


EXTRA VIDEOS

- 1  Watch the video and place the steps of waxing in the correct order. Then, answer the questions.

Hair removal: How to wax posted by American Academy of Dermatology

Waxing tips

- | | |
|---|---|
| <input type="checkbox"/> Apply a cloth strip over the wax. | <input type="checkbox"/> Remove the cloth strip. |
| <input type="checkbox"/> Apply the wax. | <input type="checkbox"/> Soothe your skin. |
| <input type="checkbox"/> Avoid retinoid creams before waxing. | <input type="checkbox"/> Warm the wax. |
| <input type="checkbox"/> Ensure optimal hair length. | <input type="checkbox"/> Wash and dry the area you're going to wax. |
| <input type="checkbox"/> Reduce discomfort. | |

1. What is the optimal hair length for waxing?

.....

2. How long do you have to avoid skin care products containing retinol before waxing? Why?

.....

3. How can you reduce the discomfort caused by waxing?

.....

4. Why is it necessary to apply wax on clean, dry skin?

.....

5. How can you test the temperature of the warmed wax?

.....

6. How must the wax be spread?

.....

7. How long do you have to leave the cloth strip on?

.....

8. How do you remove the cloth strip?

.....

9. How can you soothe the skin after waxing?


.....

- 2 ▶ Watch the dialogue between Kirbie Johnson, Beauty Reporter, and Danielle Correia, owner of Sugaring LA, and make these statements true by changing the words in italics.


The Best Hair Removal Method You Aren't Using posted by POPSUGAR

1. Sugaring uses a gummy mix of sugar, *orange* and water for hair removal.
.....
2. After spreading the mix, you *need* to cover the area with cloth strips.
.....
3. The paste is applied *in* the natural direction of hair growth.
.....
4. Pulling off the paste *tears and breaks* the hair at the surface of the skin.
.....
5. After sugaring, hairs come back *thicker and coarser*.
.....
6. The paste is *very hot* and *hurts a lot*.
.....
7. While removing hairs, the paste exfoliates dead *follicles*.
.....
8. Sugaring costs *much more than waxing*.
.....
9. Pulling the hair out in the natural direction of growth *increases* the chances of getting ingrown hairs.
.....
10. To *encourage* ingrown hairs, it's necessary to exfoliate and moisturise the waxed area.
.....
11. Sugaring produces *more* waste than waxing.
.....
12. Kirbie *had tried* sugaring before.
.....

GAMES AND INTERACTIVE ACTIVITIES


- 1  Match each letter in bold with the one corresponding to the correct answer in the three columns. The letters will give you the method used to determine whether a substance causes a skin allergic reaction.

				Letter
1. Electrolysis	atomic energy B	electronic energy P	sound energy Z	
2. Epilation	rotating blades Y	rotating propellers D	rotating discs A	
3. Laser	light energy T	chemical energy X	mechanical energy F	
4. LPL	halogen light G	visible light C	lamp light W	
5. Plucking	pins U	scissors I	tweezers H	
6. Shaving	razors T	clips R	combs V	
7. Sugaring	coke J	lemon E	soda M	
8. Threading	cotton thread S	gold thread Q	wool thread M	
9. Waxing	sponge K	splitter B	spatula T	

- 2  **PAIR WORK.** Hair removal techniques matching. You will receive some words and their corresponding definitions in random order. Match the appropriate technique to the correct definition in the least possible time.



REAL-LIFE ACTIVITIES

- 1**  **PAIR WORK.** Using the notes you have taken from your trainer's lesson comparing waxing, sugaring and threading, answer these clients' questions concerning hair removal practices.

SUGARING

Paste of sugar, lemon juice, and water is spread over skin against direction of hair growth and pulled off in direction of hair growth, so less painful than waxing. Unlikely to cause skin allergies or irritation. Gentler on the skin than waxing. Results last about four weeks. Hairs must be about a quarter inch long. Sugaring is applied cold, so it is best for those with heat sensitivity and for people prone to ingrown hair.

THREADING

Method which uses thread to grab and remove hair by the root. Best for small areas like the eyebrows and upper lip. Very safe even for sensitive skin, although it can cause some irritation. Results last up to six weeks.

WAXING

Uses different types of waxes to remove hair from root. Warm, melted wax is applied to skin in strips, following direction of hair growth, then pulled off in opposite direction. Can cause ingrown hairs. To minimise risk, exfoliate skin before waxing. Results can last from three to six weeks. Hairs must be about a quarter inch long. Male face, chest and back hair can be swiftly and completely removed. Applied at low heat, so it is best for those who want a deeper exfoliation and have more or longer body hair.

Clients' questions

1. What is waxing?
2. How does waxing work?
3. Are there any safety concerns about waxing?
4. How effective is waxing?
5. How long do hairs need to be before waxing?
6. Is waxing suitable for men too?
7. How does sugaring work?
8. Does sugaring cause safety concerns?
9. How effective is sugaring?
10. How long do hairs need to be before sugaring?
11. Which is best: sugaring or waxing?
12. What does threading consist in?
13. Which body areas is threading suitable for?
14. Are there any safety concerns with threading?
15. How effective is threading?



PAIR WORK. Using the notes you have taken from the lesson of the licensed physician who supervises laser and electrolysis hair removal treatments in your salon, answer these clients' questions concerning the two practices.

LASER

Laser penetrates skin and damages hair follicles to prevent/reduce future hair growth. Lasts up to six months and can be permanent with repeated applications. After series of treatments, significant reduction in hair growth. Hairs grow back sparse, fine and lighter in colour.

Suitable for whole body except area around eyes-eyebrows, upper cheeks, and temples.

Not suitable for all skin and hair colours.

Works best on pale skin and dark hair.

Procedure time depends on area being treated. Five to six treatments necessary to be completely hair-free.

Stings but pain varies from person to person and depending on body area being treated.

Less discomfort than with electrolysis.

Ideal time for treatment when skin least exposed to sun. Sun exposure must be avoided 6 weeks before and immediately after the procedure.

ELECTROLYSIS

Probe (ultra-thin needle) carrying electrical current is placed into hair follicle to kill hair root and prevent new hair growth.

Works on all skin and hair types and colours.

Suitable for any area of the body, including eyebrows.

Number of treatments necessary varies with each client depending on several factors. Several sessions over average of 18 months necessary to achieve permanent results.

Individual tolerances vary greatly. For sensitive people, apply numbing cream before starting.

Conclusions: only true permanent hair removal method, effective for largest variety of skin and hair types, very few adverse reactions.

Clients' questions

1. What is laser hair removal?
2. How long do results from laser hair removal treatments last? Is laser hair removal permanent?
3. What areas of the body can be treated with laser?
4. Will laser hair removal work on my skin type and hair colour?
5. How long does laser hair removal take?
6. Does laser hair removal hurt?
7. When is the best time of the year to receive laser hair removal treatments?
8. How does electrolysis for hair removal work?
9. Is electrolysis suitable for all skin and hair types and colours?
10. Can unwanted hair be removed from anywhere on the body?
11. How many sessions/treatments are required?
12. I've heard electrolysis is painful, is that true?
13. Why should I choose electrolysis over other hair removal methods?