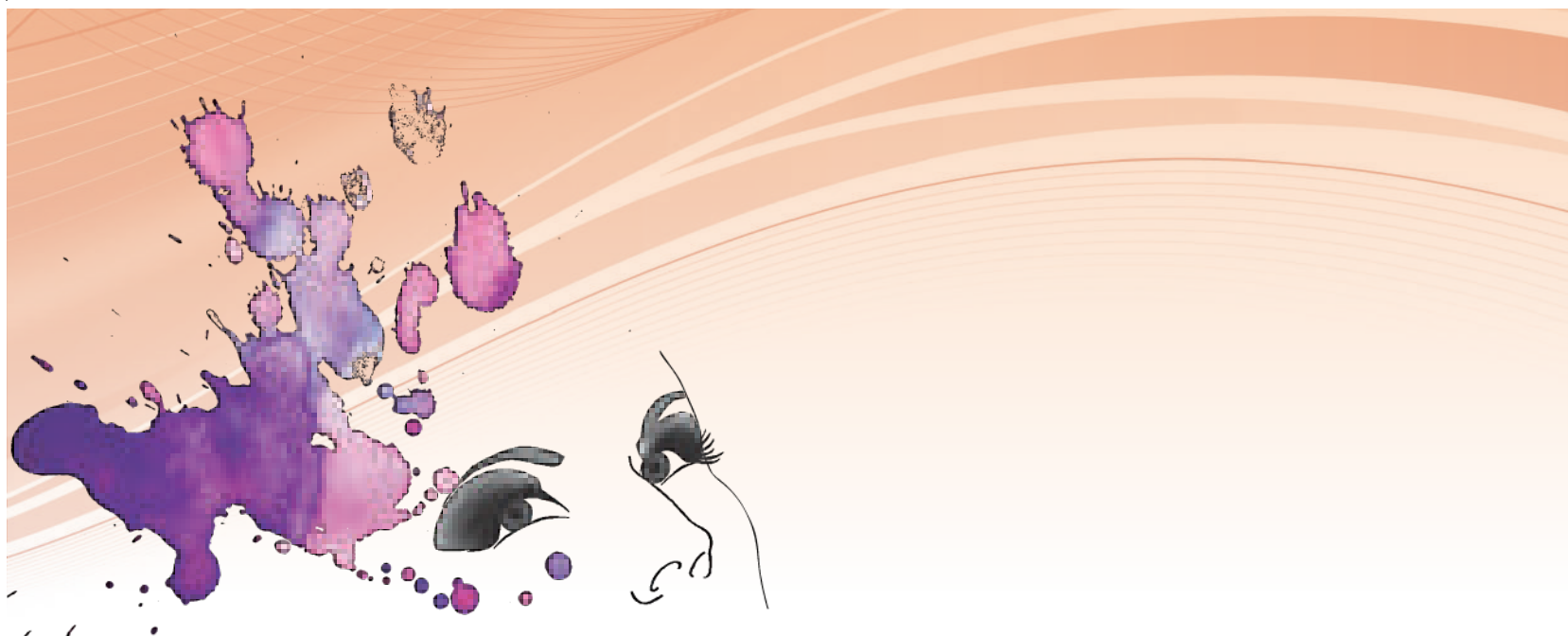




UNIT - 2



Contents

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Unit Overview & Description

- Overview
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- Session 3: Removal of Superfluous Hair

Unit Overview & Description

This unit will provide the student information about the various aspects of Body Care and Wellness.

Knowledge and Skill Outcomes

The following knowledge must be assessed as part of this Unit:

- Manicure and Its Benefits
- Head Reflexology
- Removal of Superfluous Hair

Resource Material

1. Beauty Therapy the Foundation Level II, Lorraine Nordmann
2. Milady's Standard Nail Technology, 5th Edition
3. Manicure, Pedicure and Advanced Nail Techniques by Elaine Almond
4. Milady's Standard Cosmetology, ISBN-978-15625-3880-2



Learning Outcomes

Session	Topic	Outcomes
1	Manicure	• Identify the benefits of manicure • Identify do's and dont's for manicure • Identify material and supplies • Procedure of manicure • Identify the types of manicure • Identify various tips of nail care, finger nail care
2	Hand Reflexology	• Understand definition of reflexology • Identify benefits
3	Removal of Superfluous Hair	• Identify the contraindications of hair removal • Identify the techniques of hair removal • Identify methods of using depilatory for hair removal • Identify various methods used (shaving/threading/ shaping of eye brows), waxing of arms and legs

Assessment Plan: (For the Teachers)

Session	Topic	Assessment Method	Time Plan	Remarks
1	Manicure	Exercise: Question & Answer Audio Visual Aids; Practical demonstration by the learner		
2	Hand Reflexology	Exercise: Question & Answer Audio Visual Aids; Practical demonstration by the learner		
3	Removal of Superfluous Hair	Exercise: Question & Answer Audio Visual Aids; Practical demonstration by the learner		



- Wear gloves to protect your nails from detergents and chemicals, e.g. washing up, also do not forget the cold outside and then there is the gardening and the housework!
- Apply hand cream after putting your hands in water, also as extra treat for them at night apply a good moisturizing cream.
- Use an oily enamel remover, as this will prevent moisture loss from the nail plate and stop your nails drying out.



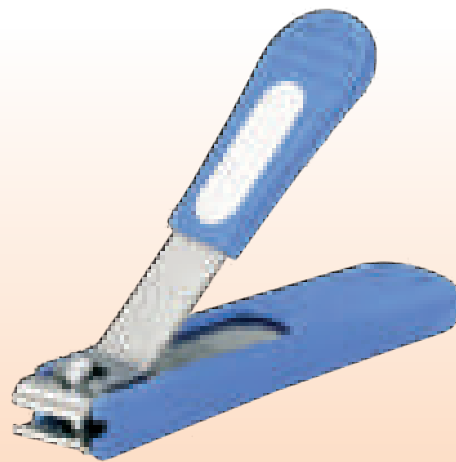
- Always use a base coat to protect the nail plate from discolouration, when applying coloured enamel to your nails.
- Apply hardeners to strengthen weak nails, but not too often, and be careful not to get it on your skin around the nail (Nail wall).
- Have regular manicures to maintain your nails. Or as I said before do one yourself!
- When filing your nails always file the nail from the outside in on both sides along your free edge to stop splitting, at 45° angle. (Just think of them like wood, if you go against the grain, this will cause splitting)

Don'ts

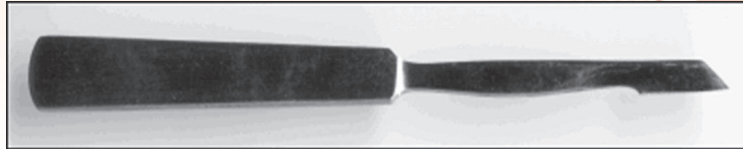
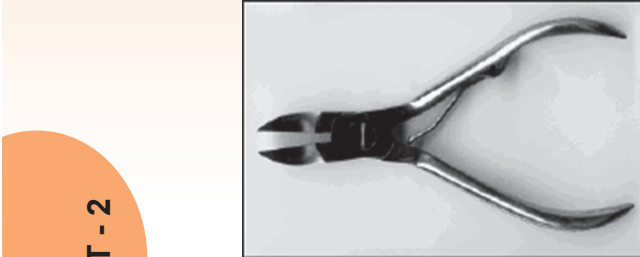
- Use your nails as tools, e.g. tightening things with your nails etc. This will cause them to break, become weak and splitting.
- Never use a metal files, as it will cause flaking nails.
- Paint coloured enamel straight on to the nail plate, this will discolour your nails.

Material & Supplies

- Trolley Setting for Manicure
- Bowl of warm water or finger bath
- **Nail clippers** – They are designed to cut the nails straight and not at an angle. They are very sharp and should always be kept clean like your other implements. Cut straight across the nail, not too short, always leave a small free edge.



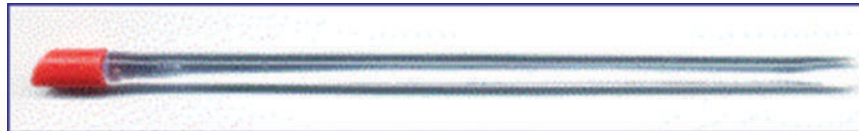
- **Cuticle knife and clippers** – The cuticle knife is very sharp and you can easily damage your nail plate if not used correctly. Always use wet and at a 45-degree angle, as flat as possible against the nail plate.
- 
- 



- **Nail file/Emery Boards** – To smooth off the free edges and shape the nail. When using an emery board remember that the darker side (Course side) is used to file your toenails and the paler side (finer side) is used for your fingernails. Always file at a 45-degree angle from the outside in on both sides. Don't use metal files, as these will cause your nails to flake.



- **Cuticle pusher/Hoof stick** – often made from metal or orange wood. Used to push back the cuticles. Your hoof stick should always be wet so not to scratch or damage your nail plate in any way.



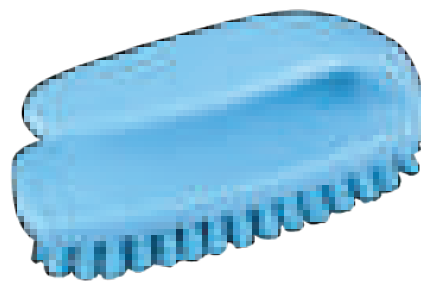
- **Buffing paste** – Buffing paste has a gritty consistency it is used along with a buffer to smooth out irregularities on the nail plate and give a shine if enameling is not required.



- **Nail Scissors**



- **Brush**



- **Buffer** – A buffer normally has a handle and a convex pad that is covered by leather, which is replaceable after worn; it is used along with buffing paste. Use only in one direction. Don't do anymore than 12 – 15 strokes, as this will cause a build up of heat and cause drying.



- **Orange Stick** – If you didn't want to use cotton buds, get your orange stick and a small piece of cotton wool, place your orange stick over the cotton wool and tightly wrap around. This will save you money! Please remember to use a clean tip with every application into your pot. Your orange stick is also used at the end of your manicure/pedicure to clean around the nails by dipping it in your enamel remover



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and rubbing carefully over the enamel to be removed. You can also use it to clean under your nails if you are using a clear enamel. But again, keep your orange stick clean for next time.



• Manicure table

Supplies:

- Cuticle remover
- Massage lotion/cream
- Nail polish Base coat polish & ridge filler polish
- Color varnish
- Top coat or sealant
- Nail bindi stick-on jewels
- Nail polish remover or nail polish remover wipes
- Hand cream
- Sanitizing spray/towels
- Cotton balls/pads
- Hand towels

Preparation of Client & Procedure

Ensure the client is warm & comfortable

- Lighting must be efficient to avoid eyestrain & to allow the treatment to be performed competently.
- Ask the client to remove all jewelry from the area to be treated, to prevent jewelry being damaged by creams and to avoid obstruction during the massage.
- Place jewelry in a tissue-lined bowl where client can see it.



- Ensure that client is seated at the correct height and close enough to the manicurist.
- When the client is comfortably seated, wash your hands in front of the client.
- Consult the client record card & commence with the treatment.

Manicure Procedure

Always remember to keep your tools clean; if they are left dirty they may harbor germs and cause infections.

- Begin by cleaning your hands and remove any old enamel that you may have on your nails with the cotton wool and enamel remover.
- Decide on what shape you would like on your nails, cut them if needed, then use your emery board to file them.
- Take a cotton bud and remove a very small amount of buffing paste from the pot and smear on the top of your nail. With the buffer, buff your nails.
- With another cotton bud, remove a small amount of cuticle cream and apply to the cuticle of each nail. Massage this in circular movements.
- Soak your hands in warm soapy water containing an anti-bacterial liquid soap.
- Dry your hands carefully with the towel. Put a tipped orange stick into your cuticle remover and wipe over each cuticle. Dip your hoof stick in the disinfectant and carefully push



back your cuticles in movement described.

- Wet your cuticle knife to carefully lift the cuticle from the nail plate. Cuticle nippers to remove excess cuticle.
- Re-soak your hands then pat dry. It is important to remove cuticle remover from your hands after application. Dry and apply a good moisturizer all over the hand and arm up to the elbow, as this is a place everyone tends to forget. Give massage manipulations.
- Clean the nails with cotton wool and enamel remover again to remove any oil from the moisturizer that is left on the nail plate.
- Now comes the fun part, apply your base coat and wait for it to dry. Pick your coloured enamel or frosted enamel and paint on, wait for the enamel to dry and apply the topcoat to coloured enamels. If you do not wish to paint your nails then just quickly go over them again with the buffer for a lovely shine.
- One last thing, use your orange stick and enamel remover to remove all traces of enamel left on the skin to make a really neat job.



Massage Manipulation for Manicure

Three main types of massage movements are described below:





- **Effleurage:** These movements always begin and end the massage sequence; they are soothing, relaxing and stroking movements, performed in upward-movements.
- **Petrissage:** These are finger and palmer kneading movements, which are both relaxing and soothing to muscles. Slight pressure is applied with each movement, assisting the return of blood and lymph to the heart
- **Rotations:** These are circular movements, applied to joints to aid joint mobility

Types of Manicure

Regular manicure: It involves soaking your hands in warm water and pushing back cuticles followed by trimming and filing of nails. A lotion massage is done and nail paint is applied.

French manicure: It is a rage now a days and is quite popular amongst all ages. It involves all the steps of a regular manicure which are soaking, trimming and filing of nails, massaging, moisturizing followed by nail paint. French manicure is differentiated by regular manicure due to a different way of application of nail paint. A clear or sheer pink nail polish is applied on the nail base followed by white nail paint on the tips of nails.

Spa manicure: A regular manicure is followed by a hydrating mask or an aromatic salt rub for your hands which is very relaxing.

Paraffin manicure: It involves use of paraffin wax in a regular manicure process. This manicure works great for dehydrated hands or over worked hands. Warm paraffin wax is massaged into your nails or your hands are dipped into warm wax. It makes your hands soft and is extremely relaxing.



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Hot stone manicure: Special stones which insulate heat are used to massage your hands followed by steps of a regular manicure.

Luxury manicure: A regular manicure with some extra pampering of warm wax massage with mittens to keep hands soft and hydrated.

Brazilian Manicure: This is a natural nail treatment method that includes no use of chemicals, creams or water. Specially lined gloves are used to soften and moisturize your hand. This treatment helps to grow and strengthen your nails

European Manicure: European manicures are highly soothing and can provide fantastic results. During a European manicure, the hands are soaked in a relaxing blende of water and herbs. The nails are then professionally shaped. Several coats of polish are then applied to the nails with the color of your choice. In some spas, a calming hand massage is provided.

Hot Oil Manicure: A hot oil manicure, also referred to as a hot manicure, is a relaxing manicure type performed commonly in a spa setting. The manicurist warms up oil and then uses it to massage the hands, nails, and cuticles. The oil is then wiped off with a damp towel and a complete manicure is performed.

Nail Care

Following points may be noted to take proper and good care of fingernails:

- By regularly pushing up the cuticles with an orange stick, more of the nail plate will be visible, which will ultimately make your nails look longer
- By filing your nails correctly, instead of using nail clippers, your nails will strengthen and can be easily formed into a shape that you desire.
- It is very important to keep your nails clean by washing them regularly, especially after doing outdoor activities.
- Wear gloves when gardening or washing dishes to protect your nails from bacteria as well as helping prevent your hands from drying out by harmful detergents and sunlight.
- When removing nail polish with cotton wool, try to avoid rubbing too hard, as this will put too much pressure on the nails.
- Try not to use your nails as a tool to perform other tasks as this often leads to nails splitting and tearing.
- Apply hand cream as often as you can, eg. each time after washing your hands.



Contraindications

- Eczema
- Puss in the nails.
- Rash, Burn or Blisters.
- Fever
- Undiagnosed lumps and bumps
- Allergic to any nail products
- Nail disease

Review Questions

1. List the benefits of manicure.
2. List any 05 points of finger nail care.
3. List the tools and supplies used in manicure.
4. Why do we need to disinfect the hand during the manicure?
5. Identify the following implements:-

S. No	Picture of the implement/tool	Name
1.		
2.		
3.		





6. Fill in the blanks:-
- a. Manicure is derived from _____ word.
 - b. Always file nails at _____ angle.
 - c. _____ should be done to smooth out irregularities on the nail plate.
 - d. Manicure is the combination of two words _____ and _____.

7. Match the following:

1	A clear or sheer pink nail polish is applied on the nail base followed by white nail paint on the tips of the nails	Oil manicure
2	Special heated stones are sued to massage the hands	Paraffin manicure
3	Hand are dipped is warm wax bath especially good for chapped hands	French Manicure
4	Instead of water, warm oil is being used for dipping the hands and helps in curing dry cuticle and brittle nails	Stone manicure

8. Rita is performing manicure on her client. She has forgotten some of the basic steps, help her in completing her manicure.
- Step 1 Wash and disinfect the hand.
- Step 2 Remove any old enamel.
- Step3 _____.
- Step 4 Buff the nails.
- Step 5 _____.



Step 6 _____ .

Step 7 Give massages manipulation to arms & hand.

Step 8 _____ .

9. Seema needs some guidance as how to take care of her hands and nails. Suggest her few important do's and don'ts of nails care.

Do's	Don'ts

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the procedure of performing Manicure.
- Explain as how to choose material and supplies for manicure.
- Explain the benefits of doing manicure.
- List massage manipulations on hand & arm.

PART B

Discussed in class the following: -



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- Benefits of doing manicure.
- Do's and Don't's of nail care and hand care.
- Benefits of doing different types of manicure procedure .

PART C : - Performance standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to do perform various massage manipulations .		
Able to differentiate between different types of manicure.		
Able to list benefits and precautions to be taken while giving these treatments.		

Session 2: Hand Reflexology

Introduction to Reflexology

“A natural healing art based on the principle that there are reflexes in the feet, hands and ears and their referral areas within zone related areas, which correspond to every part, gland and organ of the body. Through application of pressure on these reflexes without the use of tools, crèmes or lotions, the hand being the primary area of application, reflexology relieves tension, improves circulation and helps promote the natural function of the related areas of the body.”

Reflexologists divide the body into ten equal vertical zones, five on the right and five on the left. Concerns have been raised by medical professionals that treating potentially serious illnesses with reflexology, which has no proven efficacy, could delay the seeking of appropriate medical treatment.

Benefits of Reflexology

- Stress Reduction
- Improved Circulation



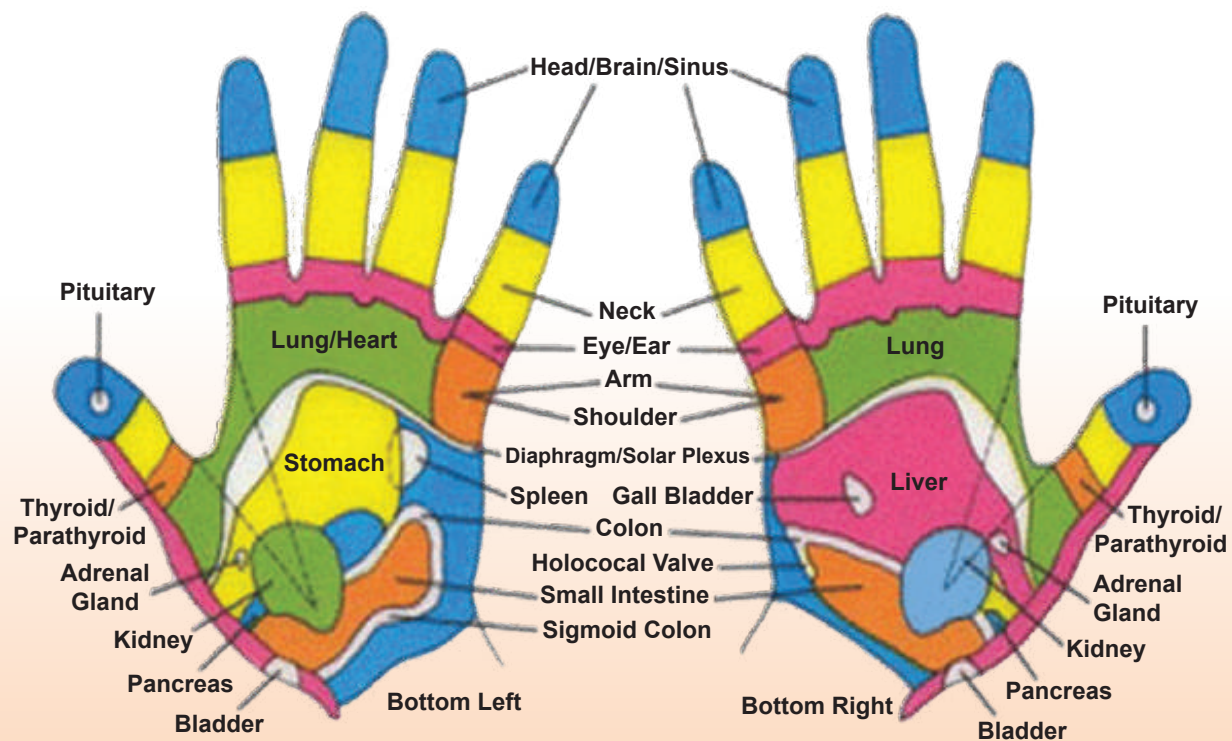
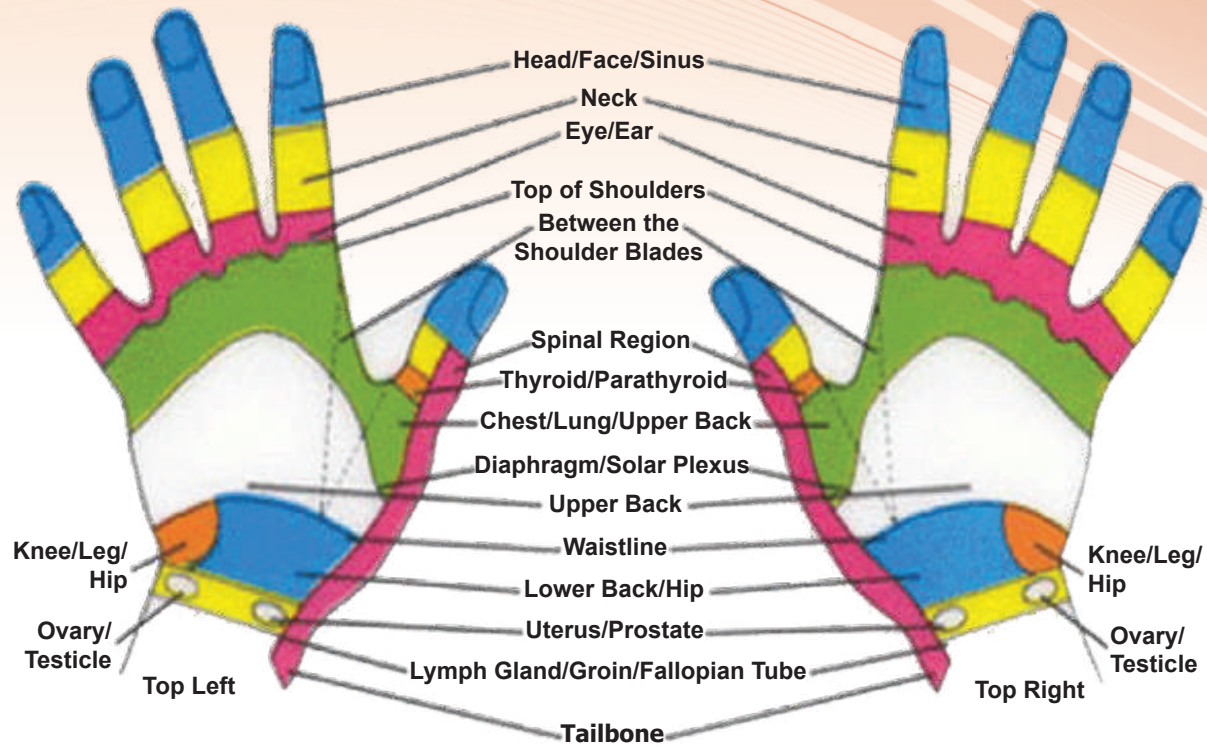
- Stimulated Nerve Function
- Improved Immune System
- Increased Energy

Reflexology can assist in conditions such as:

- Allergies
- Arthritis
- Asthma
- Back Problems
- Blood Pressure
- Constipation
- Gynecological Disorders
- Insomnia
- Knee Problems
- Muscle Tension
- Neck Problems
- Respiratory Problems
- Sinusitis
- Stress Disorders
- Thyroid Imbalance



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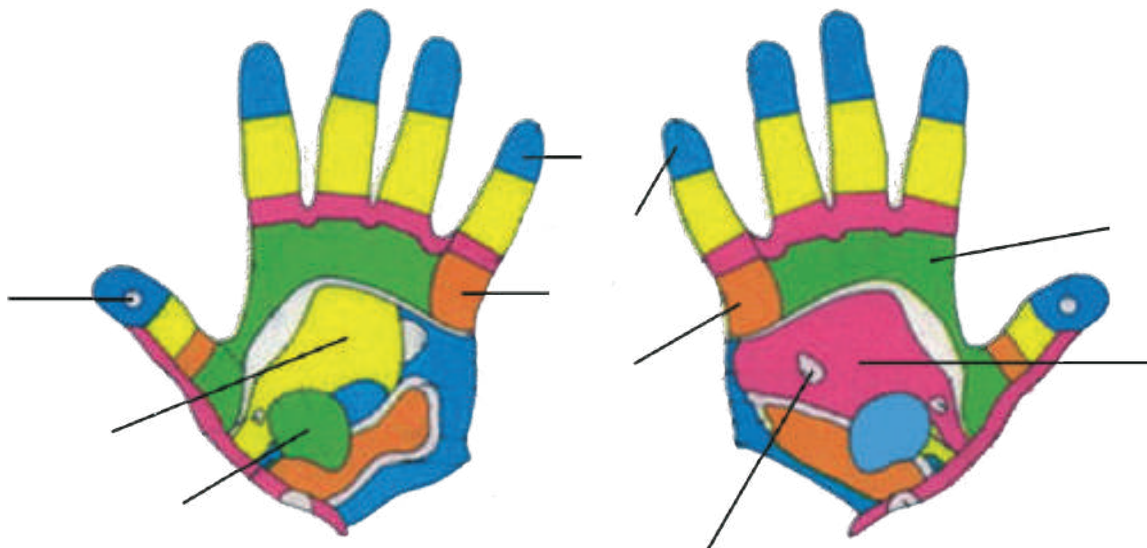


Review Questions

1. Fill in the blanks:-

- a) Reflexology improves _____ and helps in promoting the natural function of the related body part.
- b) Reflexology divide the body in _____ equal vertical zones.
- c) _____ is applied on various reflexes using thumb.
- d) Reflexology can improve the _____ of the body.

2. Identify the following reflexology points on palm.



3. Write down five conditions which can be treated with reflexology.

1. _____
2. _____
3. _____
4. _____
5. _____



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4. Write down five benefits of using reflexology on hands.

1. _____
2. _____
3. _____
4. _____
5. _____

Checklist for Assessment Activity

Use the following checklist to see if you've met all the requirements for assessment activity.

PART A

- Explain the meaning of reflexology.
- Explain different reflexology areas on palm associated with different body parts.

PART B

Discussed in class the following: -

- Benefits of doing reflexology on hands.
- Use of reflexology for curing different body conditions..

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to identify different reflexology areas on palms .		
Able to list benefits of doing reflexology.		
Able to list conditions which can be benefited by giving reflexology treatment.		

Session 3: Removal of Superfluous Hair

Superfluous Hair

Hair removal is a treatment to be given for unwanted hair known as superfluous hair. It is a industry not in India but all over the world minting money with various methods to remove superfluous hair. Unwanted or overly abundant hair is a common problem that



affects both men and women, for women fortunately a variety of hair removal methods are available, ranging from the fairly simple procedures of shaving and tweezing to more complex procedures that required special training. By understanding these methods and their effects, hair-removal specialists will be able to offer sound advice to clients, explain the problems clients may be having with their home hair-removal methods, and steer clients toward methods better suited to the client's need. Two major types of hair removal techniques are in use today: permanent and temporary. Salon techniques are generally limited to temporary methods.



Use of waxes for different parts of the body (paraffin wax, sugar wax etc)

Contraindications for Hair Removal

One of the main purposes of the client consultation is to determine the presence of any contraindications for hair removal. Facial waxing or tweezing should not be performed on those clients who have any of the following conditions or treatments:

- Very sensitive skin/sunburn
- Presence of pustules or papules
- Cosmetic or reconstructive surgery
- Open cuts and wound
- Recent scar/surgeries
- Inflammation/redness



Two methods are used to remove superfluous hair***Depilatory Method of Hair Removal***

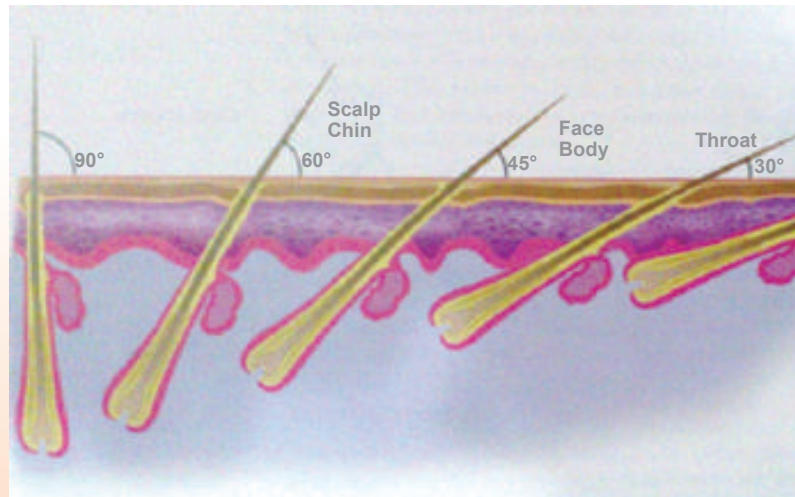
- i) Shaving
- ii) Depilatory cream

Epilatory Method Of Hair Removal

- i) Threading
- ii) Waxing
- iii) Laser/Thermolysis/Electrolysis

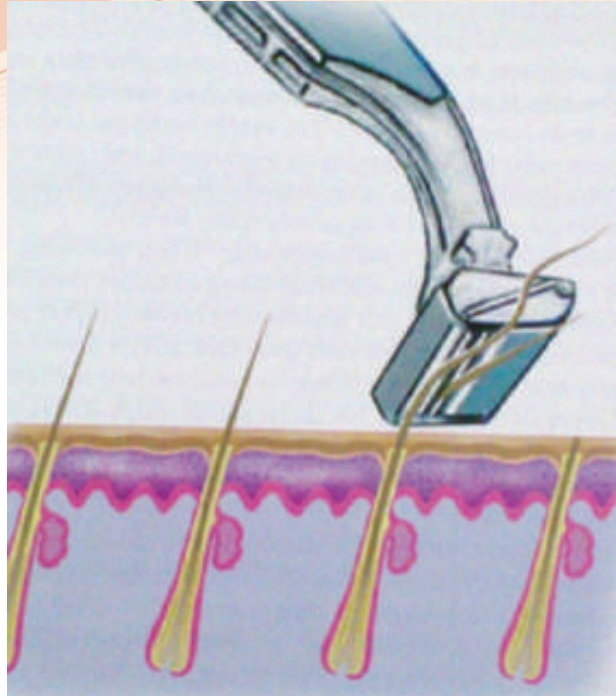
Depilatory Method of Hair Removal**i) Shaving**

Shaving is the most common method of removing unwanted hair by men and women. However, more and more women are embracing the benefits of professional hair removal and are switching from shaving to waxing, electrolysis, or laser hair removal. Shaving is usually done with a manual or an electric razor on skin that is either wet and lathered or covered with a special foaming product. Shaving is not only removes unwanted hair indiscriminately removes finer vellus. Overtime, become terminal hair, thereby aggravating an already undesirable condition. It's a fast, inexpensive, painless and convenient treatment but hair grows back coarsely and more stubby in 1 to 4 days.



Types of growth of hair visible on skin surface





Shaving with razor

ii) Depilatory Cream

Depilatory cream dissolves a hair just below the skin with the chemicals **calcium thioglycolate, sodium thioglycolate, sodium hydroxide**, agents that dissolve the hair on cattle hides. The keratin in hair is broken down, causing it to weaken and break away, broken hairs are washed away with the depilatory product. New hair, may be visible soon after, but if more depilatory product is applied to the area within a month, skin irritation can occur. It is relatively inexpensive, can be used in privacy and when hair grows back, it is softer than that after shaving but the results are not as long lasting as waxing, can have a nasty odor, can cause skin reactions because protective barrier is compromised when the depilatories are washed away.

Epilatory Method of Hair Removal

i) Threading

Threading is technique that has been used by India, Pakistan, Iran, Turkey, Egypt & Arabia. Threading is inexpensive treatment of hair removal. The most popular areas for threading are the eye-brows, hair line, the sideburns, the sides of face, the upper lip, the chin and under the jaw. Threading is a good alternative for those unable to tolerate



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waxing on the face due to prescription and other product. But ineffective for the large parts of the body. If it is not be done carefully cuts or bruises may occur and give pain and scars on the skin.



The most popular areas for threading are the eyebrows, the area above the eyebrow up to the hairline, the sideburns, the sides of face, the upper lip, the chin, and under the jaw. The thread should be a strong, cotton, household thread, clean and sterilized. The thread should range in length from 24" cut to 30" cut. The shorter threads are easier to control when learning and developing the skill, and they are also better for practitioners with small hands. As the practitioner becomes more skilled, a larger loop of thread is more manageable.

Eye Brown Arching

The correct shape of the eyebrows has a marked effect on the beauty and contour of the face shaping are the important features of the face. (The entire expression can be changed by the eyebrow line and eyebrow forms a significant point of structure in facial composition and it is a work of beauty expert to relate the structure to help emphasise good points and detract bad points.) The natural arch or the growth of the hair follows the bony structure or the curved line of the orbit (eye socket). The majority of persons have disorderly growth of hair both above and below the natural line. These hairs should be removed to give a clean cut and attractive appearance.

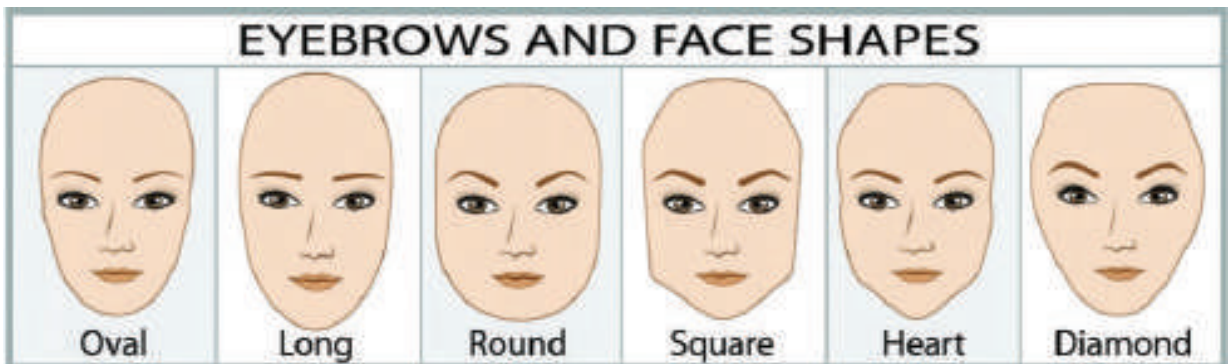


Implements and Materials for Eyebrow Arching

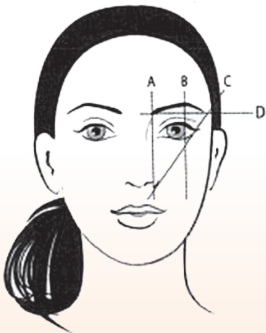
- Emolient cream
- Eyebrow pencil
- Thread
- Hand Mirror
- Cotton
- Eyebrow brush
- Powder
- Astringent lotion
- Cleansing tissue
- Tweezer
- Scissors

Measuring the Eyebrow to Decide Length

In order to determine the correct length of eyebrows, there are three main guidelines:



- Place an orange stick beside the nose and the inside corner of the eye. This is usually in line with the tear duct. Any hairs that grow between the eyes and beyond this point should be removed. If the client has a very broad nose, however, this guide is inappropriate : tweezing would commence near the middle of the brow. In this instance, use the tear duct at the inside corner of the eye as a guide.
- Place an orange stick in a line from the base of the nose (to the side of the nostril) to the outer corner of the eye. Any hairs that grow beyond this point should be removed.
- Place an orange stick in a vertical line from the centre of the eyelid. This is where the highest point of the arc should be.



Preparing the Patron for Eyebrow Arching

Procedure

- Seat the patron on facial chair in reclining position.
- Select type of arc according to the face shape and customers liking, suitable for her facial characteristics.



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- Brush the brows and apply powder.
- Remove hair between brows and above brow line, when gradually proceed under the line. Extra care has to be taken while working under the brows. Stretch under and above the brows to maintain the tension.
- While working for thick growth it is advisable to use tweezer simultaneously to avoid cuts or bruises.
- Brush the brows to remove powder and scales. Cover patron's eyes with cotton pads moistened with antiseptic lotion.
- Brows around the surrounding skin may be softened by rubbing emollient cream into them

Use these guidelines when defining the eyebrow shape

1. **Start**
2. **Point of arch**
3. **End point of eyebrow**

Eyebrow Shaping

The entire expression can be changed by the eyebrow line. Select shape falls into the following categories as illustrated.

High Forehead: The eyebrow arch is slightly elevated to direct from the high forehead.

Low Forehead: A low arch gives more height to the very low forehead.

Wide Set Eyes: The eyes can be made to appear closer together by extending the eyebrow line to the inside corner of the eyes.

Close Set Eyes: To make the appear farther apart space brows. Farther the distance by widening the distance between them also slightly extend the brows outward.

Round Face: Arch the brows to make the face seem narrower. Start online directly above inside cover of eye and extend to ends of been pulled out leaving little sports in the brows darken them with the pencil. Using the eyebrow brush over is to soften the pencil mark.

Where the Arch is too High: Remove the superfluous hairs from the top of the brow and fill the part from the top of the brows.

Where Arch is too Low: Remove the superfluous hair from the lower part of the brow and build up the shape of the brow by means of the brow pencil.



Precautions & Reminders

- Threading is a inexpensive treatment and discomfort level is usually less than the waxing but it is ineffective for the large parts of the body.
- It can be uncomfortable because the hair are snagged out of the skin faster than tweezing but more slowly than waxing.

Threading Contraindications

- Broken, irritated skin
- Active eczema and psoriasis
- Active herpes lesion
- Sunburned skin

ii) Waxing

Introduction

There are two major methods of waxing for hair removal. One is hard wax, also known as the nonstrip method. The other major wax method is the hot wax or strip method. This can include the honey-textured waxes and crème waxes. In addition to those waxes, there are various varieties in between, such as cold wax and sugar wax, and many with soothing additives.

Waxing Contraindications

If the client has any of the following, wax depilation must not be carried out:

- Skin disorders, such as bruising or recent hemorrhage.
- Loss of skin sensation
- Cuts/Abrasions
- Bruises
- Warts

Types of waxes

- **Warm waxes** are frequently made of mixtures of sugar, syrup and zinc oxide are also called honey wax.
- **Hot wax** It is relatively slow to use and used at quite a high temperature, extra care to must be taken to avoid burns.



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- **Sugar wax** there are two methods of sugar wax hair removal- sugar paste and strip sugar. Sugar paste is applied to the skin, using the hands, in the direction of hair growth. The hairs embed in the wax, which is then removed swiftly against hair growth, removing the hairs. Strip sugar is similar in application and removal to warm wax and requires a wax removal strip to remove the wax, against hair growth. Sugar wax has pure sugar as the main ingredient, plus other natural ingredients such as lemon.

Equipment & Materials

- Room with privacy
- Table/Stool
- Antiseptic cleanser and towel
- Washable drapes for the client
- Applicator/Spatula
- Pretreatment lotion/Antiseptic lotion
- Dusting powder
- Ice cubes
- Soothing lotion
- Cotton
- Wax heater
- Waxing strips (disposable)

Good lighting is essential to a waxing treatment area. Fluorescent lights are the brightest and most economical with music because music makes a treatment most pleasurable. Wax heater are usually thermostatically controlled, but the wax should be always be tested on the skin of the technician on the inner forearms before its application on the client.

Make sure the table is at a comfortable height for working, check the posture and make sure you do not bend over, maintain safe distance with client.



Procedure



Types of waxes



Removal of wax

- Use a towel to protect the client's remaining clothing.
- Wipe the area to be waxed with a professional antiseptic pre-wax cleansing lotion on cottonwool. Blot the area dry with tissues before applying the wax. While wiping the skin, look for contra-indications.
- If the client's skin is very greasy (she may for example have applied oil before coming to the clinic), cleanse it using an astringent lotion such as witchhazel. Use dusting powder with cottonwool on the treatment area before the application of wax.
- Apply wax on the area which is to be treated in the same direction of hair and press the disposable strip, with stretching the skin and pull the strip with sudden tug in the opposite direction of the hair growth.
- An after-wax lotion should be applied, using clean cottonwool, at the end of the treatment. This breaks down any wax residue, helps to guard against infection and irritation, and takes away any feelings of discomfort.



1



3





2



4

Waxing

Hygiene and Sanitation

- Use disposable equipment where possible to avoid cross-infection. Wear protective gloves during the treatment.
- Clients should not apply perfumed products to the area that was waxed for at least 24 hours.
- A clean and sanitary environment is not only important to meeting state requirements, it inspires client confidence. As the client leaves the room, tools should be washed with a germicidal soap and put in the sterilization unit. Wipe down surfaces and bottles with a disinfectant cleaner.

Points to Remember

- Hot wax is always applied in the direction of hair growth and removes against hair growth.
- It is always better to work from lesser hair growth to denser hair growth.
- The wax should not be applied to a large area.
- The strips should not end where there is still wax.
- The strip should be placed over the wax, always allowing a sufficient free edge to grasp easily.





Removal of strip in the opposite direction of hair growth

- Once the strip is placed over the wax, it only needs to be smoothed or rubbed once or twice to adhere to the wax and be effective.
- Do not prolong the anticipated moment of discomfort by excess rubbing.
- The pull of the strip should always be against the hair growth. It should be quick and decisive and as close to the skin as possible for minimal discomfort.

Review Questions

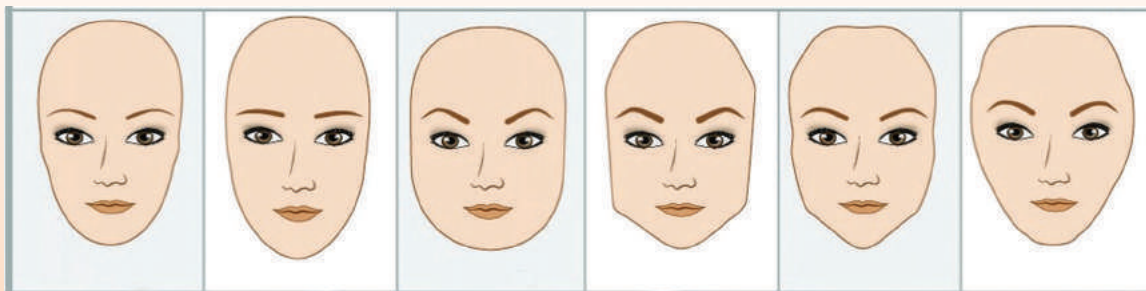
1. What do you understand by depilatory method?
2. Explain in short the epilatory method.
3. What kinds of methods are used to remove unwanted hair?
4. Write the material and implements used for eyebrow shaping?
5. What are the various types of waxes to remove superfluous hair?
6. Write the procedure of waxing.



7. Fill in the blanks

- a) Hair removal is a treatment to be given for unwanted hair known as _____.
- b) Two major types of hair removal techniques are in use today: _____ and _____.
- c) Depilatory method of hair removal are _____ and _____.
- d) _____, _____ and _____ are Epilatory methods of hair removal.
- e) _____ is the most common method of removing unwanted hair by men and women.
- f) Shaving is usually done with _____ on the skin.
- g) Threading is technique that has been used by _____, _____, & _____.
- h) The most popular areas for threading are the _____, _____ & _____.
- i) The thread should range in length from _____" cut to _____." cut.
- j) The natural arch or the growth of the hair follows the bony structure or the curved line of the _____.
- k) Use _____ equipment where possible to avoid cross-infection.
- l) As the client leaves the room, tools should be washed with a _____ and put in the _____ unit.
- m) Hot wax is always applied in the direction of _____.

8. Identify the facial shapes as per the eyebrow shape given



9. Write the contraindication of hair removal:-

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

10. Write down the implements and materials required for eyebrow arching

Implements	Materials

11. Ms. Geeta is performing waxing on her client, she has forgotten some steps, identify those steps

Step 1: Wipe the area to be waxed Blot the area dry with tissues

Step 2: _____

Step 3: Apply wax on the area which is to be treated in the same direction of hair.

Step 4: Apply disposable waxing strips and remove.

Step 5: _____

Checklist for Assessment Activity

Use the following checklist to see if you’ve met all the requirements for assessment activity.

PART A

- Explain the different methods of removing superfluous hair from the body.
- Explain the contra indications of hair removal procedures.
- Explain the different methods used in Depilation and Epilation technique.



Class X: Beauty and Wellness

- Explain as how to perform different hair removing procedures.

PART B

Discussed in class the following:

- Merits and demerits of depilatory method of hair removal.
- Benefits of using epilatory method of hair removal by the means of threading , waxing and laser/thermolysis/electrolysis.
- Precautions and reminder to be taken care while doing hair removal .

PART C : Performance Standards

The performance standard may include, but not limited to :

Performance standard	Yes	No
Able to identify different hair removal techniques.		
Able to list benefits of using depilatory and epilatory method of hair removal.		
Able to identify hygiene and sanitation importance and precautions while doing treatment.		

Excercise Questions Unit-2

Theory Questions

1. Define manicure and its benefits
2. What are the contra-indications of manicure?
3. What are the hygiene and sterilization methods to be used for manicure.
4. Define Reflexology and write its benefits.
5. Differentiate between the term epilation and depilation
6. Explain the judging of brow length with the help of illustration
7. Describe the epilatory method of hair removal

Practical Questions

1. Demonstrate the complete procedure of manicure
2. Demonstrate the various massage movement for manicure



- 3. Demonstrate eyebrow shaping using threading technique
- 4. Demonstrate the procedure of hot wax on legs
- 5. Demonstrate the trolley setting for the removal of superfluous hair

Activity

List treatment you would suggest to the customers with following conditions.

Client’s condition	What will I suggest
Dry Hands	
Unwanted hair on Arms	
Eye brow shaping	



