

Unit BT16 Epilate The Hair Follicle Using Diathermy, Galvanic And Blend Techniques

Unit Overview

This unit is about the skills involved in assessing, preparing for and carrying out electrical needle epilation. You will also need to show you can competently advise clients on the care needed after epilation.

To carry out this unit you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and good communication with the client.

The main outcomes of the unit are:

1. Consult with the client
2. Plan the treatment
3. Prepare for the treatment
4. Treat hair follicles using diathermy, galvanic and blend epilation techniques
5. Complete the treatment

Level 3 Spa Therapy

Habia provides a range of learning and teaching solutions specifically linked to the standards and designed to assist you in your work or your studies.

Our books, materials and learning packs take the strain out of developing or implementing learning programmes, and provide clear-cut, easy to follow guidance vital to any learner or educator.

What's more, as a not-for-profit organisation, every pound you spend with Habia is invested straight back into your industry.

For more information, go to <http://secure.habia.org> email sales@habia.org or call 0845 6 123555.

The Spa Book - The Official Guide to Spa Therapy £17.99
Jane Crebbin-Bailey, Dr John Harcup & John Harrington - Thomson Learning

Please note that the Habia Assessment Strategy and Evidence Requirements for these standards are available from the Habia website <http://www.habia.org>

Unit BT16 Epilate The Hair Follicle Using Diathermy, Galvanic And Blend Techniques

Performance Criteria

In order to perform this unit successfully you must:

1. Consult with the client by:

- a) using **consultation techniques** in a polite and friendly manner to determine the **client's** treatment
- b) discussing and agreeing the treatment and outcomes that are acceptable to your **client**
- c) maintaining the **client's** confidentiality and privacy at all times
- d) establishing and recording the **client's** past and present hair management techniques and the implication for treatments
- e) using visual aids effectively to aid **client** understanding
- f) discussing causes of hair growth, contra-indications, medical history and emotional condition with the **client** and taking **necessary action**
- g) actively encouraging **clients** to ask questions and clarify any points of which they are unsure
- h) ensuring the consultation identifies the condition of the **client's** skin and the hair to be removed
- i) tactfully advising **clients** of achievable outcomes of the treatment
- j) discussing and agreeing the content of the record card with the **client** before asking for their signature
- k) ensuring **client** record cards are up-to-date, accurate and complete.

2. Plan the treatment by:

- a) discussing and recommending suitable treatments and products for the **client's** skin condition and hair growth
- b) discussing and agreeing the treatment with the **client**
- c) clarifying suitable hair management techniques with the **client** prior to and during treatment.

3. Prepare for the treatment by:

- a) preparing the work environment to meet legal, hygiene and treatment requirements
- b) ensuring your personal appearance meets organisational requirements
- c) making sure that **environmental conditions**, within your control, are suitable for the treatment and the **client**
- d) selecting the **equipment and materials** to meet the needs of the agreed treatment and manufacturers' instructions
- e) positioning all necessary **equipment and materials** for ease of access, safety and use

Level 3 Spa Therapy

Unit BT16 Epilate The Hair Follicle Using Diathermy, Galvanic And Blend Techniques

- f) helping **clients** into a supported and suitable position for the treatment
- g) confirming details on existing record card are correct, current and post treatment reactions are recorded
- h) suitably sanitising your hands to meet accepted working practices and to minimise the risk of infection
- i) preparing the **area to be treated**, to ensure the skin is sanitised, oil free and dry
- j) photographing the area to be treated according to organisational requirements
- k) adopting a polite and reassuring manner towards the **client** throughout the preparation process
- l) wearing personal protective equipment to avoid cross-infection.

4. Treat hair follicles using diathermy, galvanic and blend epilation techniques by:

- a) maintaining aseptic procedures and safety throughout the treatment
- b) ensuring your own posture and position minimises fatigue, risk of injury and repetitive strain injury
- c) choosing the size and **type of needle** which is appropriate for treating the **client's** follicle size, **hair type** and **skin type**
- d) avoiding needle damage and contamination whilst loading into the needleholder
- e) ensuring your work area is kept in a clean and tidy condition throughout the **epilation treatment**
- f) illuminating and magnifying the treatment area to ensure maximum visibility during treatment
- g) stretching and manipulating the skin to assist in the correct angle and depth of needle insertion into the follicle
- h) adjusting the intensity and duration of current flow to ensure effective hair release to suit **client** tolerance, sensitivity and safety
- i) checking the **client's** wellbeing and giving ongoing reassurance, where appropriate
- j) smoothly removing the hair from the treated follicle without traction
- k) working systematically to remove hair within the agreed area and the skin's tolerance
- l) discontinuing treatment where contra-actions occur and recommending suitable alternative treatment
- m) soothing the treated area using suitable techniques and products

5. Complete the treatment by:

- a) disposing of sharps and waste following legal and salon requirements
- b) checking that the finished result is to the **client's** satisfaction and meets the agreed treatment
- c) taking post treatment photographs according to organisational requirements

Unit BT16 Epilate The Hair Follicle Using Diathermy, Galvanic And Blend Techniques

- d) ensuring the treatment is cost effective and is carried out within a commercially viable time
- e) giving **treatment advice** and recommendations accurately and constructively
- f) ensuring **client** records are up-to-date, accurate, easy to read and complete.

Unit BT16 Epilate The Hair Follicle Using Diathermy, Galvanic And Blend Techniques

Range

1. **Consultation techniques** are:
 - a) questioning
 - b) visual
 - c) reference to client records

2. **Clients** are:
 - a) female
 - b) male

3. **Necessary action** should be:
 - a) encouraging the client to seek medical advice
 - b) explaining why the treatment cannot be carried out
 - c) modification of treatment

4. **Environmental conditions** include:
 - a) lighting
 - b) heating
 - c) ventilation
 - d) general comfort

5. **Equipment and materials** are:
 - a) electrical epilation units and accessories
 - b) tweezers
 - c) consumables
 - d) magnifying lamp

6. **Areas to be treated** are:
 - a) upper lip
 - b) chin
 - c) bikini line
 - d) eyebrows
 - e) underarms
 - f) neck/nape
 - g) chest/breast
 - h) abdomen
 - i) fingers and toes.

National Occupational Standards

Level 3 Spa Therapy

Unit BT16 Epilate The Hair Follicle Using Diathermy, Galvanic And Blend Techniques

7. **Type of needle** includes:
 - a) one piece
 - b) two piece
 - c) insulated

8. **Hair types** are:
 - a) fine
 - b) coarse
 - c) curly

9. **Skin types** are:
 - a) dry
 - b) oily
 - c) sensitive
 - d) dehydrated
 - e) mature
 - f) combination

10. **Epilation treatments** are:
 - a) diathermy
 - b) galvanic
 - c) blend

11. **Treatment advice** covers:
 - a) avoidance of activities which may cause contra-actions
 - b) future treatment needs
 - c) home care
 - d) dealing with regrowth between treatments.

Unit BT16 Epilate The Hair Follicle Using Diathermy, Galvanic And Blend Techniques

Knowledge and Understanding

To perform this unit successfully, you will need to know and understand:

Organisational and legal requirements

1. your responsibilities under relevant health & safety legislation, i.e. Health & Safety at Work Act, the Control of Substances Hazardous to Health Regulations, Electricity at Work Act and any appropriate bye-laws relating to electrical epilation (e.g. Miscellaneous Provisions Act, local environmental health regulations, applicable licensing requirements)
2. the importance and reasons for sanitising your hands and wearing personal protective equipment
3. why it is important to maintain standards of hygiene and the principles for avoiding cross-infection
4. the procedures and practice to avoid the occurrence of repetitive strain injury
5. the possible risks to yourself and the client of poor positioning
6. the importance and reasons for keeping records of treatments
7. the importance of the correct storage of client records in relation to the Data Protection Act
8. the types of information which record cards must contain and the reasons for this
9. how to dispose of clinical waste and sharps
10. why it is important to complete services in the given time
11. costs of individual epilation treatment and courses of epilation treatment
12. why damaged or contaminated needles should not be used
13. the procedures for dealing with needle stick injuries
14. the age of consent for treatment and circumstances in which this can be waived
15. organisation requirements for client preparation
16. your salon requirements for personal presentation and appearance

Client consultation

17. how to use effective communication and consultation techniques
18. the importance of, and reasons for, not naming specific conditions when encouraging clients to seek medical advice
19. why it is important to maintain client's confidentiality and privacy
20. the importance of giving relevant and accurate information to assist the client's understanding of hair growth cycle, causes, hair management techniques and the implications of these for the treatment
21. the constraints surrounding epilation treatments (e.g. cost, time, number of treatments, healing rate)
22. the importance of caring and tactful communication with clients
23. why it is important to encourage and allow time for clients to ask questions
24. the importance of effective communication and discussion

Unit BT16 Epilate The Hair Follicle Using Diathermy, Galvanic And Blend Techniques

25. how to prepare a record card and treatment plan
26. the circumstances in which a doctor's referral or approval is required
27. the potential consequences of carrying out electrical epilation on a contra-indicated client
28. different types of electrical epilation methods and equipment available
29. how to recognise skin types, conditions and their response to treatment
30. how to match epilation methods to skin, hair type and condition
31. how to match epilation methods to client's emotional and physical condition
32. suitable methods of dealing with re-growth between treatments
33. how to describe the physical sensation of the treatment to the client
34. how pain threshold and sensitivity varies from differing treatment areas, clients and appointments
35. the sensitivity required when dealing with gender disphoric clients and how their emotional condition and medical treatment will affect the epilation procedure
36. how skin sensitivity is affected by other skincare treatments which may inhibit epilation, i.e. glycolic peel, micro-dermabrasion, laser

Preparation for treatment

37. the necessary environmental conditions for the treatment (i.e. lighting, heating, ventilation and general comfort)
38. the importance of consulting with previous record cards
39. how to prepare yourself for carrying out the treatment
40. how to prepare the client for the treatment
41. how to position clients for treatments
42. how to choose the type/size of needle
43. preparing and checking equipment for use
44. correctly preparing the area for treatment
45. methods of sterilisation, disinfection and sanitising
46. the stage at which personal protective equipment must be worn

Anatomy and physiology

47. the structure and function of the skin (i.e. epidermis, dermis, appendages, subcutaneous layer and nerve endings)
48. the structure of the hair and its follicle (the pilo/sebaceous unit)
49. the growth pattern of the hair and how this influences present and future treatments
50. the hair growth cycle i.e. anagen, catagen, telogen
51. the causes of hair growth i.e. topical, congenital, systemic
52. the definition of hair growth i.e. superfluous, hirsutism, hypertrichosis
53. the effects of malfunctions of the endocrine system on hair growth
54. the principles of the blood and lymphatic system
55. how the hormones are circulated via the blood stream
56. the principles of the blood and lymphatic system

Unit BT16 Epilate The Hair Follicle Using Diathermy, Galvanic And Blend Techniques

Contra-indications

57. how to recognise contra-indications e.g. infectious and contagious diseases, pace-makers, haemophilia, skin cancer in the area to be treated, epilepsy
58. how to recognise conditions requiring medical approval e.g. moles and pigmented naevi, heart problems, pregnancy, insulin controlled diabetes
59. how to recognise conditions restricting treatment e.g. impetigo, psoriasis, eczema, acne

Equipment and materials

60. how to prepare and use the equipment and materials for treatments
61. how to maintain equipment and materials in an aseptic condition
62. how to recognise equipment, products and materials which are unsuitable for use
63. the range and uses of materials, equipment and products available for electrical epilation
64. the available types and sizes of needles for electrical epilation (including: one piece, two piece, stainless steel, gold and insulated)
65. the importance of magnifying and lighting the treatment area

Treatment specific knowledge

66. the skin characteristics, skin types and cultural awareness of the different client groups, e.g. white, black, Asian, mixed, Chinese
67. possible contra-actions which may occur during the treatment and how to deal with them e.g. palpitations, profuse sweating, erythema and oedema
68. the importance of reassuring the client during the treatment
69. how to work systematically and methodically with dense and scattered hair growth
70. how to use diathermy, galvanic (electrolysis) and blend electrical epilation equipment, in accordance with manufacturers' instructions
71. why you stretch and manipulate the skin
72. how to correctly insert the needle into the hair follicle with regard to depth and angle
73. the causes of skin sensitivity
74. how to remove hairs from different types of follicle i.e. single, compound and distorted
75. the importance of recognising and treating compound hair growth
76. the importance of recognising and treating ingrowing hair
77. the benefits and effects of post treatment Cataphoresis
78. how to identify erythema and oedema, and the causes
79. the importance of knowing how to treat the follicles of red and non-pigmented hair
80. why moisture can affect the epilation treatment
81. the reasons for adverse reactions to treatment and how to prevent these from occurring

Unit BT16 Epilate The Hair Follicle Using Diathermy, Galvanic And Blend Techniques

82. the effects of different currents used for electrical epilation equipment
83. the effects of incorrect needle insertion
84. the effects of incorrect needle size
85. suitable methods of dealing with regrowth between treatments
86. the reasons for avoiding the following activities post epilation: heat treatments, touching the treated area, use of perfumed and chemical based products, wearing of restrictive clothing
87. the importance of giving precise, accurate and complete aftercare advice to clients relating to product use, hygiene and hair management in between treatments
88. why it is important to give treatment advice and what may happen if treatment advice was not given
89. the importance of using client photographic evidence (before and after treatment) in line with organisational practices and emerging industry trends.