



Image courtesy of Hebe Salon

# 308

---

## Provide electrical epilation

Excess hair can be a huge embarrassment, whatever the age of the client. Plucking might make the hair grow back thicker, and shaving makes the skin sore, irritated and stubbly. So, the removal by an electrical current, known as either electrolysis or electrical epilation (sometimes shortened to epilation), may be the answer. This unit covers the causes of excess hair, the tact and sensitivity you will need to use when dealing with the client, as well as how to carry out removal professionally and successfully. It's very rewarding for the therapist, involving a high level of skill, and can make a vast difference to the confidence of the client.

# Assignment mark sheet

## Unit 308 Provide electrical epilation

Your assessor will mark you on each of the practical tasks in this unit. This page is used to work out your overall grade for the unit. You must pass **all** parts of the tasks to be able to achieve a grade. For each completed practical task, a pass equals 1 point, a merit equals 2 points and a distinction equals 3 points.

What you must know	Tick when complete
Task 1a: produce a report	
Task 1b: produce an information sheet	
Task 1c: produce a fact sheet	
Task 1d: anatomy and physiology	
<b>Or</b> tick if covered by an online test	

What you must do	Grade	Points
Task 2a: Short wave diathermy		
Task 2b: Blend		

### Conversion chart

Grade	Points
Pass	1–1.5
Merit	1.6–2.5
Distinction	2.6–3

Total points for graded tasks	
Divided by	<b>÷ 2</b>
= Average grade for tasks	
<b>Overall grade</b> (see conversion chart)	

Candidate name:

Candidate signature: Date:

Assessor signature: Date:

Quality assurance co-ordinator signature (where applicable): Date:

External Verifier signature (where applicable): Date:

## What does it mean?

### Some useful words are explained below

#### Anagen hair

The active stage of hair growth, where the hair is still attached to its blood supply. This is the best stage for successful epilation.

#### Anaphoresis

The use of a negative galvanic current to help dilate small, tight follicles before treatment, making insertion easier.

#### Blend method

A combination of direct galvanic current and alternating high frequency current (diathermy) passing down the same needle. This has the efficiency of galvanic electrolysis, with a faster speed. It can result in a more effective, less painful treatment.

#### Cataphoresis

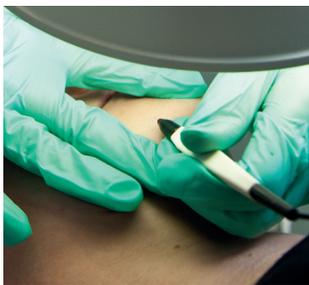
A technique used after epilation to help constrict follicles, reduce redness and rebalance the acid mantle, making bacterial infection less likely.

#### Compound hair

A single follicle, which produces two or more hairs.

#### Diathermy

The fastest method of epilation. Uses an alternating oscillating current to produce heat.



#### Electrolysis

A permanent method of hair removal. Uses a galvanic current, which reacts with the skin's moisture resulting in chemical destruction of the hair follicle. It is very effective but the slowest to perform.

#### Endocrine system

A system of glands which secrete hormones. These have an effect on particular organs and body systems, and help to regulate the body.

#### Hirsutism

A male hair growth pattern on women, as a result of hormonal imbalance.

#### Hormone

A chemical messenger that travels around the body via the blood circulation where it will affect its target organ.



#### Insulated needle

A needle with a coating along its length, leaving only the tip exposed.

#### Moisture gradient

The levels of moisture in the skin (needed for successful epilation) are higher in the deeper levels of the dermis, becoming drier towards the surface.

#### Repetitive strain injury (RSI)

Soft tissue injury, usually in the wrists, as a result of overuse.

#### Superfluous hair

A term used to describe any unwanted hair.

#### Terminal hair

Thick, coarse hair with a deep root and rich blood supply.

#### Topical hair growth

This is caused by an increase in blood to the area, and may be the result of waxing or plucking.

#### Vellus hair

Fine, soft hair, which does not always contain a medulla. Can be stimulated into terminal hair.

## What you must know

### You must be able to:

- 1 Describe the different consultation techniques used to identify treatment objectives
- 2 Explain the contra-indications that prevent or restrict electrical epilation treatment
- 3 Describe health and safety working practices
- 4 Explain the importance of carrying out a detailed hair and skin analysis
- 5 Describe how to select products, tools and equipment to suit client needs
- 6 Describe the environmental conditions suitable for electrical epilation treatments
- 7 Describe how to select the needle type and size to suit hair and skin types
- 8 Describe how to work on different hair growth patterns and treatment areas
- 9 Explain the consequences of inaccurate probing
- 10 Explain the principles, uses and benefits of galvanic, short wave diathermy and blend

*Continues on next page*

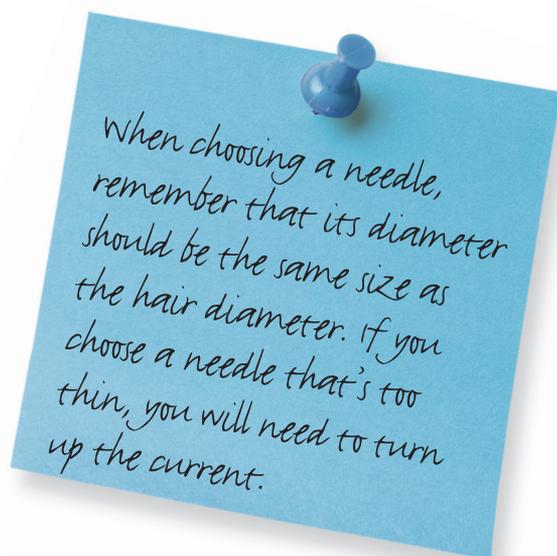
#### Revision tip

It's important to know why some conditions contra-indicate epilation. For example, with haemophilia the blood does not clot properly so damage to the skin would be dangerous for the client.



### Follow in the footsteps of... “ Elaine Stoddart

Elaine Stoddart is Director of Education & PR for brand leader Sterex Electrolysis International and runs two specialist electrolysis clinics in Harley Street and Buckinghamshire. Elaine is the most prolific trainer in the UK in advanced techniques using electrolysis and has trained surgeons, GPs, nurses, other medical practitioners and therapists in these procedures. She is also a published author and international speaker in Electrolysis and Advanced Electrolysis/ Cosmetic Procedures. [Read on for Elaine's fab epilation tips!](#)



- 11 Describe how treatments can be adapted to suit client treatment needs, skin, hair types and conditions
- 12 Describe how moisture gradient in the skin affects the electrical epilation treatment
- 13 State the contra-actions that may occur during and following treatments
- 14 Describe the methods of evaluating the effectiveness of the treatment
- 15 Describe the aftercare advice that should be provided
- 16 Describe the suitable methods of dealing with regrowth between treatments
- 17 Describe different skin types, conditions, diseases and disorders
- 18 Describe the structure, growth and repair of the skin
- 19 Describe the structure and function of the hair
- 20 Describe the hair types, growth patterns and causes of hair growth
- 21 Describe the structure and function of the endocrine system and its effect on hair growth
- 22 Describe the structure and function of circulatory and lymphatic systems

#### Revision tip

Epilation is most successful on hairs in the anagen phase – therefore a hair is best treated while it is still actively growing.



Image courtesy of Ellisons



*Gloves used for the treatment are not sterile. After putting on gloves just before the treatment wash your gloved hands with an antibacterial dry handwash.*



# Epil

“

---

*The needle should slide down the follicle easily. If there is any resistance at all then retract the needle, realign the insertion approach and try again.*

---

The needle should be inserted into the hair follicle at the same angle as the hair. Stop as soon as the bottom of the follicle is felt and/or dimpling on the surface of the skin is seen.

When treating dense hair growth where the hairs are growing closely together, the 'checkerboard method' should be used, ie treat one, miss one.

# ation



Needles should go into a 'sharps' box immediately after the treatment.



# What you must do

## Practical observations

This page shows what you need to do during your practical task. You can look at it beforehand, but you're **not** allowed to have it with you while carrying out your practical task. You must achieve **all** the criteria; you can achieve 1 mark, 2 marks or 3 marks for the criteria indicated with **\***.

### Conversion chart

Grade	Marks
Pass	14–16
Merit	17–22
Distinction	23–26

Please tick when all pre-observation requirements have been met

- 1 Prepare yourself, client and work area for electrical epilation

---

- 2 Use suitable consultation techniques to identify treatment objectives \*

---

- 3 Carry out skin and hair analysis

---

- 4 Provide clear recommendations to the client \*

---

- 5 Position yourself and client correctly throughout the treatment

---

- 6 Follow health and safety working practices

---

- 7 Communicate and behave in a professional manner

---

- 8 Select and use products, tools, equipment and techniques to suit client treatment needs, skin type and conditions \*

---

- 9 Stretch and support skin tissues effectively for safe and accurate insertion of needle

---

Electrical epilation					
Short wave diathermy			Blend		
1			1		
1	2	3	1	2	3
1			1		
1	2	3	1	2	3
1			1		
1			1		
1	2	3	1	2	3
1			1		

*Continues on next page*

10 Correctly insert the needle into the hair follicle with regards to depth and angle \*

11 Remove hair from follicles without traction

12 Complete the treatment to the satisfaction of the client \*

13 Record and evaluate the results of the treatment

14 Provide suitable aftercare advice \*

Total

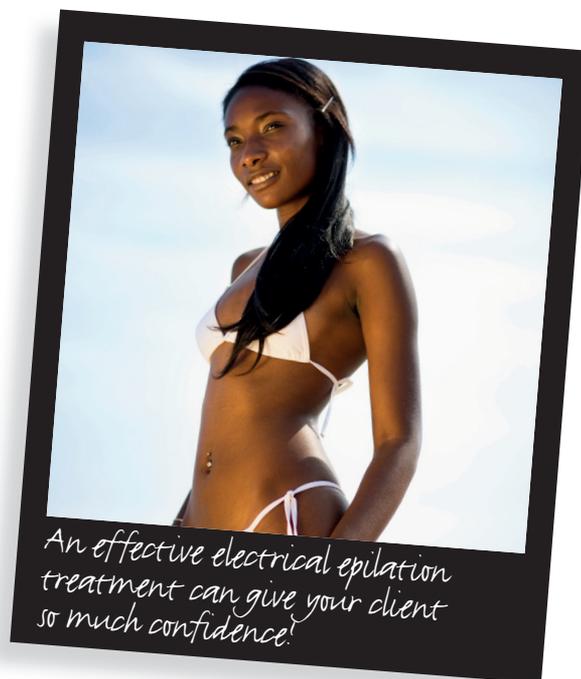
Grade

Candidate signature and date

Assessor signature and date

Electrical epilation					
Short wave diathermy			Blend		
1	2	3	1	2	3
1			1		
1	2	3	1	2	3
1			1		
1	2	3	1	2	3

Image courtesy of iStockphoto.com/NikadaNikada



## What you must do

### Practical observations descriptors table

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with \* on pages 104 and 105.

	1 mark	2 marks	3 marks
<b>2</b> <b>Use suitable consultation techniques to identify treatment objectives</b>	<p>Basic consultation</p> <p>Examples: uses open and closed questions, checks for contra-indications and area to be treated.</p>	<p>Good consultation</p> <p>Examples: positive body language, uses open and closed questions to identify contra-indications and area to be treated, general health and expectations, identifies the treatment objectives and any factors that may limit or restrict the treatment.</p>	<p>Thorough consultation</p> <p>Examples: positive body language, uses open and closed questions to identify contra-indications and area to be treated, general health, age, cause of hair growth and expectations, explains the hair growth cycle, identifies any factors that may limit or restrict the treatment.</p>
<b>4</b> <b>Provide clear recommendations to the client</b>	<p>A basic treatment plan is recommended</p> <p>Example: explains treatment procedure and area to be treated.</p>	<p>A good treatment plan is recommended</p> <p>Examples: explains treatment procedure and area to be treated and the method to be chosen including its advantages.</p>	<p>A thorough treatment plan is recommended</p> <p>Examples: explains treatment procedure and area to be treated and the method to be chosen including its advantages and the reason for the choice of needle, allows the client to ask questions about the treatment plan.</p>

*Continues on next page*



*Short wave diathermy takes 1–2 seconds,  
Blend a minimum of 5 seconds and  
Galvanic a maximum of 10 seconds  
per hair.*

	1 mark	2 marks	3 marks
<b>8</b> <b>Select and use products, tools, equipment and techniques to suit the client treatment needs, skin type and conditions</b>	Selects and uses correct products, tools, equipment, needle type and size, follows manufacturers' instructions regarding safe use of equipment, intensity is altered during treatment as necessary for different hair thicknesses.	Selects and uses correct products, tools, equipment, needle type and size, follows manufacturers' instructions regarding safe use of equipment, intensity is altered during treatment as necessary for different hair thickness, client is positioned correctly throughout the treatment, uses magnifying lamp, asks for and acts on relevant feedback from the client during treatment.	Selects and uses correct products, tools, equipment, needle type and size, follows manufacturers' instructions regarding safe use of equipment, intensity is altered during treatment as necessary for different hair thickness, client is positioned correctly throughout the treatment, uses magnifying lamp, varies techniques to minimise discomfort and maintain modesty, asks for and acts on relevant feedback from the client during treatment, needle and method are altered during the treatment as necessary.
<b>10</b> <b>Correctly insert the needle into the hair follicle with regard to depth and angle</b>	The skin is stretched correctly and the needle is inserted into the follicle at the correct angle to a suitable depth.	The skin is stretched correctly and the needle is inserted into the follicle at the correct angle to a suitable depth. The working point is found within optimum time.	The skin is stretched correctly and the needle is inserted into the follicle at the correct angle to a suitable depth with confidence. The working point is found within optimum time.

*Continues on next page*



*The treated hair should be gently released from the follicle with tweezers. If the hair has been properly treated, the hair should be lifted easily from the follicle.*

## What you must do

### Practical observations descriptors table (continued)

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with \* on pages 104 and 105.

	1 mark	2 marks	3 marks
<b>12</b> Complete the treatment to the satisfaction of the client	The treatment is completed within the agreed time and brought to a satisfactory close.	The treatment is completed within the agreed time, brought to a satisfactory close and positive feedback is gained from the client.	The treatment is completed within the agreed time, brought to a satisfactory close and positive feedback is gained from the client, shows the client the results of the treatment and encourages the client to ask questions.
<b>14</b> Provide suitable aftercare advice	Basic aftercare advice Possible contra-actions, avoidance of touching the area and how to deal with re-growth.	Good level of aftercare advice Possible contra-actions, avoidance of touching the area, heat, make-up and perfumes and how to deal with re-growth, home care product.	Excellent aftercare advice Possible contra-actions, avoidance of touching the area, heat, make-up and perfumes, how to deal with re-growth, home care product and frequency of further treatments.



Image courtesy of Sterex

# Comment form

## Unit 308 Provide electrical epilation

This form can be used to record comments by you, your client, or your assessor.

---

---

---

---

---

---

---

---



Image courtesy of Carlton Professional