



Provide Female Intimate Waxing Services

The 5 Main Functions of the Skin

PROTECTION

- Protects underlying tissue from injury
- Acid Mantle on the skin acts as a barrier to bacteria and viruses

TEMPERATURE REGULATION

- Through sweating (excretion)
- Contraction / retraction of arrector pili muscles

SECRETION

- Sebum production (secretion)

SENSATION

- Pressure
- Touch
- Pain
- Temperature

ABSORPTION

- Absorption of Vitamin D in response to sunlight

Structure and Functions of the Skin

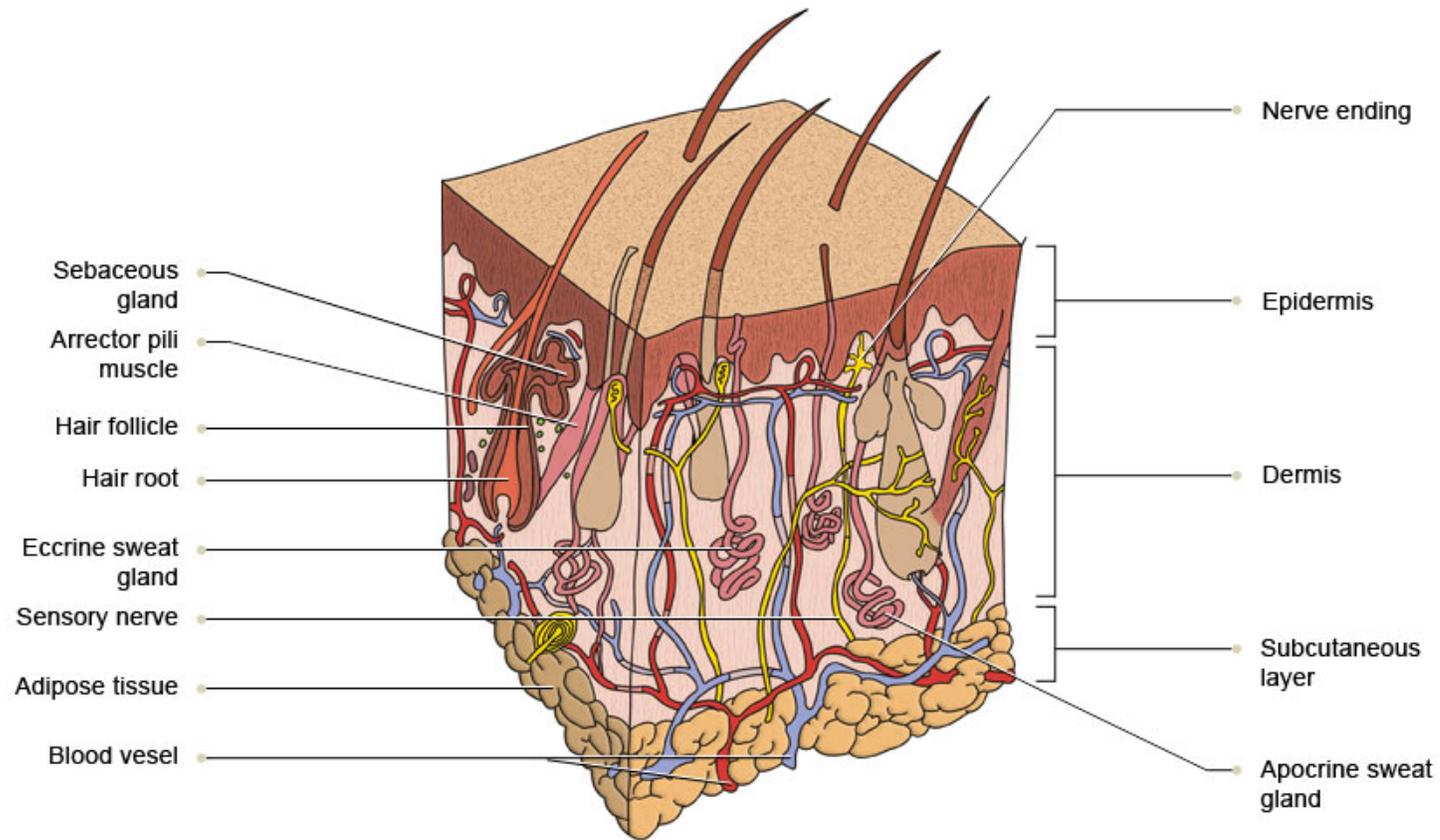
THE FUNCTIONS OF THE SKIN

The skin, which is also called the cutaneous membrane, forms a protective, waterproof outer covering for the whole body. The skin plays an important role in providing sensory information of the external environment so the internal environment can adjust and regulate heat , absorption, excretion and secretion.

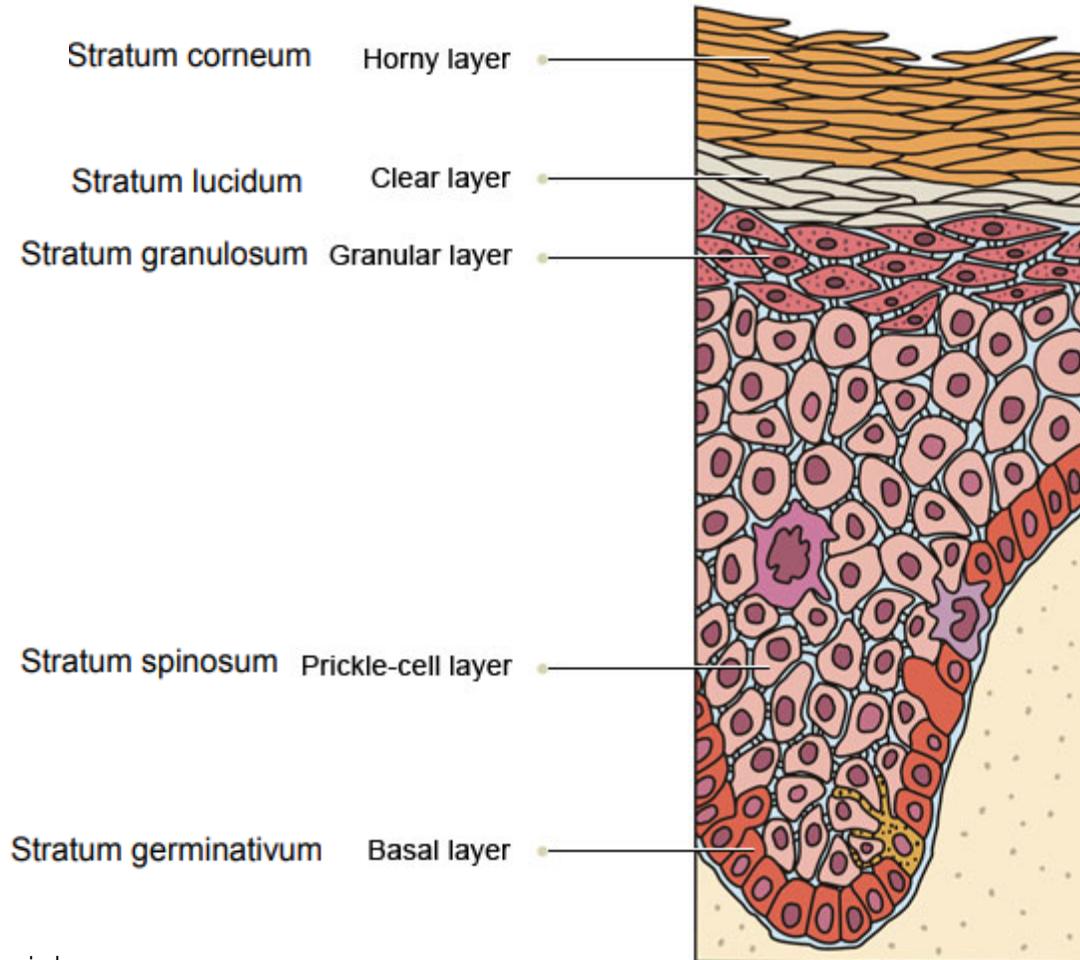
THE STRUCTURE OF THE SKIN

The main layers of the skin are the epidermis which is a thin portion, followed by the deeper, thicker dermis. This is followed by further layers that lie under the skin; a fatty layer called the subcutaneous fat layer. The dermis is made up of dense connective tissue that is tough and flexible. It contains collagen and a number of structures such as, nerve fibres, blood capillaries, arrector pili muscles, sweat glands and sebaceous glands. Beneath the dermis, lies the subcutaneous fat layer which is composed of loose connective tissue. It helps to anchor the dermis to the underlying tissues and organs.

Structure of the Skin



Layers of the Epidermis



Structure and Functions of Hair

- The Primary functions of hair are Protection and Regulation of Temperature.

STRUCTURE OF HAIR

Most of the human body is covered by hair apart from one side of the fingers, the soles of the feet and palms of the hand. The hair shaft is the part of hair that emerges above the surface of the skin. The hair root is the part that extends deep into the dermis and even sometimes into the subcutaneous layer. The medulla, cortex and cuticle are the layers of concentric cells that form the hair shaft and root.

The roots of the hair cells are contained in deep pits, called follicles, in the skin, which reach down into the dermis. They are surrounded by a structure called a bulb which holds the papilla of the hair which provides nourishment for the growing hair through its many blood vessels and connective tissues. The sebaceous glands are connected to the hair follicle and secrete an oily substance known as sebum into the neck of the hair follicle. It coats the surface of the hair and prevents it from drying or becoming brittle.

Stages of Hair Growth

HAIR GROWTH

Hair grows at various stages and these are known as the growth, regression and resting stages. When the hair begins to grow, this is known as the anagen stage.

As it approaches the regression stage, this is known as the catagen stage. The resting stage is known as the telogen stage.

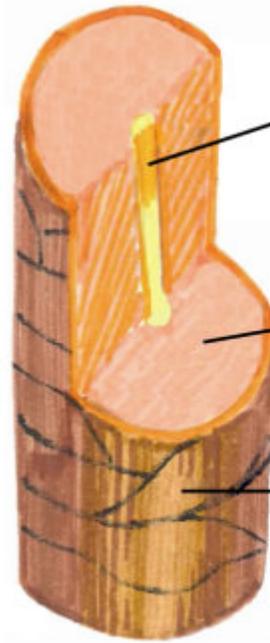
Hair growth occurs from its root at the papilla in the dermis layer. New, soft hair cells are continually produced and die here. It takes around seven years for a fully grown terminal hair to be shed and replaced by a new hair.

There are about 100,000 hairs on the human scalp and usually people lose 70-100 hairs every day as the hair follicle enters the resting or catagen stage.



*Exogen (also known as the Shedding Phase) in which the hair reaches its terminal position in the follicle and detaches resulting in shedding, follows the Telogen stage.

Structure of the Hair



Medulla

the inner most layer
may even be absent (especially in fine
or light blonde hair)

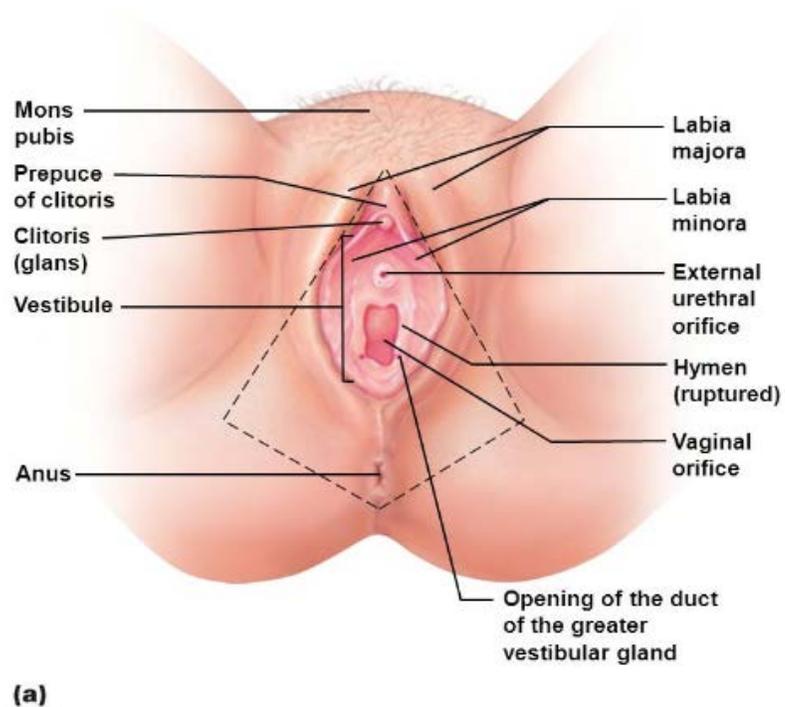
Cortex

provides strength, moisture, colour and
texture

Cuticle

outermost layer protects the cortex
a hard shingle-like layer of overlapping
cells, like scales

Anatomy of the Genital Area



The **mons pubis** is a rounded mound of fatty tissue that covers the pubic bone. During [puberty](#), it becomes covered with hair. The mons pubis contains oil-secreting (sebaceous) glands that release substances that are involved in attracting partners (pheromones).

The **labia majora** are relatively large, fleshy folds of tissue that enclose and protect the other external genital organs. They are comparable to the scrotum in males. The labia majora contain sweat and sebaceous glands, which produce lubricating secretions. During puberty, hair appears on the labia majora.

The **labia minora** can be very small or up to 2 inches wide. The labia minora lie just inside the labia majora and surround the openings to the vagina and urethra. A rich supply of blood vessels gives the labia minora a pink color. During sexual stimulation, these blood vessels become engorged with blood, causing the labia minora to swell and become more sensitive to stimulation. The area between the opening of the vagina and the anus, below the labia majora, is called the perineum. It varies in length from almost 1 to more than 2 inches (2 to 5 centimeters).

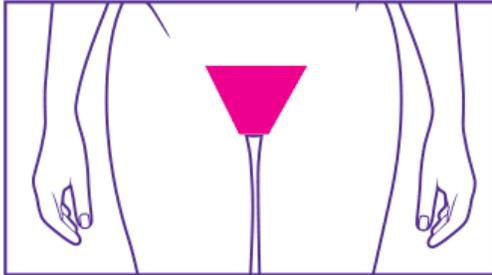
The labia majora and the perineum are covered with skin similar to that on the rest of the body. In contrast, the labia minora are lined with a mucous membrane, whose surface is kept moist by fluid secreted by specialized cells. The opening to the vagina is the exit for blood during menstruation and for the baby during birth.

The opening to the urethra, which carries urine from the bladder to the outside, is located above and in front of the vaginal opening.

The **clitoris**, located between the labia minora at their upper end, is a small protrusion that corresponds to the penis in the male.

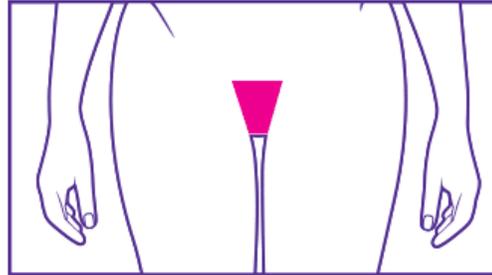
Types of Female Intimate Waxing

Bikini Wax



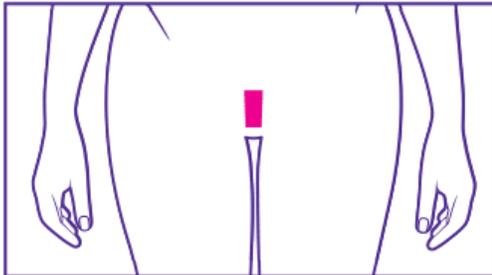
A standard bikini wax is a basic shaping of pubic hair into a neat upside-down triangle shape to the edge of the panty line.

Extended Bikini Wax



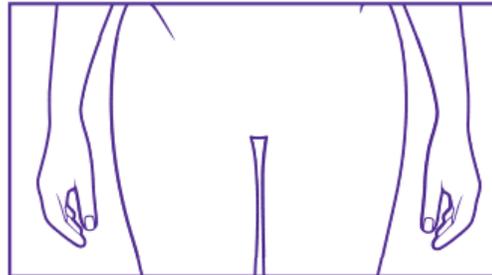
An extended bikini wax takes the sides of the bikini line in deeper than a regular bikini wax leaving a more defined triangle with narrower edges.

Brazilian Wax



A Brazilian wax takes away all the hair off the bikini line leaving a small strip on the front. Hair is removed from the front all the way round to the bottom area.

Hollywood Wax



The Hollywood wax removes all hair from the front, round to the bottom – complete hair removal.

Maximum service times

The following maximum service times apply to this unit:

Hollywood wax	60 minutes
Brazilian wax	45 minutes
Shaping wax	45 minutes

Female Intimate Waxing FAQ's

- **Can Under 18's be treated?**

The age of consent is eighteen years old however, under 18's (minor's) can be treated with a parent or guardian consent and they would also need to be present at the time of the treatment.

- **Why should minors only be treated with informed and signed parental or guardian consent?**

In the UK persons are classed as adults at the age of 18 years of age. Under 18 years old a person is classed as a minor and under the supervision of a parent or guardian. It is to be noted that at the age of 16, persons attain some level of legal rights that are not available to those under 16 years old. For example, you can get marry, pay taxes and join the army at the age of 16 (a minor) but cannot vote or open a line of credit. In the beauty industry you can treat a person under the age of 18 with the consent of their parent or guardian whether in person or in writing.

For insurance purposes, you must ensure that you are only treating those who have given informed consent or those whose parents or guardians have provided their informed consent. As the area to be treated is sensitive, ensuring that you have this consent will minimize the risk of successful claims made against you.

FAQ's Continued...

- **How often should you carry out an intimate waxing treatment?**

Every 4-6 weeks. Regular waxing sessions ensure that your hair grows back finer and thinner as the hair follicle has less grip on the hair.

- **Can you shave in between treatments?**

No, this is discouraged as you will disturb the hair growth cycle and minimise the effectiveness of the treatment.

- **How long should the hair be?**

For an effective waxing treatment the hair should be at least 1cm in length. If a client comes to you with extra long hairs, these may need to be trimmed beforehand to ensure maximum comfort for the client.

- **What is the Intimate Waxing Codes of Practice?**

The purpose of the current code of practice for waxing services is to provide standardized hygienic routines for beauty therapists providing waxing services. This code of practice has been shared among the local authorities to allow their environmental health practitioners to assess the health risks and procedures related to waxing services.

FAQ's Continued...

- **What are the contra indications to intimate waxing treatments?**

Establishing contra-indications to waxing treatments is of the utmost importance to establish whether the treatment will be suitable and safe for both the client and the therapist. Some contra-indications that client may present to you will prevent treatment and others will restrict treatment, as a qualified professional, you will need to be able to distinguish between the two and understand how to proceed in the event that a contra-indication is present. For example, if your client has a patch of broken skin or dryness in the area, you may wax around that area and avoid waxing over the broken skin itself as not to irritate it further.

Contra-indications that prevent treatment are as follows:

- Cardiovascular conditions
- Thrombosis
- Phlebitis
- Hypertension
- Heart conditions
- Haemophilia
- Allergies to product
- Thin or fragile skin
- Anything conditions currently being treated by a medical doctor

Contra-indications that restrict treatment (require medical referral) are as follows:

- Urinary tract infections
- Sexually transmitted infections
- Public lice
- Severe infectious skin conditions
- Medical oedema
- Severe varicose veins
- Osteoporosis
- Nervous and psychotic conditions
- Recent operations
- Diabetes
- Trapped, pinched or inflamed nerves

FAQ's Continued...

- **How do you maintain your client's modesty?**

As this treatment is dealing in the female intimate areas it is important to maintain client modesty and privacy to put the client at ease and avoid any misrepresentation. You must offer the client disposable underwear if they do feel comfortable to underdress completely on their bottom half. In the event that any contra-indications are present in the area the therapist must remain calm and visibly unalarmed as not to embarrass the client. You must ensure to cover the client's clothing and continuously preserve the client's modesty throughout the treatment, how you do this will vary depending on the area(s) you will be waxing. It should also be noted that the consultation should be conducted in a private setting to enforce confidentiality and project a supportive and trustworthy image to the client of yourself and the organisation.

- **What should we use in the event that skin irritation occurs?**

During waxing services it is common for the client to experience skin irritation after a wax treatment. To encourage soothing of the skin in that area you can advise the client to use perineal oil for any dry skin that occurs, coconut oil and light weight products containing witch hazel to soothe the area within the first 24hr hours after a wax treatment. it is also recommended to use a light scrub exfoliate the skin to prevent ingrowing hairs from appearing between treatments.

Hot Wax vs. Warm Wax

Hot Wax

More suitable for strong terminal hair, this wax is used for intimate waxing and smaller areas of the body such as the face, ears and nose. The wax is heated to temperatures of around 55-65 degrees and then applied onto the skin in small patches. As the wax begins to cool it lifts very slightly off of the skin and grabs the hairs. The wax is lifted slightly at the edge with the side of the forefinger and the thumb and pulled back and off of the skin quickly towards the mons. The wax cannot be applied to large areas as the wax may harden too quickly and become brittle making removal difficult. This wax can come in the form of bees wax and is generally more natural in ingredients than warm and crème wax.

Warm Wax/ Crème Wax

Warm wax is the most common type of wax used for larger areas of the body such as arms, legs, abdomen and back. It is used by spreading a thin layer of wax onto the skin using a wooden spatula and removed using a wax strip without waiting for the wax to cool. Warm wax has the ability to grab tiny, fine hairs, course hairs and deep rooted hairs

Crème wax, is similar to warm wax however it has a lower melting point than warm and hot wax (around 35 - 45 degrees) and is more suitable for sensitive skins.

Sugar Paste

Difficult to master as not strips are used, Works at body temperature so it is more suitable for fine, unpigmented hair.

Wax Working Techniques

Wax Type	Working Temperature	Working Technique	After-wax Medium
Hot Wax	48 - 68°C	Apply the wax onto the skin in a figure 8 fashion and not too thin to allow for easy removal. Apply the wax in small areas, wait for the wax to cool, remove (backwards against the hair growth, not upwards) and then apply pressure immediately to minimise the pain in the area just waxed. You cannot wax over the same area more than twice for hot wax. Best used on sensitive and smaller areas of the body such as the face, underarm and bikini area.	Oil
Warm Wax	40 - 43°C	Warm wax is heated in a wax pot until runny and applied onto the skin evenly (in the direction of the hair growth) at a 45 degree angle. The wax is not left to cool, it is removed by smoothing down a wax strip over the wax and removed in the opposite direction of the hair growth. An all-round wax that can be used on all areas of the body.	Cream
Crème Wax	35 - 68°C	Crème wax is similar to warm wax however, may have different ingredients to help soothe the skin. It is applied onto the skin evenly (in the direction of the hair growth) at a 45 degree angle. The wax is not left to cool, it is removed by smoothing down a wax strip over the wax and removed in the opposite direction of the hair growth. An all-round wax that can be used on all areas of the body.	Cream
Sugar Paste	24 - 37°C (room temperature to body temperature)	Apply the room temperature paste onto the skin in the direction of the hair growth using a spatula or spread onto the skin using the first 3 fingers. The paste is pulled off in the opposite direction of the hair growth similar to how hot wax is removed or if the paste is used whilst warm it can be removed with a cloth strip. The paste can be rolled between the fingers and re-used on further areas on unwanted hair.	Oil

Conditions Affecting Hair Growth

Hormonal – whether normal or congenital conditions (from birth)	Diet
Medication	External factors (environmental such as stress or topical such as depilatory creams, sunburn)
Hereditary factors	Climate (seasonal changes can affect the oxygen or blood supply to hair follicles)

Aftercare Advice

