

## Head massage

**Objectives :** At the end of this lesson you shall be able to

- explain the purpose of head massage
- explain consultation techniques
- explain different massage movements
- state benefits of head massage
- state precautions of head massage.

### Purpose of head massage

The two basic requirements for healthy scalp are cleanliness and stimulation . It is based on ancient healing system of ayurveda. The head massage is great for relieving the stress and tension in our everyday lives. Head massage is most effective when given in a sequence once a week for normal scalp .

### Explain consultation techniques

The therapist needs to obtain relevant details from the client before commencing a massage treatment .

The therapist must be professional in her manner and make the client feel welcome.

Personal details should be taken and recorded on a record card. These should include medical history, and contraindication that may be present and the treatment required .If in doubt , a letter of approval should first be obtained from the client's doctor .

Questioning the client on expectations and outcomes can ensure the client gain satisfaction from the treatment . The client will also require a postural check at the time of consultation. Once the consultation is complete , the therapist should ensure that all the details are recorded and that the client has signed her consent card.

### Product knowledge:

- |                                    |  |
|------------------------------------|--|
| 1 Any vegetable oil                | - For giving the massage.  |
| 2 Scalp steamer                    | - For giving the steam and opening of follicles.                       |
| 3 Essential oil                    | - For aroma.   |
| 4 Vibrator                         | - For improving blood circulations.                                    |
| 5 High frequency                   | - For improving blood circulation and also improves granular activity. |
| 6 Hair shampoo (According to hair) | - For cleaning the hair and scalp                                      |
| 7 Conditioner                      | - For improving condition of the hair and giving shine.                |

### Explain different massage movement

These are Several massage movement which are selected according to the desired effect. Each massage movement place the hand under the hair so that the length of the fingers, balls of the finger tips and cushions of the palms can stimulate the muscles, nerves and blood vessels of the scalp area.

### Basic scalp manipulation

#### 1 Effleurage (Stroking)

Effleurage movements have a sedating and relaxing effect on the skin . They are performed with the whole palm. Effleurage always commences and completes a massage routine.

#### 2 Petrissage

Petrissage is the technical name of kneading movement. This rolling and gentle squeezing of the muscles under the skin increases circulation of blood and lymph and stimulates muscles for toning effect.

#### 3 Friction

Friction is a circular , deep rubbing movement . friction greatly increases circulation and is used most commonly on the scalp, arms and hands . Friction is used with less pressure in scalp manipulation .

#### 4 Tapotement

Tapotement is a movement that consists of tapping or lightly slapping the skin. It is done in rhythmic and manney with the pads of the finger or the side of the palms. It increases blood circulation.

### Procedures of Head Massage:

- 1 Prepare the client - by draping towel, relaxing on chair.
- 2 Comb the hair free of tangles.
- 3 Part the hair into 4 sections
- 4 Make 1" parting on each section and apply the selected oil or tonic. Rub in well to the scalp.
- 5 Begin the Massage.

**Step 1:**

- Begin at the hairline, from the front of the ear to the top of the head.
- Using the pads of the fingers, do a rotating massage. Press the fingers firmly, but do not scratch with the nails. Curve the hand so that the palms do not rest on the client's head, giving weight.
- Count 1-2-3 to massage to a rhythm.
- Repeat 3 times.
- Follow the same procedure on the second line. The sides of the head above the ears to the top of the head.
- Repeat 3 times.
- Begin from behind the ears to the top of the head.
- Repeat 3 times.
- Cupping the hand, using the palms and the heel of the head, massage the back of the head with the same rotary movement.
- Repeat 3 times.
- Place the hands on the nape of the neck and massage giving attention to the neck.
- Repeat 3 times.
- Standing on the side of the client, place one hand on the top of the forehead and other at the base of the neck and massage towards the crown till the fingers meet.
- Repeat the entire massage procedures 3 times without breaking contact.

**Step 2**

- Using the tip of the fingers give friction movement on the head.
- Follow clockwise and anticlockwise movements to a rhythm. Make sure the hair is not pulled. Pressure should be given to the scalp without hurting but relaxing the client.
- Repeat 3 times.

**Step 3**

- Using the palms gently tap the head to a rhythm, beginning from one ear to the other, going around the head in a circular pattern.
- Repeat 3 times.

**Step 4:**

- First step again
- Begin at the hairline from the front of the ear to the top of the head.
- Using the pads of the fingers do a rotating massage. begin from behind the ears to the top of the head.
- Cupping the hand, using the palms and the heel of the hand, massage the back of the head with the same rotary movement.
- Place the hands on the nape of the neck and massage giving attention to the neck.
- Standing on the side of the client, place one hand on the top of the forehead and the other at the base of the neck and massage towards the crown till the fingers meet.
- Repeat 3 times.

**Step 5:**

- Complete the massage with a gentle stroking movement of the entire head.
- Repeat 4-6 times
- If oils are used for the massage 10 to 15 minutes of steaming under a head steamer is recommended.

**Benefits of massage**

- 1 Relaxation of the nerves .
- 2 Relief from the body tension
- 3 Increases blood circulation
- 4 Relieves eye strain
- 5 Ease headache and migraine
- 6 Stimulates the hair and scalp
- 7 Dead cells are removed by the head massage.
- 8 Hair follicles are stimulated.

**Precautions:**

- Creams or ointments may be applied before using high-frequency current. Hair tonics or lotions with alcoholic content may be applied only after the application of high-frequency current.
- If there are scalp abrasions, or if there is a scalp disorder do not suggest a scalp treatment.
- Immediately prior to the application of alightener, tint, toner, permanent wave, or a chemical hair relaxing treatment.

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## **Shampooing, Conditioning & Deep Conditioning**

**Objectives :** At the end of this lesson you shall be able to

- state the purpose of shampooing
- explain the types of shampoo
- explain the benefits of shampooing
- precautions for shampooing.

### **State the purpose of Shampooing**

The purpose of shampoo is to cleans the hair and scalp and remove dandruff, dirt, and cosmetics. Shampoo also increase the circulation of blood and stimulate the scalp .there are many kinds of shampoo available in the market and cosmetologist should know what shampoo is best for what type of hair. Main ingredient of the shampoo is distilled water .

### **Product Knowledge:**

- Hair shampoo according to hair.
- Coconut shampoo for dry hair.
- Egg shampoo for greasy and dry hair.
- Medicated shampoo helps maintain the normal state of the hair.
- Treatment shampoo variety of shampoos to deal with a specific problems.
- Pre-perm shampoo used before perming.

### **Explain the types of shampoo**

Many shampoo brands are designed for use with particular types of hair and scalp conditions. It is important that you read the label carefully so that you know how to use the product properly .

### **Other types of Shampoo are :**

- 1 **Dry shampoo:** Powder brushed on to hair and are then brushed out. They don't really clean , but its a good stop gap if you can't shampoo .
- 2 **Baby shampoo:** these are meant for babies . Who have fine hair and not much of it . Its not strong enough for an adult , even if used every day.
- 3 **Shampoo for colour treated hair:** These need to be rich in moisturizers and protein to return water to the shaft . they should be low in alkalinity , it should not have sulphated castor oil that will strip colour.
- 4 **Shampoo for processed hair:** These need to be rich in moisturizers and protein to return water to the shaft. they should be low in alkalinity .

- 5 **Daily use shampoos:** These are very gentle and have low amounts of cleanser and usually contain conditioner.

### **Procedure:**

- 1 Take the client to the wash area with the cape and the towel intact.
- 2 Wet the scalp and hair.
- 3 Take a small amount of shampoo and spread it all over the scalp.
- 4 Give effleurage movement for at least three of five minutes.
- 5 Circular movements can also be done for next three minutes to remove dirt and dandruff.
- 6 Rinse of f the shampoo thoroughly with plenty of water.
- 7 See to it that water does not drip on the client face or spoil the client's dress.
- 8 Squeeze out the excess water from the hair and apply conditioner to the mid lengths and ends of the hair.
- 9 Emulsify the conditioner well all over the mid length and ends and leave on for next three minutes.
- 10 Now rinse off the conditioner thoroughly from the hair.
- 11 Remove the cap and pick up the towel from the client shoulder, wrap around the head taking care that the water does not drip on the client's face or dress.
- 12 After removing the shampoo cape use the setting brush or comb and hand dryer, dry the hair thoroughly.

### **Benefits of Shampoo:**

- 1 Reduces irritation
- 2 Good for coloured hair
- 3 Reduces the dryness of the scalp
- 4 Reduces hair loss
- 5 Reduces the frizzles

### **Procedure for Shampooing & Rinsing**

- 1 Take the client to the wash area with the cape and the towel intact
- 2 Wet the scalp and hair

- 3 Take a small amount of shampoo and spread it all over the scalp
- 4 Give effleurage movement for at least three of five minutes
- 5 Circular movements can also be done for next three minutes to remove dirt and dandruff
- 6 Rinse off the shampoo thoroughly with plenty of water
- 7 See to it that water does not drip on the client face or spoil the client's dress.
- 8 Squeeze out the excess water from the hair and apply conditioner to the mid lengths and ends of the hair.
- 9 Emulsify the conditioner well all over the mid length and ends and leave on for next three minutes
- 10 Now rinse off the conditioner thoroughly from the hair
- 11 Remove the cap and pick up the towel from the client shoulder, wrap around the head taking care that the water does not drip on the client's face or dress.
- 12 After removing the shampoo cap use the setting brush or comb and hand dryer, dry the hair thoroughly.

#### **Procedure for Deep conditioning**

- Hair can get dried out and damaged from the use of heat styling tools, dyes and chemical strengtheners, and exposure to the sun and cold air. It is good to restore hair's moisture and body with a good deep conditioning treatment.

#### **Choose a product:**

There are many products in the market, and you should find one that's made to order for your exact needs

- If you have fine hair, look for products that are described as "Light or weightless".
- Products made with heavier oils will make the hair look weighted down.

#### **1 Apply the Deep Conditioning product:**

- Apply conditioner directly onto your head. Smooth it from your roots down your hair shaft. Gives special attention to the tips, which tend to get drier than the

rest of your hair. If necessary, use a wide-tooth comb to distribute the product.

#### **2 Cover the head with plastic cap:**

- Deep conditioning treatments require a number of hours to set in and get to the centre of each strand of hair. Keep the conditioning in place by covering head with a plastic cap.
- Avoid using a material other than plastic, since fabric or other materials might absorb the product.

#### **3 Apply Heat:**

- After Applying the conditioner to give heat with help of dryer, this allows it to get absorbed into hair more easily. Make sure the hair dryer doesn't get too hot, since you don't want to melt the plastic cap.

#### **4 Rinse out the product:**

- Remove the shower cap and rinse your hair with cool water, which will tighten the hair shaft and make it look shiny. After rinsing, towel dry hair gently, then let it air dry and style the hair.

#### **Precautions for Shampooing, Conditioning and deep conditioning:**

- 1 Make sure cap and towel are fastened securely.
- 2 Check water temperature before wetting the client's head.
- 3 Avoid scratching the client's scalp with your finger nails while giving the shampoo.
- 4 Read the instructions for all special shampoos.
- 5 Always clean and sanitize shampoo bowl after each use.
- 6 Modern conditioners help chemically treated hair.
- 7 Conditioners strengthen and moisturize the hair.
- 8 Deep conditioning softens and smooths tight curly hair or coarse hair.
- 9 It counteracts the effect of hairdressing processes.

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## Temporary removal of Superfluous hairs

**Objectives :** At the end of this lesson you shall be able to

- explain the structure of the hair
- describe the hair growth cycle
- define the meaning of superfluous hair and its purpose
- describe the various methods of removing unwanted hairs
- determine the contra actions, contraindications, after care and do & don'ts.

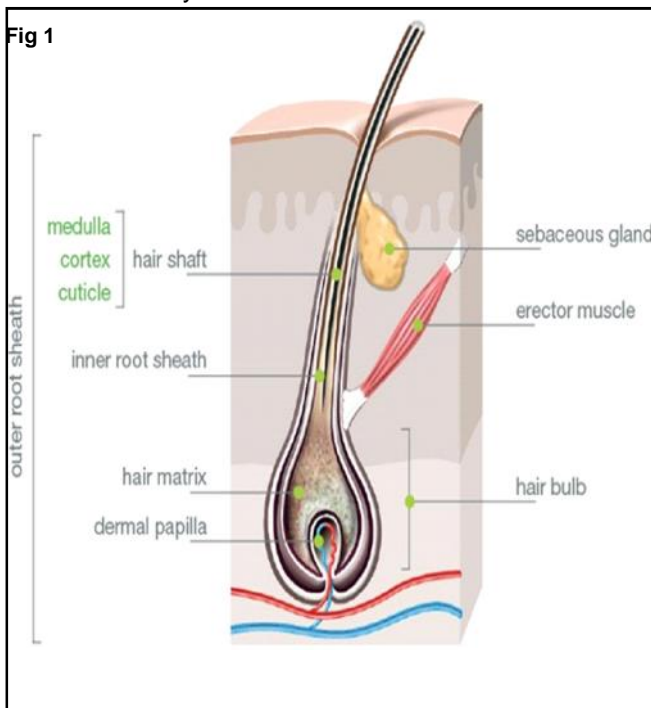
### Structure of Hair (Fig.1)

Hair is composed mainly of a hard substance keratin, which is a type of a protein also present in our skin and nails.

Hair contains varying amounts of carbon, hydrogen, oxygen, nitrogen and sulphur.

**There are mainly two divisions of the hair.**

- Hair shaft-** a visible part which we can see with our naked eyes.
- Hair root-** below the hair shaft which we can't see with our naked eyes.



The hair shaft is also divided into three layers such as-

- Medulla-** The inner most layer which is only present in large thick hair.
- Cortex-** The middle layer that provides strength, both color and texture of the hair.
- Cuticle-** The outer most layer which is thin, colorless and serves as a protector of the cortex.

There are also a variety of structures which are connected to hair root such as-

- Hair Follicle:-** It is a fingerlike projection which holds the hair root. Every hair has its own follicle.
- Hair Papilla:-** It is the main source of nourishment as it is well supplied with blood vessels and nerves. The hair gets its whole nourishment from the papilla. If the papilla is destroyed the hair can't grow.
- Hair Bulb:-** It lies just above the papilla and fits over it tightly. The hair bulb is nourished by the papilla.
- The Arrector Pill muscle:-** It is attached to the lower portion of the follicle. This muscle causes the hair to stand on end when we are chilled.
- One or more oil glands (sebaceous glands) are also attached to each follicle.

### Hair Growth Cycle

Hair grows from the follicle or root, underneath the skin. The hair is 'fed' by the blood vessels at the base of the follicle which gives nourishment it needs to grow. Between starting to grow and falling out years later. Each hair passes through four stages i.e.-

- Anagen Phase:-** It is the growing phase that lasts 2 to 7 yrs and determines the length of our hair.
- Catagen Phase:-** It is the transition phase that lasts about 10 yrs. The hair follicle shrinks and detaches from the papilla.
- Telogen Phase:-** It is the resting phase that lasts around 3 months. Around 10-15 % of hair are in this phase.
- Exogen (New hair Phase):-** It is also the part of resting phase where the old hair sheds and a new hair continues to grow. Approx. 50 to 150 hairs can fall out daily, this is considered to be normal hair shedding.

### Meaning of superfluous hair and its purpose of removing

**Meaning:-** The abnormal, unwanted hair growth on the skin part or at the arms, legs and the face in quantity or in coarseness is referred as superfluous or excessive hair. The scientific name of the condition is Hypertrichosis.

**Purpose:-** There are various purpose of removing unwanted hairs such as:-

- i) To prevent infestation by lice, fleas and other parasites.
- ii) To prevent any bacterial infection.
- iii) For hygiene purpose.
- iv) For beautifying purpose.

### Various methods of removing unwanted hairs

Temporary method of hair removal falls into two categories.

- 1 Depilation
- 2 Epilation

**Depilation:-** It is the method of removing unwanted hair from the surface of the skin. In other words it removes only the part of hairs which is visible outside of the skin which means removed at the skin line; hence the root is not affected.

Depilation lasting several hours to several days that can be achieved by following methods:-

**i) Shaving** - It can be performed by razors which is of two types - Electric and Manual razor.

**ii) Depilatory creams** - These are the chemical creams which chemically dissolve the hairs.

**iii) Friction / Abrasive paper** - In friction a rough surfaces are used to buff away the hairs just like in an abrasive paper, there is also a coarse side which can be use to remove the hairs from the surface but it is a very old method.

**iv) Pumic stone** - It is also an old technique of removing unwanted hair temporarily when the other methods were not there. It is a type of stone with rough, coarse pores, which removes the hairs by rubbing the stone constantly on the particular area.

### Epilation:

It is the method of removing hair from the hair shaft and as well as from the hair root temporarily, without destroying the hair root permanently, which means the hair grows back, however the time between procedures will lengthen with each procedure as the follicle is weakened.

### Methods of Epilation are:

#### 1 Threading and Tweezing:

These are the temporary methods of removing unwanted hair by its root.

In threading a twisted thread catches hairs at its rolled across the skin. It is a chinese method of hair removal in which 40 coats of thread is generally used and can be

performed mostly on all parts of the body.

In this tweezing a tool which is called plucker or tweezer is used to pull out the hair by its root towards the hair growth. It is also called plucking.

### 2 Waxing:

It is considered to be most popular method of removing unwanted hair because it contains natural ingredients and the large area is removed at a time by it. In this a hot or cold layer is applied and then removed with porous strips. Waxes are mainly of 2 types

**a) cold wax** - Heat the wax upto tolerable temperature.

**b) Hot wax/Warm wax** - Wax is to be heat before treatment. Generally used for removal of facial hairs. It is made up of paraffin wax. Melts at 48-68° C.

**Warm wax** - Most common type of wax which melts at 40 - 43° C. Quickest & most convenient wax.

**3 Sugaring** - It is also similar to waxing but the difference is only that it has a sticky paste.

**4 Rotary Epilators** - These are the devices which rapidly grasp hair and pull them out by the root. These are basically battery operated and electrically operated.

### Product Knowledge:

It is very important to understand how the product is made, the value of the product, how the product should and can be used, and what products work well together. As a cosmetologist you should remember the following points about the product you are going to use on your client to avoid any negligence.

- Waxes
- Depilatory Creams
- Shavers/Razors

### Allergy Test /Patch Test /Predisposition Test

Many people, for undetermined reasons, are allergic to certain foods, cosmetics, medicines, plants, animals, and so forth. Allergy to aniline derivative tint is unpredictable. Some clients are already sensitive while others may develop an allergic response after years of successfully receiving color services. Sensitivity may also arise in conjunction with other health issues. It is important to identify allergic clients. Before applying an aniline derivative tint, a patch or predisposition test should be conducted. The test results should be negative, showing no swelling, burning, itching, or blisters.

**Standard :-** The U.S. Federal Food, Drug, and Cosmetic Act prescribe that a patch or pre-disposition test must be given 24 - 48 hours prior to each application of an aniline tint or toner. The test used for the skin must be the same formula as that used for the hair coloring service.

**Note: There is no test for reaction to inhaled fumes other than exposure to the mixed active product.**

#### **Areas to be preferred for Testing -**

- **Inner fold of the Elbow**
- **Behind the Ear**

#### **Points to be remember**

- a) Indicate on the record card where and when the PD Test is given.
- b) Indicate the product brand and the formula used on client.
- c) The same product brand & the formula should be used during the final service that is to be given after the result of PD test.
- d) Client Draping & self protection is most important factor to be remember.
- e) Manufacturer's directions should be followed.
- f) After giving the test clean the particular area only with plain water.
- g) Do not use any kind of chemical on that particular area after test and examine the particular area for 24 hours to observe any kind of reaction.

#### **Client Consultation**

The consultation is a fact-finding mission and is the first part of the service you give your clients. An in-depth consultation will allow you find out what your clients' ideas and needs are. This will help you to make the right recommendations and give your clients more confidence in you. A professional consultation is conducted on a one-to-one basis between the client and the stylist. It can take place either in the reception area or at a styling station. The success of your consultation will depend on your ability to:

- Ask the right questions (using open questions as much as possible);
- Listen carefully to your client's answers;
- Interpret what they are saying;
- Confirm what has been said, checking that you both understand.

#### **Procedure of Hot / Warm wax:**

##### **Upper lips waxing procedure**

- 1 Heat the wax on the hot plate for melting.
- 2 Check the temperature of the wax.
- 3 Clean the face before starting the hot wax.
- 4 For hot wax on the upper lip region, divide the area

into 2 parts- one in from cupid- bow to corner of the lip and other is from cupid bow to right corner of the lip.

- 5 Apply wax starting from the cupid bow towards one corner. After applying the wax press the wax by index finger towards the hair.
- 6 After pressing the wax properly pull the wax strip against the hair growth like a bandage.
- 7 In similar ways apply wax on the other part of the lip.
- 8 On completion, clean the area and apply astringent lotion to close the open pores.

- **Always apply the wax in the direction in which the hair is growing.**
- **Hold the skin tightly when removing wax.**
- **Never apply wax on the moles, warts, sun-burns, rashes, abrasions or peeling skin.**
- **Always read the manufactures directions carefully before applying on client. You should use appropriate consultation techniques.**

#### **Procedure of Cold wax:**

##### **Full Arm and legs waxing procedure**

- 1 Heat the wax up to tolerable temperature.
- 2 Wash the area that needs to be waxed.
- 3 Apply talcum powder on the particular area.

**Don't over heat the wax since it can lead to serious injuries.**

**Always wash the particular area before waxing.**

- 4 If the temperature is tolerable then apply the wax on the particular area towards the hair growth with spatula.

- **Always check the temperature of wax before applying on the client.**
- **Always apply the talc before applying wax on the particular area.**
- **If you are doing wax for half legs area always start from front of knee area.**
- **If you are doing full legs area always start waxing from front of upper thigh area.**
- **If you are doing waxing for full arms area start from front of shoulder area.**
- **If you are doing waxing for half arms area start from front of elbow area.**
- **Always use disposable waxing strips.**
- **If you are using cotton strips wash properly afterwards sun exposure is necessary for killing the bacteria.**

- 5 Press the cotton strips/ cellophane strip by giving friction.  
Always stretch the skin properly.
- 6 Pull the strip against the hair growth.
- 7 In the similar way follow all the steps from 1 to 6 on the left over areas and remove the unwanted hair.
- 8 On completion clean the area with moist towel soaked in hot water or you can gently wash the area with tepid water.
- 9 Apply massage cream on the particular area and do various massage steps.
- 10 Clean the area and discard the used material.

#### **Carry -out the procedure of patch test.**

- 1 Clean the area when the patch test is to be done alone.

#### **Area's to be preferred for patch test are :-**

- 1 Inner fold of elbow.
- 2 Behind the ear.
- 2 Apply a small amount selected depilatory cream on client's skin.
- 3 Leave it for 10-15min.
- 4 Remove the chemical and clean the area with tepid water.
- 5 Leave the particular area for 24hrs. to observe any reaction on it.

#### **Depilation procedure**

- 1 Wash the area to be treated with mild soap and water and leave it for drying.

**Don't rub the area.**

- 2 Apply the depilatory cream to the area where hair is to be removed.

**Always apply the depilatory cream with applicator not by hands.**

- 3 Leave the depilatory on the particular area for 5 to 15 min.

**Always follow the manufactures directions.**

- 4 Check every few minutes by removing a bit of cream with spatula or if the hair has not been removed on particular time, reapply cream.
- 5 Remove the cream and the hair with water soaked cotton, don't rub the area.
- 6 Leave the area for drying.

- 7 Use a mild skin lotion or talc over the area to soothe the skin.

#### **Underarms waxing procedure:**

- 1 Heat the wax up to tolerable temperature.
- 2 Wash the area to be waxed.
- 3 Check the temperature of the wax on your hand before applying it on the client.
- 4 Dry the underarm area thoroughly and apply talcum powder on it.
- 5 Take the wax with the spatula and apply a thin layer in the direction of the hair growth.

**Don't apply very hot wax , it may burn the skin and leave the blisters.**

**Always apply a thin layer of wax rather than thick layer for better results.**

**As, the underarm area is a sensitive area and the hair grows in different directions and not in one direction , so always apply the wax with special care.**

- 6 Place a disposable wax strip over the area where the wax has been applied.
- 7 Press firmly on the skin.
- 8 With the other hand, stretch the skin to minimize pain while pulling the strip.
- 9 Pull the strip off against the direction of the hair growth using a firm steady pull.
- 10 Apply wax in the other leftover area and follow the above steps from 1 to 9 on it.
- 11 On completion, clean the area and apply astringent lotion to close the open pores.
- 12 After this clean the area with moist towel soaked in hot water.
- 13 Apply moisturizer lotion for giving moisturizing and soothing effect.
- 14 Clean the working area and discard the used material.

**Always follow the hygiene rules.**

**If there is any redness, burning on the area after treatment use ice cubes to give cooling.**

**After Care and Home care:-** It is very important to discuss after care and homecare with your client during the consultation, so that skin reactions and contra action can be explained and understood.



### Patch test procedure:

- 1 Clean the area when the patch test is to be done alone.

### Area's to be preferred for patch test are :-

- 1 inner fold of elbow.
- 2 behind the ear.

- 2 Apply a small amount selected depilatory cream on client's skin.
- 3 Leave it for 10-15min.
- 4 Remove the chemical and clean the area with tepid water.
- 5 Leave the particular area for 24hrs. to observe any reaction on it.

### Depilation procedure:

- 1 Wash the area to be treated with mild soap and water and leave it for drying.

**Don't rub the area.**

- 2 Apply the depilatory cream to the area where hair is to be removed.

**Always apply the depilatory cream with applicator not by hands.**

- 3 Leave the depilatory on the particular area for 5 to 15 min.

**Always follow the manufacturer's directions.**

- 4 Check every few minutes by removing a bit of cream with spatula or if the hair has not been removed on particular time, reapply cream.
- 5 Remove the cream and the hair with water soaked cotton, don't rub the area.
- 6 Leave the area for drying.
- 7 Use a mild skin lotion or talc over the area to soothe the skin.

### Contra-indications related to the removing of unwanted hairs temporarily

Contra-indication can be classified into those that restrict prevent treatment. In other words restrict means you can adapt your treatment around the contra-indication and prevent means you can't treat the client until the condition has cleared up or until they obtain a medical reference.

The below chart indicates the contra-indications and effect on treatment during the procedures.

Contra-Indication	Effect on treatment
1) Infectious skin disorder/ diseases	It is prevent because there is a risk of cross contamination between therapist and client.
2) Open skin	It is restrict hence the treatment can be given around the area but not on the affected area.
3) Bruising	It is also restrict because care must be taken when working around the bruise in case it is still tender for the client.
4) Moles	It is restrict as petroleum jelly may be applied to the mole to prevent any accident during the treatment such as waxing.
5) Excessive grown hairs	Prevent/Restrict as depending on the severity of the problem, in grown hairs may be worked around. But if there are a large number of infected follicles the area should be avoided completely.
6) Reactions from previous treatment	Prevent- until the source of reaction has been discovered, more patch test may be required to identify if a product is responsible or not.

### Contra actions:-

These may occur during the treatment or after it has taken place. It is important to give your client full and detailed aftercare advice to help prevent these reactions.

The below given problems are some contra actions along with the action required during the treatment.

- 1 **Erythema:-** It is most commonly occurred after waxing and it should go down within 24 hrs. The client should avoid perfumed products or hot baths until redness has faded.
- 2 **Blood spotting:-** Commonly occurred on areas of strong hair growth such as underarms and bikini line. The areas should be cleaned with cold damp cotton wool.
- 3 **Bruising:-** Common on bikini line area. Cold compress applied. It should start to fade after 24 hrs. Some clients are more prone to bruising, for them ensure that you and your client stretch the skin thoroughly during the procedure like waxing. Always note the occurrence on the client's record card.

4 **Adverse reactions:-** - The client may react to products at any time. If you suspect a client is reacting to a product, remove all the traces of the product immediately and apply a cold compress after 24 hrs. they should seek medical advice.

5 **Broken hairs:-** Strong terminal hair can sometimes break during waxing, meaning there will be a quick re-growth. This can occur due to poor technique or inappropriate wax products being used.

#### **Aftercare:- For a period of 24 hrs**

- 1 No sunbathing or sun beds.
- 2 Avoid bathing in sea or swimming pool.
- 3 Do not take a hot bath or shower.
- 4 Do not use deodorant or antiperspirant.
- 5 Avoid tight clothing.
- 6 Don't use perfumed products on the area.
- 7 No make-up or self tanning preparations.
- 8 Do not keep touching or picking at the area.

#### **Long term Home care advices**

- 1 Use lots of moisturizer to avoid too dryness.
- 2 Use loofah in the shower as sloughing the skin with it will keep the blood circulation stimulated and brings lots of oxygen and nutrients to the skin to keep it in good condition.

3 Exfoliating the skin will help to stop the hairs becoming ingrown.

4 Massage will help remove the buildup of toxins in the skin and keep the area both nourished and smooth.

#### **Do's & Don'ts**

- 1 Wear disposable gloves and change between clients.
- 2 Always wear apron during the treatment.
- 3 Always keep client record card .
- 4 Ensure client signs in consultation form and consent form to say that they agree with information and will follow after care advice given.
- 5 Complete full consultation on every client.
- 6 Perform patch test on new clients.
- 7 Sterilize equipment using appropriate techniques.
- 8 Always check the temperature of wax before applying to the client.
- 9 Ensure client is positioned correctly to reduce risk of injury to therapist of client.
- 10 Always dispose off single use items for example spatula, cotton wool after every client.

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