

Caronlab Australia

INTRODUCTION TO BODY WAXING MANUAL

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AUSTRALIA

**FOR A
BETTER**
education



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OUR story



Lilliane Caron
Founder & Educator
Caronlab Australia

Beauty therapists worldwide insist upon using Caronlab's superior salon waxes and accessories. It's founder Lilliane Caron's absolute dedication to therapist and client satisfaction that has seen the brand become Australia's leading salon wax manufacturer; who continually set the salon standard to which others strive.

The Caronlab brand had its beginnings over 30

years ago, in Lilliane's busy salon, which she still owns to this day. Working long hours, Lilliane became frustrated with the expensive, inferior, difficult to use waxes on the market; so she set about formulating her own range of hard and strip waxes.

Lilliane's premier range, Smooth & Remove, was unlike anything on the market at that time. It quickly gained a reputation amongst beauty therapists Australia wide for its advanced formulations, which made waxing easier and provided unrivaled results at a very reasonable price. It is still one of Caronlab's top selling lines, continuing to delight beauty therapists the world over.

Following the success of the Smooth and Remove range, and the development of a sophisticated waxing accessories line, Lilliane was further inspired to make the lives of beauty therapists easier. Her next opportunity lay in restoring therapists' confidence in hard wax, which had been overtaken in the eighties by strip wax due to its speed, efficiency and perception that it was more hygienic. Lilliane helped hard wax make a comeback by revolutionizing it, making it gentle and effective, so that it gripped to the hair without pulling the skin for exceptional waxing results.

A pioneer of Brazilian waxing in Australia, Lilliane is often asked to demonstrate her renowned technique to students and salons all over the world. The burgeoning trend for Brazilian waxing in the late nineties inspired Lilliane to create a XXX hard wax to meet the needs of beauty therapists, who she knew would be inundated with requests for Brazilian waxes.

So in the year 2000, following extensive research, Australia's No 1 selling wax 'Brilliance' was born. Brilliance, Caronlab's signature wax, is a unique XXX white wax with a creamy texture. It was an immediate hit and is famous for its exceptional flexibility which makes XXX and delicate waxing much easier. It will not go brittle or crack on the skin, delivering unrivaled results and giving confidence to even the most inexperienced beauty therapist. Brilliance is the envy of wax manufacturers' world over and many have tried, without success, to replicate Caronlab's advanced formula.

Since Brilliance, and the industry's return to hard waxes, Lilliane has developed a number of elite hard waxes that are pliable, non-brittle, gentle and safe to use on delicate areas of the face and body. Along with Brilliance, these waxes are the choice of top salons and spas worldwide.

Lilliane's dedication to the salon, therapist and client comfort saw in 2004, the development of Micro Defence. It revolutionized protection against germs and infection. It has a kill rate of 99% on contact with a wide range of bacteria, fungi and viruses including Herpes Type 1 & 2 as well as Hepatitis A & B. Available in a foam for the body and Spray for bench tops and equipment, Micro Defence is non-toxic, non-carcinogenic and environmentally friendly. Micro Defence has quickly become one of Caronlab's most popular accessories, with many therapists using it as their total salon hygiene solution, saving them time and money.

With Lilliane at its core, Caronlab continues to delight and inspire the beauty industry with the highest quality salon products. Lilliane's success is attributed to a high standard of customer service, training and customer support. Therapists can deliver every treatment in confidence knowing that Caronlab products care for the health, comfort and wellbeing of their clients as they indulge in their salon treatment.

With a wealth of knowledge, dedication, research and development, Caronlab is the only choice in professional hair removal products and accessories.

In her untiring quest to make beauty therapists' jobs easier, Lilliane continues to devote herself to salon innovation.

TRAINING workshops

Caronlab Workshops

Caronlab is more than just a wax manufacturer! We offer extensive training and support on all our product ranges in a one on one or workshop environment.

Lilliane and the highly experienced training team are dedicated to teaching her famous and unique waxing techniques including the 'Butterfly' and 'Secret Garden' to give therapists the confidence and ability to perform truly professional waxing treatments.

We offer the following waxing workshops:

- Caronlab Product Knowledge
- Introduction to Waxing
- Top to Toe Waxing
- XXX Demonstrations
- XXX Master Class
- Facial Waxing Basics
- Refresher Waxing Workshops
- Waxaway & Bump eRaiser Product Knowledge
- In-school presentations (Free of charge)

Workshops can be tailored to suit individual or salon needs. Please email training@caronlab.com.au for more information.



CARONLAB ENDORSED salons

Caronlab Endorsed Salons

Along with delivering industry leading training and education, we are also looking for Australia's best salons to be one of our Caronlab Endorsed Salons.

Being a Caronlab Endorsed Salon, means your clients will be at ease knowing they are getting the best wax every time, no matter where they are in Australia. No more hit and miss waxes! If it's Caronlab, they won't get it wrong!

*All workshops are supported by our endorsed product lines and feature the world renowned Lilliane Caron waxing technique.

HISTORY OF waxing

The beauty industry is an amazing world to be a part of. It's forever changing and expanding rapidly. Trends come and go and products that were once revolutionary now seem so mundane, as if there was never a time we didn't have these kind of luxuries at our finger tips.

Hair removal may not be considered the most glamorous aspect of the beauty world, most people prefer to talk about makeup tips, or which spray tan gives you a flawless finish. However, waxing is a multi-million dollar industry and is the bread and butter of most salons. The ease of waxing today is often taken for granted. Waxing has been around for centuries, and while it is not a revolutionary concept. The products and formulations that are now available are revolutionary, and should be recognised on just how far they have come. The transformation of waxes and other hair removal techniques over the past few decades is amazing and we should all take a minute to thank our lucky stars we have never had to use a sharp rock or pure beeswax straight from the hive to remove unwanted hair!

The Egyptians are known for being the 'trend-setters' for many beauty rituals. The woman of ancient Egypt used to remove all of the hair on their bodies, some including the hair on their heads! While hair removal these days is considered part of any beauty regime, purely for aesthetic reasons, it first originated in Middle Eastern countries in order to reduce parasites, fleas, lice and body odour which were all very common when living in such hot conditions. It has long been tradition that even the men are completely hairless. With few options, they made waxes out of sugar and beeswax and used tweezers made from seashells (can you believe!?).

Sugaring is an early form of hair removal and is still popular in Arabic countries today. It uses an all-natural paste or gel made from food-derived ingredients like sugar, water and lemon juice to remove the hair. The toffee like substance is kneaded into the skin repeatedly, removing the hair as it goes. The thing with sugaring, even to this day, is that it is quite harsh on the client's body and strenuous on the therapist's wrists, back and body. While these homemade sugar pastes were derived from natural ingredients, they would have been quite harsh on the skin and caused irritation, redness, itchiness and bumps - reactions that can quite easily be prevented or treated in this day and age.

During the Roman Empire the lack of body hair was also considered a sign of wealth and class, but even the wealthiest people in this period could only use what limited resources were available, generally tree sap, razors made from flints and sharp stones to scarp the hair.

In the 1930's the first commercial waxes were manufactured in France to be sold to the public. As time went by, waxes became more available to the public and quickly became the choice of woman all over the world for removing unwanted hair – It was quick, convenient and effective! Men at this stage still opted for the razor but woman rejoiced in a method that gave them longer lasting results.

In the last 50 years or so the waxing industry has evolved immensely. Yes, by the 60's there were both strip and hard waxes on the market; however the formulas and ingredients used to produce the waxes were inferior to those on the market today. While the idea had been marketed, the waxing industry was far from perfect and had a long way to go.

In the year 2000, the world's first white wax Brilliance was formulated by Caronlab in response to the growing trend in Brazilian waxing which was rapidly making a comeback. This revolutionary wax gripped to the hair without pulling the skin, it didn't crack or go brittle and delivered unrivaled results; to this day, it is still Australia's number one selling XXX wax. The Brazilian has been around since the early BC's, and the trend has come and gone countless times. History tells us that Catherine de Medici, the Queen of France in the mid 1500's actually banned the removal of all pubic hair!

The waxing industry is currently thriving in both a retail and salon environment. The idea of having smooth silky hair free skin is not considered a luxury; it is the norm – particularly for women.

Other hair removal techniques

IPL and Laser

Speed Waxing

Threading

Shaving and Depilatory Creams

Sugaring

ABOUT waxing

What is the Lilliane Caron waxing technique?

A specific technique for performing waxing without causing any bruising, bleeding, skin lifting or trauma to the client. The client is not required to assist with the treatment or move into any uncomfortable positions. The therapist does all of the work. It is as relaxing as possible, with minimal pain, ultimately making it an experience the client wants to repeat.

Benefits of Lilliane Caron's technique

The Lilliane Caron technique gives therapists the ability to perform this fine art confidently, delivering a perfect result for the client and guaranteeing repeat business for the salon.

The Lilliane Caron technique will improve a therapist's confidence and help them perfect their current waxing techniques so that they can overcome any waxing situation.

While many other waxing techniques are costly to the therapist and/or often very uncomfortable to the client, the Lilliane Caron technique puts the therapist in complete control so that the client will feel more relaxed and confident in what the therapist is doing.

- Use less products.
- Cost effective and time efficient.
- Reduced cleaning time.
- No need to trim hairs –the longer the hair the better!
- The therapist moves in a way that protects their back.
- Technique and movements make the clients feel more relaxed. The client will feel confident in what the therapist is doing.
- The Lillian Caron waxing technique is most effective when using Caronlab Hard and Strip waxes.
- Common sense approach to waxing.

Common Ingredients in Wax Products

It is very important when performing waxing services, that you not only know how to use correct waxing techniques, but that you also know the difference between waxes, and the function of wax ingredients. This knowledge will help you to choose the correct type of wax for your client. The most important thing you need to understand when choosing waxes are the ingredients. The core ingredient you will find in wax is resin. Resin is found in both hard waxes and strip waxes and can be derived from the sap of trees (natural resins) or man-made (synthetic resins). Natural resins, or resins derived from trees are generally referred to as Colophonium, or Rosin. Take care when using natural resins on clients with sensitive skin, as they are more likely to cause an allergic reaction than synthetic resins. However, natural resins have more grip and are a great economical choice for total body waxing. Natural resins can also be more unstable than synthetic resins. Hydrocarbon resin or Polycyclopentadiene is the base ingredient for synthetic waxes. Synthetic rosin is made from ingredients derived from the processing and refining of oils and is 100% odourless and colourless. Due to the fact that this man-made rosin is mineral based and man-made, it is consistent in all seasons and temperatures and tends to be more elastic and pliable than waxes containing natural resins.

Other common ingredients you will find in Caronlab waxes are:

Titanium Dioxide: This ingredient helps to reduce redness and irritation to the skin. It allows the wax to adhere to the hair rather than the skin, thus is beneficial for sensitive body parts and clients who have sensitive skin.

Mica: This is a form of titanium dioxide so helps to reduce redness and irritation to the skin. It also creates a beautiful shimmery effect in the wax.

Azulene: This ingredient helps to soothe and calm the skin and assists in the rapid recovery of the skin. This ingredient is ideal for sensitive body area or for clients who have sensitive skin.

HAIR GROWTH cycle

Hair grows in 3 cycles:

- 1 - Anagen
- 2 - Catagen
- 3 - Telogen

Remember: It depends on the stage of the growth in which the hair was removed as to how long it takes for a hair to grow back after a waxing service.

THE ANAGEN PHASE

The first stage of hair growth cycle where the hair is still attached to the papilla. Approximately 85% of hair are in the anagen phase at any one time.

During a waxing service, hairs removed during the anagen stage will also cause the papilla to bleed. Sometimes the blood will make it to the surface of the skin and sometimes it remains in the follicle where it can be seen as a red spot (referred to as spotting).

If a hair is removed while it is in the anagen phase, the hair will take longer to grow back than if it is removed in the catagen or telogen phase.

The hair begins at the papilla. The anagen phase can last from two to six years.

The longer the hair stays in the anagen stage, the longer it will grow (such as scalp hair). During the anagen stage, the cells divide rapidly in the matrix. The cells start as soft, plump cells and the process that makes them harden is called keratinisation (this is also what happens to make your nails hard). As the cells keratinise, they move up the hair follicle and grow above the skin. Hair typically grows at a rate of 0.3mm per day during the anagen phase.

When we are waxing the more anagen hairs we pull out (first stage of growth) the longer the hairs will stay away, which means the client has a smoother finish for longer.

If the client was previously a shaver we need to explain to them that all hairs grow at different rates and will be in different stages of growth so when pulling them out at the root for the first time. We can't expect the end result will feel perfectly smooth that first time, in actual fact it takes 3-4 treatments before we start pulling out more anagen hairs.

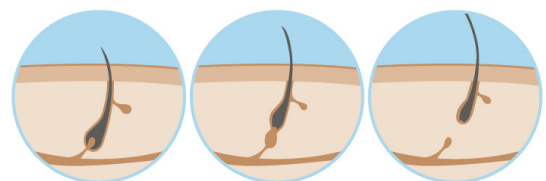
THE CATAGEN PHASE

This phase lasts about 2 to 3 weeks. This is when the hair separates from the papilla, starts to die, and works its way out of the hair follicle where it will shed. The hair is carried by the movement of the inner root sheath, up the hair follicle, to the base of the sebaceous gland where it will stay until it falls out, or is pushed out by a new hair that is in the anagen phase. If a hair is removed in a waxing service during the catagen phase, there won't be as much time between removal of the hair and new hair growth, than if removal occurs in the anagen stage.

THE TELOGEN PHASE

In this phase, the hair follicle is at rest and no new growth occurs. Many hair follicles do not undergo this phase, but start to produce new hair immediately. During the telogen phase, a hair may still be sitting loosely in the hair follicle which will be removed during a waxing service. Depending on how long the follicle has been in the resting phase will depend on how quickly regrowth occurs.

HAIR GROWTH CYCLE



ANAGEN
GROWTH
PHASE

CATAGEN
TRANSITIONAL
PHASE

TELOGEN
RESTING
PHASE

DRESS code

We're in the beauty industry - everything is aesthetic!
The shop front, the branding, the décor, the music, the cleanliness, your staff, your hair, your nails, your uniform, the list goes on.

Clean, ironed, and professional uniforms are essential.
You need to ensure you are wearing practical and comfortable clothing and shoes.

TIPS:

- Hair tied back - Not only is it good hygiene and practical to tie hair back in a neat pony tail or bun, it looks tidy, well groomed, and will not get in your way.
- Loose comfortable clothing - As waxing requires a lot of movement, you need to ensure your clothing does not limit your mobility and momentum. Wearing a short sleeve shirt ensures your forearm is not restricted.
- Flat and comfortable shoes - Because you are standing on your feet all day long it is imperative you have supportive shoes. Look for flat rubber soled shoes without a heel.
- Minimal jewellery - Any decorative jewellery or excessive rings will restrict your technique.
- Fingernails - Keep these at an appropriate length with no sharp edges to avoid scratching your client.

HEALTH AND safety

Safety is always important in the workplace and you will need to observe Work Health and Safety legislation for every treatment you perform.

Your responsibilities when it comes to safety in the salon

Follow your workplace safety policies and procedures ensuring that you take all steps to keep yourself, your clients and your colleagues safe. If you identify a hazard in the workplace, follow appropriate procedures to control and report the hazard. If an incident occurs in your workplace or someone is injured, ensure you report the incident according to your workplace procedures.

Tools and equipment

All tools and equipment should be used, maintained and stored according to the manufacturer instructions and your workplace policies and procedures.

Your Caronlab Wax Heater should be cleaned after each use with either your After Wax Cleanser or Citrus clean. When using the highly concentrated sprays avoid spraying on the numbers, logo or dial as this can wear out your heater.

Surfaces should be wiped down after treatment using the Micro Defense Spray; a hospital grade disinfectant.

All implements that are not single use, such as tweezers should be sterilized or disinfected after each client.

Preparation

Ensure bed roll, plastic or linen is changed and clean before each client.

Before treatment, wash hands and apply disposable gloves. Caronlab's disposable Nitrile Gloves are puncture resistant.

Use a fresh pair of Nitrile Gloves for each client to avoid cross contamination.

Patch test 24hrs prior to treatment on new clients that have not been waxed before.

Check with the client prior to commencing treatment for any allergies or contraindications to waxing.

Electrical safety

Waxing involves the use of wax heaters to keep your wax warm. It is always important that you ensure your waxing equipment is in a safe, workable condition.

By having high quality, reliable, clean wax heaters like the Caronlab Wax Heater the following hazards can be avoided: Frayed cords, electrical buzzing sounds, any electrical or burning odour coming from the equipment or overheating wax pots.

Heat the wax prior to treatment in a well ventilated room.

Keep your Wax Heater a safe distance away from your client.

Wax heaters should be turned off when not in use.

Manual handling

The two biggest manual handling hazards for waxing services are:

- Repetitive strain injury from repeated force removing wax.
- Poor posture when leaning down to perform the service.



WAXING ROOM preparation

WHAT YOU NEED FOR WAXING

The correct waxing room setup is important to carry out your waxing treatment.



1. Waxing Trolley

Your waxing trolley needs to be on wheels so that the wax is always beside you. Having the wax beside you means less drips and spills which saves cleaning time. It also allows for quick application, as wax dries atmospherically it needs to be applied to the skin as quickly as possible.



2. Waxing Bed

Your waxing bed needs to be at the correct height. When standing upright beside the bed, your knuckles should hit the top of the bed. The bed should also be covered in protective plastic to minimise mess and make for an easy clean up.



3. Magnifying Lamp

Adequate lighting is very important to ensure you have removed all the hairs. Ensure you turn your magnifying light on at the end of the treatment to double check you have removed all the hairs.



4. Caronlab Professional Wax Heater

Caronlab's Wax Heaters come with two skirts, one for hard wax, and one for strip wax. Strip wax setup includes the protective skirt with a metal bar. This setup has been specifically designed for use with strip wax and the design allows the wax to run back into the heater, reducing cleaning time. Hard wax set up includes a wide protective skirt which has been specifically designed for use with hard wax. This heater setup does not have a bar, and will save on cleaning time.



5. Hard Wax

Caronlab hard waxes are ideal for waxing delicate areas as they are pliable and gentle on the skin. For particularly sensitive or mature skin, choose a hard wax that contains titanium dioxide. These waxes reduce skin redness and irritation.



7. Strip Wax

Strip wax is necessary for waxing larger areas of the body. Clear waxes are ideal for short, stubborn hairs and creme waxes are better for sensitive or mature skin.



8. Waxing Strips

Venetian Spunlace Strips are made in Italy from the highest quality fibre. They do not rip or tear and have superior absorption.



9. Spatulas

Metal Spatulas can be used for strip wax application on large areas e.g arms and legs. Metal Spatulas are good for retaining heat and will allow the wax to glide on smoothly. Disposable Spatulas are single use and must always be used with hard wax, or when waxing any intimate areas.



10. GRIP Tweezers

Crafted from the highest quality, surgical stainless steel GRIP Tweezers ensure precision every time. Durable, hygienic and comfortable to hold, GRIP tweezers are guaranteed not to rust.

WAXING ROOM preparation



11. Disposable Nitrile Gloves

These gloves offer superior strength and performance, plus they are 100% allergy and latex free. Caronlab Nitrile Gloves also have enhanced moisture control and act like a second skin!



12. Pre Wax Skin Cleanser

Cleanses and prepares the skin prior to waxing by removing any traces of make up, deodorant, cream and body oil. Peppermint oil provides a refreshing, cool feeling and acts as a soothing agent. It also improves the adherence of the wax to the skin, and is ideal for large areas.



13. Micro Defence Foam

Chemical and alcohol free, kills all germs. This is used to prepare the client prior to commencing the treatment. Ideal for smaller intimate areas, and can also be used on your hands as a sanitiser.



14. Micro Defence Spray

TGA TESTED AND APPROVED - HOSPITAL GRADE DISINFECTANT

Micro Defence Spray is a hospital grade disinfectant with a broad spectrum application. Micro Defence Spray continues to provide total salon protection for many hours after application and is effective against a range of micro-organisms, making it ideal for the salon environment. It is environmentally friendly: non-toxic, alcohol free, chlorine free, and fragrance free.



15. Quick Dry Wax Mist

Instantly sets hard wax, this is used to speed up your treatment. It is ideal for use in hot and humid conditions when hard wax takes longer to dry. It can also be used to mist over the client; not only does it add a different ambiance to the treatment, but because it contains mica it also helps to reduce redness.



16. Corn Starch Powder

Used to absorb any moisture or sweat on the skin prior to applying the wax, as waxing can not be performed over a wet area.



17. After Wax Skin Cleanser and Moisturiser

Used to remove wax residue and condition the skin. Containing tea tree oil it is easily absorbed and doesn't leave the skin greasy. It also helps prevent ingrown hairs and bacteria from causing pustules and pimples.



18. After Waxing Soothing Lotion - Tea Tree OR Mango & Witch Hazel

These dual active post wax lotions cool and soothe the skin after waxing for the ultimate finish. These soothing lotions condition the skin and help to prevent the formation of ingrown hairs and pustules.



19. Wax Remover Citrus Clean

A concentrated natural product with a pleasant citrus fragrance. Used for cleaning wax heaters, utensils and equipment. It is an economical cleaning solution that takes the hard work out of removing sticky wax residue. Not for use on the body/skin.



20. Consumables

In any waxing treatment you will need either multipurpose mini wipes or cotton rounds, cotton tips and tissues.

KNOW THE TOOLS of your trade

THE PERFECT TECHNIQUE STARTS HERE

While these points may seem simple, they are the foundation of a successful waxing treatment. Without mastering these basic tools of the trade, hairs can be missed and adverse reactions can occur. Also, more products may be used to get the job done, ultimately wasting your time and money.

YOUR TOOLS:

1. Disposable Spatulas for Hard Wax Application

Take control of your spatula by holding it like a pencil, with a firm grip; your pointer finger needs to be stretched out on the top and the bottom of the spatula in the palm of your hand. Always use the tip of the spatula and apply wax by combing and detangling in the one direction.

2. Disposable spatulas for Strip Wax Application

Hold the bottom of your spatula with a firm grip, your fingers are wrapped around one side, and thumb around the other, forming a fist.

3. Your Hands

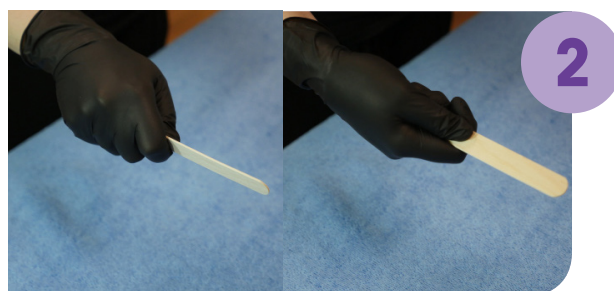
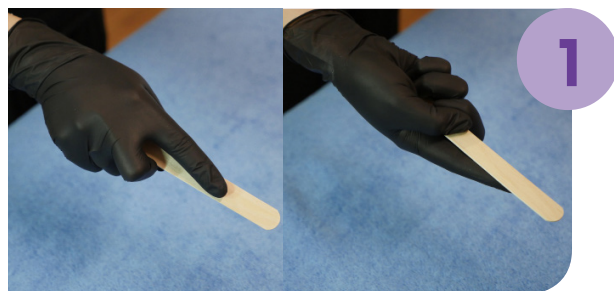
Your free hand is ALWAYS supporting the area to be waxed whether that be stretching the skin, supporting flaccid skin or comforting the area. Always use a firm touch with the palm of your hand, not just your fingertips - this shows confidence.

4. Waxing Strips

Hold the very end of the strip with your working hand between your thumb and the side of your index finger. To bond the strip to the wax with your free hand, you will either apply pressure or rub the strip with your whole hand and fingers fanned. This will depend on the area you are waxing.

5. GRIP Tweezers

Hold tweezers as close to the tip as possible to ensure you have control. Grip the hair as close to the skin as possible, while supporting the skin around the hair with two fingers from your supporting hand.



CARONLAB TIPS & tricks

Before you begin, please make sure the following points are implemented.

- The therapist must take complete control, be prepared, and act confidently at all times. Even when you feel unsure, remember to smile and keep one hand on the body at all times, as this is very comforting to the client.
- Wear loose, comfortable clothing and supportive footwear.
- Relax your body and bend your knees.
- Standard rooms will be set up for right handed therapists – for left handed therapists, flip the room so the setup is mirrored.
- Always have a trolley on wheels, this allows for easy movement.
- Height adjustable beds are a must for OHS reasons. Treatment beds should be set at knuckle height of the therapist. (To reduce back problems).
- Invest in a wall timer so that your wax automatically turns itself on at the start of each day.
- Good lighting is important; always have a magnifying lamp to ensure you can see all hairs.
- Air conditioning needs to be set to an appropriate temperature. (If the room is too hot, the wax may not set).
- Ensure your strip and hard waxes are topped up after each client throughout the day as this will keep your wax at the perfect temperature.
- Always apply wax with the direction of hair growth and remove in the opposite direction.
- Area to be treated must be dry, clean and free from all oils and creams, fake tan and dirt.
- Bodies, tables and trolleys can be obstacles. You must learn to move and reposition your body to avoid these objects otherwise you will have an extremely messy room.
- Keep a free edge on your strip to avoid sticky fingers when removing. To evenly distribute wax on the strip (so no build up occurs,) use the strip's left, middle and right surface area.
- No rubbing on delicate or sensitive areas, eg bikini line or thighs, pressure only (rubbing may create bruising or skin lifting) NOTE: Excessive rubbing of the strip will also cause strip wax to become too runny and ooze out the sides of the strip.

KNOW YOUR WAXES

hard wax

Hard Wax:

No metal bar is required for hard wax setup. Take wax from the core first and then mix it with the runnier wax closer to the edge – this will ensure the perfect consistency each time. If your wax is stringy then it is too cold. There should be a rim of at least 2cm of runny wax surrounding the core.

Have the spatula twirling at all times, so that the hard wax is constantly moving but not dripping. If it is dripping it is too hot, if it is not moving on the spatula it is too cold. There should be a ball of wax on the tip of the spatula.

Application:

Once applied, drop the hard wax on the area to be treated and pause. Hold the spatula like a pencil and using the tip of the spatula to comb and detangle the hair. The application of hard wax should be no more than 3 fingers wide and the length of your middle finger.

Create an oval and coat the edges of your wax so they are thicker than the center, creating a lip at the edge of your wax. Always apply your hard wax 2-3cms past the last hair. This will allow you to remove without pulling the hairs still attached. Keep in mind hard wax dries atmospherically, so you need to work quickly.

Hard Wax Removal:

Wait 10 - 20 seconds and then feather over the wax using the tips of your 3 middle fingers. The wax is ready to be removed when it no longer sticks to the fingertips. Press down using the palm of your hand and then use the pressure of your thumb to release the lip of the wax.

Do not allow wax to set hard, it must be flexible like plasticine. Ensure the skin is taut by holding the skin firmly with one hand. To speed up the process spritz Quick Dry Mist on the wax from approx. 30cm away, this will touch dry the wax instantly.

If hairs are not removed the first time, repeat the procedure. This may be due to dead skin cells, fake tan, sweat or a cold body. In most cases the second application warms the hair follicles and stubborn hairs are removed with ease. Always remove in the opposite direction to the application of wax.

Tip

Do not move your spatula around in a figure 8 movement

(this will tangle the hairs and cause them to snap when removed).



KNOW YOUR WAXES

strip wax

Strip Wax:

A metal bar is a must for strip wax setup. Strip wax needs to be used at a much thinner consistency; it should be runny like honey.

Dip spatula 5cm into wax when waxing large areas. Pull the spatula out of the heater and wipe the wax completely off the bottom side of the spatula using the metal bar. Then re-enter the tip of the spatula that has wax on it, to remove the front and back of the tip. Only one side of the spatula will have wax on it.

Application:

Keep your hand twirling as you move from the wax heater to the client. Bring spatula into contact with the skin quickly so that you avoid dropping a blob of hot wax onto the skin. Your spatula should be angled backwards at 45 degrees, this ensures the wax will flow onto the skin in a thin transparent layer.

Tip

Never spread wax by angling the spatula forwards.

(The wax will be applied to thick)

Strip Wax Removal:

Place your strip over the wax keeping the bottom free. Grip the bottom of the strip 3cm in, with the full extension of your thumb, your knuckles facing up, and your wrist rolled in. Rub firmly with the palm of your hand and your fingertips spread. Pull back quickly in the opposite direction of hair growth. Extend your whole arm along the contours of the body, removing the strip as close to the skin as possible. Remove immediately; leaving wax to go cold on the client may result in bruising, skin lifting or snapping of the hairs.

Tip: Excessive rubbing of the strip will also cause strip wax to sweat and ooze out the sides resulting in sticky fingers!

Ensure the skin is taut by holding the skin firmly with one hand. Using strip wax on different parts of the body can vary. You need to keep the skin as flat as possible and ensure you never wax over a curve or a crease. Be mindful of the placement of your hands so you do not cause unnecessary folds in the skin. If hairs are not removed the first time, repeat the procedure. This is not uncommon; it may be due to dead skin cells, fake tan, or sweat. In most cases the second application warms the hair follicles and stubborn hairs are removed with ease.



PRIOR TO treatment

Prior to commencing your waxing treatment

1. Ensure your waxing bed has been sanitised with Micro Defence Spray, which is a general purpose disinfectant with a broad spectrum application. It provides total salon protection for many hours after application and is effective against a range of micro-organisms, making it ideal for the salon environment. If you are not using protective plastic on your bed, lay one perforated sheet of a Caronlab Bed Roll on your waxing bed.
2. Ensure your Professional Wax Heater is clean and free of wax residue, especially around the protective skirt. Always top up wax to 2cm below the rim of the heater to ensure your wax temperature stays constant throughout the treatment.
3. Check with your client about any contraindications prior to commencing treatment. This could include medication, skin conditions or any other concern that could affect the treatment in some way. You will also need to ask if they have ever been waxed before, first time clients will need to be treated as potentially sensitive as a precaution.
4. Asses the area to be treated and know where you are going to apply the wax before you pick it up.

Now begin waxing!

Note

Hard Wax should be set between 3-4 on your Caronlab Wax Heater and Strip Wax should be set at 4-5





WAXING
treatments

HALF LEG waxing

To perform a half leg wax, have your client lying on the bed looking at the ceiling. Always work from the right hand side of the bed. (If you are left handed it will need to be reversed.)

Prepare the area using the Pre Waxing Skin Cleanser and mist the spray directly onto the area to remove any dirt, oils or creams that could be on the skin.

Rub the Pre Waxing Skin Cleanser into the skin with your gloves on. Once dry, you are ready to begin waxing.

Hair on the legs can be growing many different directions. Each person can be different so it's important to assess their hair growth pattern before applying the wax.

Step 1: Apply the wax from just below the knee down towards the ankle in the direction of hair growth. Always remove the wax from the shin on a 45 degree angle.

Step 2: Turn the leg outwards so the knee is slightly bent and lying as flat on the table as possible. Apply to the lower leg from below the knee down to the ankle. Begin removal from the top of the calf moving down on a 45 degree angle.

Step 3: With leg straight apply wax to the entire knee. Bend the knee up so no creases or ridges are visible.

Adhere strip on 45 degree angle, rubbing with the side of your hand. Strip must be kept vertical and all 4 corners of the strip must be free ensuring not to bend the strip over a curved area. Continue removing the wax from the side of the knee, working your way in until you get to the middle of the knee cap and then remove wax from the top of the knee.

Step 4: As the knee is already bent, simply push the leg into the middle of the body to wax the right side of the outer leg.

Apply wax to the lower leg from below to knee down to the ankle. Begin removal from the top of the calf moving down on a 45 degree angle.

Step 5: Repeat on the left leg.

Step 6: Ask the client to roll over so they are lying on their stomach. Apply wax to the back of the calf from just below the crease all the way down to the ankle.

Always remove the wax from the calf on a 45 degree angle. Rub firmly and create a continual flow when removing the strip by using your supporting hand to maintain contact with the skin at all time. This is the Lilliane Caron method; it creates a massage movement that clients find very relaxing.

Step 7: Finish off the treatment by applying the After Waxing Oil directly to the area and use a folded strip as your cloth to remove any waxing residue. Take the treatment one step further with the Mango and Witch Hazel Soothing Lotion, and a massage technique to double check for waxing residue.

TIP; you cannot complete a leg wax with a sticky glove; it is very uncomfortable for the client. If wax gets on the glove use a small amount of After Waxing Oil to remove the residue. It is important not to cut these corners as it only makes your job harder!

UNDERARM waxing

To perform an underarm wax, have your client lying on the bed. Their arm should be stretched above their head and (if female) their free hand holding their breast to the side so skin is taut. Their head should be turned, facing the opposite direction to the therapist.

To start, simply prepare the skin with Micro Defence Foam on a cotton pad. Containing no alcohol or chemicals, this biocide foam will not irritate the client and remove any dirt before waxing.

The armpits needs to be completely dry. If the underarm is sweaty use the Pre Wax Skin Cleaner on a cotton pad to absorb any excess moisture.

Tip: Using Hard Wax only it's best to split the underarm into two sections at the crease as hairs tend to grow in two directions.

1. Top half of underarm - generally grow up
2. Lower half of underarm – generally grow down

Step 1: Support the arm, just above the underarm using the palm of your hand. Apply pressure rather than stretching the skin.

Step 2: Apply hard wax to upper half of armpit in direction of hair growth.

Step 3: Spritz your Quick dry Wax mist to the area from 30cm away. Using your fingertips, feather over the wax using the tips of your 3 middle fingers to ensure the wax is dry.

Then, using the palm of your hand press on the wax to ensure it has adhered to all hairs and feels like plasticine. Resume support with your free hand and remove the wax.

Step 4: Repeat the same process for the lower half of the armpit. This time the hairs will be growing down so ensure your stretching hand is supporting underneath the wax as close as possible. Keeping in mind your free hand is still providing support.

Step 5: Repeat the same process on the other underarm.

Step 6: Remove any stubborn hairs with tweezers.

Step 7: Finish off with the Mango and Witch Hazel Soothing Lotion for a relaxing and cooling finish.

UPPER LIP waxing

To perform a lip wax, have your client lying flat on the bed looking at the ceiling, in a relaxed position.

To start, prepare the skin with Micro Defence Foam on a cotton pad. There's no alcohol or chemicals so this biocide foam will not irritate the client, and will remove any dirt or make-up prior to waxing. Also, it does not have a powerful smell; pre wax cleansers could take your clients' breath away when you apply it right under their nose!

Using Hard Wax only it's best to split the lip into three main sections:

1. Above the lip left side
2. Above the lip right side
3. In the middle, under the nose

Step 1: Using a cotton tip, drop the hard wax in the corner of the mouth where the stubborn hairs can hide. Roll up the lip using the nose as a guide to stop at the edge of the cupid's bow. You need to apply firm pressure when applying the wax.

Step 2: While one side is drying, apply wax to the other side of the upper lip. Use the first piece of wax and flip it shiny side up to create a tab that can lift the other piece of wax off the lip, removing across the face and against the hair growth. If you leave yourself a good enough "lip" this will save picking and flicking at your client.

Step 3: Repeat what you have just done. Apply wax exactly the same, rolling from corner of the mouth up to cupid's bow. This time however, remove the wax in the opposite direction, down towards the shoulder on the same side. Repeat on the other side of the lip.

Step 4: To remove hairs from the middle of the lip, directly underneath the nose, apply wax with a cotton bud, roll from one side of the nose to the other. Remove in one direction across the face. The next time you apply wax, you'll remove it in the other direction.

Step 5: Repeat what you have just done, directly underneath the nose. Roll the wax on from one side of the nose to the other. Remove in the other direction across the face. By repeating each step twice, the lip should be completely clean. With lip waxes, you can safely apply hard wax up to four times. Generally it's close to the corner of the mouth where the stubborn hairs are.

Try not to tweeze on the lip, if you need to repeat with the wax to remove any stray hairs you are better off to re-wax.

Step 6: Finish off the treatment with Mango and Witch Hazel Soothing Lotion for a relaxing and cooling finish.

EYEBROW TIDY waxing

To perform an eyebrow wax, have your client lying flat on the bed looking at the ceiling, in a relaxed position.

To start, simply prepare the skin with Micro Defence Foam on a cotton pad. Containing no alcohol or chemicals this biocide foam will not irritate the client and will remove any dirt or make-up prior to waxing.

Using Hard Wax only it's best to split the eyebrows into three main sections:

1. Under the brow left side
2. Under the brow right side
3. In between the brows

Use a Caronlab Brow Beater Spatula as they are flexible and you will have greater control when applying the wax. Be sure to only apply maximum of two areas on the face at once.

Step 1: Apply Hard Wax underneath both brows with the hair growth. Lightly press the wax to adhere to the hair. Follow the hair line with the wax close as possible. Never apply wax to the eyelid. You can push the wax closer to the hair with your finger, for more brow definition.

Step 2: Wait 10 - 20 seconds and then feather over the wax using 1 finger. Press down on the wax using your index finger and remove by pressing and flicking the wax to release the lip.

Step 3: Repeat the same process in between the brows.

Step 4: Remove any stubborn hairs with tweezers. A good pair of tweezers is absolutely necessary with any type of brow waxing as there could be the odd stubborn hair that needs to be plucked!

Step 5: Finish off the treatment with a Mango and Witch Hazel Soothing Lotion for a relaxing and cooling finish.

TIP: Practice brow waxing before working on clients by drawing an eyebrow shape on your forearm with an eyebrow pencil and practice applying the wax up to the line. Once you don't hit the line you know you are confident to start working on clients.

BIKINI waxing

To perform a Bikini Wax, have your client lying on the bed, flat on their back.

To start, ensure the skin has been prepped with Micro Defence Foam on a cotton pad. Containing no alcohol or chemicals this biocide foam will not irritate the client and is perfect for use on delicate areas.

The bikini line is generally a tidy up around the edge of the underwear line. Hair is removed from anywhere outside of this line - so around the tops of both thighs and any hair above your underwear.

Step 1: Using Hard Wax only begin on the right side of the body and slightly bend out the leg from the knee into a bow legged position. Ask the client to slightly hold back their underwear. Apply the hard wax to the right side of the bikini line, keep as close to the panty line as possible without waxing over the crease.

Apply wax in the same direction as hair growth no larger than the width of 3 fingers and length of the middle finger. Using your Quick Dry Wax Mist spritz the area from 30cm away. This will touch dry the wax instantly.

Step 2: Remove the first piece of wax. Support the skin with your free hand as close to the bottom of the piece of wax as possible to create a flat surface. Lifting up the lip, get a good grip with your thumb and your index finger and remove the wax as close to the skin as possible.

Step 3: Repeat the same process on the left hand side of the body. This time your free hand that is supporting the skin will be underneath the working hand.

Step 4: Use tweezers to pluck any remaining stubborn hairs the wax didn't remove or are sitting out side of the straight line.

Step 5: Finish off the treatment by applying the After Waxing Oil directly to the area and use a cotton pad to remove any sticky wax residue. Then apply our Mango and Witch Hazel Soothing Lotion for a relaxing and cooling finish.

TIPS; If you leave yourself a good enough "lip" on the first application this will save picking and flicking at your client.

POST WAXING treatments

After a treatment we need to ensure all waxing residue is removed.

1. Fold your used strip into 3 sections - creating a cloth - with no wax exposed.
2. Spray After Waxing Oil directly on to the clients skin and use the folded strip to wipe away any wax residue.
3. For the ultimate finish take the treatment one step further by applying Caronlab After Wax Soothing Lotion. The After Wax Lotion will actively reduce redness in the skin, alleviating irritation, lumps and bumps and have a cooling affect on the skin

Caronlab After Wax Soothing Lotion is available in two formulas – Mango & Witch Hazel and All Natural Tea Tree.

4. Use a magnifying Lamp or magnifying glasses to ensure you have removed all hairs before applying oil to the skin.

5. Tweeze if necessary - Grip are high quality Stainless Steel tweezers and implements and are exceptional in quality and durability. They are guaranteed to provide a controlled targeted and effective result with precision accuracy during treatment.



ADVERSE effects

An adverse effect is a reaction caused by a treatment or product. An adverse effect may happen during a waxing treatment, or it may happen after the client goes home. Waxing services have a couple of very common adverse effects that can occur with every waxing service carried out. If your client is new to waxing, it is very important that you explain these common adverse effects prior to starting the waxing service so that your client knows what to expect. Adverse effects can often be prevented by a good technique and high quality products.

Spotting of the skin:

When a hair is removed during the anagen phase of growth, it is still attached to the papilla. During a waxing service, the hair is forcefully removed from the papilla, which consists of blood capillaries. The removal of the hair causes the papilla to bleed for a small amount of time. Usually the amount of blood is very small and does not make it to the surface of the skin. It will appear as red dots, within the hair follicle below the surface of the skin which is referred to as 'spotting.'

What should you do?

This is an anticipated adverse effect from waxing and it can be particularly common with first time waxes, especially sensitive areas such as underarm, bikini and XXX - for that reason disposable nitrile gloves should always be worn. Use Micro Defence foam on a cotton pad and apply directly to the area that is spotting, This will help subside the spotting and will not sting the area. Dispose of the cotton pad immediately after use to adhere to health and hygiene regulations.

Burns:

A burn can occur if the wax is too hot for the skin and can result in redness, swelling and blistering.

What should you do?

Immediately apply a cool compress to the client's skin and advise the client to wear a dressing until the burn has healed. There is no excuse for burning your client. The key to avoiding burns is to know the right temperature and consistency of your wax. You should be able to judge the temperature by eye. Hard wax for example, should have a hard core in the centre, and runny wax on the outer of the wax pot. It should be constantly moving but not dripping once taken from the wax pot. If it is dripping it is too hot, if it is not moving on the spatula it is too cold. Strip wax on the other hand needs to be used at a much thinner consistency; it should be runny like honey.

Ingrown hairs:

Ingrown hairs are a common condition caused by waxing. They occur when the hair curls back or grows sideways into the skin. Often, ingrown hair can cause inflammation of the hair follicle. Ingrown hair can occur after waxing when dead skin cells accumulate and form a papule as the skin heals. Hair growing in the area gets trapped under the papule and is prevented from exiting the skin. They are most common in the bikini line area and under the arms, but can occur on any area of the body.

What should you do?

Give your client advice about ingrown hairs prior to the treatment (especially if your client is new to waxing). There are a number of products that can help reduce ingrown hairs for example the Bump eRaiser range. This range consists of both prevention and treatment options for ingrown hairs.

Infections of the hair follicle:

Infections of the hair follicle can occur due to ingrown hairs or when bacteria enters the hair follicle after the waxing service. An infection of one or more hair follicles is called folliculitis. Folliculitis can appear as papules and pustules on the skin. It can be quite common for men who have received a chest or back wax to develop folliculitis. This can be caused due to men having a large number of sweat glands in this area. The bacteria from the sweat enters the open hair follicle, and an infection occurs.

What should you do?

Apply either the Mango and Witch Hazel or the Tea Tree Soothing Lotion straight after waxing. As an alternative, or if the client has particularly sensitive skin, you can finish the treatment with the Micro Defence foam which works as a natural antibacterial. Provide your client with proper after care advice such as exfoliating the area every day with either the Milano Mitt or the Bump eRaiser Exfoliating Mitt. In addition they can also use the Bump eRaiser Zesty Wash with the Mitt while in the shower.

ADVERSE effects

Skin Lifting:

Skin lifting can be caused by a number of factors. If the therapist hasn't supported the skin properly, is using the wax too cold, or is using the wrong type of wax (eg: strip wax on the face) this can cause skin lifting. It can also be caused by clients taking medication that has thinned their skin. For this reason waxing should be avoided because the skin becomes extremely fragile. This will cause your client considerable discomfort and can be avoided with correct consultation and proper waxing techniques.

What should you do?

Apply a cool compress to the area. Finish the treatment with either the Mango and Witch Hazel or the Tea Tree Soothing Lotion as this helps to actively heal the skin. If you accidentally remove skin from a client, it is important that you investigate why this happened so that you can minimise the chance of it happening again.

Bruising:

Like skin lifting, bruising can be a common adverse effect of waxing. Some clients will bruise more easily than others, but usually bruising is a result of poor technique used by the therapist. Bruising will occur because the skin has not been supported properly during the waxing service. It can also occur when we are not creating a flat surface, and try to wax over a curve or a crease in the skin. This can result in severe discomfort for the client. Bruising is more common when strip wax is used, but can occur with hard wax as well.

What should you do?

Apply a cool compress to the area. Investigate why the bruising happened and practice your technique to minimise the chance of it happening again.



AFTERCARE ADVICE

retail options

The perfect retail line to compliment every waxing service, for at home use is the Bump eRaiser Triple Action Post Depilatory Lotion. This product prevents ingrown hairs, eases the discomfort of waxing and with regular use hair growth becomes finer.

For clients who require a targeted ingrown hair treatment, Caronlab recommends Bump eRaiser Ingrown Hair Serum or Bump eRaiser Medipaste. These products will banish the itching and discomfort associated with ingrown hairs immediately and reduces redness and inflammation.

Caronlab After Waxing Soothing Lotion is an excellent moisturiser that can also be used at home for insect bites and sunburn.

Grip Stainless Steel Tweezers available in slanted, straight and pointed.

These products ensure total client satisfaction and hence encourage client loyalty. Clients should be encouraged to purchase retail products that can maintain their smooth hair free salon results.



Target ingrown hairs, pimples & shaving rash. Great for the whole family!

					
♂ ♀	Medi Paste	Triple Action Lotion	Concentrated Serum	Cool Splash	Exfoliating Mitt
When to use	When you get an ingrown	Daily	After hair removal to calm itchy skin	Daily or after shaving	Daily
Prevents ingrown		✓	✓	✓	✓
Treats ingrown	✓				
Use for small areas	✓				
Use for large areas		✓	✓	✓	✓
Face	✓			✓	

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no more ingrown

FOR A BETTER *education*

Since 1979 Caronlab Australia has been dedicated to helping create better salons by delivering superior waxing products, exceptional service and industry leading education. Our innovations are driven by our passion, understanding and commitment to making the beauty therapists' life easier and salons more profitable. We're more than just wax, we're the experience that embodies knowledge, reliability and performance, making us the number one choice for beauty therapists.

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