

MONJUSKIN



BOTANICAL WAXES

TRAINING MANUAL



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Welcome

At MONUSKIN we believe that what you put on your body should be as healthy and natural as what you put into it. From the finest natural ingredients to the best professional skincare and treatments, MONU strives for the highest standards

Quality, Purity, Authenticity

Our skincare products are designed to bring out the best in you, using the best of nature. Enjoy unique formulations that utilise the special properties of pure, natural ingredients using plants, herbs, minerals and essential oils.

We have over 30 years' experience of blending natural ingredients to create the ultimate products and treatments, trusting the powerful properties nature has to offer. Our products use some of the most advanced and intelligent actives to ensure the best results for you.

As you would expect, MONU formulations are cruelty free and use only natural essential oils in our fragrances and colourings, for the finest, British-made skincare.



As a true British brand, MONU Skincare's manufacturing and training site is set in the heart of the beautiful Cotswolds, in the ancient town of Cheltenham Spa.

The site is only minutes from the town centre which is easily accessible by train or car (M5 Jct 10).

**MONU SKINCARE
HEADQUARTERS
Unit 32-33 Malmesbury
Road, Cheltenham Spa,
Gloucestershire GL51 9PL**



Ingredient Policy

Bringing out the best in you, using the best of nature

Our Promise

You have our assurance that our products use only safe and proven ingredients to ensure that they are suitable for even sensitive skin.

Our products and ingredients are not tested on animals by us, or on our behalf. We use no irritating sulphates or synthetic colours.

We are proud to use only 100% natural essential oils to provide the unique aromas for which our products are known and loved.



We eliminate poor quality ingredients from our products; therefore we commit to –

No Artificial Colours

No Artificial Fragrance

No SLS(Sodium Lauryl Sulphate)

No Lanolin

RESEARCH & DEVELOPMENT

As a result of direct supervision of our world class formulator and continuous research based on the latest international scientific data, MONU Skincare occupies a leading position in the skincare Industry.

We use advanced manufacturing processes to ensure our products deliver actives to the skin in a controlled and effective way.



Why our stockists choose MONUSKIN

MONU heritage

A British company first founded in 1980, with over 40 years experience in the cosmetic industry.

MONU quality in product manufacturing

Our products contain **natural ingredients** including plant extracts and locally sourced essential oils.

No animal testing – all of our products are tested on human volunteers, not animals. We also ensure that none of the ingredients used within our products are tested on animals.

Our products are **locally manufactured** within the UK, therefore there are no export costs.

Recyclable packaging – all of our glass, plastic and aluminium bottles and tubes are recyclable. All our cartons are recyclable and are made from bleach free board. We source all our paper products from sustainable forests.

No airfreight policy.

MONU advanced manufacturing

We use advanced manufacturing processes within products to ensure they deliver the actives to the skin, in a controlled and effective way.

Our products were created by a beauty therapist, for beauty therapists, therefore created with client and therapist in mind.

Over the past few years the brand has been refreshed, new products and ingredients introduced and a selection of prestigious ranges have been created under the supervision of our world class formulator.

The outcome is a British beauty brand like no other.



Create an affordable skincare range.




Provide products that are not tested on animals, either by us or on our behalf.



Build a British brand like no other.



Use ingredients extracted from natural sources.



By partnering with **MONUSKIN**, you will have the support you need to grow as an aesthetic therapist, and as a business.



Feel reassured about gaining insurance cover, receive adequate knowledge and training, offer clients cutting edge technology, and receive the support you need as a therapist.



At MONUSKIN we offer you finance opportunities on purchasing, full training with purchases and Marketing support.



Be sure to book your launch event in today to help get your MONU Professional treatment courses selling, and your clients looking fabulous!

We consider a purchase from MONUSKIN to be the beginning of a valued partnership

Salon Cleanliness

Sanitising and disinfecting in between clients has always been part of the industry protocol. It may have been overlooked in the past, especially in busier periods, but it's not something that can be overlooked whilst COVID infection is still a risk.

Waxing stations should always be clean and presentable; **the station and non disposables, including bottles, should be disinfected in between clients** and the necessary disposables for the individual treatment should be kept at your station and refilled after each treatment.

It is inevitable wax will spill on your heater and possibly station. It may seem like time is of the essence, but it is best and easiest cleaned while the heater/wax is still warm.

It is important to remember that whether you are just starting out or you are a well established salon, beauty room or training school **hygiene standards and protocols should always be followed** and reviewed regularly to ensure the safe operation of your business.

Before each treatment the client should be invited to freshen up in privacy through the provision of complimentary sanitary wipes and anti-bacterial hand wash.

Your hands come into contact with more items throughout the day than any other part of your body. Consequently they can pose the biggest risk, to not only your health, but your clients health too. **It is vital that you wash your hands with antibacterial soap regularly** throughout the day and **before and after each and every client** appointment and wear disposable gloves during each treatment.



At MONU we use our **Pre Wax Cleanse** on the skin before performing our wax treatments. This helps to prepare and clean the area in preparation.

No Double Dipping Some therapists will 'double dip', which is when the same spatula is repeatedly used in the pot of wax after each application. **Double dipping** can transfer dead skin cells, hair and bodily fluids into the wax pot causing cross contamination between clients. It is extremely bad practice and **should never ever be done**. Disposable spatulas should always be used to apply the wax to the skin and a fresh spatula should be used every time you dip into the wax pot.

After completing the treatment **dispose of all items** (spatulas, gloves, wax strips , wipes and couch roll) in a **clinical waste bin**.

Treatment beds should be cleaned between every treatment using the correct cleaning product for the surface to ensure a clean and sterile surface. Once sanitised the treatment bed should be covered with disposable couch roll paper, which protects the surface of the bed from spills and shows the client that the treatment area is clean.

The structure of the skin

It is estimated that our skin is made up of around 70 trillion skin cells making it the largest organ of the body. It gives us our shape by supporting all of our internal organs, bones and blood and provides a waterproof covering. The thickness of the skin can vary, the thinnest skin is around the eyes and eyelids, and is approximately 0.5mm, the thickest skin is found on the soles of the feet and can be up to 4mm in thickness. The epidermis is a vascular, nourished by diffusion from the dermis below it.



Skin Structure - Epidermis

The epidermis is made up of six layers, each plays a different part, and these layers are called

Stratum Germinativum – This is the deepest layer of the epidermis, also known as the Stratum Basale. It is within this layer that a process called mitosis takes place. Mitosis means cell division and that's exactly what happens, the cells divide making more new fresh, plump cells, it is here when the cell are first created that they are at their most receptive. As this process of mitosis happens, the older cells start to move upwards through the layers towards the surface. In this layer, blood vessels connect to the dermis and this is where, through deep product penetration to the epidermis, we are able to communicate with the dermis via this layer. The Stratum Germinativum also contains melanocytes; these are melanin producing cells which provide the body its natural protection against harmful UV rays.

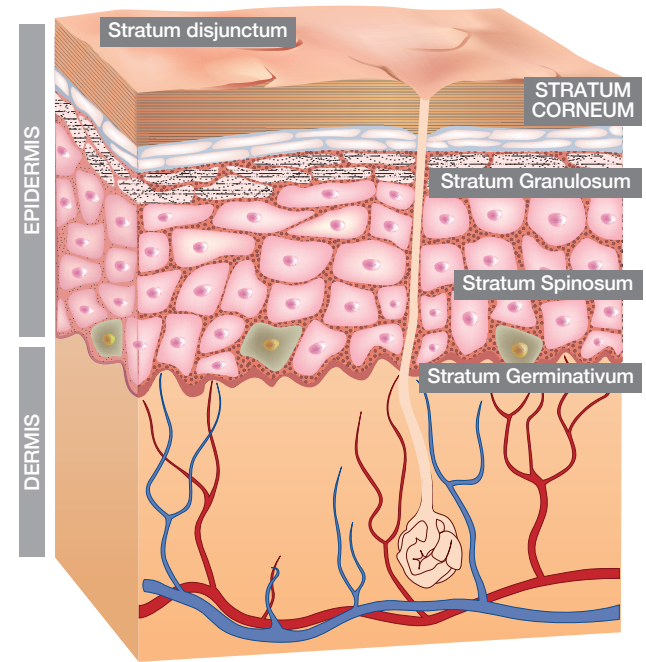
Stratum Spinosum– This is where the first stage of keratinisation takes place. Cells are pushed up from the Stratum Germinativum and begin to flatten slightly then start to synthesis keratin. This layer is also known as the prickle cell layer. Lipids are present in this layer; these lipids create a hydrolipidic barrier between the Stratum Granulosum and the Stratum Lucidum, which prevents dehydration.

Stratum Granulosum – Also called the granular layer, it is in this layer that keratinisation continues, the nucleus within the cells become void and starts to fill with keratin. The cells flatten further and continue to move up into the next layer.

Stratum Lucidum – This is a clear layer and has 2-3 layers of irregular clear flat cells. The Stratum Lucidum only tends to be found in thicker skin, therefore is commonly found on the soles of the feet and the palms of the hands.

Stratum Corneum - This layer is made up of between 15-20 layers of completely flattened cells, these cells are full of the protein keratin. This is the last part of the life cycle of the cell, which will eventually be shed from the skins surface. The keratin within these flattened cells, help to absorb water helping to keep the skin hydrated and preventing water from evaporating.

The Stratum disjunctum - This is the outer most layer and is part of the stratum corneum. The dead skin cells from this layer shed naturally over time. We lose between 30,000-40,000 dead skin cells from this surface daily, therefore the skin is constantly renewing itself. The desquamation process unfortunately slows over time the older we get.



The renewal of skin cells, or **Keratinisation**, on average takes 28 days, however, after the age of 36, your age represents the number of days the process of keratinisation takes.

Function - Epidermis

The whole process of a single cell moving up through the layers of the skin, takes approximately 28 days.

The epidermis is connected to the dermis by an undulating surface, due to this undulating surface; it gives a larger surface area, where all biological changes and nutritional exchange can take place. As we age, the epidermis and dermis start to separate, therefore causing all chemical reactions and processes to slow down quite dramatically, a classic example of this would be skin healing. When we are young, if we cut or graze the skin, it heals very quickly without too much trouble, however as we age, the process of healing can take much longer, meaning the skin is susceptible to infection. Therefore as we age, it is even more important to ensure we are taking care of our skin and treating it correctly.

The epidermis has a chemical protection called the acid mantle on its surface. The acid mantle is made up of sweat and sebum and these acts as a fungal and bacterial deterrent. The acidity of the skin helps to neutralise the chemical effects of contaminants, this is why skincare products are slightly acidic so as not to disrupt the skins balance. Free radicals constantly attack our skin and can weaken this natural barrier; this is why it is so important to protect our skins from the sun.

Skin Structure - The Dermis

Within the dermis there are two layers, the lower layer is called the reticular layer, it is this layer that gives the skin its overall strength and elasticity, it has coarser elastin fibres and denser collagen bundles.

Above the reticular layer is called the papillary layer. This layer contains smaller looser collagen and elastin fibres. This layer has a rich blood supply and nerve supply which provides the basal layer (or Stratum Germinativum) of the epidermis with sensation and nutrients.

Function - The Dermis

Within the dermis are a number of specialised cells, all with important functions to carry out. Eccrine glands are the primary sweat glands of the human body; they produce a clear, odourless substance consisting mainly of water. Hair follicles are also found in this layer, attached to the hair follicles are little muscles called erector pili, these muscles lift the hair when the body gets cold to trap warm air and retain heat, and as you would expect, the muscles relax to flatten the hair to cool the body.

Nerves are also located in the dermis and enable the body to respond to pain, temperature, touch and pressure.

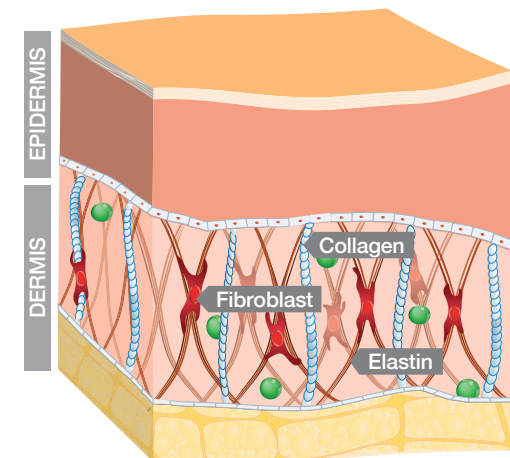
The proteins **collagen and elastin** are found in both layers of the dermis, but both have different effects on the body –

Collagen – Maintains the tone and structure of the skin because the molecules are rigid and

resistant to stretching. It is made up of three polypeptide chains wrapped around one another as a triple helix.

Collagen is formed in **fibroblasts** within the dermis, this can breakdown within the skin. The main cause of this is due to the enzyme Collagenase. This breaks down old collagen at a precise rate, however, this rate speeds up with sun damage, exposure to free radicals, age and UVA exposure (which is an inhibitor).

Elastin – Gives our skin resilience, keeping it toned, tight and springy. Like collagen it is produced by fibroblasts and forms a network of elastic tissue. The breakdown of elastin is what causes the skin to sag. Again, like collagen, elastin can also breakdown, the enzyme elastase is responsible for this breakdown under normal conditions, however with free radical attack, advanced ageing and sun exposure, this breaking down process will speed up resulting in an increased loss of elasticity within the skin.



A close-up photograph of a woman's legs. She is wearing a green dress with a silver buckle. Her hands are applying a white wax product to her right leg. The background is blurred green foliage.

Understanding Hair Growth

There are 3 basic stages to hair growth.

Anagen - active growing

Catagen - transitional

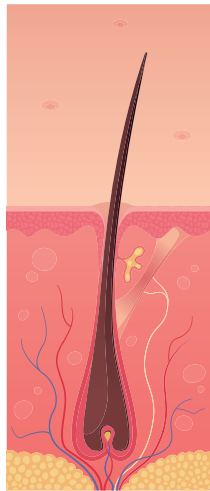
Telogen - shedding/resting.

Luckily for us, all three stages are happening simultaneously, but at different times. The average human should lose between 40-120 hairs per day. The average loss begins to increase with age and most people who are “mature” will lose between 80-150 hairs per day.

For an electrolysis treatment to be effective, we need to treat the hair in its Anagen phase.

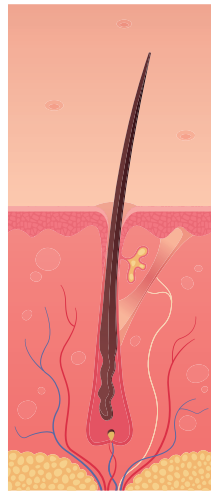
The 3 stages of hair growth

ANAGEN STAGE: *Active growing*



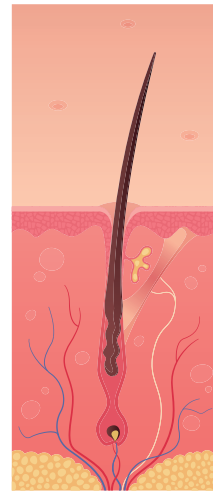
Can last between 2 and 10 years with a rate of 1/4 to 1/2 inch per month- this is the stage most of us notice and are concerned with. 80% of the hairs on our bodies are in this stage.

CATAGEN STAGE *Transition*



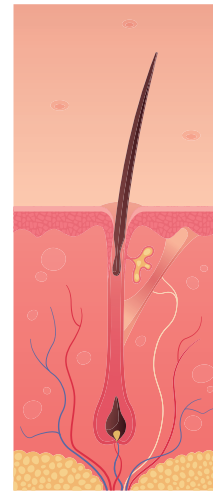
Root sheath begins to loosen, hair is being readied to shed. Another hair is beginning to form deep below the skin to help push the Anagen hair out. 10% of our hair is in this stage.

TELOGEN STAGE- *Resting*

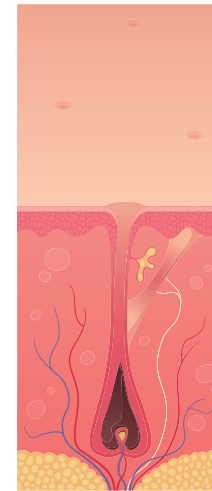


The root sheath that holds the hair into the follicle has completely loosened and is no longer attached. The hair is just waiting for the opportunity to fall out or be shed. A shower, brushing your hair or combing your fingers through may be enough to pull out this hair and make way for the new hair waiting to emerge. 10% of our hair is in this stage.

TELOGEN STAGE *Shedding*



EARLY ANAGEN *Active growing*



Follicle returns to growing stage

Methods of hair removal

Shaving | Plucking | Depilatory Creams | Hot Waxing
Threading | Laser Hair Removal | Electrolysis | Medications



Application of Strip wax treatment



Strip wax is what most people think of when you mention waxing. It's runny wax that's applied in a thin layer using a disposable wooden spatula stick. Hair is then immediately removed by rubbing a disposable strip against it and quickly peeling it off. Strip wax is used for larger areas as it is much quicker to apply and remove. It's almost always used for areas like legs, arms and back. It's generally better for thicker or less sensitive skin as it grips strongly to both the hair and skin. When used on sensitive skin, it can lead to bruising, tearing and ingrown hairs



BENEFITS OF USING STRIP WAX

Speedy application

No sticky residue

No skin drag.

Strip wax is ideal for areas with thicker and less sensitive skin, such as the arms, legs, shoulder and back.



Application of Hot wax treatment



Check the temperature of the wax first on yourself and then on the client, and once you have established that the temperature is ok, apply your wax in a small square with the first application being against the hair growth and further build the wax patch up with the hair growth.

Establish a thick edge to the wax ready for removal. You may apply a couple of patches at a time but ensure there are gaps between each patch so as they don't all remove together. If doing the bikini area you can always apply a patch each side at a time.

When removing the patch take your fingertips underneath the edge of the patch and flick the end up, then remove the patch in the direction going against the hair growth. When all hair has been removed soothe the area with an after wax preparation. The most uncomfortable part of hot waxing (if you were to claim there was any) is 'flicking up' the edge of the wax in order to remove the patch, but as a procedure it is not painful at all and is much kinder and more gentle to the skin in delicate areas making it the perfect choice for client comfort.



Hygiene is paramount and during an intimate wax procedure it is crucial that you wear gloves – due to the chance of blood spotting and the exchange of other bodily fluids. It is also crucial that you DO NOT double dip your spatulas. Either use the drizzle method or use a new spatula for each application



BENEFITS OF USING HOT WAX

Hot wax will remove short hairs. This is particularly advantageous for facial waxing, as it means clients can have the hair removed more often and will feel less conscious and embarrassed about their facial hair.

Hot wax is recommended for intimate waxing.



For the best hair removal and happy skin.

Here at MONU we are proud to be experts at restoring and rejuvenating your skin- from head to toe. Our collection of nourishing, healing and caring natural skincare has been loved by skincare professionals and skincare lovers for nearly 40 years. We formulate our collection using only natural, active, cruelty free ingredients working with the best plants, herbs, minerals, and essential oils to keep your skin glowing and beautiful.

MONU is now taking this highly regarded 'know how' of natural active skincare into Waxing – which means that with our years of skin expertise and understanding we can now provide both successful hair removal and happy skin.

MONU STRIP WAX – a Vegan formulation infused with Aloe Vera – known for its wonderfully soothing and moisturising properties.

MONU HOT WAX- A superior quality wax infused with Plums. An under rated super fruit which holds the key to healthy, glowing skin. Its high fatty acid content helps to seal cracks in the skin barrier and maintain moisture in addition to its properties of pro vitamin A and E which help nourish parched skin and increase cell turnover.

MONU Wax will ensure you are maintaining the gold standard of our natural skincare through to most premium natural vegan waxing options for smooth long-lasting results.



Actives

MONU Wax – like our skincare will be formulated using highly effective, cruelty free plant-based ingredients resulting in smooth hair free skin for up to six weeks.



Wild Plum

This superfruit oil is a potent concentration of antioxidants which brightens and plumps the skin, protects against radical damage and oxidative stress. It also aids cellular repair, sebum production and skin cell turnover. Full of omega fatty acids, vitamin A and E – it is a truly hydrating elixir, replenishing the epidermis for a more supple, nourished and hydrated skin. With its subtle but powerful healing properties caring for sore or cracked skin plumb oil is a super charged botanical and one of beauty's best kept secrets – until now!



Karite Butter

Also known as Shea Butter - this beautiful active is made from the oil extracted from the fruit of the Karite tree. Working as an emollient it both softens and hydrates the skin. Karite contains several types of fatty acids (including lineoleic, oleic, palmitic and stearic acid) in addition to being rich in Vitamins A & E and packed with antioxidants. This combination of fatty acids, skin caring vitamins and antioxidants not only protect the skin's natural barrier, but has the added benefit of having anti-inflammatory properties- so is soothing and moisturising at the same time



Aloe Vera

A well-loved staple for soothing sunburned skin – This cactus plant – that naturally grows in arid climates- has nearly 200 different actives – including vitamins, minerals, enzymes, salicylic and amino acids. So, whilst we love it for its cooling properties – it is also incredibly hydrating - a perfect ingredient for dry skin. Its ability to help replenish and retain moisture in the skin, also stimulates the production of hyaluronic acid and the collagen and elastin fibres in the skin- thereby aiding both firmness and suppleness in the skin. Aloe will also act as an antiseptic – when the skin barrier is broken it may be prone to bacterial infections- hence Aloe be the first aid of skincare.



Argan Oil

This oil comes is extracted from the kernels that grow on the argan trees native to Morocco. Moroccan women have long known and loved the healing properties of argan oil. The abundance of Vitamin E makes this active ingredient a wonderful moisturiser – helping improve water retention in the skin. Its also has powerful antibacterial and fungicidal properties making it a hugely effective active protecting against bacterial infections. This is a superhero amongst oils – multipurpose- it hydrates, soothes and heals dry or stressed skin whilst helping to balance the sebum levels in your skin, so skin is never overly oily – just beautifully balanced, smooth and plumped.



Cupuaçu Andiroba

This is a natural butter made from the fruit seeds grown on the Cupuaçu tree – native to tropical rain forests from the Amazon basin. Whilst not widely known - it is increasingly becoming recognised as one of the most powerful and antioxidant rich moisturisers- whilst also alleviating rashes and skin inflammation. Packed with vitamins A, C and E- it benefits the growth of new skin cells – thereby speeding up the recovery process of stressed skin.

MONU STRIPWAX

Infused with Aloe Vera

This luxurious shimmering sage coloured wax, which has a low melting point, ease of application and exceptional client comfort takes waxing to the next level with its incredible adhesive properties and virtually no skin pull. Infused with Aloe Vera to help replenish and retain moisture within the skin along with ensuring ultimate client comfort when removing the shortest and most stubborn of hairs.

Directions for use for the best hair removal and happy skin:

1. Remove the lid and heat using wax heater. Do not heat in a microwave.
2. Using a spatula, apply wax in a thin coat following the direction of the hair growth.
3. Apply paper or fabric strip to the wax and remove against the direction of the hair growth.

For best results we recommend using MONU STRIPWAX- Infused Aloe Vera with MONU pre and post wax care products.

⚠ CAUTION:

External use only. Cosmetic use. Test the temperature of the wax before applying to ensure it is not too hot. Do not use on damaged, sensitive or broken skin.

⚠ WARNING:

Very hot wax can cause burns. Do not inhale fumes from the heated product. Avoid contact with the eyes. Keep out of reach of children.

For best results it is recommended that MONU STRIPWAX- Infused Aloe Vera is used with MONU pre and post wax care products.





MONU HOT WAX

Infused with Natural Wild Plum

A fast-drying hypoallergenic wax infused with plum botanicals for ultra-sensitive and fragile skins. Its low melting point, ease of application and exceptional client comfort takes waxing to the next level with its incredible adhesive properties, flexible texture and virtually no skin pull. A user friendly, fast efficient, peelable hot wax used without the need for removal strips and ideally suited to the efficient removal for more stubborn hair from treatment areas such as underarm, lips, brows and more intimate areas. A high-quality formula which promises super smooth results

Directions for use for the best hair removal and happy skin:

Place the beads in a suitable wax warmer and heat until melted. Using a spatula, spread a reasonable layer of wax onto the area to be treated in the direction of the hair growth. Allow a short period to cool and then holding the skin taut, place fingertips underneath the edge of the patch and flick the end up, then remove with a firm action in the opposite direction of the hair growth.

⚠ CAUTION:

External use only. Cosmetic use. Test the temperature of the wax before applying to ensure it is not too hot. Do not use on damaged, sensitive or broken skin.

⚠ WARNING:

Very hot wax can cause burns. Do not inhale fumes from the heated product. Avoid contact with the eyes. Keep out of reach of children.

For best results it is recommended that MONUWAX is used with MONUWAX pre and post care products.

MONU STRIPWAX

True Blue infused with CUPUACU AND ANDIROBA

This luxurious true-blue shimmering wax has a low melting point, ease of application and exceptional client comfort takes waxing to the next level with its incredible adhesive properties and virtually no skin pull. MONU STRIPWAX-True Blue infused with CUPUACU AND ANDIROBA wax removes the shortest and most stubborn of hairs comfortably. For the best hair removal and happy skin.

Directions for use for the best hair removal and happy skin:

1. Remove the lid and heat using wax heater. Do not heat in a microwave.
2. Using a spatula, apply wax in a thin coat following the direction of the hair growth.
3. Apply paper or fabric strip to the wax and remove against the direction of the hair growth.

For best results we recommend using MONUWAX VEGAN STRIP WAX with MONUWAX pre and post care products.

⚠ CAUTION:

External use only. Cosmetic use. Test the temperature of the wax before applying to ensure it is not too hot. Do not use on damaged, sensitive or broken skin.

⚠ WARNING:

Very hot wax can cause burns. Do not inhale fumes from the heated product. Avoid contact with the eyes. Keep out of reach of children.

For best results it is recommended that MONUWAX is used with MONUWAX pre and post care products.



MONU HOT WAX

Infused with Karite and Argan Oil

Infused with a blend of Karite and Argan botanicals for ultra-sensitive skins. A fast-drying hypoallergenic wax, low melting point, ease of application and exceptional client comfort takes waxing to the next level with its incredible adhesive properties and virtually no skin pull. A user friendly, fast efficient, peelable hot wax used without the need for removal strips and ideally suited to the efficient removal for more stubborn hair from treatment areas such as underarm, lips, brows and more intimate areas. A high-quality formula which promises super smooth results

Directions for use for the best hair removal and happy skin:

Place the tin in a suitable wax warmer and heat until melted. Using a spatula, spread a thin layer of wax onto the area to be treated in the direction of the hair growth. Allow a short period to cool and then holding the skin taut, remove with a firm action in the opposite direction of the hair growth.

⚠ CAUTION:

External use only. Cosmetic use. Test the temperature of the wax before applying to ensure it is not too hot. Do not use on damaged, sensitive or broken skin.

⚠ WARNING:

Very hot wax can cause burns. Do not inhale fumes from the heated product. Avoid contact with the eyes. Keep out of reach of children.

For best results it is recommended that MONUWAX is used with MONUWAX pre and post care products.



Retail Products

A unique wax range focusing on quality manufacturing and the best ingredients for skin health.



Hand held heater



Roller wax 2x- Aloe and Karita



Skin Wash 300ml



Face & Body scrub 180ml



Recovery Balm 180ml



Aloe Gel 180ml



Hand & Body lotion 180ml



Ingrown Hair Serum 15ml

Contra-indications

Waxing is never performed on clients taking Accutane and is not recommended for clients taking Retin A, Renova, Differin or other types of skin thinning acne medications.

Sunburned, irritated or areas with open skin cannot be waxed.

Moles cannot be waxed.

You must wait a minimum of seven days before waxing after a light chemical peel or Microdermabrasion.

Waxing cannot be performed if you have been in a tanning booth the same day.

Waxing cannot be performed if you have had laser skin resurfacing within the past year.

Waxing cannot be performed if you have had a physician administered peel within the past two years.

If irritation should occur, it is recommend you use an antibiotic ointment such as Neosporin to keep the area continually moist to avoid infection and scabbing.

No sun/tanning booths for 2 days following a waxing treatment. Extra precaution should be taken if using tanning accelerators. Wait 2-3 days to wax before/after tanning with accelerators.

Avoid hot baths for 24 hours following a body waxing treatment.

Avoid abrasives for 24 hours following a waxing treatment.

Avoid deodorants for 24 hours following an underarm waxing treatment.

Women may experience extra sensitivity to waxing up to a week prior to the beginning of their menstrual cycle.



INSURANCE

Ensure you have adequate Liability Insurance in place in the event an accident does occur. By completing your waxing qualification you will be certified and therefore recognised by Insurance Providers.

Client Consultation Card

To help us treat you safely please answer the questions below.

Please tick as applicable:

You have taken Accutane in the past year	Yes <input type="radio"/>	No <input type="radio"/>
You are currently using Retin-A, Differin or Renova	Yes <input type="radio"/>	No <input type="radio"/>
You are taking any medication that causes photosensitivity	Yes <input type="radio"/>	No <input type="radio"/>
You frequently use tanning beds	Yes <input type="radio"/>	No <input type="radio"/>
You currently have areas of sunburn	Yes <input type="radio"/>	No <input type="radio"/>
You are Diabetic	Yes <input type="radio"/>	No <input type="radio"/>
You are Pregnancy and/or breastfeeding	Yes <input type="radio"/>	No <input type="radio"/>
You have skin diseases and infections	Yes <input type="radio"/>	No <input type="radio"/>
You have cuts, abrasions, bruises	Yes <input type="radio"/>	No <input type="radio"/>

Please tick if you currently have, or have had, any of the following medical conditions that could compromise your skin or the services being offered :

AIDS/HIV	Yes <input type="radio"/>	No <input type="radio"/>
Eczema/Psoriasis	Yes <input type="radio"/>	No <input type="radio"/>
Cold Sores/Fever Blisters		
Hepatitis	Yes <input type="radio"/>	No <input type="radio"/>
Herpes	Yes <input type="radio"/>	No <input type="radio"/>
Varicose Veins	Yes <input type="radio"/>	No <input type="radio"/>
Cancer	Yes <input type="radio"/>	No <input type="radio"/>

We will not be able to safely offer a wax treatment if you are using any of the following medications:

Accutane | Adapalene | Isotretinoin | Retin-A | Renova | Allustra | Avita | Tazarotene | Tretinoin | Avage | Differin

You may experience skin sensitivity/thinning, which can result in skin lifting from the following:

Sunburned skin | Pregnancy | Menstruation | Retinol | Antibiotics | Medical conditions not listed above | Medications not list above

Client Name

Client Consent

This declaration is to confirm that your therapist has fully explained the effects, and possible side effects of waxing treatments. It also confirms that you have answered the medical questionnaire thoroughly and will update your therapist should your health status or medication change and that you accept full responsibility for any adverse reaction you may experience.

Signed

Date

Please print name

Therapist Signature

Parent/Guardian Consent (for clients under 18 years)

I hereby give authorisation for the above named minor to receive agreed waxing treatment

Signed

Date

Please print name

Relationship to named minor

Pre-care



It is important that you perform a thorough visual inspection of the area that needs waxing. Check for signs of broken skin or inflammation. When you detect a wound or open skin, it's best to delay waxing until the skin is completely healed.



Allow the hairs to grow first, but not too long. The hair must be long enough for the wax to grip it and pull it out effectively. The wax will be unable to grip the hairs if they are too short. Consequently, the wax will have a difficult time to adhere to the hairs if they are too long. It is also more painful to pull out if the hairs are too long. Ideally, wait for two to three weeks or until the hair is about a quarter of an inch before you perform or schedule a waxing session.



Do not forget to exfoliate before waxing. Ideally, exfoliate the skin to be waxed a day or two before your scheduled appointment. Do not use rough exfoliators before waxing. Make use of a soft washcloth soaked in warm water to gently exfoliate the skin. Do not rub too hard as this may result in breaks on the skin.



Moisturise the skin a few days prior and on the day of waxing. A well-hydrated skin allows for the wax to release more easily and with less pain. Do not overly moisturise the skin, too as a thick coat of moisturiser can harm the wax's grip into the skin.



When waxing the bikini area, make sure that the skin in this region is cleaned thoroughly. Waxing is a hair removal method that leaves the skin more prone to infection. Areas of the body that are naturally warm and moist are more vulnerable to bacterial growth and infection.



If you use skincare products that contain retinol, it is advisable to temporarily stop using them at least two weeks before your scheduled waxing appointment. Retinol-based products make the skin vulnerable to injury, especially during waxing sessions.

Preparing your waxing area

A waxing trolley should be clean and hygienic and set up with the following equipment easily to hand.

Wax Heater

Strips

Pre-Depilatories

Post-Depilatories

Applicators

Aloe-Based Gel.



Aftercare

Please follow the guidelines below to ensure your client's skin is cared for properly over the next few days.



Keep the waxed area clean, and avoid heat and friction during the next 24 - 48 hours.

No hot baths or showers (cool to lukewarm water only).

No saunas, hot tubs, massage or steam treatments.

No tanning (sunbathing, sun beds or fake tans).

No sport, gym work or other exercise.

Avoid scratching or touching the treated area with unwashed hands.

Wear clean, loose fitting clothes.



Please note: some slight soreness, small bumps and redness are common and perfectly normal temporary reactions, particularly if this is your first wax. These symptoms should subside over the next 24 - 48 hours. If clients experience persistent redness or irritation, or if they have any questions, ensure they know how to contact you to discuss concerns.



Many thanks for attending
and good luck on the completion of
your course.

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