

Higher National Unit Specification

General information for centres

Unit title: Beauty Therapy: Depilation

Unit code: DN6G 33

Unit purpose: This unit introduces the candidate to waxing techniques. It allows the candidate to develop the skills and underpinning knowledge required to perform waxing techniques. The unit will be suitable for candidates who have no prior knowledge of performing depilation treatments.

On completion of the Unit the candidate should be able to:

1. Consult with clients to develop depilation treatment plans.
2. Prepare to carry out depilation treatments.
3. Perform depilation techniques.

Credit points and level: 1 HN Credit at SCQF level 6: (8 SCQF credit points at SCQF level 6*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Recommended prior knowledge and skills: No prior knowledge is required but candidates should possess good communication and interpersonal skills

Core skills: There may be opportunities to gather evidence towards core skills in this Unit, although there is no automatic certification of core skills or core skills components.

Context for delivery: This is an optional unit in the framework for HNC/HND Beauty Therapy. It is recommended that it is taught and assessed within the context of the particular group award to which it contributes.

Assessment: An integrated approach to assessment will be taken to cover all three learning outcomes. Written evidence of underpinning knowledge will take the form of a short answer/extended, restricted response question paper. Centres offering this unit should ensure that the essential knowledge; Contra-indications/special care conditions (Outcome1), Explains aftercare/homecare, (Outcome 3) should be assessed on a sample basis to cover assessment opportunities. This should be sat under controlled/closed book conditions and will be a mandatory assessment. Candidates should be given 1 hour to complete this paper and given a minimum of 7 days prior notice of an assessment opportunity. Opportunities may exist for cross reference/integration with other units within the HN Award. e.g. The Structure of the skin, dermis and epidermis, the endocrine system (Outcome 1), cross-referenced with, Facial Treatments, Epilation, Applied Anatomy and Physiology.

General information for centres (cont)

Practical assessment will be by observation of waxing methods appropriate to treatment areas and hair types and should include face, body and limbs, supported by consultation sheets. This will be continual assessment

Higher National Unit specification: statement of standards

Unit title: Beauty Therapy: Depilation

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The sections of the Unit stating the Outcomes, knowledge and/or skills, and evidence requirements are mandatory.

(If you think holistic assessment is the best assessment strategy for the Unit and you wish to state *Knowledge and/or Skills* and *Evidence requirements* for the Unit as a whole, please add the following statement here: 'Please refer to *Knowledge and/or skills for the Unit* and *Evidence requirements for the Unit* after the Outcomes.')

Where evidence for Outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Candidates should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Consult with clients to develop depilation treatment plans

Knowledge and/or skills

- ◆ Consultation techniques
- ◆ Reasons for consultation
- ◆ Contra-indications / Special care conditions
- ◆ Treatment planning
- ◆ Methods of hair removal
- ◆ Hair Growth Cycle
- ◆ Hair Structure
- ◆ Hair types
- ◆ Causes of excess hair growth
- ◆ Structure of the skin
- ◆ Pilo-sebaceous unit

Evidence requirements

Candidates will need evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ demonstrate consultation techniques
- ◆ explain the reasons for consultation
- ◆ check for and know Contra-Indications and Special Care Conditions
- ◆ devise, treatment plans with clients
- ◆ demonstrate knowledge of methods of hair removal: Warm wax, hot wax
- ◆ describe the hair growth cycle: Anagen, catagen, telogen, hair structure, and pilo-sebaceous unit
- ◆ identify hair types: Lanugo, vellus, terminal, ingrown
- ◆ explain the causes of excess hair growth
- ◆ demonstrate knowledge of the structure of the skin

Higher National Unit specification: statement of standards (cont)

Unit title: Beauty Therapy: Depilation

Assessment guidelines

An integrated approach to assessment will be taken. Assessment will take the form of a mandatory short/extended answer restricted response written paper; this should be sat under controlled/closed book conditions. Candidates should be given 1 hour to complete this paper. Candidates should be given a minimum of 7 days prior notice of an assessment opportunity. Opportunities may exist for cross reference/integration with other units within the H.N. Award. For example; The Structure of the skin, dermis and epidermis, the endocrine system, (outcome 1), cross-referenced with, Facial Treatments, Epilation, Applied Anatomy and Physiology

Centres offering this unit should ensure that the essential knowledge; Contra-indications, special care conditions are assessed within the written paper on a sample basis to cover assessment opportunities.

Practical assessment will be by observation of waxing methods appropriate to treatment areas and hair types and should include face, body and limbs, supported by consultation sheets. This will be continual assessment.

Outcome 2

Prepare to carry out depilation treatments

Knowledge and/or skills

- ◆ Treatment area
- ◆ Current Health and Safety Legislation
- ◆ Environment
- ◆ Equipment
- ◆ Client and candidate preparation

Evidence requirements

Candidates will need evidence to demonstrate their skills and/or knowledge by showing that they can:

- ◆ prepare treatment area, environment and equipment ensuring hygiene, health and safety
- ◆ demonstrate awareness of current relevant Health and Safety Legislation and the implication on working practices
- ◆ prepares client and candidate ensuring professionalism, hygiene and safety

Assessment guidelines

Practical assessment will be by observation of waxing methods appropriate to treatment areas and hair types and should include face, body and limbs, supported by consultation sheets. This will be continual assessment.

Higher National Unit specification: statement of standards (cont)

Unit title: Beauty Therapy: Depilation

Outcome 3

Perform depilation techniques

Knowledge and/or skills

- ◆ Treatment areas: Face, body, limbs
- ◆ Waxing Methods: Warm wax techniques, Hot wax techniques
- ◆ Aftercare and homecare
- ◆ Treatment evaluation
- ◆ Health and safety legislation

Evidence requirements

Candidates will need evidence to demonstrate their knowledge and/or skills by showing that they can:

- ◆ identify waxing methods appropriate to treatment areas and hair types
- ◆ performs waxing techniques demonstrating methods of application, ensuring health and safety legislation is adhered to
- ◆ explains aftercare and homecare advice
- ◆ evaluates the effectiveness of depilation techniques
- ◆ demonstrates current health and safety legislation

Assessment guidelines

An integrated approach to assessment will be taken. Assessment will take the form of a mandatory short/extended answer restricted response written paper; this should be sat under controlled/closed book conditions. Candidates should be given 1 hour to complete this paper. Candidates should be given a minimum of 7 days prior notice of an assessment opportunity. Centres offering this unit should ensure that the essential knowledge; explains aftercare and homecare are assessed within the written paper on a sample basis to cover assessment opportunities.

Practical assessment will be by observation of waxing methods appropriate to treatment areas and hair types and should include face, body and limbs, supported by consultation sheets. This will be continual assessment.

Administrative Information

Unit code:	DN6G 33
Unit title:	Beauty Therapy: Depilation
Superclass category:	HL
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Higher National Unit specification: support notes

Unit title: Beauty Therapy: Depilation

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

Outcome 1

Consult with clients to develop depilation treatment plans.

Client consultation: Reasons for consultation; Establish a rapport, obtain personal details, obtain doctors details, find out medical history/general health of client, check for contra-indications and special care conditions, ascertain if medical referral is required, to establish treatment area, identify hair types, identify clients aims, explain therapists aims, build a treatment plan, explain the treatment procedure to the client, recording client details

Consultation techniques: Client care; empathic, professional, body language; eye contact, hand and arm gestures, personal space, client and therapist positioning and privacy

Contra-indications: Candidates should know why these are contra-indicated - Thrombosis, varicose veins, after heat treatments, skin diseases, malignant melanoma, severe bruising, diminished skin sensitivity, recent haemorrhage/swelling in treatment area

Knowledge of contra-actions

Special care conditions: Diabetes, pregnancy, moles, breast implants, warts, recent scar tissue, skin disorders, unidentified lumps, cuts, abrasions

Treatment planning: Should be devised with clients as part of the consultation. This will depend on the following factors; Area to be treated; face, body limbs, hair growth; dense, sparse, short, long, clients aims, therapists aims, method of removal

Methods of hair removal: Warm wax, (knowledge of roller wax, sugaring techniques) hot wax, Temperature, ingredients, hair type most effective for removal, direction of application and removal, skin reactions to methods of hair removal

Hair growth cycle, hair structure, pilo-sebaceous unit

Hair types; Lanugo, vellus, terminal, ingrown hairs

Hair growth; Hormonal causes of excess hair growth, other causes of excess hair growth

Endocrine system

Structure of the skin: Epidermis and dermis

Outcome 2

Prepare to carry out depilation treatments

Prepares the plinth with clean laundry and covered with plastic sheeting or bedroll

Wax heated to correct temperature prior to treatment

Equipment checked prior to treatment to ensure it is in good working order, is on a stable base, no trailing cables

Trolley lined with bedroll

Higher National Unit specification: support notes

Unit title: Beauty Therapy: Depilation

Products and materials are prepared prior to treatment, disposable gloves, pre-wax or antiseptic cleanser, sterilised talc (if required), disposable spatulas, tissues, cotton wool, after-wax lotion, surgical spirit, fabric or paper wax strips

Scissors, tweezers are sterilised prior to treatment then placed in a container with disinfectant

Bin lined with a bin liner

Importance of preparing the environment, including lighting, temperature, ventilation, privacy, cleanliness, to prevent cross-infection

Risk assessment: Regular checks for electrical equipment, avoid trailing cables, wax pot on a stable base, dangers of moving wax pot whilst hot, ways to avoid cross-infection; wash hands, wear clean protective overalls, check for contra-indications, clean laundry for each client, sterilise equipment and area, use of disposable gloves whilst waxing, aftercare advise given to client, clean disposable spatula for every application on areas prone to blood spotting or where clean disposable spatula is not used in every instance, wax or sugar is dribbled onto a spatula being used with a clean spatula

Health and Safety legislation: Health and Safety at Work Act 1994, Control of Substances Hazardous to Health Regulations 1988 (COSHH), Electricity at Work Regulations 1992, Data Protection Act, Personal Protective Equipment at Work 1992

Preparing Client: Allow privacy whilst dressing and undressing, gowns or towels used to protect modesty, client's clothes protected by use of towels or bedroll, client's hair protected by use of a headband or towel, if waxing the facial area, client positioned appropriately for area to be treated

Candidate Preparation: Wears clean protective overalls, hair neatly styled (tied back if long), flat shoes, no jewellery, short well manicured, enamel free nails, evident day make-up, washes hands prior to treatment

Outcome 3

Perform Depilation Techniques

Treatment areas: Face: Upper-lip, chin, eyebrow, Body: Under-arm, bikini, back, chest Limbs: Half leg wax, full leg wax, arms

Treatment area is prepared to be treated; the candidate establishes the direction of hair growth, tests wax on his or her own wrist, for temperature

Application of wax is smooth, applied in the direction to hair growth as required by the waxing method, Warm wax, hot wax, under arm and bikini most likely areas of application

All unwanted hair is removed in the appropriate direction and area left free from product, treatment area is soothed after treatment

Working environment is kept clean and tidy throughout treatment

Efficient methods of work are employed; ensuring cost effective treatments, commercially accepted timing and minimising product waste

Health and safety requirements are adhered to throughout treatment

Client care is displayed, and modesty is maintained

Importance of aftercare and homecare

Aftercare advise is given to all client's after treatment; Redness (erythema) should calm down within 24hours, for up to 24hours the following should be avoided; touching the area, using perfumed body lotions, or exfoliation, hot baths and showers, avoid heat treatments such as, steam, sauna, sun bed's, sunbathing, avoid wearing tight clothing (especially if the bikini line has been waxed), avoid exercising, avoid wearing deodorants or antiperspirants (if the underarm area has been waxed), avoid wearing make-up (if the facial area has been waxed, tinted medicated lotion can be applied), if an allergic reaction occurs antiseptic soothing lotion could be applied to the area

Homecare advice is given specifically to each client; to return for further waxing treatments in 4-6weeks, advice on skincare/products, further treatment recommendation

Higher National Unit specification: support notes

Unit title: Beauty Therapy: Depilation

Effectiveness of the treatment is recorded on the client record card in relation to the client's aims, client feedback, and skin's reaction

Client record card should be completed accurately

Sterilisation procedures; all waste is disposed of properly in a lined bin, dirty laundry is removed and replaced by clean laundry for each client, plinth and trolley cleaned with surgical spirit, equipment is cleaned with wax cleaner/surgical spirit after treatment, implements (tweezers, scissors) are sterilised after treatment

Wax pots are moved when cool to be stored in the appropriate area, covered with a lid to prevent bacteria and dust from entering

Guidance on the delivery and assessment of this Unit

Opportunities for developing Core Skills

This unit will be delivered as part of the HNC/D framework it is designed to provide candidates with the knowledge and skills to perform depilation techniques. The unit should be delivered towards the beginning of the unit enabling the candidates to appreciate the nature of the Beauty Therapists occupational role, gaining an insight into a realistic salon environment. An integrated approach to teaching and learning sessions should be taken incorporating theory and practical. All practical demonstrations performed by the lecturer should be broken down into segments commencing with preparation, sterilisation, waxing techniques and should be performed within a realistic salon environment. This should be followed with student practice. Candidates should initially practice waxing on peers and then progress onto clients as practical ability progresses. Theoretical knowledge should be enhanced by discussion and role-play, the student should be encouraged to actively anticipate in the learning process. Handouts, learning packs, overheads, books, Internet, videos will add to the learning experience.

The unit/assessment requirements will be discussed with candidates prior to commencement. An integrated approach to assessment will be taken to cover all three learning outcomes. Opportunities may exist for cross reference/integration with other units within the HN Award. For example; The Structure of the skin, dermis and epidermis, the endocrine system, (outcome 1), cross-referenced with, Facial Treatments, Epilation, Anatomy and Physiology

Written evidence of underpinning knowledge will take the form of a short/extended answer restricted response question paper. Centres offering this unit should ensure that the essential knowledge; Contra-indications, special care conditions, (Outcome 1); Explains aftercare/homecare (outcome 3) should be assessed on a sample basis to cover assessment opportunities. This should be sat under controlled/closed book conditions and will be a mandatory assessment; candidates should be given 1 hour to complete this paper. Candidates should be given a minimum of 7 days prior advance notice of the assessment date.

Practical assessment will be by observation of waxing methods appropriate to treatment areas and hair types and should include face, body and limbs, supported by consultation sheets. This will be continual assessment.

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Open learning

The knowledge for this unit could be delivered by distance learning, however centres offering the unit would require planning to enable the assessment to be sat under controlled/closed book conditions to ensure authenticity. Video conferencing could be used for practical demonstrations however practical observation of the candidate performing treatments may be difficult. Case studies with video evidence could be used to assess practical waxing techniques, however the centre offering the unit would require planning to guarantee the authenticity and reliability of this evidence.

For information on normal open learning arrangements, please refer to the SQA guide *Assessment and Quality Assurance of Open and Distance Learning (SQA, 2000)*

Candidates with additional support needs

This Unit specification is intended to ensure that there are no artificial barriers to learning or assessment. The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering alternative Outcomes for Units. For information on these, please refer to the SQA document *Guidance Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs*, which is available on the SQA website www.sqa.org.uk

General information for candidates

Unit title: Beauty Therapy: Depilation

This unit has been designed to enable you to develop the skills and knowledge required to carry out depilation (waxing) treatments on clients, safely and effectively removing unwanted hair. It is intended to help prepare you for a career within the Beauty Therapy Industry.

Each Depilation class will include practical and theory. You will be expected to participate actively in each lesson. Practically you will initially practice your treatments on your classmates then progress onto clients.

The unit has three main areas (Outcomes):

Outcome 1 examines client care, conditions which may stop the treatment going ahead, different methods of hair removal, hair growth and structure, structure of the skin.

Outcome 2 examines how you will prepare yourself, client, treatment area, equipment, environment prior to depilation treatments, hygienically and safely. Health and Safety legislation will also be examined.

Outcome 3 examines how you will perform depilation treatments on different areas of the body. You will be required to perform various waxing methods safely and effectively in accordance with health and safety legislation. You will also be required to give advice to your clients after you have performed waxing techniques. You will also evaluate your treatments.

To achieve this unit successfully you will be required to undertake a written question paper. This will be sat under formal conditions and you will be given 1 hour to complete the paper. Your lecturer will be required to give you a minimum of 7 days notice of an assessment opportunity date. You will also be practically assessed, your lecturer will observe you preparing for and performing depilation techniques on clients, this will take the form of continual assessment.