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| **TRAINING OCCUPATION: AESTHETIC SERVICE** | | |
| **CU : SUPERFLUOUS HAIR DEPILATION/LIGHTENING SERVICE** | **Code : MP-060-2:2013-C05** | |
| **Work Activity 1:**Check client consultation information | **Duration : 4 Hours** | |
| **Learning Objectives**  At the end of learning session the apprentice will be able to:   1. Explain client’s personal detail in consultation card such as :-    1. Clients profile       1. Name       2. Age       3. Gender       4. Occupation       5. Contacts       6. Address       7. Etc    2. Medical history       1. Health condition       2. Allergies       3. Medication       4. Etc    3. Client lifestyle       1. Diet       2. Habits       3. Etc    4. Client affordability       1. Packages plan       2. Mode of payment       3. Budget       4. Etc    5. Client requirements / area to be treated such as :       1. Underarm       2. Bikini line       3. Upper leg       4. Lower leg       5. Upper arm       6. Lower leg       7. Eyebrow       8. Upper lip       9. Etc 2. Explain superfluous hair condition such as :   2.1 Fine  2.2 Course  2.3 Thickness  2.4 Pigment (colour)  2.5 Etc.   1. Explain Anatomy and Physiology that relates to superfluous hair depilation/ lightening service such as :   3.1 The structure of the skin   1. The layers of the epidermis 2. The dermis 3. The subcutaneous layer 4. The hair follicle 5. The hair shaft 6. The sebaceous gland 7. Arrectorpili muscle 8. Sweat gland 9. Blood and lymph vessels 10. Sensory nerve ending   3.2 The function of the skin   1. Sensitivity 2. Heat regulation 3. Absorption 4. Protection 5. Excretion 6. Secretion and 7. Vitamin D production   3.3 The structure of the hair  3.4 The basic principles of hair growth   1. Anagen 2. Catagen 3. Telogen   3.5 The types of hair growth   1. Lanugo 2. Vellus 3. Terminal | | |
| **Work Activity 2 :** Carry out superfluous hair depilation/ lightening service preparation | | **4** |
| **Learning Objectives**  At the end of learning session the apprentice will be able to:   1. Explain preparation procedure for hair depilation/ lightening service such as :    1. Service area/room/cubicle availability    2. Service area/room setting layout       1. Facial bed       2. Stool       3. Trolley       4. Etc    3. Service area/room condition       1. Ventilation       2. Lighting       3. Temperatures       4. Ambience       5. Etc    4. Service area/room/cubicle ergonomic 2. Stools to the height of therapist 3. Couch comfortable to client & therapist 4. Well-lit area for superfluous hair depilation/ lightening services 5. Therapist posture 6. Etc    1. Personal hygiene and safety practice standards/guidelines adherence –       1. Prevents infection (for both the therapist and client)       2. Prevents offensive odours       3. A professional image to the client       4. Personal Protective Equipment ( PPE )       5. Etc 7. Explain types of tools/utensils for superfluous hair depilation/ lightening service   such as :   * 1. Superfluous hair depilation   2.1.1 Muslin/ Wax strip  2.1.2 Disposable spatulas  2.1.3 Tweezer  2.1.4 Scissors  2.2 Superfluous hair lightening  2.2.1. Brush  2.2.2. Ceramic small bowl   1. Explain types of facilities such as :    1. Bed/couch    2. Stool/chair    3. Trolley    4. Etc 2. Explain types of materials such as :    1. Consumable       1. Cotton       2. Cotton bud       3. Gauze       4. Tissue       5. Disposable gloves       6. Disposable spatulas       7. Brown paper – to protect the couch       8. Etc.    2. Non-consumable       1. Towels       2. Service attire       3. Etc. 3. Explain typesof superfluous hair depilatory products such as : 4. Warm wax 5. Cold wax 6. Hot wax 7. Etc 8. Explain types of superfluous hair lightening products such as : 9. Bleach powder 10. Hydrogen peroxide (Activator) 11. Soothing lotion 12. Antiseptic lotion 13. Etc   7. Explain product, tools, equipment and materials preparation procedure and  technique such as ;   1. Equipment preparation -describe methods of disinfecting and sterilising equipment 2. Temperature-temperature controlled hot wax pot 3. Safety -describe how to effectively and safely position equipment and materials 4. Hygiene-describe the importance to maintain standards of hygiene and the principles for avoiding cross-infection   8. Explain products preparation for superfluous depilation process such as :   1. Melting duration- refer to manufacturer’s instruction 2. Mixture composition 3. Melting temperature adjustment 4. Product consistency setting 5. Product temperature testing and procedure methods 6. Manufacturer’s instructions 7. Safety precautions 8. Personnel protective equipment | | |
| **Work Activity 3 :** Carry out client preparation | | **4** |
| **Learning Objectives**  At the end of learning session the apprentice will be able to:   * + - 1. Explain client preparation and handling techniquesuch as :   1. Welcome technique   2. Ushering technique   3. Safe keeping of client belongings   4. Changing of attire   5. Client cleanliness and hygiene   6. Client position   7. Body covers   8. Client comfort confirm   9. Etc.      + 1. Describe type of service attire such as :  1. Gown 2. Robe 3. Disposable slipper 4. Disposable cap, 5. Etc. 6. Explain client preparation procedure and technique such as : 7. Identify contra indication such as : 8. Severe skin conditions, 9. Severe varicose veins, 10. Diabetes, 11. Cuts and abrasions, 12. Sunburn or heat allergies, 13. Warts, 14. Hairy moles, 15. Bruises, 16. Heat rash, 17. Abnormal hair growth, 18. Scar tissue and lesion, 19. Skin disorders or infections ( eczema, psoriasis, ringworm,) and 20. Etc.     1. Client hygiene – to prevents infection ( for both therapist and client )     2. Safety- client belongings (accessories/ jewelleries/ money) advise/ assist to be keep in safe place     3. Client position- client modesty and privacy     4. Comfort - client comfort in accordance with service requirements | | |
| **Work Activity 4 :** Perform superfluous hair depilation/ lightening service | | **4** |
| **Learning Objectives**  At the end of learning session the apprentice will be able to:   1. Explain purpose of superfluous hair depilation/ lightening service such as: 2. Hair depilation - to remove unwanted and excess hair 3. Hair lightening - to reduce the appearance of unwanted hair 4. Explain products, equipment and materials and specific function   for ssuperfluous hair depilation/lightening service such as:   1. Superfluous hair depilation 2. Warm wax 3. Cold wax 4. Hot wax 5. Talcum –free powder 6. Pre wax lotion 7. After wax lotion 8. Thermostat control wax pot 9. Etc 10. Superfluous hair lightening 11. Bleach powder 12. Hydrogen peroxide (Activator) 13. Soothing lotion 14. Antiseptic lotion 15. Etc 16. Explain the procedure and technique for superfluous hair   depilation/lightening service such as:   1. Patch test and skin sensitivity test on a suitable area of skin according to manufacturer's instructions and organizational requirements 2. The use of Pre Wax lotion and talcum –free powder 3. Methods of application to the treatment area according to the requirements of the hair removal method and hair growth pattern 4. Methods of removal according to the requirements of the hair removal method and hair growth pattern 5. Clear instructions to the client on how and when to support their skin during the treatment 6. Work techniques minimize discomfort to the client 7. The client's treatment area is left free of product and hair and treated with a suitable soothing product, and   3.8 Etc.   1. Explain the product information such as: 2. The suitability of specific products for certain hair types 3. The ingredients of product 4. The expired date of product 5. Etc 6. Explain the operating procedure /instruction manuals such as: 7. The various techniques associated with and working temperatures for the different types of hot wax and warm wax 8. Etc 9. Explain the client response in performing superfluous hair depilation/ lightening service such as: 10. Relevant advice if contra-actions occur on the treatment area 11. Etc 12. Explain the ergonomic deportment such as : 13. Posture and position minimizes fatigue and risk of injury   whilst working   1. Etc | | |
| **Work Activity 5 :** Provide after care advice | | 4 |
| **Learning Objectives**  At the end of learning session the apprentice will be able to:   1. Explain method of gathering client’s feedback for thermal body therapy such as:    1. Written questionnaire    2. Interview    3. Communication / dialogue    4. Etc 2. Explain after care advice such as : 3. The activities to avoid after waxing treatments    * 1. Direct sun exposure      2. Use of perfumed and chemical based products at treated area      3. Wearing of restrictive clothing      4. Exercise, heat shower , [swimming](http://www.sofeminine.co.uk/guide/health/f7625-swimming.html) and saunas for at least 24 hours   after waxing treatment   * + 1. Etc   1. Home care advices      1. Follow-up treatments      2. Future prevention of ingrown hairs      3. Prevention of infection      4. Etc      * 1. Home care product recommendations      1. Moisturiser      2. Hair retardants      3. Remedial products.  1. Explain updating client consultation records such as:    1. Next appointment booking (date, time and etc)    2. Record client’s treatment done    3. Client and therapist acknowledgement of treatment performed    4. Etc | | |
| **Work Activity 6 :** Up keep service area | | **4** |
| **Learning Objectives**  At the end of learning session the apprentice will be able to:   1. Explain cleaning method such as:    1. Washing,    2. Sterilization (physical and chemical),    3. Sanitation and    4. Etc. 2. List out tools/utensils, equipment and materials on cleaning method 3. Explain product used for cleaning procedure such as:    1. Soap    2. Antiseptic       1. Surgical spirit       2. Alcohol       3. Etc.    3. Disinfectant       1. Boric acid       2. Formalin       3. Etc. 4. Explain product, tools/utensils, equipment, materials storage procedure for manicure service such as:    1. Placing at designated storage    2. Arranging and keeping in place    3. Etc. 5. Explain types of salon waste below and its disposal procedure:    1. General/bio waste    2. Biodegradable waste    3. Non-biodegradable waste | | |
| **TOTAL** | | **24 hours** |