

## Overview

This standard is about removing hair from areas of the face using a variety of threading techniques. It also includes shaping and maintenance of different eyebrow shapes.

To carry out this standard you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and demonstrate effective communication and consultation skills.

The main outcomes of this standard are:

1. maintain safe and effective methods of working when providing threading services
2. consult, plan and prepare for threading services
3. remove unwanted hair

## Performance criteria

*You must be able to:*

### **Maintain safe and effective methods of working when providing threading services**

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1. maintain your responsibilities for health and safety throughout the service
2. prepare your client and yourself to meet legal and organisational requirements
3. protect your client's clothing, hair and accessories throughout the service
4. maintain your client's modesty and privacy at all times
5. position your client to meet the needs of the service
6. ensure your own posture and working methods minimise fatigue and the risk of injury to yourself and others
7. ensure environmental conditions are suitable for the client and the service
8. keep your work area clean and tidy throughout the service
  1. use working methods that minimise the risk of cross-infection
  2. ensure the use of clean equipment and materials
  3. promote environmental and sustainable working practices
  4. follow workplace and suppliers' or manufacturers' instructions for the safe use of equipment, materials and products
  5. dispose of waste materials to meet legal requirements
  6. complete the service within a commercially viable time

Provide threading services

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**Consult, plan and prepare for threading services**

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1.

use **consultation techniques** to determine the client's service plan

2.

ensure that informed and signed parental or guardian consent is obtained for minors prior to any service

3.

ensure that a parent or guardian is present throughout the service for minors under the age of 16

4.

recognise any contra-indications and take the **necessary action**

5.

agree the service and outcomes that meet the client's needs

6.

obtain signed, informed consent from the client prior to carrying out the service

7.

explain the threading process and the assistance required by the client

8.

ensure the client's back and neck area are cushioned and supported

**Remove unwanted hair**

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1.

use pre-treatment products to clean and prepare the **treatment area**

2.

assess the hair growth patterns and skin condition in the **treatment area** and trim over long hairs

3.

select a new piece of thread for each **treatment area**

4.  
provide clear instructions to the client on how and when to support their skin throughout the threading service
5.  
carry out **hair removal methods** against the direction of the hair growth and with minimum discomfort to the client
6.  
ensure the **hair removal methods** are carried out at a comfortable distance from the client whilst maintaining the correct tension of the thread
7.  
create a well-balanced, proportioned and defined **eyebrow shape** to suit the client's requirements
8.  
check the client's **treatment area** is free of unwanted hair and apply a soothing product
9.  
ensure the finished result is to the client's satisfaction
10.  
give your client **advice and recommendations** on the service provided
11.  
ensure the client's records are completed and signed by you and the client

## Knowledge and understanding

*You need to know and understand:*

### **Maintain safe and effective methods of working when providing threading services**

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1. your responsibilities for **health and safety** as defined by any specific legislation covering your job role

1.

the legal and organisational requirements for client protection and preparation

2.

the legal and organisational requirements for your own personal hygiene, protection and appearance

3.

the reasons for maintaining the client's modesty and privacy at all times

4.

safe positioning techniques for yourself and the client to prevent discomfort

5.

the necessary environmental conditions for services such, as heating and ventilation, and why these are important

6.

why it is important to keep your work area clean and tidy

7.

methods of cleaning, disinfection and sterilisation

8.

methods of working safely and hygienically to avoid the risk of cross-infection

9.

the different types of working methods that promote **environmental and sustainable working practices**

10.

the hazards and risks which exist in your workplace and the safe working practices which you must follow

11.

suppliers' and manufacturers' instructions for the safe use of equipment, materials and products which you must follow

12.

the legal requirements for waste disposal

13.

the reasons for completing a service in a commercially viable time

### Consult, plan and prepare for threading services

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1.

why it is important to communicate with clients in a professional manner

2.

how to complete a consultation taking into account the client's **diverse needs**

3.

the legal requirements for providing treatment to minors under 16 years of age

4.

the age at which an individual is classed as a minor and how this differs nationally

5.

the importance of agreeing the service that meets the client's needs

6.

the legal significance of gaining signed, informed client consent to carry out the service

7.

the legislative requirements for storing and protecting client data

8.

the contra-indications requiring medical referral and why

9.

how to recognise **contra-indications** that would prevent or restrict the service

10.

the necessary action to take in relation to specific contra-indications when referring clients

11.

the reasons for not naming specific contra-indications when referring clients

12.

how to assess the skin condition and hair growth in the treatment area

13.

the reasons for cutting stray and over long hairs prior to commencing the threading service

### **Remove unwanted hair**

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1.

the reasons for using new thread for each new treatment area

2.

the assistance required by the client throughout the threading service

3.

the methods used to perform safe, quick and effective threading techniques

4.

the reasons for maintaining a comfortable distance from the client when threading

5.

how to assess and measure the eyebrow shape to ensure a complementary and symmetrical shape

6.

the importance of maintaining and adapting the tension of the thread and removing the hair against the direction of hair growth

7.

the different threading techniques used and how to carry them out

8.

the advantages and disadvantages of threading

9.

the types of tools, materials and products used for threading

10.

how threading techniques can be adapted to avoid repetitive strain injury

11.

the implications of using the mouth threading technique when wearing braces, false teeth and crowns

12.

other **methods of hair removal** and the effect of these methods on the threading service

13.

the **contra-actions** that may occur, how to deal with them and what advice to give to clients

14.

the **structure and function of the skin** and the hair

15.

the **hair growth cycle**, the **different types of hair growth** and the **causes of hair growth**

**\*43. the \*activities to avoid after waxing** and why these are important

1. the **advice and recommendations** on products and service

## Scope/range related to performance criteria

### Consultation techniques

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1. questioning
2. listening
3. visual
4. manual
5. written

### Necessary action

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1. encouraging the client to seek medical advice
2. explaining why the threading service cannot be carried out
3. modification of the threading service

### Treatment area

- \*
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1. eyebrows
2. upper lip
3. chin
4. face
5. neck

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### **Hair removal methods**

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1. mouth technique
2. neck technique
  1. hand technique

### **Eyebrow shape**

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1. total reshape of the brows
2. maintenance of original brow shape

### **Advice and recommendations**

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1. suitable aftercare products and their uses
2. avoidance of activities which may cause contra-actions
3. time intervals between services
4. present and future products and services

## Scope/range related to knowledge and understanding

### **Health and safety**

1. Health and Safety at Work Act
2. The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)
3. The Health and Safety (First Aid) Regulations
4. The Regulatory Reform (Fire Safety) Order
5. The Manual Handling Operations Regulations
6. The Control of Substances Hazardous to Health Regulations (COSHH)
7. The Electricity at Work Regulations
8. The Environmental Protection Act
9. The Management of Health and Safety at Work Regulations
  1. The Health and Safety (Information for Employees) Regulations

### **Environmental and sustainable working practices**

1. reducing waste and managing waste (recycle, reuse, safe disposal)
2. reducing energy usage (energy efficient equipment, low energy lighting, utilising solar panels)
3. reducing water usage and other resources
4. preventing pollution
5. using disposable items
6. using recycled eco-friendly furniture
7. using low chemical paint
8. using organic and allergy free hair products

9. using ultra-low ammonia hair colourants

1.  
using environmentally friendly product packaging
2.  
choosing responsible domestic products (Fairtrade tea and coffee)
3.  
encouraging carbon reducing journeys to work

**Diverse needs**

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1. cultural
2. religious
3. age
4. disability
5. gender

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**Contra-indications** which restrict

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1.  
eye infections
2.  
recent scar tissue
3.  
sunburn
4.  
moles

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5. infected ingrowing hairs
6. skin tags

**Contra-indications** which prevent

1. thin and fragile skin
2. severe and infectious skin conditions

**Methods of hair removal**

1. tweezing
2. shaving
3. depilatory creams
4. electrical depilatory
5. abrasive mitts
6. light based hair reduction
7. waxing
8. electrical epilation
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**Contra-actions**

1. blood spots
2. abrasions
  1. inflammation
4. excessive erythema

5. excessive and diminished hair growth

### **Structure and function of the skin**

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1. layers of the epidermis
2. dermis
3. subcutaneous layer
4. hair follicles
5. hair shaft
6. sebaceous gland
7. arrector pili muscle
8. sweat gland
9. blood and lymph vessels
  1. sensory nerve endings

### **Hair growth cycle**

1. anagen
2. catagen
3. telogen

### **Different types of hair growth**

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1. terminal
2. vellus

3. ingrown hairs

**Causes of hair growth**

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1. topical
2. congenital
3. systemic

**Activities to avoid after threading**

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1.  
heat such as sauna, sun and hot baths
2.  
use of perfumed and chemical based products
3.  
touching the treated area

**Advice and recommendations**

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1. additional services
2. additional products
3. aftercare requirements for threading services and why these are important
4. the importance of recommending the client returns for threading services every 2 to 4 weeks

## Values

The following key values underpin the delivery of services in the beauty, nails and spa sectors

1.  
a willingness to learn
2.  
a flexible working attitude
3.  
a team worker
4.  
a positive attitude
5.  
personal and professional ethics

## Behaviours

The following behaviours underpin the delivery of services in the beauty, nails and spa sectors. These behaviours ensure that clients receive a positive impression of both the organisation and the individual

1.  
meeting the organisation's standards of behaviour
2.  
greeting the client respectfully and in a friendly manner
3.  
communicating with the client in a way that makes them feel valued and respected
4.  
treating the client courteously and helpfully at all times
5.  
adapting behaviour to respond effectively to different client behaviour
6.  
checking with the client that you have fully understood their expectations
7.  
responding promptly and positively to the client's questions and comments
8.  
recognising information that the client might find complicated and checking whether they fully understood

9. meeting both organisational and industry standards of appearance.

## Skills

The following key skills underpin the delivery of services in the beauty, nails and spa sectors

1. the ability to self-manage
2. excellent verbal and non-verbal communication
3. using the most appropriate ways of communicating with a client
4. responding promptly to a client seeking assistance
5. quickly locating information that will help the client
6. providing the client with information they need about services and products offered by the organisation

## Glossary

### Mouth Technique

Hair removal using a thread where one part of the thread is held in the mouth and the other part is looped in the hands. This technique is the most commonly used and originates from the Far East and is also known as the Chinese or single looped method.

### Neck Technique

Hair removal using a thread where one part of the thread is held around the neck and the other part is looped in the hands. This is a substitute for the mouth technique, also known as single looped method. This technique originates from Arabia, Middle East and is most commonly used in Turkey.

### Hand technique

Hair removal using a thread held and looped between both hands. Commonly used by practitioners on themselves and others. This technique is also known as self or double

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looped method.

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