



caronlab[®]
AUSTRALIA

aquagel[®]

MANUAL

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Our Story

Caronlab® was founded with a singular mission: to empower beauty professionals with high-quality, innovative products that elevate hair removal services and enhance client satisfaction. Established in Australia in 1979, Caronlab quickly became known for setting new industry standards in performance, safety, and care. Since its inception, Caronlab has remained dedicated to creating products that combine the finest ingredients with advanced formulations, ensuring both estheticians and their clients experience the best in hair removal.

The company's journey began with the vision of developing solutions that would address the needs of beauty professionals in a demanding and evolving industry. Today, Caronlab's range of sugaring and waxing products are trusted globally, setting a benchmark for excellence and innovation in the world of professional hair removal.

Mission and Values

Caronlab's mission is to support estheticians in delivering exceptional service by providing the tools they need to create smooth, comfortable, and effective hair removal experiences. Driven by values of integrity, quality, and innovation, Caronlab® continually seeks to improve both products and industry knowledge.

Sustainability and responsible sourcing are also at the heart of Caronlab's approach, ensuring the company's practices contribute positively to the environment while maintaining the highest standards of quality.

The Caronlab® Difference

Caronlab® has been recognized and takes pride in offering a range of products that reflects the company's dedication to quality, innovation, and professional expertise. Unlike many brands, Caronlab® emphasizes not only the effectiveness of its products but also their safety, sustainability, and ease of use. By choosing Caronlab®, beauty professionals benefit from a brand that understands the unique challenges of hair removal and prioritizes both client comfort and technician confidence.

Caronlab's commitment to continuous improvement and education ensures that its products remain at the cutting edge of industry standards, meeting the evolving needs of professionals worldwide.



History and Origins of Sugaring

Sugaring has been used for centuries as a method of hair removal, dating back to ancient civilizations in Egypt and the Middle East. This natural technique utilizes a simple mixture of sugar, water, and lemon juice to create a paste that adheres to hair and dead skin cells. Historical records suggest that sugaring was not only a beauty ritual but also a cultural practice, representing cleanliness and social status. Over time, this method has evolved, gaining popularity around the world due to its effectiveness and gentleness on the skin.

Benefits of Sugaring

Sugaring offers numerous advantages:

- **Gentle on the Skin:** Sugaring is unlikely to cause irritation as it adheres only to dead skin cells, minimizing the risk of pulling at live skin. This makes it suitable for sensitive skin types.
- **Natural Ingredients:** The primary components of sugar paste are natural and non-toxic, making it a safe option for clients concerned about harsh chemicals.
- **Comfortable Experience:** Many clients report that sugaring is a comfortable experience due to the lower temperature of the paste and its unique application method.
- **Exfoliation:** Sugaring provides natural exfoliation, helping to remove dead skin cells and promote healthier skin.
- **Long Lasting Results:** Regular sugaring can lead to finer hair regrowth over time, providing clients with long lasting smoothness.

Sugaring is Easy When You Know How

One of the most appealing aspects of sugaring is its simplicity, but it is also a skill that takes time and practice to perfect. With proper education and consistent hands-on experience, estheticians can master the techniques needed to achieve smooth, professional results. Sugaring provides the same benefits as professional waxing, including effective hair removal and smooth skin, but with a unique, natural approach that is gentle on the skin. Sugaring requires careful attention to hand movements, paste consistency, and application technique to ensure comfort and effectiveness. As with any professional service, becoming proficient in sugaring takes dedication and ongoing practice. By investing in proper training and continually refining their technique, beauty professionals can offer clients the many benefits of sugaring, confidently delivering a high-quality service that keeps clients coming back.

Sugaring vs Waxing

While sugaring and waxing techniques are different, the results are the same when performed correctly. Both types of hair removal require technique and skill and are best performed by professionals.

Hair Growth Cycle

To understand how Aquagel® works, it's important to have a basic understanding of the biology of hair growth. The time it takes for hair to grow back after a sugaring service depends on the stage of the growth in which the hair was removed.

Hair grows in 3 cycles:

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

The Anagen Phase

In the first phase of hair growth cycle, the anagen phase, the hair is still attached to the papilla. Approximately 85% of hair is in the anagen phase at any one time. The anagen phase can last from 2 to 6 years.

When a client is new to Aquagel® and was previously a shaver, hairs will be in different stages of growth when pulling them out at the root for the first time. The result won't feel perfectly smooth that first time; in fact it takes 3-4 treatments before most of the hairs that are pulled out are in the anagen phase. During an Aquagel® Sugaring service, hairs removed in the anagen phase will cause the papilla to bleed. Sometimes the blood will make it to the surface of the skin, sometimes it remains in the follicle where it can be seen as a red spot (referred to as spotting), and other times the blood will remain invisible. 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 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. They start as soft, plump cells and the process that makes them harden is called keratinisation (this is also what makes 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. The more hairs we pull out in the anagen phase, the longer the hairs will stay away, which means the client has a smoother finish for longer.

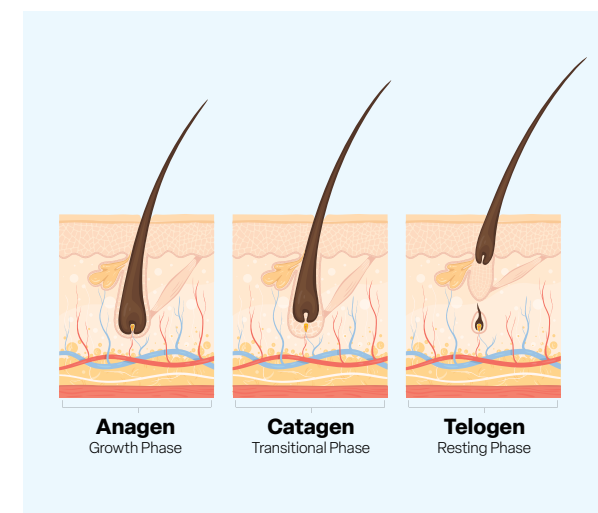
The Catagen Phase

The catagen 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 sugaring service during the catagen phase, there won't be as much time between removal of the hair and new hair growth, as when removal occurs in the anagen phase.

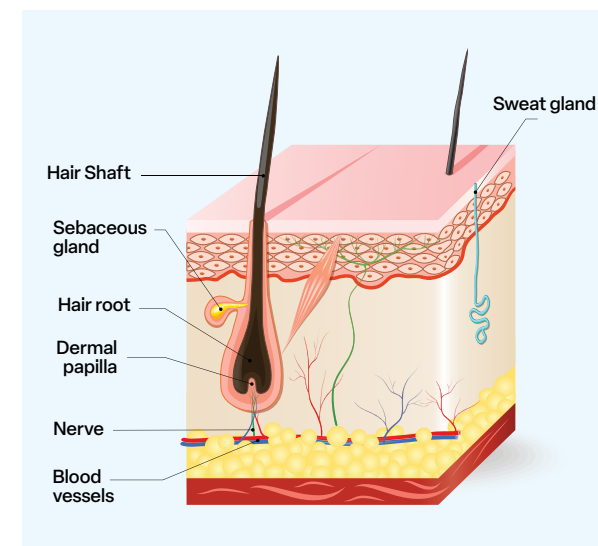
The Telogen Phase

In the telogen 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 sugaring service. Depending on how long the follicle has been in the resting phase will depend on how quickly regrowth occurs.

Hair Growth Cycle



Hair Anatomy



Health and Safety

Safety is very important in the workplace and you will need to observe Workplace 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® heater should be cleaned after each use with warm water. Surfaces should be wiped down before and after treatment using a Virox® cleaner/disinfectant such as Prevention or PREempt™. All implements that are not single use, such as tweezers, should be disinfected and sterilized after each client.

Preparation

Disinfect your Caronlab® vinyl bed sheet before each client. Before treatment, wash your hands and put on your disposable gloves. Use a fresh pair of gloves for each client to avoid cross-contamination.

Electrical safety

Aquagel involves the use of a warmer to keep your Aquagel® warm. It is always important that you ensure your sugaring equipment is in a safe, workable condition. Warmers should be turned off when not in use.

Caronlab® Heater



Prevention®



PREempt™



Aquagel Room Preparation

What you need for Sugaring with Aquagel®

Access to the 2 different textures of sugar, firm and soft, will help facilitate the service to be done. The clients' body temperature, room temperature and the technician's temperature affect Aquagel's texture, so having the two different Aquagel options will ensure a comfortable and efficient hair removal process.



Aquagel® Firm

- Easy to control
- For use on warmer areas of the body such as bikini, underarms and face
- Ideal for hot and humid climates
- Ideal for beginners



Aquagel® Soft

- Soft consistency for use on larger areas such as legs, chest or back
- Better for cooler climates
- Ideal for experienced therapists



Caronlab® Professional Heater

Caronlab's Wax Heater comes with 2 skirts or attachments, one for hard wax and one for strip wax. The Aquagel set up will use the hard wax skirt (the one without the bar) and the container of Aquagel must be set within the metal insert at a low temperature to warm the sugar.



Prep/Pre-Wax Skin Cleanser

Cleanses and prepares the skin prior to sugaring by removing any traces of makeup, 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 Aquagel to the skin and is ideal for large areas.



**Soothe/After Waxing Soothing Lotion
Mango & Witch Hazel**



Aloe Hydrating Gel

This moisturizing natural cooling formula will relieve dryness and moisturize the skin.



Spray Water Bottle

To help adjust and customize the Aquagel texture as needed.



Corn Starch Powder

Used to absorb any moisture or sweat on the skin prior to applying Aquagel, as sugaring cannot be performed over a wet area.



Sugaring Trolley

Your sugaring trolley needs to be on wheels so that the Aquagel is always beside you. It means less drips and spills which saves cleaning time. It also allows for quick application.



Aesthetics/Massage Table

Your sugaring table needs to be at the correct height. When standing upright beside the table, your knuckles should hit the top of the table. The table should also be covered in a Caronlab vinyl bed sheet.



Adjustable Magnifying Lamp

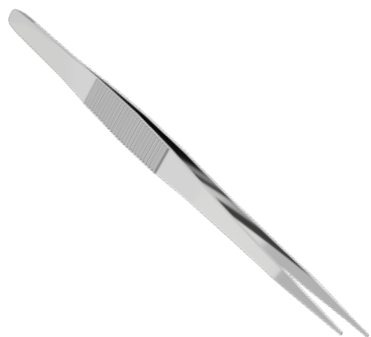
Adequate lighting is very important to ensure you have removed all the hairs. Ensure you turn your magnifying light on at the end of the treatment to double check that all the hairs have been removed.



Disposable Gloves

Use gloves that offer superior strength and performance, plus they should be 100% allergen and latex-free Nitrile Gloves that act like a second skin!

Home care products to ensure better results for you and your clients:



Tweezers

Highest quality surgical stainless steel tweezers to ensure precision every time. Make sure they are durable, hygienic and comfortable to hold, and guaranteed not to rust and firmly grip every hair type.



Consumables

In any sugaring treatment you will need either multipurpose mini wipes or cotton rounds, cotton tips and tissues. Damp Warmed Towel/Baby Wipe for excess Aquagel removal.



Banish

This triple action roll on is specially formulated to treat and prevent ingrown hairs, razor burn, bumps and skin irritation resulting from all types of hair removal.

Renaissance Glove

This glove made from natural eucalyptus and spruce cellulose deeply cleanses the skin and helps to eliminate dead skin cells that cause ingrown hairs. Also softens and assists in skin regeneration.



Perfect Technique

How to Choose gloves:

It's best to choose gloves that are as small or as tight as you can comfortably handle without causing discomfort. For sugaring, the gloves should feel like a second skin. If the gloves are too large, the motion of applying the Aquagel® will cause them to shift, ultimately slowing down the process.

How to Grab Aquagel®:

Hold your fingers in a downward position and curve your palm upward as you reach into the Aquagel container. You don't want your gloved hand to touch the sides of the inner container. Instead, aim to reach into the middle. This keeps the process clean and tidy.

The amount of sugar you grab will vary depending on the area you're working on:

- For brows or a brow and upper lip: Use a piece about the size of a cherry.

- For underarms or a regular bikini area: Use a piece about the size of a walnut.

- For full legs: Use a piece roughly the size of a small apple.

Using smaller pieces is possible, but for timing and efficiency, slightly larger pieces work better for larger body areas, allowing you to serve more clients effectively.

Hand Positioning and Aquagel® Manipulation:

When working with Aquagel, one hand manipulates the Aquagel ball, while the other supports the client's skin. Your working hand is in constant motion, and as you're learning, you might feel some strain—this is just your muscles adapting to the technique. Always keep your hand facing down to avoid losing the Aquagel into the palm. Manipulate the Aquagel ball with your fingertips, keeping it on the tips of your fingers. Your free hand should firmly support the client's skin, applying pressure that is firm but not painful.

***Remember, always sugar towards your support hand, adjusting your movements to leave enough space to apply the sugar cleanly and efficiently.*



Perfect Technique

Application and Molding

Molding refers to the process of applying the Aquagel paste to the skin. This technique involves spreading the paste over the area against the direction of hair growth. Make sure you always support the skin with the opposite hand. Never mold Aquagel without supporting the skin. The molding action helps push the sugar under the hair, allowing it to envelop the hair effectively. This motion also stimulates blood circulation, creating warmth that softens the sugar around each individual hair. On average, practitioners mold the Aquagel three times. The molding length can range from as short as an inch to as long as 12 inches, depending on the area being treated.

Flicking and Reapplication

Once molding is complete, the Aquagel® is removed with a flick, a quick motion that pulls the hair out in the direction of growth. This action folds the sugar back onto itself and returns it to your sugaring hand. The process is repeated until the treatment is complete. It's important to note that Aquagel® can typically be reapplied to the same area multiple times if needed, though this depends on the client's skin sensitivity and the practitioner's technique. Mastering the balance of application, molding, and flicking ensures an efficient and comfortable Aquagel® experience.

How do you know which Aquagel® paste to choose?

The choice of Aquagel® paste is not necessarily determined by the body part but rather by the practitioner's needs and preferences. Selecting the right paste is both a personal and functional decision. Once the sugar paste is removed from its container, its consistency will be influenced by room temperature, the client's body temperature, and—most importantly—the practitioner's body temperature.

- **Practitioners who run warm:** They will need a firmer paste to resist melting, as their body heat can soften the sugar too quickly.
- **Practitioners who run cold:** They should opt for a softer paste, which remains pliable despite their cooler hands. Cold hands can cause firmer pastes to become too stiff to work with effectively.

Perfect Technique

How firm is the pressure and how to hold your hand

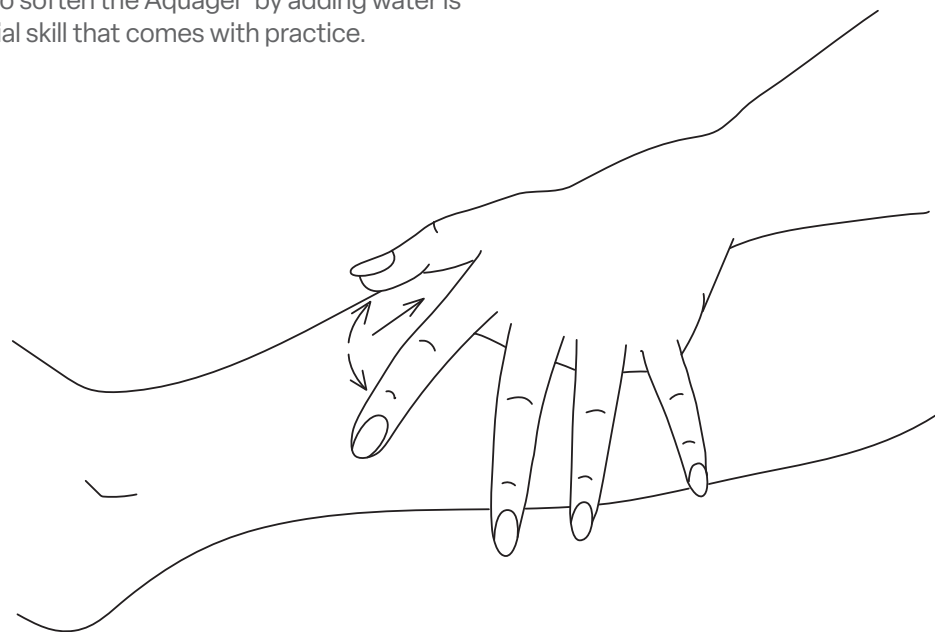
If you find yourself needing excessive pressure to apply the Aquagel®, it's a sign that the paste needs to be softened. If your hand becomes fatigued or your client experiences discomfort, adjust the paste consistency. Proper application pressure should be firm enough to envelop the hair, but not so firm that it causes discomfort.

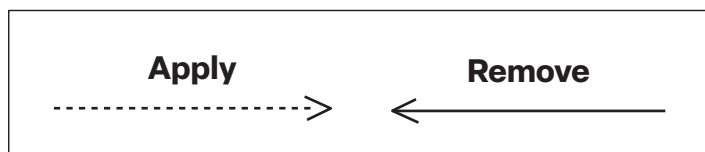
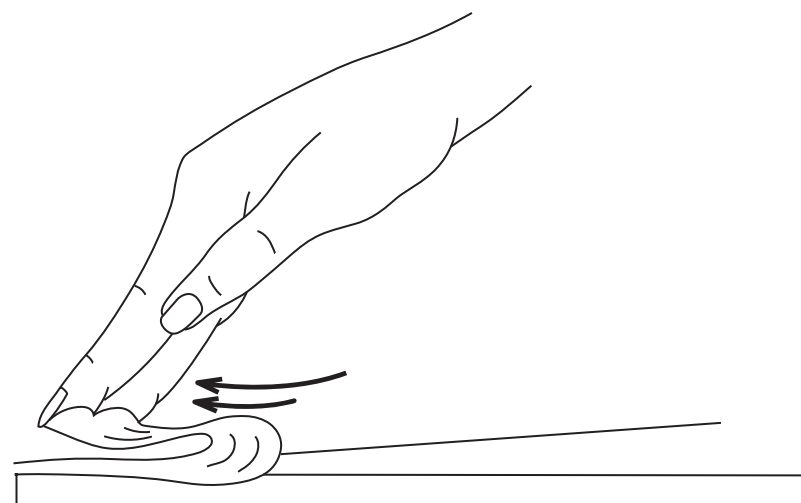
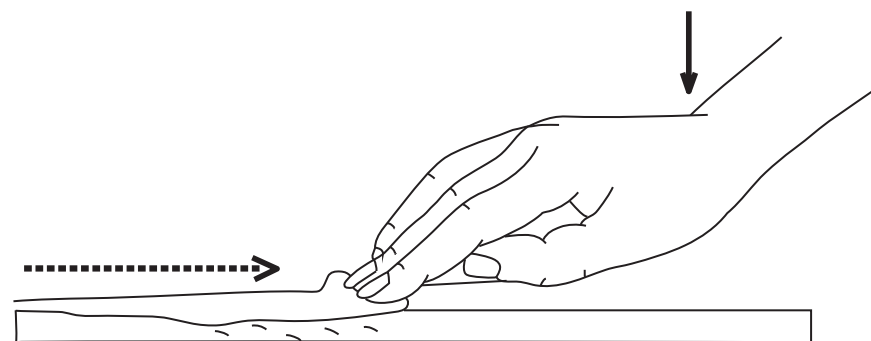
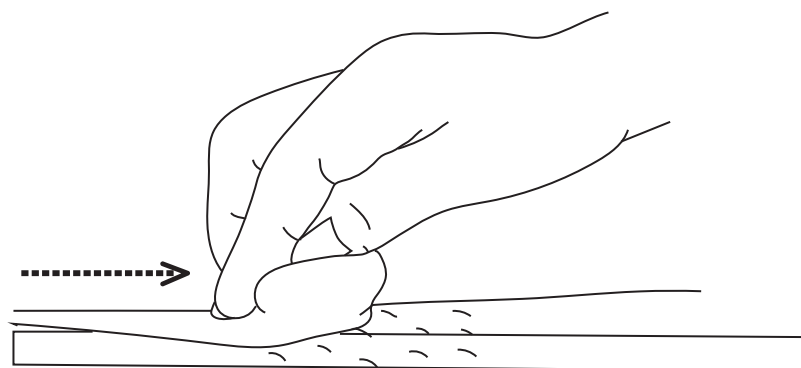
The only discomfort a client should feel during sugaring is the hair being removed. When applying the Aquagel®, your hand should be more rigid to ensure smooth application. However, as you flick the Aquagel® off, your hand should relax. If your hand remains rigid during the flicking motion, you'll tire more quickly, which can strain your shoulder and upper back. You could potentially cause bruising and hair breakage as well, maintaining the right balance between tension and relaxation is key to an efficient and comfortable Aquagel experience for both client and practitioner.

Room temperature and how it affects Aquagel®

Both the Soft and Firm Aquagel® will feel stiff at room temperature. It's necessary to warm the Aquagel slightly just to remove it from the pot. Once it's out of the pot and into your gloved sugaring hand, exposure to air will cause it to cool. Warming the sugar initially is only to facilitate removal from the pot. During the treatment, factors such as room temperature, the client's body heat, and your own body temperature will influence the Aquagel's consistency.

Learning to soften the Aquagel® by adding water is an essential skill that comes with practice.





Aquagel Tips and Tricks

These are some tips & tricks that we've learned over the years

What to do if your Aquagel® is too soft:

When Aquagel® is too soft it becomes unmanageable and difficult to remove. If the Aquagel® is runny when removed from the warmer, try to hold it upright and use a fan to cool the Aquagel® to a more manageable state.

You can also add cooler paste to your piece to help become the right consistency. Cornstarch can also be added to add firmness to paste that is too soft, however, if you use too much cornstarch it can make the Aquagel stiff. If your client has soft silky skin and less hair your paste will likely become softer more quickly.

If the day is very warm or humid we suggest you stick with Aquagel® firm, especially if you are sugaring a sensitive area.

What to do if your Aquagel® is too hard:

When your Aquagel® is too hard it will be difficult to apply to the skin. This will make the sugaring experience more uncomfortable for your client and increase the chance of bruising. Misting a

little water will loosen your sugar paste. The Aquagel® needs to be soft enough to seep into the follicle to allow you to remove the hair.

If the temperature of your room or the outside weather is very cold this can also affect your Aquagel. Misting a little water will help here also.

Your body temperature and that of your client can also affect the consistency of your Aquagel® and the sugaring service. If your client has dry skin and very thick hair it may make it more difficult for the Aquagel® to mold to the client's skin.

Troubleshooting:

- 1. To ensure easy hair removal** and minimize discomfort- Hold Skin Taut.
- 2. If the Aquagel® is too soft to flick**, add cooled Aquagel® to the edge of the stuck area using a spatula or add a light sprinkling of cornstarch.
- 3. Flicking** - You must start the flick outside the sugar treatment area. The sugar paste must be brought past the molded area.
- 4. Getting stuck?** Pushing before the flick will cause Aquagel to become stuck. Remember to use a light touch for removal of Aquagel®. No pressure is required.
- 5. Treatment Area** – the treatment area must be only as wide as the finger or hand being used to remove the paste. If it's too wide, remove the paste in short flicking movements until the area is contained to a manageable area.

6. Melted Aquagel® on a client – Cornstarch can be sprinkled on the paste which may help removal. Removing the paste with warm water is also an option.

7. What causes skin bruising?

- A. Not holding the skin taut.
- B. Not staying parallel to the area being treated while flicking/removal.
- C. Areas with creases and folds are much more susceptible to bruising so firm hold to flatten the area is suggested.



Legs Sugaring

When performing Sugaring with Aquagel®, it's important to follow the correct technique to ensure smooth, effective results while maintaining client comfort. Proper skin preparation, paste application, and removal methods are key to achieving flawless, long-lasting results.

Lower Legs:

Step 1: Start by preparing the skin with Caronlab® Prep and lightly dust the area with cornstarch.

Step 2: Begin at the ankle, applying Aquagel® from the outside of the leg and moving upwards toward the knee.

Step 3: Remove the paste in a downward motion toward the foot. It's important to use a long application of the paste but avoid "lifting" during removal, as this can cause hair breakage. The removal flick should be parallel to the leg. Work in sections for best results.

Step 4: When sugaring the knee area, ask the client to bend their leg to provide better support and ensure the skin is

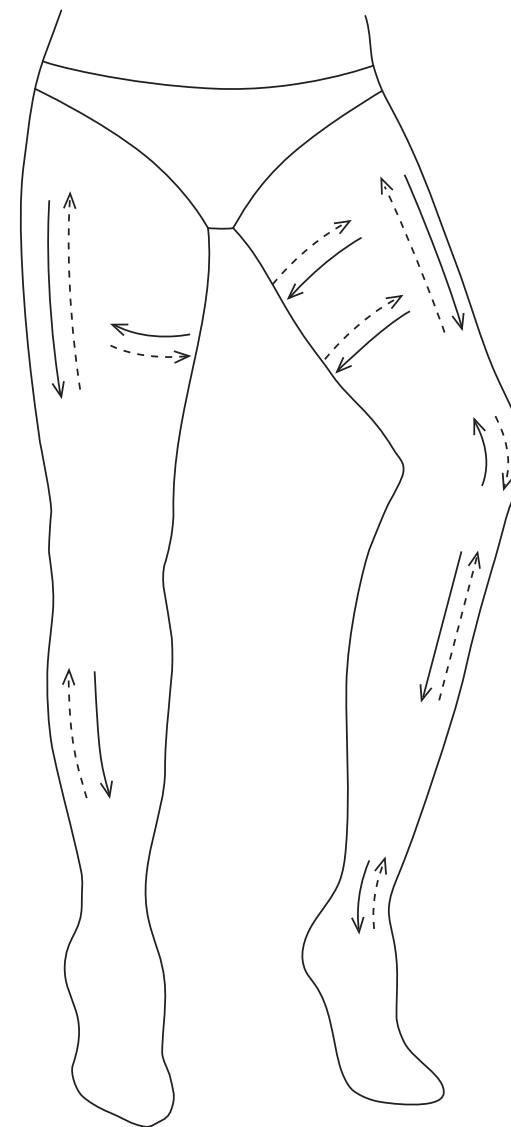
taut. The sugar should be firm and worked in small sections for precise hair removal.

Upper Legs:

Step 1: After using Caronlab Prep and lightly dusting the skin, ask your client to bend their knee slightly.

Step 2: Apply the paste from the knee upward toward the bikini line and remove it in a downward motion toward the knee.

Step 3: Continue working around the thigh in sections, always ensuring you apply the paste against the hair growth and remove it in the direction of growth. Refer to the diagram for assistance in determining the correct direction of application and removal.



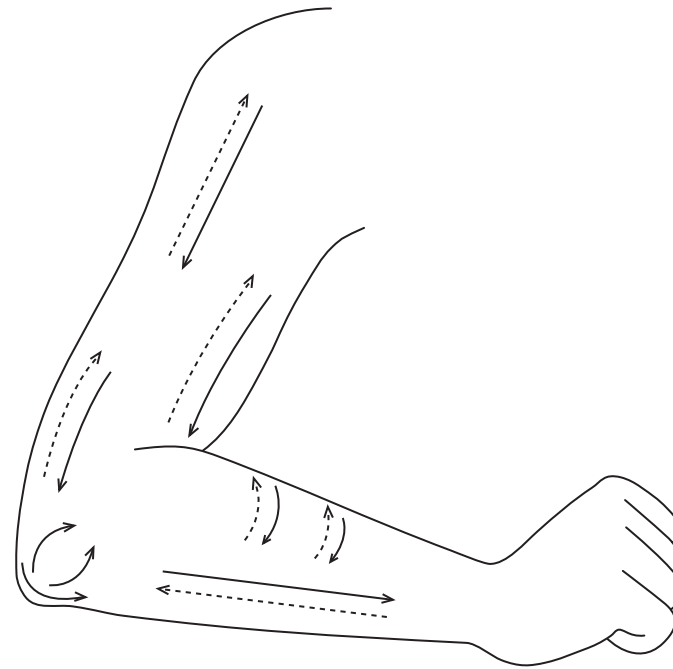
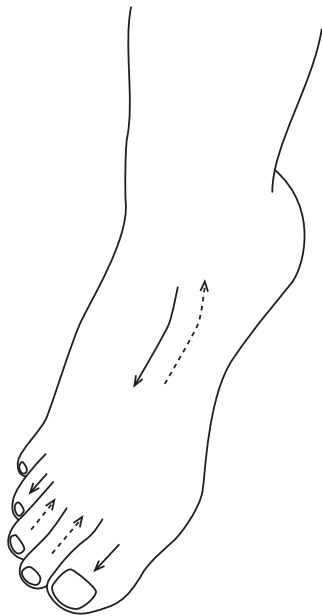
Feet:

Step 1: Prepare the skin by applying Caronlab Prep and dusting lightly with cornstarch. For the top of the foot, apply the paste from the toes back toward the ankle, and remove with a flicking motion toward the toes.

Step 2: To sugar the toes, gently grasp all the toes and bend them down to ensure the skin is taut. Apply and mold the paste toward the foot and flick it toward the toes. For stubborn hairs, use finger flicks to fully remove any remaining hair.

Step 3: Finish by applying Caronlab Soothe lotion to calm the skin, and gently massage the area for added comfort.

Step 4: These techniques will help you achieve clean, smooth results on your client's legs and feet.



Arms Sugaring

Step 1: Start by preparing the skin with Caronlab Prep and a light dusting of cornstarch.

Step 2: Begin with the lower arm, always following the direction of hair growth. Apply Aquagel® against the hair growth, working in sections across the arm.

Step 3: Remove the paste in the direction of hair growth, moving towards the outside and down. To ensure smooth removal, hold the skin taut by gently applying pressure in a squeezing motion on the underside of the lower arm.

Step 4: Bend the arm slightly to work the elbow. The skin on the elbow is typically a drier

area so apply the paste in small sections. Avoid using long strips of paste, as it will be difficult to remove. Do not start removal on the curved area of the elbow —always return to a flatter surface for best results.

Step 5: For the upper arm, apply Aquagel from the elbow toward the shoulder. Remove the paste downward toward the elbow rotating the arm as needed to work the underside.

Step 6: Apply the Mango and Witch Hazel Soothing Lotion to calm the skin and gently massage the area once sugaring is completed.

Underarms:

Step 1: Prepare the skin with Caronlab Prep and lightly powder both underarms before beginning.

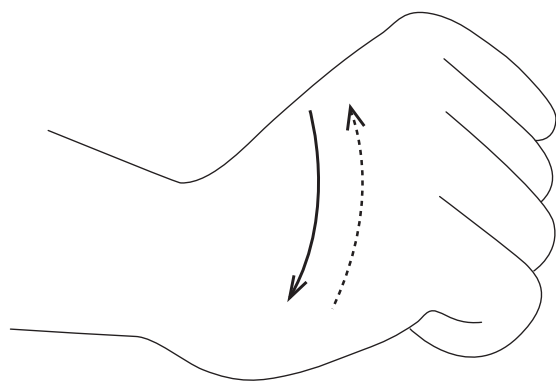
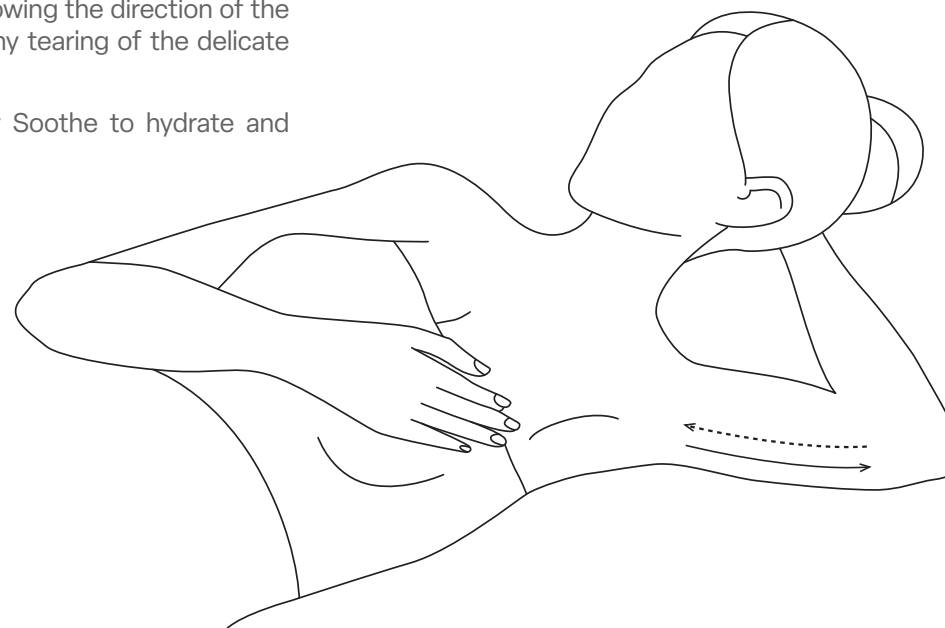
Step 2: Support the arm, just above the underarm using the palm of your hand. Apply pressure rather than stretching the skin.

Step 3: Request the client use their other arm to hold their breast by applying gentle downward pressure and provide additional support for the skin.

Step 4: Hair in the underarm can grow in various directions, so it's best to split the underarm into two sections at the crease. It's important to mold the paste several times against the hair growth and remove it in the direction of growth. Always use a small amount of paste to ensure it can be removed in one swift flick.

Step 5: When working in the skin fold area, the direction of hair growth is less critical. Instead, remove the paste following the direction of the skin fold to prevent any tearing of the delicate tissue.

Step 6: Finally, apply Soothe to hydrate and calm the skin.



Hands:

Step 1: Prepare the skin with Caronlab Prep and lightly dust with cornstarch. Position the hand into a fist for the sugaring process:

Step 2: With the hand in a fist, apply Aquagel across the top of the hand, molding from the outside hand toward the thumb side of the hand. Remove the paste by flicking back across the hand towards the outside of the hand.

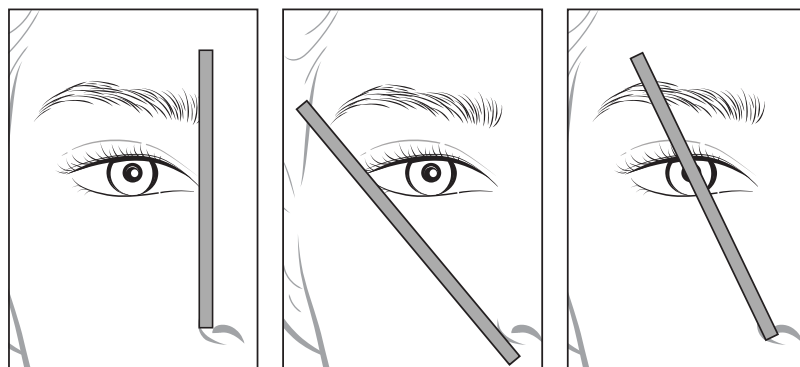
Step 3: Continue by applying and molding the

paste to the fingers and removing from the back of the hand towards the fingertips.

Step 4: Finger flicks are crucial for thoroughly removing stubborn or vellus hairs from the fingers and hands.

Step 5: Finish by applying Soothe to calm the skin and gently massage.

Facial Sugaring



Eyebrows:

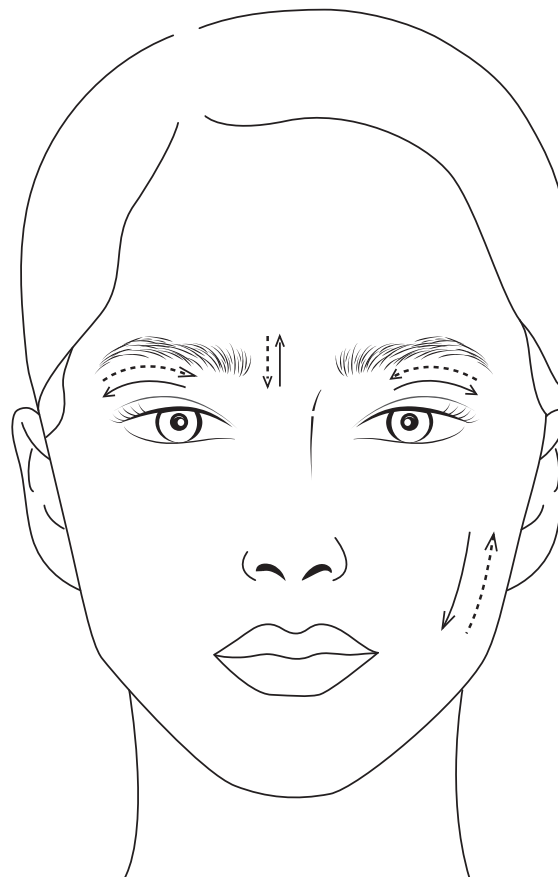
Step 1: Begin by preparing the skin with Caronlab Prep using a cotton round to cleanse the area. Lightly dust the area with cornstarch to absorb any moisture and ensure a clean application.

Step 2: Use the diagram as a guide to shape the brows. Take a small amount of paste, about the size of a cherry, and apply it with your index finger.

- Start from under the outer part of the eyebrow and work your way toward the inner eye. Hold the skin tightly (without applying pressure) and remove the paste.
- Repeat this process on the other eyebrow.

Step 3: For the area in between the brows, apply the paste downward toward the nose, and then remove it upward toward the forehead.

- Refer to the diagram for the correct direction to apply and remove the paste.



Upper Lip:

Step 1: Prepare the area by applying Caronlab Prep with a cotton round, followed by a light dusting of cornstarch today the skin.

Step 2: Take a cherry-size amount of Aquagel and begin to mold it, starting at the corner of the mouth and moving upward toward the nose, stopping at the edge of the Cupid's bow. (see diagram).

• Firm Aquagel is recommended.

Step 3: Mold the paste 2-3 times, then let it rest on the lip, allowing the sugar to seep into the follicles. Remove by flicking the paste off.

Step 3: Finish by applying Caronlab Soothe lotion to calm the skin, and gently massage the area for added comfort.

Step 4: Repeat the same process on the other side of the lip.

Step 5: To remove hairs from the middle of the lip gently apply paste toward the base of the nose, molding twice. Remove in a downward motion while supporting the nose with your other hand.

Step 6: After the treatment, apply Caronlab Aloe or Soothe to moisturize and hydrate the skin. If some hairs are not removed during the first pass, repeat the process as needed.

Chin:

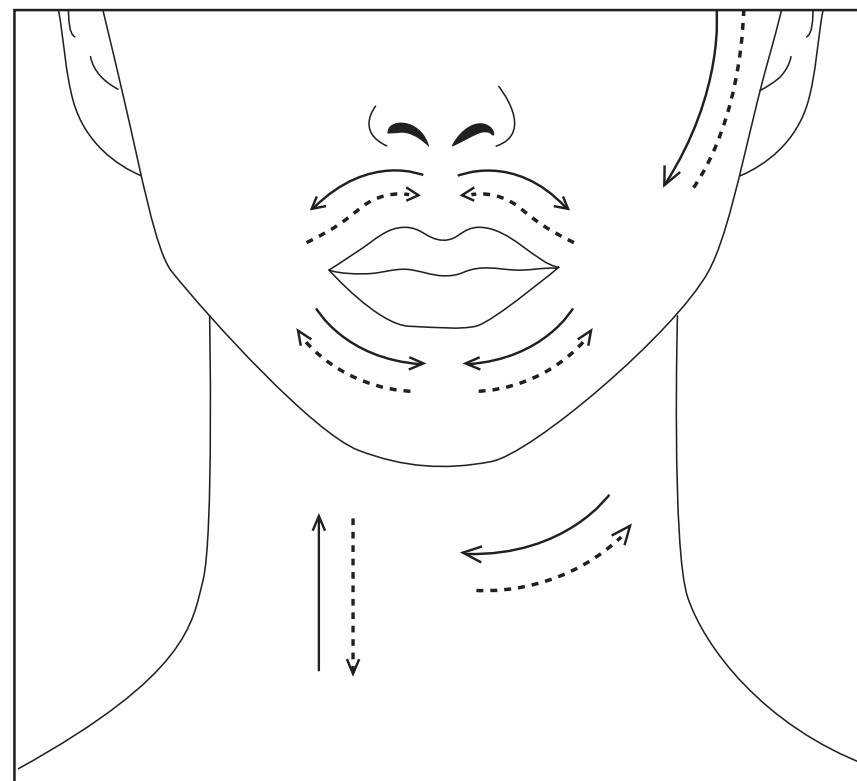
Step 1: Prepare the chin area by applying Caronlab Prep and lightly powdering the skin.

Step 2: Tilt head back and stretch neck. Proceed to sugar from side to side.

Step 3: Take a cherry-size piece of Firm Aquagel and begin molding at the base of the neck, moving in an upward direction.

• It is essential to follow the natural direction of hair growth to avoid breaking any hairs.

Step 4: After removing the paste, apply Caronlab Aloe to cool and calm the skin.



Important:

Be very gentle during the removal process, as the skin on the face is delicate, and bruising can occur easily. If any hairs are missed, simply repeat the procedure.

Bikini & Abdomen Sugaring

Preparation:

1. Have your client lie flat on their back on the treatment bed.
2. Cleanse the area with a Caronlab Prep by misting the spray directly onto the skin. This removes oils, creams, or perspiration that might interfere with the sugaring process.
3. Apply a light dusting of cornstarch powder to ensure the skin is dry and ready for the Aquagel. The bikini line typically involves removing hair around the edges of the underwear line. This includes the top, sides, and any hair extending beyond the line. It's helpful to ask the client to hold their underwear slightly beyond the treatment area for better access.

Step 1: Apply the Aquagel

1. Extract a ball of sugar paste about the size of a kiwi.
2. Begin on the side of the body that matches your dominant hand. For example, if you're right-handed, start on the client's right side.
3. Ask the client to bend their leg into a figure-four position to give you better access. Guide them to hold their underwear slightly out of the way if needed.

4. Start by applying the Aquagel to the inside of the thigh. Use your fingertips to

push the sugar into the hair, working in the direction of the heart. Avoid pulling

the sugar with your fingerprints.

5. Whenever possible, begin and end the application in areas where there is no

hair.

Step 2: Mold and Remove the Aquagel

1. Apply firm pressure on the skin you're working on to prevent it from moving during the molding and removal process.

2. Mold the sugar paste over the treatment area three times, using controlled motions.

3. Once your hand reaches the top of the mold, relax your hand and flick the sugar parallel to the skin.

4. Depending on the length of your mold, you may need to flick two or three times to remove the paste fully. Avoid trying to remove the paste in a single flick, as this can cause bruising and losing control of your Aquagel ball.

Step 3: Progress Towards the Underwear Line

1. Repeat the molding and flicking process, inching closer to the underwear line.
2. Adjust the size of each application based on your client's comfort level.
3. For any hairs left behind, use a finger flick technique to ensure every hair is removed.

Step 4: Treat the Opposite Side

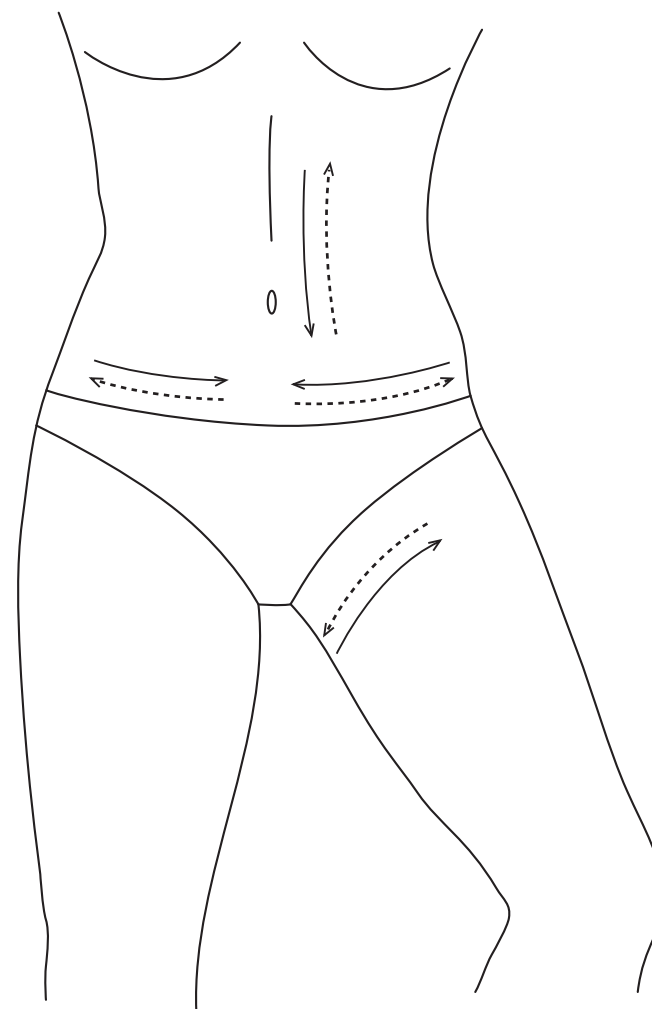
1. Repeat the exact same process on the opposite side of the body.
2. If the client requests it, you can also perform sugaring on the top of the pubic area, following the same technique.

Step 5: Cleanse and Finish

1. Occasionally, Aquagel may leave a tacky residue, depending on the client's body heat, room temperature, or other factors. Remove any residue with a moist towelette or a warm, damp towel.
2. Once the area is completely hair-free, apply Caronlab Aloe or Soothe directly to calm and hydrate the skin.
3. Advise your client to:
 - Avoid moisturizers, excessive exercise, and extreme heat (e.g., saunas, hot tubs) for 24 hours.
 - Book their next appointment in approximately four weeks for optimal results. These steps ensure a professional, effective, and comfortable bikini sugaring experience for your client.

inside of the thigh. Use your fingertips to push the sugar into the hair, working in the direction of the heart. Avoid pulling the sugar with your fingerprints.

5. Whenever possible, begin and end the application in areas where there is no hair.



Adverse Reactions

An adverse effect is a reaction caused by a treatment or product. An adverse effect may happen during a sugaring treatment, or it may happen after the client goes home. Sugaring services have a couple of very common adverse effects that can occur with every sugaring service carried out. If your client is new to sugaring it is very important that you explain these common adverse effects prior to starting the sugaring service so that your client knows what to expect. Adverse effects can often be prevented by using 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 sugaring service, the hair is forcefully removed from the papilla, which consists of blood capillaries. The removal of the hair may cause the papilla to bleed a small amount. 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 sugaring and it can be particularly common with first time sugaring, especially sensitive areas such as underarm, bikini and XXX. For that reason, disposable nitrile gloves should always be worn. Dab the are with a cotton pad dampened with cool water then apply a small amount of Soothe which contains Witch Hazel.

Ingrown hairs:

Ingrown hairs are a common condition caused by hair removal. They occur when the hair curls back or grows sideways into the skin and when dead skin cells accumulate on the surface of the skin, creating a barrier that prevents an individual hair from exiting the follicle. As the trapped hair continues to grow beneath the skin, it can mix with bacteria, leading to inflammation and the development of a papule. 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 sugaring. It is important to avoid squeezing or attempting to extract ingrown hairs, as this can worsen the issue by introducing additional bacteria, increasing inflammation, and potentially causing scarring or infection. Instead, encourage gentle exfoliation and proper skin care techniques to minimize the occurrence and promote healthy skin.

Stress the importance of regular exfoliation to help remove dead skin cells and talk to your client about using the Renaissance exfoliation mitt regularly. Introduce your client to Banish to treat or prevent stubborn ingrown hair. Banish is an easy-to-use ingrown hair solution with a roll-on applicator.

Skin Lifting:

Skin lifting can be caused by a number of factors. If the therapist hasn't supported the skin properly, is using Aquagel that is too cold, or is using the wrong type of sugar this can cause skin lifting. It can also be caused by clients taking medication or using retinols that has thinned their skin. Sugaring should be avoided in this instance because the skin becomes extremely fragile. It can cause your client considerable discomfort that can be avoided with correct consultation and proper sugaring techniques.

What should you do?

Apply a cool compress to the area. Finish the treatment with the Caronlab Soothe 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 minimize the chance of it happening again.

Bruising:

Like skin lifting, bruising can be a common adverse effect of sugaring. 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 sugaring service. It can also occur when the therapist is not creating a flat surface and tries to sugar over a curve or a crease in the skin. This can result in severe discomfort for the client.

What should you do?

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

Tip

Using the right consistency and the right technique will minimise the chance of adverse effects.



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

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