



Definition Brows

Module List

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Introduction, Reception and Consultation

Introduction

It is often said that the eyes are the windows to the soul, and it is for this reason that women have paid close attention to how they are presented for centuries. Well-groomed eyebrows frame the eyes, showing them off to their full potential whilst also balancing the face.

This definition eyebrow course will teach you how to tint, wax, thread, tweezer and apply make-up to the brows to create a stunning end result. Only in the last few years have these eyebrow treatments been combined to make one brow-perfecting treatment, tailored to each client's specific requirements. However, dating back to the ancient Egyptians, eye treatments have formed a core part of a woman's beauty regime.

Reception

Reception is the first aspect of your business that a client will encounter. Whether this is face to face, or over the phone, this is the first impression your client will get and so should be handled professionally. Your receptionist represents your business, so it is important that they are always professional, polite and well presented. The receptionist should take bookings, answer enquiries, greet clients and take payments. They should be trustworthy, able to talk to clients with confidence and able to listen. If you cannot afford the luxury of a receptionist it is down to you to manage the bookings. You should always ensure that anyone working on reception or taking your bookings knows as much as possible about the treatment. It may be worthwhile letting them experience the treatment for themselves. This way, when talking to clients, they will be able to let them know what to expect and answer any questions.



Prior to Treatment

Some enquiries may include whether the client has to do anything themselves before treatment, such as what clothing to wear, how long the treatment lasts or whether there are any extra costs.

They may also be asked about the benefits of treatments, the aftercare and whether there are any restrictions for treatment. At the point of booking, the client should be advised not to wear make-up on or near the brows when they are attending their appointment.

As the client's brows will be tinted, it will be necessary for the client to visit the salon prior to their appointment to have a patch test. Depending on the manufacturer's instructions, it may also be necessary to do patch tests for some or all of the other products you will be using on the client. The client must be made aware of the importance of the patch tests, as without a test the treatment should not go ahead. This is not only to protect the client, but also for insurance liability purposes.

Reception

The receptionist should also be aware of any clients with special needs or disabilities, as they may require help getting to the treatment room or hearing instructions. Your receptionist should check the age of all clients to ensure that they can be treated within your insurance guidelines.

Your receptionist may have to deal with sensitive or confidential information about clients. You should therefore ensure that your receptionist deals with this professionally and does not reveal it to any other parties.



Pricing Structure

Make sure that all staff and therapists are aware of the salon pricing structure for each treatment. You should always ensure that the service you offer is cost effective. Make sure that you consider all your overheads, the cost of your time, your local area and your particular clientele when setting a price for a treatment. The price you charge for your treatment should cover all overheads and include a reasonable profit margin, whilst also being affordable for your client.

 Eyebrow defining treatments tend to cost between £25 and £35

 A client's first treatment will take around 45 minutes to an hour, maintenance appointments will take around 30 to 45 minutes.

Consultation

Before carrying out any treatment, you should always carry out a thorough consultation. The most important aspect of this is to ensure that it is safe to carry out the treatment. You should gather personal and medical information about your client, including whether they have any allergies or are taking medication. This should help you establish whether there are any contra-indications or contra-actions to treatment.

Patch Test

You will need to perform a sensitivity test or patch test on any client who attends your salon for the very first time or if at any time in the future you change any of your products. The date on which the patch test was carried out and the outcome of the patch test must be recorded on the client's record card and stored safely on file. Tints, solvents and adhesives contain chemicals which the client may have an adverse reaction to. This is of particular concern around the eye, as it is an extremely sensitive area of the body, and so any reaction could be very uncomfortable and potentially damaging.



Manufacturer's Instructions

You should always follow the manufacturer's instructions on how and when to perform the test. Generally this will need to be done 24-48 hours prior to the treatment. The product will need to be applied to a sensitive but discreet patch of skin, such as behind the ear or in the crease of the elbow.

The test patch should be about the size of a small coin and the product should be left on for five minutes. The excess product should then be removed with cotton wool and the client should be advised to wash off the stain after 48 hours.

You must ask the client to contact you if they suffer a 'positive reaction' e.g. redness, swelling, itching etc. If there is a positive reaction the treatment must not go ahead.

Allergic Reaction

When the client returns for their treatment you should also examine the area yourself for any signs of a reaction. If the client has experienced a reaction you should not treat them.

You should make a note of any reaction and the product that caused this on the client's record card.

Consultation

Remember that as a beauty therapist you are not qualified to diagnose a medical condition and therefore, if you have any doubt about whether to offer your client a treatment, you must refer them to their GP to obtain written consent prior to the treatment going ahead.

At the consultation stage you must establish the client's suitability for treatment by discussing their needs, medical history and lifestyle. The consultation will also allow you the opportunity to explain the whole treatment process and allow the client time to ask any questions they may have.



During the consultation you must ensure that the client is happy to proceed with the treatment and knows exactly what is expected of them in relation to following the aftercare instructions that you will give them.

Remember a consultation needs to be conducted for every client. This includes pamper parties, craft fairs and taster sessions. You should ensure that you have an organised system of requesting clients to fill in basic details. It is not only important for the safety of your client, but also acts as an excellent tool for keeping in contact with your new clients.

Client Information

At every subsequent appointment, you should always establish if anything has changed in relation to the client's health since the last appointment, and the record card should be updated accordingly. The record card is an important document and must be kept up-to-date at all times.

There may be an occasion when another therapist in the salon has to treat your client and they must have all the necessary information to hand in order to treat the client safely. This information should be kept confidential at all times to comply with the GDPR.

Client Record Card

We have created a sample record card for you to use. This will be available to you once you have successfully completed the course. Where a client has an existing medical condition that requires a GP's written consent prior to the treatment going ahead, you must ensure that when this is obtained, it is stored safely with the record card.



The client record card becomes a vital piece of evidence in the event of a client making a claim against you for personal injury following a treatment. It would be required by your insurers and their team of investigators to prove that you had carried out the necessary checks to ensure that the treatment was suitable and safe for the client. It also shows that you had obtained the client's own written permission, and their GP's if required, for the treatment to go ahead.

Consultation Process

After you have been through each stage of your consultation, you should check to make sure your client has clearly understood what you have told them. You must be able to empathise with your client when communicating with them. Your own body language can help you to empathise with your client. It can help your client to feel less intimidated, allowing them to feel more comfortable about answering personal questions during the consultation process.

Treating Minors

In England, Wales and Northern Ireland, a minor is anyone under the age of 18 and in Scotland it is a person under 16. Sometimes you will get requests for appointments from clients who are younger. If the client is under 18, you should always obtain written permission from their parent or guardian for the treatment to go ahead and they should accompany the minor to the salon for the appointment. It is also recommended that you check your insurance policy wording to see if there are any age restrictions detailed in it.

You should check with your insurance company with regard to any guidelines for treating minors. Also, contact your local district or borough council and ask about any stipulations you need to follow with regard to The Miscellaneous Provisions Act as they may vary from one council to another. The department who will be able to clarify this for you is the Licensing Department. We have created a sample parental/guardian treatment consent letter for you to use. This will be available to you once you have successfully completed the course.



Anatomy & Physiology – The Skin

The Skin

Anatomy and Physiology is crucial to any competent beauty therapist. You must first understand how our bodies are made up and how they work in order to understand how to perform your treatment. The skin is one of the largest organs in the body and consists of tissues which are joined together to perform specific functions. It is an epithelial tissue that can be used by therapists and nail technicians to assess their client's condition, as it can show signs of stress, dehydration or poor health.

Integumentary System

The skin has a number of appendages including hair and nails, which together are known as the integumentary system. The nail is a modification of the stratum corneum (horny) and stratum lucidum (clear) layers of the epidermis. Nails are non-living tissue which protect the fingers and are used as tools for the manipulation of objects. Hair grows from a sac-like depression in the epidermis called a hair follicle. The primary function of hair is also protection.

Functions of the Skin

The skin offers protection, temperature regulation and waste removal as well as providing a sense of touch. The sensitivity of the skin comes from the many sensory nerve endings found just under the skin which detect heat, cold, pain and pressure. Heat regulation is achieved through a number of mechanisms. Sweating and vasodilation cools the skin whilst vasoconstriction warms it up.

The skin also retains heat through the contraction of the erector pili muscle, causing the appearance of goose bumps. The body is protected as the skin is a waterproof layer which can also defend against physical damage, bacteria, dehydration and UV radiation..



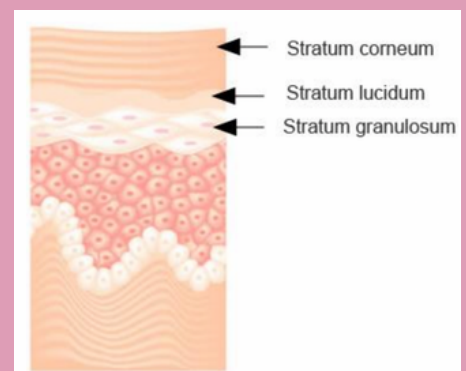
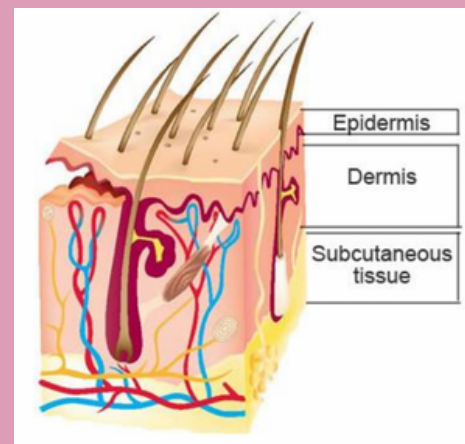
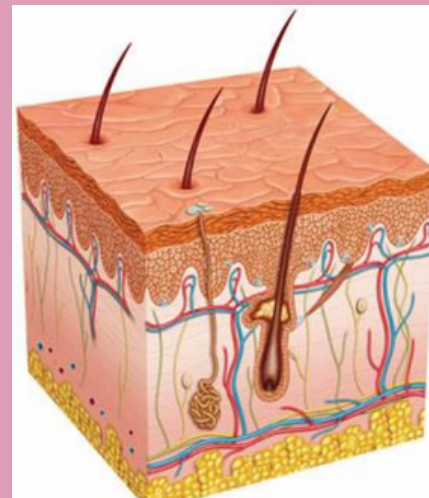
Sweating also helps to excrete waste products from the body. Urea, water and salt are removed via the sweat glands through the surface of the skin. Another function of the skin is to act as a warning system. The skin offers visible signs such as redness and irritation to show that it is intolerant to something, whether that be internal or external. The skin also provides a form of storage for fat, an energy reserve. On top of this, it also produces significant amounts of vitamin D. This is created when sunlight comes in contact with the skin and produces a chemical reaction.

Layers of the Skin

The skin begins the ageing process as soon as the body stops growing. This is usually around the age of 17 in women and 19 in men. There are two main layers of the skin; the epidermis and the dermis. The epidermis is the outer, thinner layer, whilst the dermis is the inner, thicker layer. Beneath this, the subcutaneous layer attaches to underlying organs and tissues. The epidermis is made up of layers of epithelial tissue and has no blood vessels. The dermis consists of areolar connective tissue supported by collagen and elastin. The dermis contains blood vessels, nerve endings, sweat glands, hair follicles and sebaceous glands.

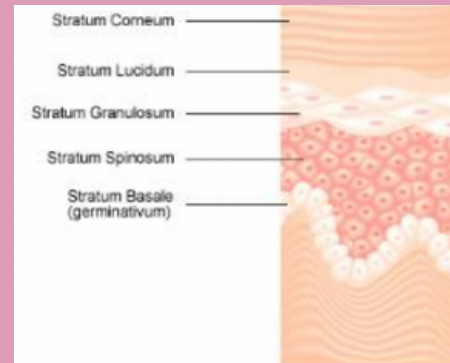
Layers of the Epidermis

The epidermis offers a waterproof, protective covering, consisting of five layers. The three outer layers, stratum corneum (horny), stratum lucidum (clear) and stratum granulosum (granular), consist of dead cells as a result of keratinisation. The cells in these layers are dead and scaly and are constantly being rubbed away by friction. The inner two layers, stratum spinosum (prickle-cell) and stratum germinativum (basal cell), are composed of living cells. The stratum corneum is the top layer which forms a barrier. It is made up of dead, flat, keratinised cells, which are hardened cells which have lost their nucleus. These cells continually shed from the surface in a process called desquamation.



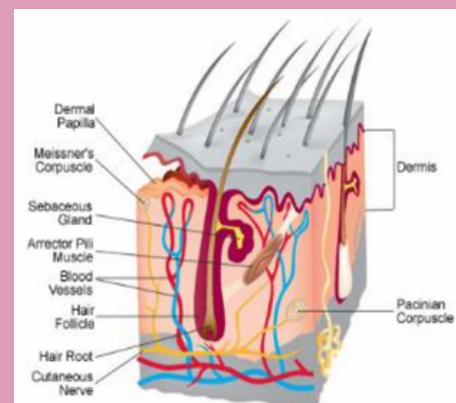
Layers of the Epidermis

The clear cell layer, or stratum lucidum, consists of dead cells which have no nucleus. These cells are transparent to allow light to penetrate to deeper layers. This can only be found in areas of friction, such as the soles of the feet and palms of the hands. The stratum granulosum contains a mixture of living and dead cells as the cells are beginning to die. The cells become flatter and contain granules of keratin, starting the process of keratinisation. Living cells are contained in the stratum spinosum. These cells have moved up from the stratum basale and interlock with fine threads. It is this area of the skin where melanin is found. The deepest layer of the epidermis is the stratum basale, in which living cells are continually dividing in a process called mitosis.



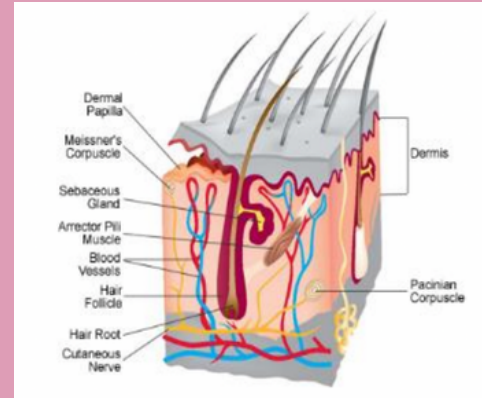
Functions of the Dermis

All nutrients pass to the cells in the epidermis from blood vessels in the dermis. The main functions of the dermis are to provide support, strength and elasticity. It is made up of dense connective tissue that is tough, extensible and elastic. It has a higher water content and therefore helps to provide nourishment to the skin. The dermis has a superficial papillary layer and a deep reticular layer. The dermis has an abundant supply of blood vessels. Arteries carry oxygenated blood to the skin via arterioles and these enter the dermis from below and branch into a network of capillaries. These networks form to provide the basal cell layer or the epidermis with food and oxygen. The capillary networks drain into small veins which carry the deoxygenated blood away from the skin and remove waste products.



Lymphatic Vessels

The lymphatic vessels form a network in the dermis, allowing the removal of waste from the skin's tissues. Lymph vessels are found around the dermal papillae, glands and hair follicles. Nerves are also widely distributed throughout the dermis. These sensory nerves send messages to the brain and are sensitive to heat, cold, pain, pressure and touch.



Skin Types

There are a variety of different skin types, which all have their own visible characteristics. The basic skin types are normal, dry, oily and combination.

Skin Type	Skin Structure	Characteristics
Normal	Water and oil content is constant. Neither too oily or too dry.	Pore size is small or medium. Moisture content is good. Texture is smooth and even. Colour is healthy. Elasticity is good and skin is firm. Usually free from blemishes. Often found in the young.
Dry	Lacking in sebum, moisture or both.	Pores are small and tight. Moisture content is poor. Texture is coarse and thin, possibly flaking, it can feel papery. Tendency towards sensitivity. Possible premature ageing, particularly around the eyes. Skin pigmentation can be uneven. Little elasticity. Milia are often found around the cheek and eye.

Skin Type	Skin Structure	Characteristics
Oily	Increased levels of sebum.	Pores are enlarged. High moisture content. Texture is coarse and thick. Sallow in colour. Skin tone is good. Prone to shininess. Elasticity is good. Uneven pigmentation. Susceptible to skin disorders such as comedones, pustules, papules, milia or sebaceous cysts. Most common during puberty.
Combination	Oily around the chin, nose and forehead (T-zone). Rest of the face and neck is usually dry.	Pores in the T-zone are enlarged, and small to medium in the cheek. Moisture content is high in oily areas, and poor in dry areas. Texture is coarse and thick in the T-zone and thin in dry areas. Oily skin is sallow, whilst the dry area is sensitive, with high colour. Skin tone is good in oily areas, and poor in dry areas. Pigmentation is uneven, and there may be blemishes in the oily areas. The most common skin type.



Sensitive Skin

Some people suffer from sensitive skin separately from the dry skin type. This can be recognised by high colouring, and broken capillaries in the cheek area.

The skin is usually warm and there can be some flaking. In black skin, the irritation shows as a darker patch, rather than redness. Allergic skin is irritated by external allergens, and so can react to chemicals that are applied to it.

Dehydrated Skin

Dehydrated skin has lost water, and is usually associated with dry or combination skin types. This could be due to a change in diet, or illness, in which case the client may be taking medication. It can also be caused by low humidity or air-conditioning. The skin has a slight orange-peel effect and some flaking. There are some signs of ageing and broken capillaries.

Mature Skin

Mature skin can take on different skin characteristics, particularly in women due to the hormonal changes within the body. It can become dry and lose elasticity. Some lines and wrinkles will appear, and skin is thinner. Broken capillaries will appear, muscle tone is reduced and blood circulation becomes poor. There can be some puffiness due to a decrease in excretion efficiency, and irregular pigmentation can occur.

Anatomy & Physiology – The Hair & The Eye

The Hair

A hair is an appendage of the skin. It grows out of, and is part of the skin, and is made up of dead skin cells containing keratin. The palms of the hands, soles of the feet, lips and some parts of the sex organs are the only parts of the skin which are not covered in hair.

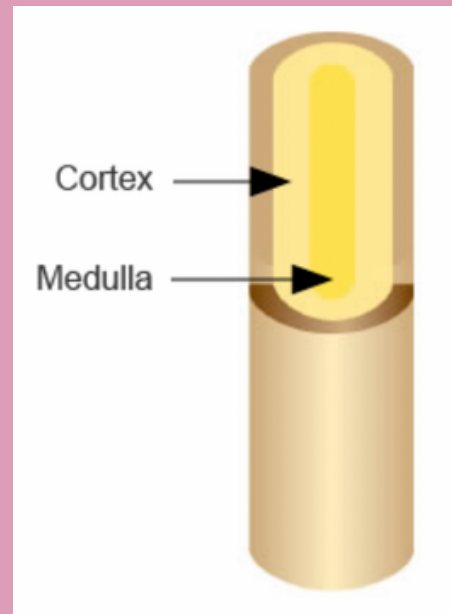
Functions of Hair

The hair has a number of different functions including insulation and protection from physical damage and the sun. The eyelashes help prevent foreign particles entering the eyes, whilst nostril hair does the same for the nose. Body hair also provides a sensory function and helps to secrete sebum on the surface of the skin.



Layers of Hair

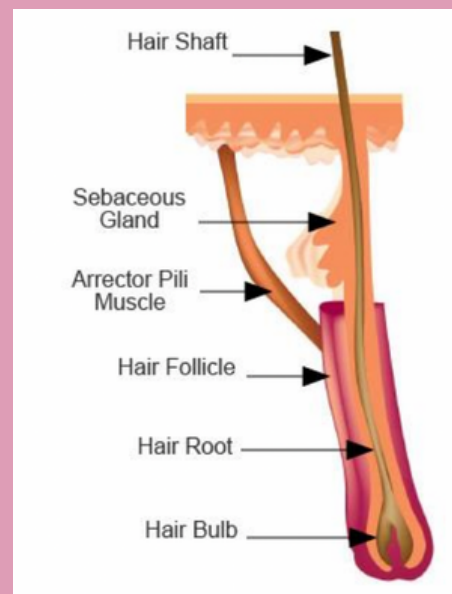
There are three types of cells in the hair, which form different layers. The medulla is the central layer and contains soft keratin. This layer only exists in coarser hair, not thinner hair. The pigment, along with hard keratin is found in the cortex, the thickest layer of the hair. This layer is made up of dense, elongated cells. It is these cells which contain the pigment and hard keratin. The pigment is what gives the hair its colour, and once this stops being produced, the hair becomes white. Tinting products colour the melanin in the hair, which is why grey or white hair is more difficult and time consuming to treat. The outer layer of the hair is the cuticle. The cells contained within the layer are thin and flat, and contain hard keratin.



Composition of The Hair

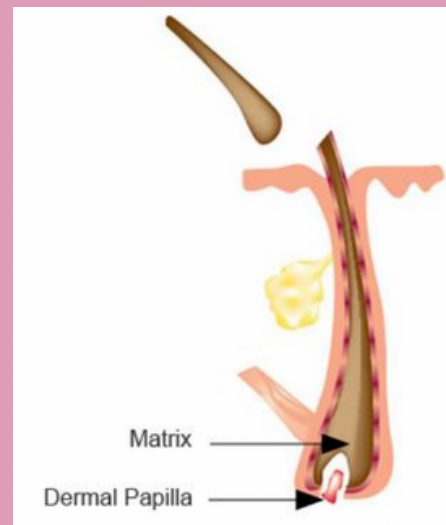
The hair is made up of a root, the part of the hair within the follicle, the bulb, which is the base of the root, and the shaft, which can be seen above the surface of the skin. The hair grows out of the follicle, which is a continuation of the epidermis.

The movement of the hair is controlled by the arrector pili muscle, which is attached to the base of the follicle. The muscle contracts, and pulls the follicle and hair upright. The sebaceous gland produces sebum, which is secreted into the follicle. The purpose of sebum is to soften the hair and skin and protect against infection.



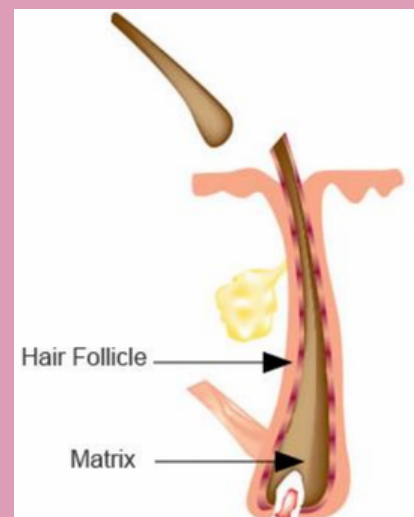
Growth of the Hair

The growth of the hair comes from the dermal papilla. This has a good blood supply, and is a separate organ which serves the follicle. The matrix is the lower part of the bulb and divides the cells from which the hair is formed.

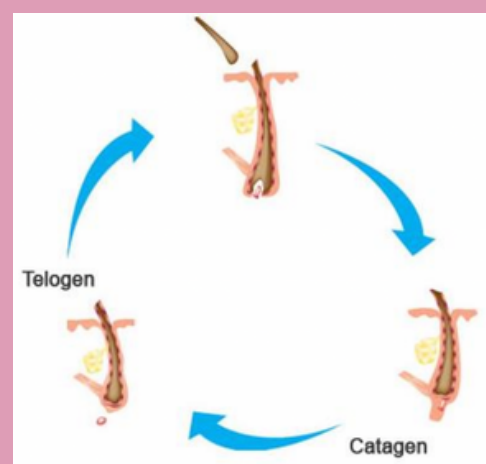


The hair follicle is made up of the inner epithelial root sheath, which is covered with cuticle cells and anchor the hair, the outer epithelial root sheath which forms the follicle wall and the connective- tissue sheath which provides a sensory and blood supply.

As with most functions of the body, the growth of the hair is part of a cycle. The first part of the cycle is the anagen stage, where the hair actively grows. The follicle re-forms and a new hair begins to grow from the matrix.



The hair separates from the papilla in the catagen stage. It is carried by the movement of the inner sheath to the sebaceous gland where it stays until it falls out. The telogen stage is the resting stage.



There are a number of patterns of hair growth according to a person's age, sex or race. Congenital hair growth is a pattern of growth which is genetic; the person is born with it. Topical hair growth is caused by sustained irritation to an area or by temporary methods of hair removal as the blood supply is stimulated, creating greater hair growth. Systemic hair growth is brought about by hormonal changes such as puberty, pregnancy or menopause. Hypertrichosis is an abnormal growth of excess hair whilst hirsutism describes a pattern which is abnormal for a person's sex. Superfluous hair is normal at certain points of life such as puberty.

Hair Types

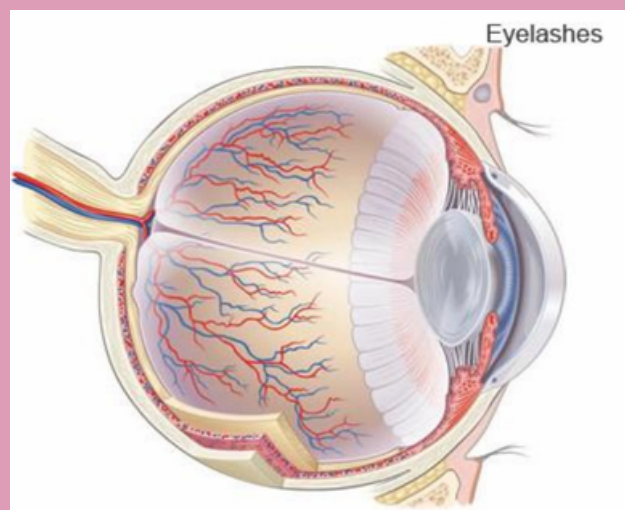
There are three main types of hair: lanugo, vellus and terminal. Lanugo hairs are found on the body prior to birth and are fine with no medulla and are often unpigmented. Downy body and facial hair is vellus which usually has no pigment with no medulla or fully formed bulb. Terminal hairs are longer and coarser and carry pigment. Their appearance varies and their follicles are deeply set in the dermis with well-defined bulbs. This is the hair that usually makes up eyebrows, eyelashes, the scalp, pubic and underarm areas.

Factors Affecting Hair Growth

Hair does not grow uniformly and can be affected by factors such as the time of day, the weather and hormonal changes. Age, diet and stress can also affect this whilst darker hair grows more quickly than blonde hair. It is possible to have a hereditary pattern of hair growth, and race can also cause different patterns.

The Eye

The eyes are the sense organs which enable us to see. The eyeball itself is the organ which provides sight, however, the eye also consists of the eyelids, eyebrows, eyelashes and eye muscles which help to protect the eye. They also contain lacrimal glands which release tears. These tears help to lubricate the eyeball, whilst the conjunctiva membrane helps to protect it.



Contra-indications Preventing Treatment

Contra-indications And Contra-actions

A contra-indication is a factor which will prevent you from carrying out your treatment, whilst contra- actions are things which may occur as a result of the treatment, either during or after it. A contra-indication is a condition which can prevent a treatment proceeding or can delay it until such a time that the client has undergone medical treatment and has fully healed. You must be able to recognise a contra-indication in order to know when a treatment should or should not go ahead. Carrying out a treatment on a client with a contra-indication can put the client at risk by causing further harm to an existing condition as well as putting yourself and other people in the salon at risk from cross infection.

Total Contra-Indications

- Fever at the time of treatment.
- Contagious or infectious diseases such as conjunctivitis.
 - Under the influence of drugs or alcohol.
- Non-infectious skin diseases or conditions specific to the eye and surrounding area.
- Highly strung clients, as it will make the treatment very hard to carry out.
 - Localised swelling, cuts, bruises or abrasions.
- Skin allergies, or a positive reaction to a patch test of products to be used.
 - Eye surgery (within the last six months).

Medical Contra-Indications

If the client suffers from any of the following conditions, treatment can only take place once it has been approved by a GP:

- Any serious eye condition already being treated by a medical practitioner.
 - Oedema.
 - Neuritis.
- Recent operations in the area to be treated.
- Cancer or any undiagnosed lumps or bumps.
 - Nervous or psychotic conditions.
 - Bell's palsy, trapped or pinched nerves.
- Undiagnosed pain or inflammation in the area to be treated.



GP's Written Consent

If you are not certain whether it is safe to treat a client then you should always refer them to their GP for a letter prior to offering them treatment. Beauty therapists are not qualified to diagnose medical conditions or understand about different medication that a client is taking and so if in doubt, do not treat. If you explain to the client why you require a letter, for example, you do not want to offer them a treatment that could have an impact on their health, they are usually happy to go to their GP.

Please be aware that some GP's refuse to write letters for their patients, whilst others may charge a fee for this service. If you cannot get a GP's letter then you would not be insured to carry out the treatment and this must be made clear to the client. Some salons ask their clients to sign a disclaimer to say they are willing to go ahead with the treatment without the GP's letter or without having taken a sensitivity patch test. However, disclaimers are not guaranteed to stand up in court if a personal injury claim is pursued.

Conditions that must be successfully treated by a medical practitioner prior to offering treatment

Anyone who is suffering from an infectious disease - such as flu, chicken pox or measles. Treatment can be carried out once the condition has been treated and cleared completely.

Stye (hordeolum) - inflammation of the eyelid, often the upper lid. This is caused by an infection in the hair follicle. There is swelling, redness and pain in the eyelid. Scratching or rubbing the infected area could cause the infection to spread. You should recommend that the client goes to the doctors for medication. The treatment can be carried out once the condition has been treated and cleared completely.



Impetigo - reddening of skin, but soon becomes a cluster of blisters or pustules. This is highly contagious, and treatment would cause cross infection. You should recommend that the client goes to see their GP for medication. The treatment can be carried out once the condition has cleared completely.



Blepharitis - this is an inflammation of the rim of the eyelid which can be caused by a bacterial infection or the complication of an existing skin condition. Treatment should not go ahead as there is a risk of spreading or worsening the condition and the client should be referred to their GP the treatment can be carried out once the condition has cleared completely.

Folliculitis - infection of a hair follicle caused by the staphylococcus aureus bacteria. This is an acute inflammation which occurs with pus formation. You should recommend that the client goes to see their GP for medication. The treatment can be carried out once the condition has cleared completely.



Boils - a boil is a painful, red bump on the skin usually caused by an infected hair follicle. As white blood cells fight the infection, pus forms inside and the boil grows larger. Eventually, it will rupture and the pus will drain away. Boils usually occur on the neck, face, thighs, armpits and buttocks. You should recommend that the client goes to see their GP for medication. The treatment can be carried out once the condition has cleared completely.



Shingles - an infection of a nerve and the area of skin around it. It is caused by the herpes zoster virus, which also causes chickenpox. Most people have chickenpox in childhood, but after the illness has gone the virus remains dormant in the nervous system. The immune system keeps the virus in check, but later in life it can be reactivated and cause shingles. Shingles usually affects a specific area on either the left or right side of the body. The main symptoms are pain and a rash which develops into itchy blisters and then scabs over. You should recommend that the client goes to see their GP for medication. The treatment can be carried out once the condition has cleared completely.

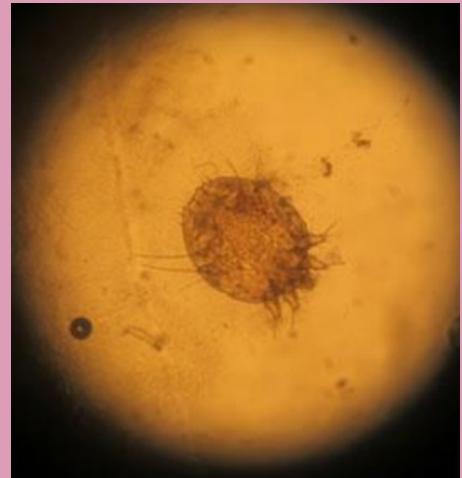


Ringworm - a general term used to refer to a skin infection caused by a fungi called dermatophytes. The condition is known as ringworm because it can leave a ring-like red rash on the skin. It does not have anything to do with worms. It can affect different parts of the body. Ringworm is highly contagious. It can be passed between people through skin contact and by sharing objects such as towels and bedding. It can also be passed on from pets such as dogs and cats. You should recommend that the client goes to see their GP for medication. The treatment can be carried out once the condition has cleared completely.



Scabies - a contagious skin condition where the main symptom is intense itching. It is caused by tiny mites that burrow into the skin.

Scabies can be spread through skin-to-skin contact for long periods of time with someone who is infected or sexual contact with someone who is infected. Scabies can also be passed on through sharing clothing, towels and bedding with someone who is infected. However, this is less likely than getting the infection through skin-to-skin contact. The incubation period for scabies is up to eight weeks. You should recommend that the client goes to see their GP for medication. The treatment can be carried out once the condition has cleared completely.



Body and Head Lice - infestation of the hair and clothes with wingless insects that cause intense irritation. As they make you itch, they can make you scratch your skin and may cause a rash. They are spread by head-to-head contact and climb from the hair of an infected person to the hair of someone else. You should recommend that the client goes to see their pharmacist for treatment. The treatment can be carried out once the condition has cleared completely.



Infective Conjunctivitis - infective conjunctivitis is caused by a virus or bacteria.

The most common symptoms include reddening and watering of the eyes, and a sticky coating on the eyelashes, particularly when waking up in the morning. You should recommend that the client goes to see their GP for medication. The treatment can be carried out once the condition has cleared completely.



Herpes Simplex - this is the 'cold sore virus'. It is highly contagious and can be easily passed from person to person by close direct contact. Once someone has been exposed to the virus, it remains dormant most of the time. However, every so often the virus is activated by certain triggers, causing an outbreak of cold sores.

The triggers that cause cold sores vary from person to person. Some people have frequently recurring cold sores, two to three times a year for example, while others have one cold sore and never have another. Some people never get cold sores because the virus never becomes active. The client should be recommended to go to a local pharmacy for advice. Treatment can be carried out once the condition has cleared completely.



Conditions That May Prevent or Restrict Treatment

Hay fever - treatment is best avoided during the hay fever season. Watery, sensitive eyes must not be treated.

Loss of sensation in skin near the eyebrows – the client needs to be able to tell you if the wax you are using is too hot

Alopecia – a condition where hair falls out in patches or from areas where hair would normally grow.

Medication that may cause hair loss, such as chemotherapy.

Any condition or disease of the eye that has resulted in impaired or full loss of vision. Broken bones or fractures, abrasions, insect bites, broken skin, bruises and sunburn - do not offer treatment over the affected area until completely healed.

You can, where it is possible to do so, treat areas that are unaffected.

Eczema – appears on the skin as a red rash that sometimes is raised and can be itchy and there may be blisters. The skin can weep and crack and scaling of the skin can occur. Do not carry out treatment over any area on the body that is affected by eczema. If the client has very severe eczema it is best for them to obtain a GP's consent prior to treating as certain products may irritate the condition further.



Psoriasis - dull red papules appear on the skin that are covered in silvery scales that can become infected. You can work on areas of the body that are not affected, however, if there is any sign of infection or weeping you must not offer treatment and the client should take advice from their GP. This can commonly occur around the hair line.



Raised moles and skin tags - never work directly over them. If the moles are open or weeping refer the client to their GP for advice.

Recent semi-permanent make-up, facial piercings or tattoos - wait until the pierced or tattooed area has completely healed before offering a treatment.

Recent scar tissue - do not work over scar tissue that is less than six months old, and only then if there is no sign of redness and the scar looks healed. If in doubt, refer the client to their GP for advice before treating.



Epilepsy - when discussing this illness with your client, you have to be very careful not to offend the client and be accused of discrimination on the grounds of disability. We recommend that you ask the client if they know what brings on a seizure and how often they experience them. If they have any more concerns about whether they should go ahead with the treatment, you should recommend that they seek advice from their GP.

If the client decides to go ahead with treatment you should ensure that you have a contact number for their next of kin recorded on their consultation card and you should discuss with the client what action you would be required to take in the event that they have a seizure whilst with you. It is for this reason that we strongly recommend that all therapists undertake a first aid training course to ensure that they are able to know how to help someone that may have an epileptic seizure whilst visiting the salon or indeed any other medical emergency. Contact your local Red Cross or St Johns Ambulance service for more information.



Topical and oral retinoids and steroid creams - caution needs to be exercised in people using oral retinoids. Treatment should not be performed until treatment with these medications has been stopped for at least six months to one year. Individuals using these products should stop the medication three to four weeks prior to treatment to avoid skin injury and soreness. Prolonged use of steroid creams can also thin the skin. Refer the client to their GP for written consent prior to treating.

IPL/Laser/LHE hair removal, skin rejuvenation or red vein treatments - do not carry out treatment over the area that has been recently treated.

Contact dermatitis - as well as taking care of the client, you should also make sure that you think about yourself. You should be aware that as a therapist you may be vulnerable to contact dermatitis or allergies. If this is the case, follow the procedure as you would with a client, and take precautions during further treatments. Disposable gloves worn during some treatments can cause contact dermatitis in some therapists.



Guidelines for Offering Treatments to Diabetic Clients

It is possible to offer an eyebrow defining treatment to a diabetic client whose condition is controlled by medication or diet, as long as written consent is obtained from their GP prior to treatment going ahead.

Contra-actions

A contra-action can occur during or after any beauty or holistic treatment.

Below is a list of contra-actions that can occur during an eye treatment.

A common contra-action associated with eyebrow defining treatments is an allergic reaction. Tints, wax and make-up products can contain ingredients which may cause an adverse reaction. Before your treatment, check whether the client is aware of any allergies, or has suffered any reactions in the past. You will also be required to perform a sensitivity test before offering a treatment which should help to rule out the risk of an allergic reaction. If the client does suffer an allergic reaction after their treatment they should be referred to their GP.



The skin may suffer from sensitivities which could appear on the face. Symptoms of an allergic reaction include itching, swelling, inflammation, blistering at the site of contact followed by weeping, dryness and flaking of the skin. Symptoms of an allergy are not always immediate, and may take up to 48 hours to surface.

If a client does react to any products during treatment, remove the substance immediately with water and apply a cold water compress. Make a note of the reaction and your response on the client's record card, and advise them to seek medical advice.



If the client gets tint into their eyes during the treatment you should tip their head to one side and rinse the eyes immediately using a clean eye bath and water. You should advise the client to seek medical advice if they experience any continuing discomfort.

Erythema - a reddening of the skin caused by the dilation of blood vessels controlling local capillary networks in areas of the skin affected by injury or infection.

Preparing For Treatment

You should always buy the best quality equipment that you can afford. Remember that if you are working mobile you will be carrying this equipment around on a daily basis and if it is heavy you could injure yourself or risk repetitive strain injuries. Buy the lightest but sturdiest equipment available and never compromise your own health.

If you visit your local wholesaler to purchase your equipment you will need to show them copies of your Guild membership insurance cover documentation to prove that you are qualified before they will issue you with a trade card.



Before Commencing Treatment, You Will Need:

Couch – this can be static or collapsible if you are mobile.

Always ask the supplier if you can try to put up and dismantle the couch before you buy it and check that you are able to lift it. The couch must have an adjustable head rest and be covered in a washable material. Some of the more expensive couches are electric but these are more suited to salon based therapists as they are not transportable. You should make sure that the couch is adjustable to help your client get on and off, as well as making sure it is at a height where you can perform the treatment without bending or straining.

Couch cover - ensure that the couch cover is made of a material that can be washed at a high temperature.

Disposable bed roll - this is placed over the couch cover and is replaced after each use.

Equipment trolley - a sturdy trolley is required that is large enough to hold all your equipment safely.

Stool - this will need to be easy to clean and should be adjustable in height.

Clean towels - must be used for every client. These can be used to drape over the client, and for use during the treatment.

Mirror - a small hand mirror should be available for the client to use before and after their treatment.

Headband - this will protect the client's hair from any of the products and will prevent it getting in the way during treatment. It should be either disposable or be able to be washed at high temperatures.

Cotton wool - this can be used to apply or remove products and should be disposed of immediately after use.

Non-metallic dish or palette - for mixing the tint.

Talc-free powder – you should purchase good quality powder that is un-perfumed.

A small amount can be applied to the skin to absorb excess moisture on the skin prior to threading. There has been some concern that using talcum powder on the genital area may increase the risk of ovarian cancer. The evidence for this is uncertain and inconclusive and no link has been found between talcum powder and any other form of cancer. In order to be certain, avoid the use of talcum powder on clients and instead use a non-talc based powder.

Disinfecting solution – this is used to store your tweezers in.

Specialist eyebrow trimming scissors – to trim stray or longer eyebrow hairs

Eyebrow brush – to brush the brows into shape

Anti-septic soothing lotion – this should be used on the threading area both before and after the threading treatment to both prepare and soothe the skin.

Specialist threading thread – this must be a 100% cotton thread, designed to be used for threading treatments. This thread allows strength and resilience which will help you achieve a high standard of threading.



Spatulas
Orange sticks.
Applicator brush.
Eye bath and water/ eyewash – in case of emergencies
Eyebrow tints - in a variety of colours.
Hydrogen peroxide - to oxidise the tint.
Eye make-up remover.
Cleanser.
Skin stain remover.
Tweezers.
Eye brow brush.
Tissues.
Sterilising fluid.
Eye brow brush.
Petroleum jelly.
Eyebrow pencils - in a variety of colours to suit all clients – used for definition.
Eyebrow powder – in a variety of colours – used for filling in sparse areas of hair.
Highlighter – used to highlight the skin just below the eyebrow
Eyebrow wax or gel – used to secure stray eyebrow hairs in place, or to create texture. You can also buy eyebrow wax/gel in varieties which promote hair growth. This may be of use to clients who have over-tweezed their brows prior to treatment.
Mineral powder – this should be anti-inflammatory and can be used as a concealer for any redness around the brow that has been created by waxing and threading the area.
Waste bin - for any non-contaminated waste products.
Pedal bin with lid (double lined) - for placing contaminated thread into prior to collection.
Written aftercare advice - an aftercare advice leaflet should be given to the client after their first appointment and you should record on the record card that this has been discussed and the client has taken it away with them.

Disposable Gloves

These should be worn where there is contact with mucous membranes, blood or serum. Gloves should be replaced after each client. Due to an increasing number of cases of latex allergy, it is advised to use disposable gloves made from another material such as nitrile or PVC. If you do use latex gloves and either you or the client shows signs of skin irritation then further contact should be prevented.



Dispose of single-use gloves after each use. Blood- contaminated gloves should be treated as contaminated waste and disposed of in the correct manner. Never re-use disposable gloves. When removing the glove, do not touch the outside.

Follow these steps to safely remove contaminated gloves:

- Use the fingertips of a gloved hand to grasp the other glove near the cuff.
- Slowly pull the glove down while removing your hand. Turn the glove inside out as you pull.
- Drop the contaminated glove into a plastic bag.
- Wash your hands after removing the gloves.

Waste

Anything contaminated with human tissues should be designated as Group A clinical waste under the Environmental Protection Act 1990 and the Controlled Waste Regulations 1992.

Group A clinical waste includes the following:

- human or animal tissue
- blood or other body fluids
- excretions
- swabs or dressings

Clinical waste should be placed in yellow refuse sacks and sealed with plastic ties or a heat sealer. You will need to appoint a specialist contractor to remove clinical waste from your premises. Examples of contaminated waste in the salon are used wax strips, tissues, cotton wool and first aid dressings.

Group B clinical waste in the salon includes the following items:

- electrolysis needles
- microlances
- pedicure blades
- disposable ear piercing cartridges
- broken glass

Any Group B clinical waste should be put in purpose made sharps boxes and then sealed. All clinical waste must be disposed of using a waste carrier registered for the carrying and disposal of clinical waste. Never place clinical waste with general rubbish. General waste should be placed separately in a pedal bin which has a bin liner in it. Your local council will be able to advise you about the waste disposal services that they offer to businesses.



Enhancing the Eyes

There are a variety of materials and products available for enhancing the appearance of the eyebrows. You should take the time to investigate what is on the market and choose what is best for your business and your clients' requirements. For tinting you should ensure that you have a variety of colours available. This can range from natural colours such as grey, brown, black, red and fair.

You should also choose make-up products from the large range available to you as a beauty therapist. You should always ensure that the products you use are purchased from a reputable wholesaler.

Environmental Conditions

It is important to ensure that the working area is properly ventilated to minimise the escape and spread of substances that are hazardous to health. Fresh air must be allowed to circulate, using as much natural ventilation as possible, such as open windows and doors.

Ensure that the temperature of the treatment room is comfortable for both you and the client. You may choose to have some towels and blankets on the couch to cover your client and keep them comfortable. In colder months, some therapists put an electric blanket on the couch to help keep clients warm.

You should ensure that there is sufficient light to perform the treatment effectively. You should make sure that you are fully prepared for the treatment before the client arrives. This will make your treatment more efficient and prevents you from keeping your client waiting. Make sure all the products and equipment you need are close to hand, and your couch, music and lighting are all set up as you require. Whatever brand of products you use, you should always ensure that you use them correctly and follow the manufacturer's instructions.

Ready for Treatment

When the client enters the treatment room you should advise them to remove any accessories that your products may come into contact with during the treatment, as this will prevent them from being damaged. You should provide the client with a safe place to leave these. Advise the client how to position themselves on your couch and make sure there are towels or blankets available to protect their modesty and clothing. This will ensure that the client feels confident and comfortable.



Whilst the client prepares themselves, you too should prepare yourself for treatment. Make sure you have had a drink of water and that you have eaten beforehand. Remember, some treatments can last for long periods of time and to give the best treatment you should be able to put your full concentration and energy into it.

Wash your hands and try not to have eaten any strong smelling food such as garlic beforehand. Make sure your hair is tied back and any jewellery is removed.

When you return to the treatment room, ensure the client is comfortable and covered. You should try to make sure that the client's hair is protected with a headband or towel. Always thoroughly sanitise your hands before starting the treatment and make sure that the client's make-up is removed.

Eye Brow Tinting Technique

Client Expectations

Definition Brow treatments are all about tailoring the experience to your client, before starting the treatment, you should ensure that you know what end result the client is expecting and that you inform them of all aspects of the procedure you will carry out. You should carry out the tint before the eyebrow shape, as once the eyebrows have been shaped the follicles will be open and the tint may enter causing irritation and a possible reaction, if not immediately then at a later date.

Choosing Tint Colours

The tint that you choose will depend on the colouring characteristics of the client and the effect they wish to achieve. The standard colour characteristics are fair, red, dark and white, and tints are usually available in brown, blue, black and grey. These colours can be mixed to provide a variation in the tone. For fair or red hair, a brown tint should be used, so that it looks more natural. Dark hair requires and black or blue/black tint and grey hair needs a grey tint. You should guide your client towards a shade that suits them, taking into account their skin and hair colouring and their age.

You should always take the client's natural colour characteristics into account when tinting, for example, red and white hair is more resistant to tinting and so one or two extra minutes will usually be required for the tint to develop. You should always follow the manufacturer's instructions for development times.



Preparing the Eyebrows

Before you begin the treatment use a clean damp cotton wool pad with cleanser to cleanse the eyebrow area to ensure that all traces of make-up and oil are removed. Remember to use a clean cotton wool pad for each eyebrow. Protect the client's skin from the tint by applying petroleum jelly using a cotton bud underneath, above and in between the brows. Ensure that you do not apply any petroleum jelly to the area you want to tint as it will act as a barrier.

Mixing the Tint

Mix the tint using an orange stick. Ensure that you follow the manufacturer's instructions when mixing and applying the tint. The tint is usually mixed with hydrogen peroxide which activates the tint and the colour begins to develop. The activation is part of the oxidation process, and so the tint will not work if the hydrogen peroxide has lost its strength and oxygen. This is usually because it has been left exposed to air. The tint should never be mixed until immediately before it is required. You should ensure that you measure out exact amounts for tinting to avoid any wastage.

Tint Application Technique

Brush the eyebrows the opposite way to the way in which the hairs grow in order to loosen them so that when the tint is put on, it will go on to all of the brow hairs. Treating one brow at a time and using a tint application brush, carefully brush the tint on in the same way which you have just brushed the brows and then stroke it on in the opposite way. Ensure that all the brow hairs are coated in tint. You can use a damp cotton bud to remove any tint which gets onto the skin.

Repeat this on the other brow.

Use a clean, damp cotton wool pad to wipe over the first brow when you have finished the application of tint on the second brow. Wipe over several times to remove the tint. Repeat this on the other brow. Do not leave the tint on the eyebrows for any longer than two minutes as it can develop very quickly on eyebrow hairs. Remember that grey hairs are more resistant to the tint and so may need a longer processing time.

Always follow manufacturer's instructions as to how long the tint should be left on for and accurately time the product development to meet the colouring characteristics of the client and manufacturer's instructions.



The tint may not work properly if the hydrogen peroxide has gone off or the tint has not been applied carefully.

Assess the colour and check with the client that it meets their requirements. If there are any parts of the brow that are not tinted, you can go over these again, just applying the tint to the parts which have not taken to the tint and following the same method with regards to removal as before.

Client Expectations

Before starting the treatment, you should ensure that the client knows what to expect from the treatment and understands what results to expect. You should clarify whether the client requires a total re-shape or simply to improve their current brow shape. You will need to measure to see where the eyebrow should start and finish in order to create the perfect eyebrow shape for the client's face. The shape should suit the client's face by emphasising their eyes, and complementing their existing eyebrow shape. It should be used to balance the facial features of your client.

Eyebrow Shapes

An eyebrow which is thick at the inner edge and tapering into an arch will give the face extra length, whilst a smooth tapering arch softens an angular face. Arched eyebrows which are not too thin balance a wider upper face, and an angular arch squares off the forehead. A straight eyebrow of medium thickness divides a longer face, and an angular eyebrow with a high arch at the outer corners helps to widen the forehead.

Measuring the Brow

Take an orange stick from the outer corner of the nose up to the inner corner of the eye. Any hairs which are on the nose side of this line are considered to be superfluous and will need to be removed. Many therapists carrying out these kind of treatments use an eyebrow pencil which is easily removed to mark where the bulb of the eyebrow should start, where the tail should end and where the arch should be. Next, take the orange stick from the outer corner of the nose up to the outer corner of the eye. This is where the eyebrow should finish.

You can measure where the highest arch of the brow should be by placing the orange stick over the client's slightly opened eye. A diagonal line should go from the corner of the nose through the centre of the pupil. Where this line reaches the brow will determine where the highest point of the arch should be.

Whilst you are measuring, you should explain to the client where you are going to remove the hairs from and why.



Preparing to Wax the Eyebrow

Using a cotton wool pad and a suitable pre-wax sanitising lotion, wipe over the area to be treated so that there is no trace of the tint you have just used left on the skin. Blot the area that has been cleansed with a dry tissue. If the skin or the hairs are not oil-free and dry the wax will not adhere to the hairs.

In warm weather you can apply a light dusting of un-perfumed, talc-free powder over the area; this will absorb any excess moisture on the skin, keeping it dry.

Waxing the Eyebrows Technique

Comb the eyebrows into shape using a disposable mascara or eyebrow brush and, if necessary, apply petroleum jelly to the areas you do not want to remove.

Using an appropriately sized spatula, apply wax in the centre of the two eyebrows in the direction of the hair growth, which is usually upwards. You will now need to remove the wax that you have applied with small wax strips. You should ensure that you use quick, confident movements when pulling back the wax strip to reduce your client's discomfort. You should also remember to pull the strip away from the skin at skin level rather than by pulling upwards, as this can cause the client discomfort or even bruising. You should repeat the process of wax removal until all the areas which have had wax on have had the hair removed, if there are some hairs remaining in this area these will need to be tweezed – it is important that you do not wax the same area more than once over the course of the treatment.

Using a smaller applicator such as an orange stick, apply wax beneath one of the brows, in the direction of the hair growth. This is usually towards the outside of the face. Ask the client to hold the top of their forehead in order to stretch the skin for easier hair removal before removing the wax with small wax strips.

Again, you should use quick, confident movements when pulling back the wax strip and you should pull the strip away from the skin at skin level rather than by pulling upwards. You should repeat the process of wax removal until all the areas which have had wax on under the eyebrow have had the hair removed. Any remaining hairs after you have removed the wax with the wax strips will need to be tweezed. This process should then be repeated on the other eyebrow.



If the client wishes, or if there are a lot of straggly hairs, you may wax above the brow providing that this does not take anything from the main body of the brow. Again, apply the wax in the direction of hair growth, which should be the same as for underneath the brow, before removing it with small wax strips. Repeat these steps on the other brow. Apply a soothing gel or lotion using a cotton wool pad.

Eyebrow Threading Technique

Introduction to Threading

After completing the tinting and waxing elements of the treatment, the threading process is useful to remove finer hair from the forehead and from under the brows.

Similar to tweezing, the hair is pulled from the follicle when a loop of twisted cotton thread is passed across the skin. Threading produces minimal pain and irritation and so is a gentler alternative to other methods of hair removal and is especially beneficial to sensitive clients.

Advantages:

- It is a very quick method but has to be done by a trained professional.
- This method is ideal for clients who have very sensitive skin.
- It is relatively pain-free and less messy than waxing or sugaring.
- It does not cause irritation which makes it ideal for clients with sensitive skin.
- It is not very expensive for the client or for you to set up.
- Re-growth is fine and soft.
- Very short hairs can be removed.
- Threading treatments are suitable for some clients who have contra-indications to waxing.
- It only removes hair and not skin.
- You can remove one hair at a time.
- You will be able to go over an area more than once without causing the client irritation.
- Threading is ideal for eyebrows.

Disadvantages:

- If the treatment is not carried out correctly the hairs can break off instead of being totally removed from the hair follicle.
- It is not suitable for large areas of the body like the legs.
- Clients may find that the area that has been threaded is uncomfortable immediately after treatment, erythema may occur.
- The area may become itchy and puffy after treatment.
- In-growing hairs can occur.
- Infections can occur if aftercare advice is not followed correctly.



Threading Techniques

There are three main techniques which you can use to carry out the threading part of the treatment: Mouth Technique, Neck Technique and Hand Technique. However, this course will only train you to use the hand technique.

Hand Technique: One part of the thread is looped in one hand whilst the other part is in the other hand. Therapists can use this technique to practise threading on themselves. This technique is also known as cat's cradle, doubled looped or self- technique.

Before you start you begin threading, you must first visually examine the area in order to establish the hair growth patterns on the remaining hair which has not been removed by waxing.

You will need to master the movements for threading prior to working on a client. Knot a piece of thread together to create a loop. Wind this around several times to create a small wound section in the centre. Whilst holding each end of the loop, slide the wound portion further up the loop by spreading the fingers of one hand whilst closing the fingers of the other. Whilst you are mastering the threading technique, you can practise on larger parts of your own body, like your arms or legs. This will help you to increase

Before you begin threading you should brush the eyebrows upwards to see if there are any long hairs – if there are these will need trimming with specialist eyebrow scissors before you begin threading. Angle the point of the scissors towards the bridge of the nose with the blades flat against the surface of the skin. Trim the hairs so that they match the rest of the eyebrow hairs. You can do the same with the underneath of the brow by brushing the hairs downwards. Long hairs will not look right with the neat finished result. Once you are satisfied with your trimming, brush the eyebrows back into shape.

At this point you can apply some talc-free powder to the area to be treated.

This should be done especially if the skin is hot and there is perspiration present as it will help the thread to move easily across the skin. Ask the client to support the skin at the area to be treated. Stretching the skin taut will minimise the discomfort and bruising which may be caused by the hair removal. It will also help to prevent the thread cutting or pinching the skin.

The client should be told to position their hands as follows: one hand over the eye, pulling down at the top of the eyelid, and the other hand above the eyebrow, pulling the skin upwards.



You should always remove the hairs against the direction of the hair growth. Ensure that the thread is placed firmly onto the skin and that the tension remains the same throughout the treatment. This will help to make sure that the hair is removed from the root rather than snapping off from the shaft. Ensure that the ends of the thread are close enough to the client to provide the desired tension but that this allows you to stand at a comfortable distance away from the client. You must not invade the client's personal space whilst working on their face.

The hairs must be removed quickly, as with waxing, this is to minimise the discomfort of the client. If stray hairs fall onto the client's skin during the treatment, they can be brushed off using the thread. Check the treatment area throughout to ensure that the hairs are being removed correctly and evenly. You should also repeatedly check that the eyebrows are symmetrical if you are making slight changes to the eyebrows' shape. Ensure that you confirm with the client that they are ok during the treatment. Once all the hairs are removed to your satisfaction, apply an antiseptic soothing lotion to the area using a clean, damp cotton wool pad. Ensure that any loose hairs are wiped off at this point.

Tweezing and Make-up Application Technique

Introduction

You will have now completed your client consultation and the first three stages of the treatment - brow tinting, waxing and threading. At this stage you are ready to move onto the finishing touches of tweezing and applying makeup.

Tweezing Technique

If the hair is coarse or the client is known to be prone to blood spotting you should ensure that you wear disposable gloves. Start with any remaining hairs between the brows at the top of the nose: starting here is often more comfortable for the client. Use the fingers of one hand to stretch the skin whilst you use the other hand to tweeze out the stray hairs. Remove the hairs close to the mouth of the hair follicle and try to be quick and efficient with your tweezing. Remember to remove the hairs in the direction in which they grow. Place the stray hairs that you take out onto a piece of tissue.

Treating one brow at a time, stretch the skin at the main body of the brow before removing any remaining stray hairs from underneath the brow. This is a very sensitive area so ensure that you stretch the skin so it is as taut as possible. It is important to remove these hairs in horizontal lines. Keeping the skin stretched as you remove hairs will minimise discomfort.

Remove any hairs which look untidy, but be careful that you do not reduce the size of the brow too much or it may look very thin and unflattering.



Soothing Lotion

Keep wiping over the skin throughout the treatment using an antiseptic to keep the area clean and to soothe the skin. Apply some more of the antiseptic soothing lotion onto each area of skin as you finished tidying up that area. Suitable soothing products come in the form of gels or creams and usually include ingredients such as aloe vera or witch hazel. Before applying a soothing product, you should check whether the client is likely to have any allergies to the ingredients. Always select a gentle product as the area is likely to be sensitive. You should always use the product as the client requires, and following the manufacturer's instructions.

Eyebrow Shape

Throughout the service you can keep checking how the shape of the brow is coming along by brushing the brows into shape and looking at them. You can also measure them again using an orange stick and the techniques mentioned in Module 8: Eyebrow Shaping. Once you have shaped both of the brows, check them against each other to ensure that they are even and balanced and check that the client is happy with the shape.

Applying Makeup Technique

The makeup you will apply at this stage will need to be specially designed for brow defining treatments, and therefore safe to use directly after hair removal. Advise the client not to apply any 'top up' make-up, or use any strong products over the area for twenty four hours as the follicles will still be open.

Applying Makeup Technique - Eyebrow Powder

The first step is to brush the eyebrows. Then use an eyebrow powder to fill in any areas where the hair growth is sparse, you should use a small, angled make-up brush to apply this. Make sure you apply the eyebrow powder in outward strokes from between the bulb and the arch of the brow to the tail. Use a feathering motion with the brush instead of creating long lines.

Once you have filled in the sparse areas blend a little powder over the whole brow in short strokes. Begin at the middle of the brow and make outward strokes with your brush, ensure that you do not fill the bulb of the brow (the section nearest the nose) in with too much powder as this can look very unnatural.

Use the eyebrow powder sparingly, it is much easier to add a little more than to wipe it all off and start again.



Applying Makeup Technique - Pencil

If your client requires a more defined look, or has over- tweezed brows or brows with many sparse areas, you can use an eyebrow pencil with a creamy formula and a fine tip, to create a defined, precise brow. Again, you should brush the eyebrow hairs upwards first, then use a feathering technique with the pencil. You should be especially careful not to create harsh lines when using a pencil as this can look very unnatural and dark.

Applying Makeup Technique - Concealer

Once you have completed the brow itself, use an anti- inflammatory powder concealer in the client's skin tone above the brow and in a shade or two lighter than the client's skin tone below the brow. This will create a highlight on the brow bone. Blend the concealer in carefully but thoroughly to ensure that the eyebrows do not look too 'framed'. Finally, apply some brow gel using upward strokes to keep the hairs in place.

Treatment Results

Definition brows can be maintained through regular treatments where any stray hairs or hair regrowth is removed following the new shape of the brow, and the tint is refreshed. When you have completed the treatment, and your client's brows are looking perfect, show the results to the client using a mirror. Ensure that you check with them that they are happy with the end result.

Aftercare

Once the treatment has been completed you should check that the client is happy before giving them aftercare advice. This should be clear and thorough, and where possible this should be given in writing. This can include advising the client about any retail products which may be beneficial to them.

Aftercare is very important in order to prevent sensitivity or problems after the client has left your treatment room. You should make sure you give any advice and recommendations accurately and constructively. Make sure the client understands the aftercare advice, and always provide a written explanation for extra clarity. You should make sure that the aftercare advice you offer is specific to your client's needs, based on the treatment they have just had. Always ensure that the client has plenty of opportunity to ask any questions about their treatment or aftercare.

These eyebrow treatments will not involve a great deal of homecare, but you should make sure the client is aware how best to extend the effects.



You should give the client the following aftercare advice for the first 24 to 48 hours after their treatment:

- Avoid heat and friction.
- Do not take a hot bath or shower; keep the temperature of the water cool to lukewarm only. Do not use perfumed bath or shower products.
 - Do not use saunas, hot tubs, steam rooms or infra-red lamps.
 - Do not use a sunbed.
- Do not apply fake tan or have a professional spray tan treatment.
- Do not attend the gym or participate in any other form of exercise/dance class.
 - Do not touch the brows with unwashed hands.
 - Do not scratch the area as a secondary infection may occur.
 - Do not go swimming.
- Do not apply powders or lotions to the area, except those recommended by the salon, a medical practitioner or a pharmacist.

Aftercare and Retail Sales - Lash and Brow Tinting Once a tint has developed and the treatment has been completed it becomes waterproof and so is easy to look after. To maintain the look, the client should leave no more than a four to six week interval between treatments. However, clients should be warned that regular swimming in chlorinated water may reduce the life of the tint.

Aftercare and Retail Sales - Eyebrow Waxing and Threading

After an eyebrow shaping treatment the client may experience some slight erythema which should disappear quickly. The client should refrain from applying make-up until the redness reduces. If it persists, or if the client is concerned about the risk of infection, they should use a soothing antiseptic cream. This is especially important during the first 3 - 4 days after the treatment. Hands should always be washed before applying the cream onto the area. Alternatively, the lotion can be applied using lint free pads. Highly perfumed products should be avoided as these may cause irritation. When the skin has completely calmed down the client can reduce the risk of ingrown hairs by using a facial exfoliant on a regular basis.

Allergic Reaction

In the case of tinting, a common contra-action is an allergic reaction. Whilst a sensitivity test should pick this up, some clients may develop an intolerance after a few treatments. If an allergic reaction does occur, the tint should be removed and the area rinsed with cold water. The client should contact their GP if the reaction is severe and symptoms persist.



Maintenance Appointments

Clients should be made aware that after an initial definition brows treatment, only shorter maintenance appointments will be required. Further brow defining treatments will need to be kept up about every 4 weeks if the client wishes to continue with the desired look on a long-term basis. You should make a note of the client's thoughts on their treatment and any reactions they may have had in order to offer more effective future treatments. This will ensure any therapist in the business will be aware of products they cannot use on that client.

Home Care Routine

After the treatment has been completed you should explain to your client what products you have used and why. You can then go on to recommend products that would be suitable for them to use at home and advise them what their full home care routine should be. You should be sure to clearly explain how and when to use each product. Before your client leaves, you should ensure that you update their record card thoroughly and properly.

