



# 219

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**Provide threading services for hair removal**  
Threading is an ancient method of temporarily removing hair. It is a technique that has been passed down the generations in countries such as India, Iran and Egypt. Threading uses thin twisted cotton that is rolled and re-rolled between the fingers over the area to be treated, trapping and lifting the hairs out of the follicles. It is commonly carried out on facial areas, particularly eyebrows where a clear, chiselled line is desired. You will learn how to consult with your client, discuss their requirements, devise a suitable treatment plan and carry out appropriate threading techniques to leave your client hair free. You will also gain knowledge and understanding of contra-indications, health and safety working practices and aftercare advice that should be given to the client following the treatment.

# Assignment mark sheet

## Unit 219 Provide threading services for hair removal

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

- Task 1a: produce an information sheet
- Task 1b: produce a fact sheet
- Task 1c: anatomy and physiology
- Or** tick if covered by a GOLA online test

### Tick when complete


### What you must do

- Task 2a: eyebrow threading
- Task 2b: upper lip or chin threading

### Grade


### Points


### Conversion chart

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

Total points for graded tasks

Divided by

=

**Overall grade**  
(see conversion chart)

<b>÷ 2</b>

Candidate name:

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Candidate signature:

Date:

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Assessor signature:

Date:

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Quality assurance co-ordinator signature  
(where applicable):

Date:

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External Verifier signature  
(where applicable):

Date:

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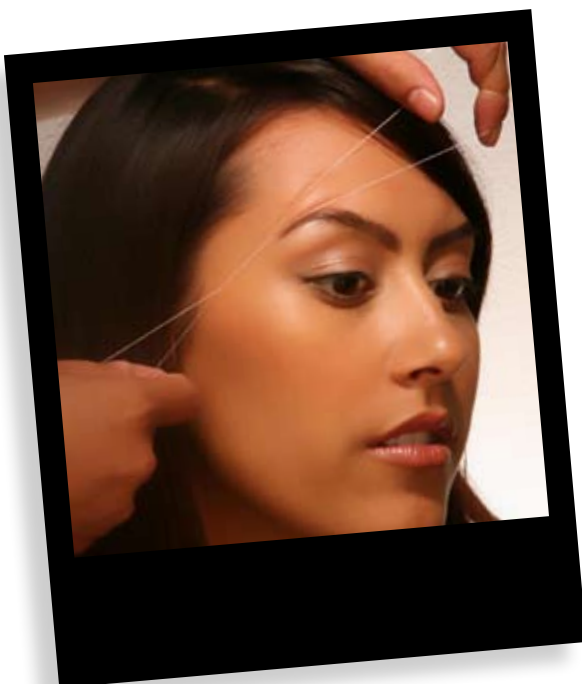


Image courtesy of Malika

## What does it mean?

Some useful words are explained below

### Aftercare

Advice given to the client following treatment.

### Contaminated waste

Consumables that have been soiled with bodily fluids; this type of waste requires special disposal methods.

### Contra-action

An unfavourable reaction that may occur either during or after the treatment, eg skin swelling, severe erythema.

### Contra-indication

A condition that will prevent the treatment being carried out, eg impetigo.

### Depilation

Temporary method of removing hair.

### Disinfection

The process of destroying some but not all micro-organisms.

### Folliculitis

A bacterial infection of the hair follicle.

### Hair follicle

Tube-like depression in the skin which holds the hair and inner root sheath.

### Ingrown hair

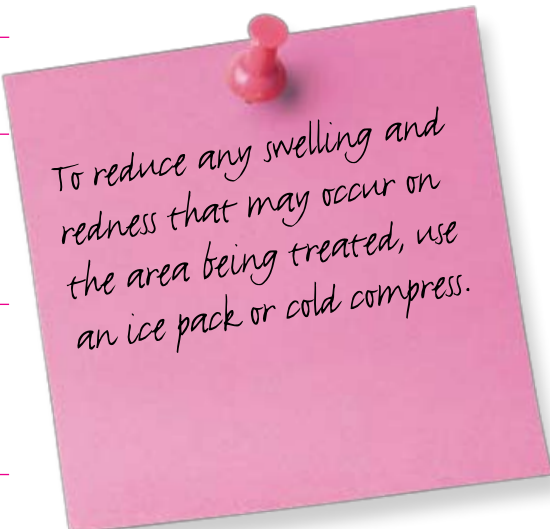
A hair that grows under the surface of the epidermis and is often curled, forming a spot.

### Sterilisation

The process of destroying all micro-organisms and their spores.

### Thread

A loop of pure cotton thread that is twisted and used between the fingers to carry out depilation.



To reduce any swelling and redness that may occur on the area being treated, use an ice pack or cold compress.



Follow in the footsteps of...  
*Sita Gill*

“

After studying Media Studies, it was clear to Sita that the media and make-up world was where she wanted to be. She is now a professional, specialist make-up artist and teacher, passing on her skills and knowledge to others who share her passions. Look out for the pink quote marks for Sita's threading tips!

## What you must know

### You must be able to:

- 1 describe workplace requirements for preparing yourself, the client and the work area
- 2 state the environmental conditions suitable for threading
- 3 describe different consultation techniques used to identify treatment objectives
- 4 describe how to select products, tools and equipment to suit the client's treatment needs
- 5 describe the contra-indications which prevent or restrict threading
- 6 state how to communicate and behave in a professional manner
- 7 describe health and safety working practices
- 8 state the importance of positioning yourself and the client correctly throughout the treatment
- 9 state the importance of using products, tools, equipment and techniques to suit the client's treatment needs, skin types and conditions
- 10 describe how treatments can be adapted to suit the client's treatment needs
- 11 state the contra-actions that may occur during and following treatments and how to respond
- 12 state the importance of completing the treatment to the satisfaction of the client
- 13 state the importance of completing treatment records
- 14 state the aftercare advice that should be provided
- 15 describe the structure and functions of the skin
- 16 describe the structure and function of the hair

#### Revision tip

Consult fully with the client with regard to eyebrow shape, as once the hairs are removed they cannot be instantly put back.



*It is important to use a clean piece of cotton for each client to prevent cross-infection.*



Image courtesy of Malika

Be careful not to break the hairs while threading, otherwise the area will feel very stubbly.

# Threading



*Eye-brow shaping is becoming very popular, so threading is a great skill to have.*

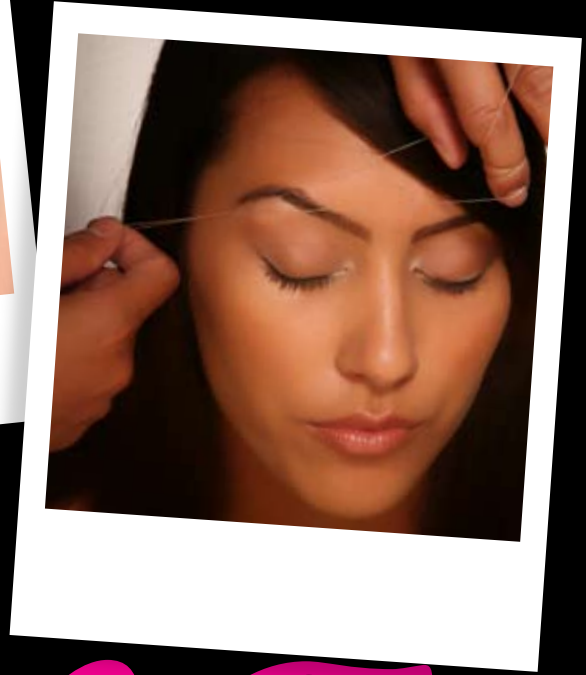
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*Threading is suitable for clients with sensitive skin and does not cause them any discomfort.*

Image courtesy of Malika (right) and iStockphoto.com/Chris Bernard Photography (left)



*A well-shaped brow will really open up the eye.*



# ading



Image courtesy of Chisense Clinic

*You may want your client to help with the treatment by asking them to stretch the skin around the eye area when carrying out an eyebrow shape.*



# 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 **\***.

1	Prepare yourself, the client and the work area for threading
2	Use suitable consultation techniques to identify treatment objectives <b>*</b>
3	Provide clear recommendations to the client <b>*</b>
4	Position yourself and the client correctly throughout the treatment
5	Follow health and safety working practices
6	Communicate and behave in a professional manner
7	Select and use products, tools, equipment and techniques to suit the client treatment needs <b>*</b>
8	Complete the treatment to the satisfaction of the client <b>*</b>
9	Record the results of the treatment with the client
10	Provide suitable aftercare advice <b>*</b>
Total	
Grade	
Candidate signature and date	
Assessor signature and date	

### Conversion chart

Grade	Marks
Pass	10–12
Merit	13–17
Distinction	18–20

Please tick when all pre-observation requirements have been met.

Provide threading					
a Eyebrow			b Upper lip or chin		
1			1		
1	2	3	1	2	3
1	2	3	1	2	3
1			1		
1			1		
1	2	3	1	2	3
1	2	3	1	2	3
1			1		
1	2	3	1	2	3

## 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 the previous page.

	1 mark	2 marks	3 marks
<b>2</b> <b>Use suitable consultation techniques to identify treatment objectives</b>	Basic consultation carried out. Examples: closed questions used throughout, questioning covered contra-indications.	Good consultation carried out. Examples: open and closed questions, positive body language, questioning covered contra-indications, general health, lifestyle and expectations.	Thorough consultation carried out. Examples: open and closed questions, positive body language, questioning covered contra-indications, general health, lifestyle and expectations.
<b>3</b> <b>Provide clear recommendations to the client</b>	A basic treatment plan is recommended. Example: objectives of the treatment identified.	A good treatment plan is recommended. Examples: objectives of the treatment identified, taking into account skin and hair type/condition and client expectations.	A thorough treatment plan is recommended. Examples: objectives of the treatment identified, taking into account skin and hair type/condition, general health, medication, client lifestyle, expectations, pain threshold, and current use of hair removal.
<b>7</b> <b>Select and use products, tools equipment and techniques to suit treatment objectives</b>	Selects and uses correct products, tools, equipment and techniques to suit hair growth patterns.	Selects and uses correct products, tools, equipment and techniques to suit hair growth patterns and skin type. Adjusts client's position throughout the treatment. Light and magnifier lamp used.	Selects and uses correct products, tools, equipment and techniques to suit hair growth patterns and skin type. Adjusts client's position throughout the treatment. Light and magnifier lamp used. Ingrowing hairs released and any stray hairs removed, if necessary. Uses scissors to trim and sharpen the line of the brows (eyebrow treatment only).

*Continues on next page*

## 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 the previous page.

	1 mark	2 marks	3 marks
<b>8</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 and the client is shown the result.	The treatment is completed within the agreed time, brought to a satisfactory close, the client is shown the result, result adapted if necessary, client is assisted where necessary.
<b>10</b> Provide suitable aftercare advice	Basic aftercare advice is provided including possible contra-actions.	Good level of aftercare advice to include homecare routines and products, as well as future treatments.	Excellent aftercare advice to include homecare routines and products, application and removal techniques and future treatment and recommendations.



*It is important to stretch the skin during the threading service. This prevents the skin from being damaged.*

## Comment form

### Unit 219 Provide threading services for hair removal

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

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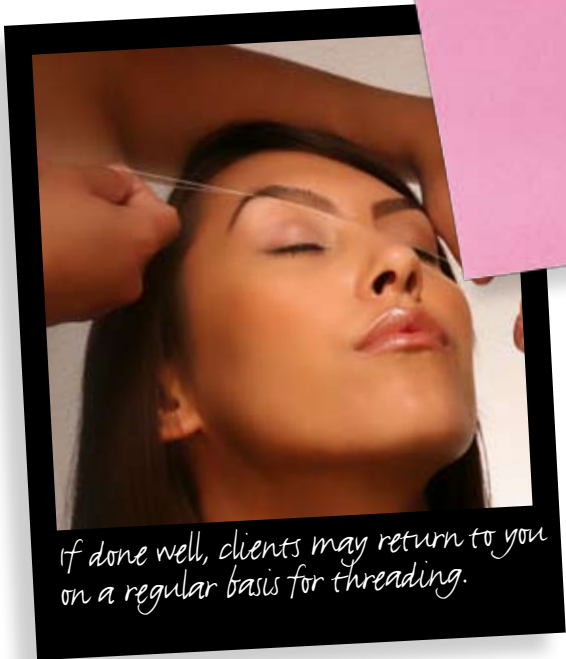


Image courtesy of Malika