

---

### Overview

This unit is about the skills involved in assessing, preparing for and carrying out electrical needle epilation treatments to remove hair, using alternating current and blend techniques. You will also need to show you can completely advise clients on the care needed after electrical epilation.

To carry out this unit you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and good communication with the client.

The main outcomes of the unit are:

1. maintain safe and effective methods of working when providing electrical epilation treatments
2. consult, plan and prepare for treatments with clients
3. carry out electrical epilation
4. provide aftercare advice

# SKABT09B29 (SQA Unit Code - F9LE 04)

## Provide electrical epilation treatments

---

### Performance criteria

*You must be able to:*

- P1 maintain safe and effective methods of working when providing electrical epilation treatments by**
- P1.1 setting up and monitoring the treatment area to meet organisation procedures and manufacturers' instructions
  - P1.2 making sure that environmental conditions are suitable for the client, the treatment and meet legal and safety requirements
  - P1.3 ensuring your personal hygiene, protection and appearance meets accepted industry and organisational requirements
  - P1.4 effectively disinfecting your hands throughout the treatment as required
  - P1.5 wearing the recommended personal protective equipment to avoid cross-infection and exposure to hazardous waste
  - P1.6 ensuring your own posture and position minimises fatigue and risk of injury whilst working
  - P1.7 ensuring all reusable tools and equipment are disinfected or sterilised using the correct methods
  - P1.8 positioning equipment and products for ease and safety of use
  - P1.9 ensuring the client is in a comfortable and relaxed position suitable for the treatment
  - P1.10 maintaining accepted industry hygiene and safety practices throughout the treatment
  - P1.11 maintaining the client's modesty, privacy and comfort at all times
  - P1.12 checking the client's wellbeing at regular intervals according to organisational policy
  - P1.13 disposing of single use items, hazardous waste and waste materials safely and correctly
  - P1.14 ensuring the treatment is cost effective and is carried out within a commercially viable time
  - P1.15 ensuring client records are up-to-date, accurate, complete, legible and signed by the client and practitioner
  - P1.16 leaving the treatment area and equipment in a condition suitable for future treatments
- P2 consult, plan and prepare for treatments with clients by**
- P2.1 using **consultation techniques** in a polite, sensitive and supportive manner to determine the client's treatment needs
  - P2.2 obtaining signed, written informed consent from the client prior to carrying out the treatment
  - P2.3 ensuring that informed and signed parent or guardian consent is obtained for minors prior to any electrical epilation treatments
  - P2.4 ensuring that a parent or guardian is present throughout the

## SKABT09B29 (SQA Unit Code - F9LE 04)

### Provide electrical epilation treatments

---

- P2.5 electrical epilation treatment for minors
- P2.5 clearly explaining to the client what the treatment entails in a way they can
- P2.6 using suitable visual aids effectively to aid client understanding
- P2.7 using **consultation techniques** which accurately identify the client's medical history, hair type, causes of hair growth, skin type and condition and emotional state
- P2.8 establishing and recording the client's past and present hair management techniques and the implication for treatments
- P2.9 asking your client appropriate questions to identify if they have any contra-indications to electrical epilation treatments
- P2.10 accurately recording your client's responses to questioning
- P2.11 taking the **necessary action** in response to any identified contra-indications
- P2.12 actively encouraging the client to ask questions and clarify any points of which they are unsure
- P2.13 encouraging clients with suspected contra-indications to seek medical advice without reference to specific conditions and without causing undue alarm or concern
- P2.14 taking consistent, clear high quality pre-treatment photographs of the area(s) to be treated with the consent of the client as and when required
- P2.15 clearly explaining the physical sensation created by the treatment
- P2.16 correctly preparing the area to be treated and carrying out a test patch to establish suitability for treatment
- P2.17 ensuring written aftercare procedures are given to the client following the test patch
- P2.18 recommending alternative treatments or products which are suitable for the client if contra-indicated for electrical epilation treatment
- P2.19 clearly explaining and agreeing the projected cost, likely duration, frequency, types of treatment and client commitment needed
- P2.20 clearly identifying and agreeing in writing the area(s) to be treated, client expectations and treatment objectives, ensuring they are realistic and achievable
- P2.21 selecting and preparing equipment to meet legal and safety requirements and treatment objectives
- P3 **carry out electrical epilation** by
  - P3.1 leaving the area to be treated clean, oil free and dry prior to treatment
  - P3.2 using the size and **type of needle** which is appropriate for treating the client's follicle size, **hair type** and **skin type** and the type of **electrical epilation treatment**

## SKABT09B29 (SQA Unit Code - F9LE 04)

### Provide electrical epilation treatments

---

- P3.3 loading and using needles avoiding damage and contamination throughout the treatment
- P3.4 illuminating and magnifying the treatment area to ensure maximum visibility during treatment
- P3.5 stretching and manipulating the skin in a way suitable for the area to be treated
- P3.6 ensuring the needleholder and needle is used at the correct angle, direction and needle depth for the hair follicle and the area to be treated
- P3.7 adjusting the intensity and duration of current flow to ensure effective hair release to suit client tolerance, sensitivity and safety
- P3.8 smoothly removing the hair from the treated follicle without traction
- P3.9 working systematically to remove hair within the **area(s) to be treated** and the skin's tolerance
- P3.10 discontinuing treatment where contra-actions occur in accordance with manufacturer's instructions
- P3.11 soothing the treated area using suitable techniques and products
- P3.12 taking treatment progress photographs of the area(s) treated with consent of the client as and when required
- P3.13 ensuring that the finished result is to the client's satisfaction and meets the agreed treatment plan
- P4 **provide aftercare advice** by
  - P4.1 giving **advice** and recommendations accurately and constructively
  - P4.2 giving your clients suitable **advice** specific to their individual needs

# SKABT09B29 (SQA Unit Code - F9LE 04)

## Provide electrical epilation treatments

---

### Knowledge and understanding

*You need to know and understand:*

#### **Organisational and legal requirements**

- K1 your responsibilities under current health and safety legislation, standards and guidance, eg the Health & Safety at Work Act (and any other relevant legislation)
- K2 your responsibilities under local authority licensing regulations for yourself and your premises
- K3 the importance of not discriminating against clients with illnesses and disabilities and why (eg Disability Discrimination Act)
- K4 the age at which an individual is classed as a minor and how this differs nationally
- K5 the importance of checking current insurance guidelines for the delivery of electrical epilation treatment
- K6 the importance of following the current guidance relating any age restrictions for electrical epilation treatments
- K7 why minors should only be treated with informed and signed parental or guardian consent
- K8 why it is important when treating minors to have a parent or guardian present
- K9 the legal significance of gaining signed, informed client consent to treatment
- K10 local authority and organisational requirements for waste disposal
- K11 the importance of the correct storage of client records in relation to the Data Protection Act
- K12 how to complete the client records used in your organisation and the importance of and reasons for keeping records of treatments and gaining client and practitioner signatures
- K13 your responsibilities and reasons for maintaining your own personal hygiene, protection and appearance according to accepted industry and organisation
- K14 the organisation's requirements for client preparation
- K15 your organisation's service times for electrical epilation treatments
- K16 your organisation's and manufacturers' requirements for treatment area, equipment maintenance and equipment cleaning regimes

*You need to know and understand:*

#### **How to work safely and effectively when providing electrical epilation treatments**

- K17 how to set up the work area for electrical epilation treatments
- K18 the necessary environmental conditions for electrical epilation treatments (including lighting, heating, ventilation and general comfort) and why these are important
- K19 the type of personal protective equipment that should be worn for

# SKABT09B29 (SQA Unit Code - F9LE 04)

## Provide electrical epilation treatments

---

- electrical epilation treatments and why (eg powder-free, nitrile or vinyl gloves, disposable masks)
- K20 what is contact dermatitis and how to avoid developing whilst carrying out electrical epilation treatments
- K21 what is repetitive strain injury (RSI), how it is caused and to avoid developing it when delivering electrical epilation treatments
- K22 the causes and hazards of accidental exposure to clinical waste
- K23 the importance and reasons for disinfecting hands and how to do this effectively
- K24 how to position yourself and the client for electrical epilation treatments
- K25 reasons for maintaining client modesty, privacy and comfort during the treatment
- K26 why it is important to maintain standards of hygiene and the principles of avoiding cross-infection
- K27 why it is important to check the client's wellbeing at regular intervals

*You need to know and understand:*

### **Client consultation**

- K28 how to use effective consultation techniques when communicating with people from different cultural and religious backgrounds, age, disabilities and gender for this treatment
- K29 the importance of effective communication and discussion
- K30 why it is important to encourage and allow time for clients to ask questions
- K31 the importance of questioning clients to establish any contra-indications to electrical epilation treatments
- K32 why it is important to record client responses to questioning
- K33 the legal significance of client questioning and recording the clients' responses
- K34 how to give effective advice and recommendations to clients
- K35 the importance of explaining the commitment required to maintain optimum results
- K36 why it is advisable to take photographs of the treatment area pre and post- treatment and how they should be taken to maintain client confidentiality
- K37 how to recognise skin types, conditions and their response to treatment
- K38 the importance of and how to carry out a test patch to identify allergies to needle type and products used, to establish pigmentation issues, degree of skin reaction and healing response
- K39 why it is important to maintain clients' confidentiality
- K40 the types of alternative treatments which could be recommended in the event of contra-indications to electrical epilation treatments
- K41 the importance of giving relevant and accurate information to assist the client's understanding of hair growth cycle, causes, hair management techniques and the implications of these for the treatment
- K42 the constraints surrounding electrical epilation treatments (eg cost, time,

# SKABT09B29 (SQA Unit Code - F9LE 04)

## Provide electrical epilation treatments

---

- number of treatments, healing rate)
- K43 how to describe the physical sensation of the treatment and how pain threshold and sensitivity varies from differing treatment areas, treatment method, clients and appointments
- K44 how skin sensitivity is affected by other skincare treatments which may inhibit electrical epilation, ie glycolic peel, micro-dermabrasion, laser
- K45 the importance of consulting with previous record cards
- K46 the importance of giving clients written aftercare instructions immediately after the test patch and reinforcing this on all subsequent visits

*You need to know and understand:*

### **Anatomy and physiology**

- K47 the structure and function of the skin (ie epidermis, dermis, appendages, subcutaneous layer and nerve endings)
- K48 the skin characteristics and skin types of different ethnic client groups
- K49 the principles of skin healing
- K50 the structure of the hair and its follicle (the pilosebaceous unit)
- K51 the growth pattern of the hair and how this influences present and future treatments
- K52 the hair growth cycle, ie anagen, catagen, telogen
- K53 the causes of hair growth, ie topical, congenital, systemic
- K54 the definition of hair growth, ie superfluous, hirsutism, hypertrichosis
- K55 the structure and function of the endocrine system
- K56 the effects of malfunctions of the endocrine system on hair growth
- K57 the principles of the blood and lymphatic system
- K58 how the hormones are circulated via the blood stream

*You need to know and understand:*

### **Contra-indications and contra-actions**

- K59 the contra-indications that prevent treatment and why (eg infectious and contagious diseases, pace-makers and haemophilia)
- K60 the conditions that require medical approval and why (eg heart problems and hair growth from moles)
- K61 the conditions that restrict treatment and why (eg psoriasis, eczema, acne, epilepsy and diabetes)
- K62 the potential consequences of carrying out electrical epilation on a contra-indicated client
- K63 possible contra-actions which may occur during the treatment and how to deal with them (eg erythema, oedema, blanching, bleeding)
- K64 the reasons why it is important to encourage clients with suspected contra- indications to seek medical advice
- K65 the importance of and reasons for not naming specific contra-indications when encouraging clients to seek medical advice

*You need to know and understand:*

### **Equipment and materials**

- K66 how to prepare and use the equipment and materials for electrical epilation treatments



# SKABT09B29 (SQA Unit Code - F9LE 04)

## Provide electrical epilation treatments

---

- K67 how to recognise equipment, products and materials which are unsuitable for use
- K68 the different types of equipment available for electrical epilation and the importance of following manufacturers' instructions
- K69 the range and uses of materials and products available for electrical epilation
- K70 the available types and sizes of needles for electrical epilation

*You need to know and understand:*

### **Treatment specific knowledge**

- K71 the importance of magnifying and lighting the treatment area
- K72 the importance of reassuring the client during the treatment
- K73 how to work systematically and methodically with dense and scattered hair growth
- K74 the principles, uses and benefits of the galvanic current
- K75 the principles, uses and benefits of the alternating current (eg short wave, radio frequency and high frequency)
- K76 the principles, uses and benefits of blending the galvanic and alternating current
- K77 how to select the type and size of needle to suit the hair type, skin type and area(s) to be treated
- K78 why and how you stretch and manipulate the skin
- K79 how to correctly insert the needle into the hair follicle with regard to depth and angle and the consequences of inaccurate needle insertion
- K80 the causes of skin sensitivity
- K81 how to adapt electrical epilation methods to suit skin condition, hair type and area(s) to be treated
- K82 how to adapt electrical epilation methods to suit fine, fragile, mature skin lacking in elasticity
- K83 how to adapt electrical epilation methods to client's emotional state and physical condition
- K84 how to remove hairs from different types of follicle (ie single, compound and distorted)
- K85 the importance of recognising and treating unusual hair growth (eg compound hair growth, ingrowing hair)
- K86 the benefits and effects of post-treatment cataphoresis
- K87 how to identify erythema and oedema, its causes and the limits of acceptability during treatment
- K88 the importance of knowing how to treat the follicles of red and non-pigmented hair
- K89 why moisture affects the electrical epilation treatment
- K90 the importance of giving precise, accurate and complete aftercare advice to clients relating to product use, hygiene and hair management in-between treatments These standards are available for use in the UK only. If you wish to use them internationally please contact Habia for licensing availability. Unauthorised use may result in legal proceedings



# SKABT09B29 (SQA Unit Code - F9LE 04)

## Provide electrical epilation treatments

---

*You need to know and understand:*

### **Aftercare advice for clients**

- K91 the normal reactions which occur after treatment and how to deal with any abnormal reactions
- K92 the lifestyle factors and changes that may be required to improve the effectiveness of the treatment
- K93 post treatment restrictions and future treatment needs
- K94 the reasons for avoiding the following activities post electrical epilation: heat treatments, touching the treated area, use of perfumed and chemical based products, wearing of restrictive clothing on the treated areas
- K95 products for home use that will benefit and protect the client and those to avoid and why
- K96 suitable methods of dealing with regrowth between treatments

# SKABT09B29 (SQA Unit Code - F9LE 04)

## Provide electrical epilation treatments

---

### Additional Information

#### Scope/range related to performance criteria

1. **Consultation techniques** are
  - 1.1. questioning
  - 1.2. visual
  - 1.3. reference to client records
2. **Necessary action** should be
  - 2.1. encouraging the client to seek medical advice
  - 2.2. explaining why the treatment cannot be carried out
  - 2.3. modification of treatment
3. **Areas to be treated** are
  - 3.1. upper lip
  - 3.2. chin
  - 3.3. bikini line
  - 3.4. eyebrows
  - 3.5. underarms
  - 3.6. neck
  - 3.7. breast
4. **Type of needle** includes
  - 4.1. one piece
  - 4.2. two piece
  - 4.3. insulated
  - 4.4. gold
5. **Hair types** are
  - 5.1. fine
  - 5.2. coarse
  - 5.3. curly
6. **Skin types** and conditions are
  - 6.1. dry
  - 6.2. oily
  - 6.3. sensitive
  - 6.4. dehydrated
  - 6.5. mature
7. **Electrical epilation treatments** are
  - 7.1. alternating current
  - 7.2. blend

## SKABT09B29 (SQA Unit Code - F9LE 04)

### Provide electrical epilation treatments

---

8. **Advice** covers
  - 8.1. avoidance of activities which may cause contra-actions
  - 8.2. future treatment needs
  - 8.3. home care
  - 8.4. dealing with regrowth between treatments

## SKABT09B29 (SQA Unit Code - F9LE 04)

Provide electrical epilation treatments

---

**Developed by** SkillsActive

---

**Version number** 1

---

**Date approved** June 2009

---

**Indicative review date** June 2011

---

**Validity** Current

---

**Status** Original

---

**Originating organisation** Habia

---

**Original URN** BT B29

---

**Relevant occupations** Retail and commercial enterprise; Service enterprises; Personal Service Occupations; Hairdressers and Related Occupations

---

**Suite** Beauty Therapy 2009

---

**Key words** electrical, epilation, treatments, remove hair, current techniques, blend techniques