

Higher National Unit Specification

General information for centres

Unit title: Beauty Therapy: Electrical Epilation

Unit code: DN6H 34

Unit purpose: This Unit is designed to enable candidates to remove superfluous hair on areas of the face and body using permanent needle epilation techniques. This Unit provides candidates with the underpinning knowledge of the factors which influence hair growth, enabling them to establish client suitability for treatment, design a suitable treatment plan, and apply effective practical skills to achieve permanent hair removal. This Unit is suitable for candidates wishing to pursue a career in the Beauty Therapy sector.

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

1. Explain the factors which influence hair growth.
2. Explain the principles of the various contemporary methods of permanent needle epilation.
3. Identify client epilation requirements.
4. Demonstrate safe, hygienic and effective hair removal by permanent needle epilation techniques.

Credit points and value: 2 HN Credits at SCQF level 7: (16 SCQF credit points at SCQF level 7*)

**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: Access to this Unit is at the discretion of the centre. However, it would be beneficial if candidates had an underpinning knowledge of the human body systems. This may be evidenced by achievement of either SVQ Beauty Level 2 or 3, the NQ unit The Human Body or equivalent.

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. If this Unit is delivered as part of a group award, it is recommended that it should be taught and assessed within the subject area of the group award to which it contributes.

General information for centres (cont)

Unit title: Beauty Therapy: Electrical Epilation

Assessment

Outcomes 1 and 2 are assessed by investigative reports.

Outcome 4 is assessed by a written paper.

Outcomes 3 and 4 are assessed by practical assignments.

The written assessment at Outcome 4 may be holistically assessed with HN Units Facial Treatments; Anatomy and Physiology; Depilation.

Higher National Unit specification: statement of standards

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

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

Explain the factors which influence hair growth

Knowledge and/or skills

- ◆ Definitions of hirsutism and hypertrichosis and their causes
- ◆ Main endocrine glands and secretions which influence hair growth
- ◆ Endocrine disorders which influence hair growth
- ◆ Naturally occurring hormonal changes which influence hair growth
- ◆ Evaluation of other factors which contribute towards superfluous hair growth

Evidence requirements

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

- ◆ differentiate between hypertrichosis and hirsutism
- ◆ identify the main endocrine glands and the secretions which influence hair growth
- ◆ identify the various factors and conditions which influence hair growth
- ◆ explain the importance of establishing the cause of hair growth in order for the treatment to be successful
- ◆ explain the hair growth cycle

Candidates should carry out an investigation and prepare a report of no more than 2,000 words, which encompasses all of the above points. A short bibliography identifying research sources should accompany the report.

Assessment guidelines

Candidates should reference all material used in the research project ie books, internet, research papers, etc.

Candidates should be given a minimum of four weeks to prepare and submit the report.

Higher National Unit specification: statement of standards (cont)

Unit title: Beauty Therapy: Electrical Epilation

Outcome 2

Explain the principles of the various contemporary methods of permanent needle epilation.

Knowledge and/or skills

- ◆ Galvanic, thermolysis and blend methods
- ◆ Application of safe and effective techniques
- ◆ Tissue damage
- ◆ Factors and techniques which influence the effectiveness of treatment

Evidence requirements

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

- ◆ explain the principles of galvanic, thermolysis and blend epilation and their advantages and disadvantages with regards to various hair and follicle types
- ◆ identify the treatment faults that cause tissue damage
- ◆ establish the correct size and type of needle to be used in order to achieve the best results
- ◆ explain the effects of varying time applications, intensities and probe depths on the skin and in relation to the effectiveness of treatment
- ◆ explain the effects of varying moisture gradients in the skin

Candidates must provide a satisfactory response to all of the above five bullet points. This could be in the form of a research project with a maximum of 2,000 words.

Assessment guidelines

Candidates should reference all material used in the research project ie books, internet, research papers, etc.

Candidates should be given a minimum of four weeks to prepare and submit the report.

Outcome 3

Identify client epilation requirements

Knowledge and/or skills

- ◆ Consultation procedures
- ◆ Contra-indications/special care and medical referral procedures
- ◆ Assessment of area to be treated
- ◆ Selection of suitable epilation method for hair type
- ◆ Treatment planning

Higher National Unit specification: statement of standards (cont)

Unit title: Beauty Therapy: Electrical Epilation

Evidence requirements

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

- ◆ perform a consultation in a comprehensive and professional manner, interacting with the client in a sensitive and empathetic way
- ◆ recognise contra-indications and special care conditions, recording details accurately and referring for medical approval when necessary
- ◆ assess the area to be treated — to include body and face areas
- ◆ identify the most suitable method of epilation for the hair type, skin type and area to be treated
- ◆ explain the most suitable treatment available to the client
- ◆ devise a mutually agreed treatment plan with the client

Evidence should be derived from a practical situation where observation of the candidate consulting with a client is carried out. The consultation should be supported by a client record card.

Candidates should inform clients of sensation felt during treatment, possible skin reaction, duration, frequency and cost of treatment and the causes of and management of regrowth. Candidates should demonstrate that they are able to convey information to the client in a way that the client can understand, and should be able to answer questions asked by the client in a professional manner.

The skills demonstrated should be recorded on observation checklists and oral questioning may be used to supplement/support observed performance.

This will be observed on four occasions detail at Outcome 4.

The observation of the candidate performing hair removal will be on a minimum of four clients one of which must be a follow up treatment. Candidates should demonstrate hair removal on each of the treatments listed in the evidence requirements. A variety of hair types should be treated and diathermy/galvanic and blend methods should be used.

Assessment guidelines

The assessment for this Outcome could be combined with Outcome 4 and should be carried out in a controlled salon environment.

Outcome 4

Demonstrate safe, hygienic and successful hair removal by permanent needle epilation techniques

Knowledge and/or skills

- ◆ Preparation of treatment area and equipment
- ◆ Preparation of client and therapist
- ◆ Current Health and Safety legislation
- ◆ Treatment areas – face and body
- ◆ Application of thermolysis, galvanic and blend methods

Higher National Unit specification: statement of standards (cont)

Unit title: Beauty Therapy: Electrical Epilation

- ◆ Aftercare and homecare
- ◆ Treatment evaluation
- ◆ Hair growth cycle and its influence on treatment success
- ◆ Hair types and location
- ◆ Follicle types and implications on choice of treatments

Evidence requirements

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

- ◆ apply meticulous preparation techniques, using the highest of hygienic working practices in accordance with current legislation with regard to the treatment area and equipment
- ◆ demonstrate clinical standards of personal hygiene and presentation
- ◆ prepare the client ensuring that professional, hygienic and safety standards are adhered to at all times
- ◆ apply permanent needle epilation techniques to body and face areas appropriate to hair type, skin type and location of hair
- ◆ achieve safe and efficient hair removal using thermolysis
- ◆ achieve safe and efficient hair removal using 'blend' epilation
- ◆ achieve safe and efficient hair removal using galvanic
- ◆ apply appropriate aftercare procedures and offer homecare advice to the client
- ◆ evaluate the treatment and record treatment details accurately

Candidates should demonstrate the application of permanent needle epilation techniques for the purpose of hair removal on a minimum of four clients one of which must include a follow up treatment, covering each of the treatment areas listed in the evidence requirements. A variety of hair types should be treated and diathermy/galvanic and blend methods should be used. The skills demonstrated should be matched to practical checklists and extended client record cards to cover bullet points listed below. The extended client record cards should be used to supplement/ support observed performance.

- ◆ consultation procedure
- ◆ history of the client's hair growth
- ◆ aims and objectives
- ◆ choice of method
- ◆ treatment procedure
- ◆ aftercare/homecare advice
- ◆ skin reaction
- ◆ evaluation of treatment
- ◆ regrowth of returning client

Assessment guidelines

The assessment for this Outcome could be combined with Outcome 3 and carried out in a controlled salon environment.

Administrative Information

Unit code:	DN6H 34
Unit title:	Beauty Therapy: Electrical Epilation
Superclass category:	HL
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Higher National Unit specification: support notes

Unit title: Beauty Therapy: Electrical Epilation

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 80 hours.

Guidance on the content and context for this Unit

This Unit is intended to prepare candidates for industry giving them the essential underpinning knowledge and skills to enable them to plan and effectively carry out hair removal using permanent needle epilation techniques.

This Unit also gives the candidate the basic skills and knowledge for progression HN Unit Electrical Epilation: Advanced.

Outcome 1 looks at the factors which influence hair growth, and the importance of establishing the cause in order for treatment to be successful.

Candidates should be able to:

- ◆ differentiate between hypertrichosis and hirsutism (primary and secondary)
- ◆ identify the main endocrine glands and the secretions which influence hair growth
- ◆ explain why endocrine disorders which cause hair growth — polycystic ovary syndrome; Cushing's syndrome; adrenal tumours; ovarian tumours; archard theirs syndrome, adrenogenital syndrome, virilising congenital adrenal hyperplasia.
- ◆ identify normal systemic conditions causing hair growth — puberty; pregnancy; menopause;
- ◆ identify other factors influencing hair growth — emotional stress; medications, surgery; heredity; racial predisposition; tropical sunlight; friction; interference, anorexia nervosa
- ◆ hair growth cycle — anagen, catagen, telegen

Candidates should be encouraged to review the importance of establishing the cause of hair growth in order for the treatment to be successful.

It should be emphasised to candidates that they must not diagnose medical conditions but should refer clients to medical specialists if necessary.

Outcome 2 looks at the principles of the various contemporary methods of permanent needle epilation. Candidates should develop an understanding of the principles of galvanic, thermolysis and blend epilation and their advantages and disadvantages. A theoretical understanding of the following is necessary in order to be able to apply the techniques practically in an effective way:

- ◆ probe size and type — the effect with regards to treatment effectiveness, tissue damage and client comfort
- ◆ the effects of varying time applications, intensities and probe depths on the skin and in relation to the efficacy of treatment
- ◆ the effects of varying moisture gradients in the skin in relation to AC and DC current
- ◆ the causes and treatment of contra-actions to treatment — tissue damage, burning, bruising, scarring, keloid scarring, hyper-pigmentation, hypo-pigmentation, scabbing, pitting

Higher National Unit specification: support notes (cont)

Unit title: Beauty Therapy: Electrical Epilation

Although the principles of the galvanic method are addressed, this method does not need to be applied practically as it is no longer a commonly used method in industry. It is essential, however, to have an understanding of this method as it is used with thermolysis for the “blend” method of epilation.

Outcome 3 looks at identifying client epilation requirements.

Candidates will work towards developing skills which will enable them to perform a consultation in a comprehensive and professional manner, interacting with the client in a sensitive and empathetic way. Often clients presenting themselves for epilation treatments are very anxious about the process. Candidates should be aware of the psychological effect that superfluous hair may have on the client and should aim to develop client care techniques which will ensure that the client is made to feel comfortable, and reassured.

Candidates should be aware of contra-indications which would prohibit treatment and special care conditions which may lead to modification or adjustments to treatment, recording details accurately and referring for medical approval when necessary. It should be emphasised that candidates must not diagnose medical conditions but should refer the client for GP approval where necessary. The importance of assessing areas before treatment should be stressed, particularly in establishing the most suitable method of epilation. Hair type and skin type should also be taken into consideration, as should the cause of the growth.

It is essential that candidates are able to comprehensively explain the treatments available to the client, perhaps using visual aids such as a skin and hair chart. The consultation should be supported by a client record card which will show that candidates have gathered the relevant information in order to identify the client’s epilation requirements and suitability for treatment. This should include:

- ◆ client’s name, contact details and date of birth
- ◆ relevant medical history and medication
- ◆ contra-indications (to include infectious skin conditions, dermographic skin types, heart/circulatory disorders, bruising, open cuts, metal plates or pins, hepatitis, HIV/AIDS, recent injury or trauma to area)
- ◆ special care conditions to include epilepsy, diabetes, vascular disorders, clients on medication,
- ◆ details of skin type
- ◆ the area that they wish to have treated
- ◆ suspected cause of hair growth
- ◆ the type of hair and density
- ◆ details of when the hair growth appeared
- ◆ previous methods of hair removal used and date of last use
- ◆ client’s signature

Information regarding sensation felt during treatment, possible skin reaction, duration, frequency and cost of treatment and the causes of and management of regrowth should be given. Candidates should demonstrate that they are able to convey information to the client in a way that the client can understand, and should be able to answer questions asked by the client in a professional manner.

Higher National Unit specification: support notes (cont)

Unit title: Beauty Therapy: Electrical Epilation

Treatment planning skills should be developed and should take into consideration the extent of hair growth, hair type, area to be treated, skin reaction, causes of hair growth, previous removal methods, client comfort, time and economic constraints.

Outcome 4 looks at the demonstration of safe, hygienic and successful hair removal by permanent needle epilation. Issues regarding the preparation of the treatment environment, equipment, candidate and client are explored.

- ◆ The treatment environment should include: temperature; lighting; ventilation; privacy; health and hygiene.
- ◆ Equipment should include: plinth; stool; trolley; epilation machine; magnifier; skin preparations; forceps; disposable gloves; probes; probe-holder; cotton wool; tissues; towels; bed linen; sharps box.
- ◆ The therapist's personal hygiene and presentation should be of the highest professional standard with regards to uniform, hair, removal of jewellery, washing of hands, wearing of gloves.
- ◆ The client should be suitably positioned to ensure comfort, safety and successful application of treatment. They should be draped so as only the area being treated is exposed. Verbal reassurance should be offered before and during the treatment.
- ◆ Preparation should be meticulous and should satisfy current health and safety legislation.

epidermis; dermis; subcutaneous layer;

to include: cuticle; cortex; medulla; sebaceous gland; arrector pili muscle; connective tissue sheath; vitreous membrane; outer root sheath; inner root sheath; blood supply to the follicle and dermal papilla; nerve supply to the follicle

anagen, catagen and telogen, explaining the structure and activities of the follicles in each stage, and the influence of the hair growth cycle on the outcome of treatment

lanugo, vellus, terminal (to include asexual, ambisexual and sexual hairs), establishing their structure and location on the body

typical, compound, distorted, pili multi gemini

Candidates should be able to apply epilation techniques, both diathermy and blend to body and face areas (arms, legs, upper lip, chin, eyebrows) in a safe and effective way.

Candidates should look at different ways of positioning themselves and the client in order to facilitate safe and effective hair removal. Probing should be accurate and the angle, depth and length of insertion should be such that the hair is removed with the least amount of trauma to the skin possible. The following must also be addressed in order for hairs to be removed effectively:

- ◆ probe size and type — the effect with regards to treatment effectiveness, tissue damage and client comfort
- ◆ effects of varying time applications, intensities and probe depths on the skin and in relation to the efficacy of treatment
- ◆ effects of varying moisture gradients in the skin
- ◆ causes and treatment of contra-actions to treatment — tissue damage, burning, bruising, scarring, keloid scarring, hyper-pigmentation, hypo-pigmentation, scabbing, pitting.

Higher National Unit specification: support notes (cont)

Unit title: Beauty Therapy: Electrical Epilation

Although the principles of the galvanic method are addressed, this method does not need to be applied practically as it is no longer a commonly used method in industry. It is essential, however, to have an understanding of this method as it is used with thermolysis for the “blend” method of epilation.

Effectiveness in establishing the ratio of galvanic current to high frequency current should be demonstrated when using the blend method.

Candidates should also have a good knowledge of aftercare products and procedures and the importance of advising clients of homecare procedures which will uphold the hygienic processes applied during the treatment and promote skin healing.

It is possible that if needle epilation techniques are incorrectly applied, scarring could result. Therefore it is essential that the candidate develops a high level of competency when applying these techniques.

A range of clients with hair of differing types and densities, on a variety of areas, should be treated in order to develop sufficient competency. It is essential that the therapist see the clients for follow up appointments so that skin reaction may be observed and success of treatment may be evaluated. Length of treatment times should also vary so that the candidate is given a realistic and authentic experience which should help to prepare them for the demands of industry.

Guidance on the delivery and assessment of this Unit

Opportunities for developing Core Skills

This is an optional unit in the framework of the HNC/HND Beauty Therapy. It is designed to provide candidates with the knowledge and skills to perform permanent needle epilation techniques for the purpose of hair removal. It is recommended that theory and practical work should be combined. Theoretical knowledge should be enhanced by discussion and role play. Handouts, learning packs, books, videos and the internet could be used to enhance the learning process.

Candidates should initially practise epilation techniques on each other (legs or arms) without applying the current. Once competency has been achieved in probing techniques, the current may be introduced. Once competency has been reached at this level, clients from outwith the class group should be introduced so that that experience of treating various hair types and areas can be gained. As epilation could potentially cause skin damage if performed incorrectly, it is extremely important that very close lecturer supervision is implemented.

Assessment will take the form of:

- ◆ restricted response questions under controlled conditions Outcome 4 (where appropriate)
- ◆ submission of written research projects
- ◆ practical observation with some oral questions
- ◆ submission of case studies

Higher National Unit specification: support notes (cont)

Unit title: Beauty Therapy: Electrical Epilation

Open learning

Elements of the theory involved in this Unit could be delivered by distance learning. However, as this is a very practical Unit requiring close interaction between candidate and tutor, it should not be offered on an open/flexible learning basis.

For further information and advice please refer to *Assessment and Quality Assurance for Open and Distance Learning (SQA, February 2001 — publication code A1030)*.

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: Electrical Epilation

This Unit is designed to enable you to practise permanent needle techniques in a safe and effective way.

On completion of this Unit you should be able to:

1. Explain the factors which influence hair growth.
2. Explain the principles and effects of the various contemporary methods of permanent needle epilation.
3. Identify client epilation requirements.
4. Demonstrate safe, hygienic and effective hair removal by permanent needle epilation techniques.

Outcome 1 looks at the factors which influence hair growth and the importance of establishing the cause in order for treatment to be successful.

Outcome 2 looks at the principle of the various contemporary methods of permanent needle epilation. You will need to develop an understanding of the principles of galvanic, thermolysis and blend epilation and their advantages and disadvantages.

Outcome 3 looks at identifying client epilation requirements. This will involve client consultation.

Outcome 4 involves the demonstration of safe, hygienic and successful hair removal by permanent needle epilation. Issues regarding the preparation of the treatment environment, equipment, client and therapist are explored.

Each epilation class will involve practical and theory work. Initially practical work will be performed on your classmates, progressing to clients when a suitable level of competency has been reached. It is essential that in order to be well equipped for the demands of industry that a range of clients, hair types and body areas, are treated. This will reinforce confidence and competency

In order to complete the unit you will be required to achieve a satisfactory level of performance in all assessments.

Assessments will take the form of:

- ◆ restricted response questions under controlled conditions in Outcome 4 when appropriate
- ◆ submission of a written research project
- ◆ practical observation with some oral questions
- ◆ submission of case studies.

Assessment may be integrated with some other HN Units:

- ◆ facial treatments
- ◆ anatomy and physiology
- ◆ depilation