural look that is simply well-groomed. Cleanse, pre-treat, and powder the client’s eyebrows.

Eyebrows should start inside the corner of the eye.

Generally remove hair from just below the waistband upward. Have clients remove pants and upper clothing. Provide a hanger for clothes. Step out of room while client changes.

See Figure 19–31.

Soft wax is preferred. See Figure 19–32.

SUBJECT LINE**IN-DEPTH NOTES***(Information to Share During Presentation)***C. BACK SPEED WAXING**

1. Quickly apply thin layer of wax up as much of half of back as possible.
2. Go back to area just above waistband.
3. Give two firm vigorous rubs.
4. Hold skin taut and quickly pull.
5. Quickly move to first application area farther around waistband.
6. Continue until wax is cleared.
7. Treat shoulder and upper arm if necessary.
8. Repeat process on other side.
9. Apply soothing antiseptic lotion.

Staying close and parallel to skin.

Hives may develop, but will subside in an hour or so. Applying an OTC salicylic acid product will help reduce redness and bumps.

D. CHEST

1. Apply mild antiseptic solution.
2. Wipe excess and dust with powder.
3. Application begins on outer edge, working upward and inward.
4. Apply wax in direction of hair growth, rub in direction of growth.
5. Remove against the growth.
6. Apply pressure after each pull.
7. Soothe with aftercare lotion.

Discuss which areas are to be cleared of hair for clarity and understanding. Hair must be approximately 1/2-inch (1.3 cm) long. If longer, trim to 1/2 inch (1.3 cm).

Soft wax is preferred.

Use a large strip. As area becomes dense, use smaller strips.

E. EARS

1. Have client lie supine or in a semi-reclined position.
2. Cleanse and dry area.
3. Start at top of rim.
4. Hold top of rim and remove downward. For soft wax, apply to lobe in downward motion along the rim.
5. Apply strip, rubbing downward.
6. Hold top portion of lobe taut.
7. Pull quickly upward against the growth.

Wax the outer rim and lobes, but not the inside. Waxing will result in softer regrowth.

Both hard and soft waxes are effective. For hard wax, follow rules and manufacturer's directions.

SUBJECT LINE**IN-DEPTH NOTES***(Information to Share During Presentation)*

8. Complete second ear.
9. Soothe area with lotion, and massage both earlobes.

F. MALE BIKINI AND BRAZILIAN

Service can be completed in 10 minutes.

Accomplished in same manner as for females, with exception of handling male genitals. Client should hold genitals out of the wax to wax bikini area. This skin is very thin and easily torn. Waxing can be risky. Do not attempt without proper training.

Not part of the esthetic curriculum, but certification or licensure can be acquired independently.

A pre-sterilized probe or filament is inserted into the hair follicle, down the dermal papilla, which emits a burst of treatment energy sufficient to destroy the hair bulb. See Figure 19–33.

XI. ELECTROLYSIS**A. HOW ELECTROLYSIS WORKS**

Uses alternating current.

Uses direct current.

Combines alternating and direct currents simultaneously or sequentially. Universal precautions are required.

B. THREE MODALITIES

1. Thermolysis
2. Galvanic or “true” electrolysis
3. Blend method

C. BENEFITS OF ELECTROLYSIS

1. Permanent reduction.
2. Only permanent hair removal recognized by the FDA.
3. Can be performed on all types of hair.
4. Can be used on all races and skin types.
5. Can be performed on all parts of face and body except for inside of nose or ear.

D. DOWNSIDES OF ELECTROLYSIS

1. All other forms must be stopped for hair to grow long enough for electrolysis.
2. Costly.
3. Can cause discomfort.
4. Requires regularly scheduled appointments.
5. Requires commitment.
6. Can cause erythema, bumps, swelling.

E. THERMOLYSIS

Also called diathermy; a method that uses alternating current (AC) to produce oscillating high-frequency radio waves. The HF waves travel down the probe which, when placed in the follicle, starts to vibrate and produces heat. The heat causes tissue damage called electrocoagulation and can destroy the dermal papilla.

SUBJECT LINE**IN-DEPTH NOTES***(Information to Share During Presentation)*

1. Variables are strength of current and length of application of current.
2. Fast and efficient.
3. Not as effective on coarse hair.
4. Not as effective on distorted follicles.

F. GALVANIC ELECTROLYSIS

1. Uses direct current (DC).
2. Client holds electrode.
3. The probe is negatively charged.
4. Probe is inserted into follicle.
5. An electrolytic chemical action called ionization occurs.

6. Slower than thermolysis, but more accurate.

G. BLEND METHOD

1. AC and DC pass down same needle.
2. DC causes production of lye at base of follicle.
3. AC action heats up the lye.
4. Reduces treatment time to one-quarter of that of conventional galvanic current alone.
5. The most difficult modality to learn.

H. CONTRAINDICATIONS FOR ELECTROLYSIS

1. Sunburn
2. Pregnancy
3. Diabetes mellitus
4. Acne vulgaris
5. Caution should be used with asthma and high blood pressure

Galvanism is true electrolysis.

Flow is in one direction, from the negative pole to the positive pole.

It carries a positive charge of electricity.

Forms one molecule of hydrogen gas, one molecule of chlorine gas, and two molecules of sodium hydroxide (NaOH), also known as lye, that decomposes the dermal papilla.

See Figure 19–34.

Improving permeability and bringing about a faster and more effective destruction of the dermal papilla.

No electrolysis should be done near acne due to high presence of bacteria.

NOTE: Conduct a discussion of Table 19–3.

SUBJECT LINE**IN-DEPTH NOTES***(Information to Share During Presentation)***XII. HAIR REMOVAL AND PLASTIC SURGERY****A. SKIN FLAPS**

1. The forehead rotation flap is most common

2. May take two operations

B. GENDER REASSIGNMENT (MALE TO FEMALE) STAGES

1. Emotional and psychological counseling

2. Hormone replacement therapy (HRT)

3. Reassignment surgeries

XIII. PRACTICAL PROCEDURES

You may have clients who will experience certain surgeries that require some form of hair removal, either pre- or post-operatively.

A mass of tissue including both dermis and epidermis removed from one part of the body to another. Flaps are used when surface area of open wound is too great to suture. Flaps are often necessary for reconstruction due to skin cancer or breast cancer.

It contains a good blood supply. See Figures 19– 35 and 19–36.

And patient must live for several weeks with a flap pedicle over his/her face. See Figure 19-37.

Three main types required: Facial feminization surgery may include rhinoplasty (nose job), chin reduction, cheek implants, and reduction of the Adam's apple; breast augmentation if HRT did not yield results; and genital surgery (vaginoplasty). Process is extremely costly and surgically painful.

NOTE: Refer students to the practical procedures found in the textbook and have them follow along as you review the steps. Notify them where and when the practical application of the procedures will take place. Have students perform the practical application as soon as possible after the demonstration or DVD presentation.

Summary and Review

Licensure requirements for hair removal procedures vary a great deal—and are subject to frequent revision—from state to state. Some states only require cosmetology certification for authority to operate a laser device for hair removal, whereas other states require a physician to operate a laser device. Most states allow estheticians to operate laser devices for hair removal, although it may be require a doctor's supervision. It is important to consult your state's regulating agency to find out the specific requirements for laser or pulsed light device operation. It is important to stay abreast of legislative amendments affecting your practice, within your state, to help you stay within the law.

Let's review:

1. Discuss the two techniques of threading and how they differ.

ANSWER: Hand threading is done by placing the upper end of the twist under the unwanted hairs so that they hang over the twist, then quickly manipulating the twist upward by spreading the lower fingers, thus entrapping or snagging the unwanted hairs and plucking them out. In traditional hand-and-mouth threading, the practitioner grips the loop of thread in the mouth between the teeth and maneuvers the loop from one end. This method is usually applied by threading practitioners when working on themselves, friends, and family members. The two-handed method of threading is the method taught in Western culture and is considered the more professional method to use on clients.

2. Discuss the two techniques of sugaring and their pros and cons.

ANSWER: In the hand-applied method of sugaring, the sugar paste is applied against the growth and can be removed with the growth, thus not distorting the hair follicles. The primary downside is that the method is time-consuming, especially on larger areas. It is not preferred for larger body areas such as the legs and back. There is minimal discomfort similar to, but not as uncomfortable as, waxing. Folliculitis and ingrown hairs may result. Some technicians report a variation in consistency between batches of sugar paste, which affects effectiveness. With the ball method, the firmer product can make it more difficult to catch all the hair, as it has a harder time “flowing” around the hair.

In the spatula-applied method, the sugar paste is applied with the growth and removed against the growth, which may distort the hair follicles. The sugar paste must be tested for appropriate temperature before application. This method produces some discomfort, similar to waxing. The spatula method is much faster, making it more practical for treating larger areas. The pros of using this method of sugar paste apply only if a resin has not been added; otherwise the pros and cons and contraindications are similar to waxing.

Pros:

- There is no risk of burning.
- The same area can be treated more than once without the risk of irritation and trauma.
- Sugaring is considered safe to use on areas with varicose veins or spider veins.
- Sugar paste will only remove the hair and exfoliate the loose cells of the stratum corneum with minimal discomfort and trauma and can be used safely on dry psoriasis and dry-itch eczema.
- There is minimal risk of bruising.
- Sugaring is considered safe to use on individuals with diabetes, with physician approval and a signed medical release.
- The hair need only be $\frac{1}{16}$ inch (1.5 millimeters) long for previously untreated hair and $\frac{1}{8}$ inch (3 millimeters) for coarse or shaved hair.
- Regrowth hair is lighter, softer, and less dense.
- With the hand-applied method, regrowth is more uniform.
- Sugaring results in easy cleanup because the sugar paste is water soluble.
- The sugar paste has natural antiseptic properties.
- Sugaring is hygienic because the sugar paste is not reused on other clients.

3. What services is hard wax best used for? What are its key attributes?

ANSWER: Hard wax does not adhere to the skin, so it causes less irritation and will not lift the skin on removal. It is the preferred wax for hair removal for clients who use AHAs. Hard wax is also preferred for removal of the hair on the labia, where the hair is coarse, the skin is delicate, and the direction of hair growth limits the use of soft wax because of the rules of application and removal. Also, hard wax is effective for hairs that converge in multiple directions, such as in the axilla.

4. What services is soft wax best used for? What are its key attributes?

ANSWER: Soft wax is a much faster method of waxing than hard wax and is more effective in removing hair, clearing virtually every hair of the appropriate length in its path. When used correctly, soft wax causes limited discomfort. Larger body areas such as legs and the back benefit from being waxed with soft wax because of its speed and effectiveness.

5. Outline the protocol used for brow design.

ANSWER: The first point of reference, point 1, is identified by resting an orangewood stick or pencil along the side of the nose, just above the nostril, in the cleft of the nose and straight up to the inner corner of the eye. The point above the inner corner of the eye where the stick passes will determine where the eyebrow should start. Any hair to the outside of the stick should be removed, unless the eyes are wide-set, and any space on the inside should be filled with an eyebrow pencil unless the eyes are too close together.

The second point of reference, point 2, is the point of the arch. The arch can be slightly adjusted to correct brow proportions. To locate the arch and find the correct point of the arch, for a normal face shape and eye placement, the stick is placed at the base of the nose and angled so that it crosses in front of the pupil with the client looking straight ahead. The point at which the stick touches the eyebrow is where the point of the arch should be.

The final point of reference, point 3, helps locate the correct ending of the brow. To do this, the technician should slide the stick, still at the base of the nose, farther around so that it crosses over the outer corner of the eye. The point at which the stick meets the brow is where the brow should end. Any hair that goes beyond the stick should be removed, and any space on the inside of the stick should be penciled in.

There should be a clear ascent from the start to the point of the arch and a clear descent from the point of the arch to the end. The line should be gradual and tapered without going from too thick on the ascent to too thin on the descent.

6. Outline the steps for Brazilian waxing.

ANSWER: See Procedure 19–1, Brazilian Bikini Wax.

7. What is the difference between American and Brazilian waxing?

ANSWER: The American bikini wax removes hair exposed at the top of the thighs and just under the navel when wearing a regular bikini bottom. The Brazilian bikini wax removes absolutely everything, including the hair on the pubis, the area between the buttocks, and the labia. (The French bikini wax removes everything except a strip of hair on the pubis.)

8. What are the three positions for removing hair between the buttocks, based on growth and mobility?

ANSWER: In the first position (for clients with good mobility and minimal growth), the client is supine and brings both legs up, drawing the knees to the chest, crossing the ankles, and grabbing under them.

In the second position (for clients with little flexibility but moderate growth), the client turns onto her side, keeping the lower leg (the one resting on the table) straight, while bending the top leg, placing the knee on the table. The client can use her topside hand to help stretch and separate the buttocks and hold the panties out of the way.

In the third position (for clients with good mobility and moderate growth), the client assumes a kneeling position for an extended and thorough removal of hair from the buttocks and perineum. The client rests one forearm on the table for support, freeing the other hand to reach around and move the panties to one side and help separate the buttocks.

9. Discuss three reasons why electrolysis may be the preferred choice over laser hair removal.

ANSWER:

- Electrolysis is the only proven method of permanent hair removal recognized by the FDA. Laser treatment offers hair reduction.
- Electrolysis can be performed successfully on all types of hair: blond, dark, gray, straight, curly, vellus, or terminal. Laser treatment is ineffective on nonpigmented hair such as gray, red, or blond hair and not as effective on fine hair.
- Electrolysis can be used effectively with all races and on all skin types: dry, oily, or mature. Laser treatment is generally ineffective on dark or tanned skin.
- Electrolysis can remove hairs with great precision, one at a time, making it a great choice for eyebrow shaping. Laser treatment does not offer this ability.

10. Discuss three reasons why waxing is not suitable on patients after forehead rotation flap surgery to the nose.

ANSWER: The hair on the flap is scalp hair, which should not be removed by waxing. The hair is generally deep (up to 0.2 inch (5 millimeters)) and coarse, so the kind of pressure required for rubbing and pulling cannot be applied, and the skin cannot be held taut during the pull.

11. Outline the three main stages that patients completing male-to-female gender reassignment go through.

ANSWER:

- a. *Emotional and psychological counseling:* Patients may be advised to dress as women. They may seek waxing services, in particular on the arms, legs, back, and chest, so they feel more feminine in women's clothing.
- b. *Hormone replacement therapy (HRT):* A careful program of HRT is given to counter the male hormones with female hormones. At this time the patient also undergoes laser treatment and/or electrolysis to the face and other body areas, including the penile shaft. The patient will also begin shaping the eyebrows with tweezing, waxing, or electrolysis.
- c. *Reassignment surgeries:* There are three main types of surgery that the transgender male-to-female patient will require: (1) facial feminization surgery, (2) breast augmentation, and (3) genital surgery. Patients may also choose to have voice feminization surgery, in which adjustments are made to their vocal cords.

Learning Reinforcement Ideas and Activities

1. Have students complete Chapter 19 of *Milady Standard Esthetics: Advanced Student Workbook*.
2. Have students complete review and final testing with *Milady Standard Esthetics: Advanced Online Licensing Preparation*.
3. Conduct a field trip to a local electrolysis clinic to observe permanent hair removal procedures. Have students write a report on the procedures followed, the safety precautions, and the professional's communication skills.
4. Have students visit local distributors and research the various waxes and depilatories that are available there. Have them determine what product type they are and list the benefits of each product and how each is to be used. (Students can do the same with the products that are available within the school.)
5. Have students work in groups of four or six. Have each group analyze the facial features of each person in the group. The goal is to determine if any hair removal is needed and, if so, which product and procedure is recommended.
6. On the lines below, write any activities, assignments, or ideas that you have used effectively with this lesson in order to aid other instructors who may use this lesson plan in the future:

Test-Chapter 19–Advanced Hair Removal

1. What is the most common area for threading?
 - a) the arms
 - b) the bikini area
 - c) the legs
 - d) the face
2. The sugar paste used in sugaring _____ after the service.
 - a) inhibits bacterial growth
 - b) helps reduce irritation
 - c) reduces possible breakouts
 - d) all are correct
3. How is sugar paste made?
 - a) You mix sugar with a small amount of water and stir it until it takes on a paste-like consistency.
 - b) You heat the sugar until it forms a syrup.
 - c) You mix the sugar with an equal amount of wax and then heat the combination in a wax heater.
 - d) You spread paraffin wax into a sheet, sprinkle sugar and a little water onto it, and then mold it into a ball.
4. Which of these should you use to clean the client's skin after a sugaring treatment?
 - a) cotton balls or a cotton round soaked in antiseptic
 - b) a spatula, which you use to scrape the residue away
 - c) a warm, wet washcloth
 - d) a warm muslin strip
5. Soft wax is more appropriate for larger body areas such as the legs and back because:
 - a) Using soft wax eliminates the possibility of skin sensitivity.
 - b) The coarseness of back and leg hair prevents it from adhering to hard wax.
 - c) The hair can be removed quickly.
 - d) The soft wax method is completely painless.
6. Which of these is generally NOT a factor when determining the best way to shape a client's eyebrows?
 - a) her age
 - b) whether she wears makeup on a daily basis
 - c) her ethnicity
 - d) the length of her hair
7. When shaping the eyebrow, it should _____ from the start to the point of arch.
 - a) sharply descend
 - b) gradually descend
 - c) sharply ascend
 - d) gradually ascend
8. When blending, you:
 - a) Remove all of the hairs above the elbow, long and short, by applying wax and removing it with a strip.
 - c) Leave all of the hair above the elbow intact after waxing all of the hair below the elbow.
 - b) Remove some of the longer, more obvious hairs above the elbow, using a strip that already has wax on it.
 - d) Apply thin beads of wax up the arm and past the elbow, and then use the strip method to remove it.

9. In a standard bikini wax, where do you remove hair?
 - a) above the top of the thighs and just under the navel
 - b) everywhere, including the labia and anus
 - c) everywhere but a small strip on the pubis
 - d) along the inner thighs
10. How long should a client wait between Brazilian waxes if she has this service done on a regular basis?
 - a) two to three weeks
 - b) no more than a month
 - c) three to four months
 - d) four to six weeks
11. When waxing a man's back, where should you begin?
 - a) the area just below the shoulders
 - b) the area just above the waistband of the pants
 - c) in the center of the back
 - d) on the hairiest area of the back
12. The use of an electric current to permanently remove hair is known as:
 - a) rhinoplasty
 - b) reflexology
 - c) vaginoplasty
 - d) electrology
13. Thermolysis uses:
 - a) alternating current
 - b) galvanic current
 - c) direct current
 - d) Tesla current
14. Diathermy is another name for:
 - a) electrocoagulation
 - b) thermolysis
 - c) electrolysis
 - d) ionization
15. Excess hair growth on any part of the body that is abnormal for the age, sex, race, and culture of an individual is known as:
 - a) hirsutism
 - b) hypotrichosis
 - c) hypertrichosis
 - d) hyperpigmentation
16. Terminal hair growth in women and children that is caused by excessive male androgens present in blood is called:
 - a) hirsutism
 - b) hyptrichosis
 - c) hypertrichosis
 - d) hyperpigmentation

17. Threading is also known as:
 - a) stripping
 - b) lapping
 - c) banding
 - d) stringing
18. The Arabic word for threading is:
 - a) fatlah
 - b) khite
 - c) allah
 - d) hirsute
19. Plastic surgery on the nose is called:
 - a) rhytidectomy
 - b) mastopexy
 - c) blepharoplasty
 - d) rhinoplasty
20. One cause of hirsutism is:
 - a) androgen dependence
 - b) androgen independence
 - c) congenital causes
 - d) reaction to medications

Answer Key

1. D
2. D
3. B
4. C
5. C
6. C
7. D

8. B
9. A
10. D
11. B
12. D
13. A
14. B

15. C
16. A
17. C
18. B
19. D
20. A