



# Client Consultation Form – Waxing

College Name:  
 College Number:  
 Student Name:  
 Student Number:  
 Date:  
 Client Name: Miss VT

Address:  
  
 Profession: Chef  
 Tel. No: Day  
 Eve

### PERSONAL DETAILS

Age group: Under 20  20–30  30–40  40–50  50–60  60+

Lifestyle: Active  Sedentary

Last visit to the doctor: Can't remember

GP Address:

No. Of children (if applicable):

Date of last period (if applicable): 15/08

**CONTRAINDICATIONS REQUIRING MEDICAL PERMISSION – in circumstances where medical permission cannot be obtained clients must give their informed consent in writing prior to treatment. (select if/where appropriate):**

Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions)   
 Haemophilia   
 Any condition already being treated by a GP or another practitioner   
 Medical oedema   
 Osteoporosis

Nervous/Psychotic conditions   
 Recent operations   
 Diabetes   
 Trapped/Pinched nerve   
 Inflamed nerve   
 Severe varicose veins

### CONTRAINDICATIONS THAT RESTRICT TREATMENT (select if/where appropriate)

Fever   
 Infectious or contagious diseases   
 Under the influence of recreational drugs or alcohol   
 Any known allergies   
 Infectious skin diseases and disorders   
 Undiagnosed lumps and bumps   
 Localised swelling   
 Inflammation   
 Cuts   
 Bruises   
 Abrasions   
 Scar tissues (2 years for major operation and 6 months for a small scar)   
 Sunburn

Self tan   
 Heat rash   
 Hairy moles   
 Hormonal implants   
 Recent fractures (minimum 3 months)   
 Neuralgia   
 Hypersensitive skin   
 Loss of skin sensation   
 Vascular skin   
 Hairy moles   
 Varicose veins   
 48 hours after sun tanning   
 Bells Palsy   
 Abnormal hair growth

### Patch Test:

Negative  Positive

Brand of wax used: Depileve cream

Area tested: Wrist

Date of test: 12/09

### Area waxed (select if/where appropriate):

Half leg wax   
 Bikini line   
 Underarm

Forearm   
 Lip   
 Chin

### Method used (select where appropriate):

Hot wax  Warm wax

**Treatment Date: 07/09**

### **Client Lifestyle/profile**

Miss VT is 32 years old. She works full time as a chef in a restaurant. Her job is quite stressful – she rates it as 8 or 9 out of 10 most of the time. She works long hours and split shifts – 11am-3pm, then 6.30pm-11.30pm, five days per week. She loves cooking and thinks that she will always need to work with food.

She lives with her boyfriend who is a retail manager. He finds her working patterns a little difficult to live with but enjoys all the food that she manages to bring home from work. She rates her home stress levels at about 3, and she feels that she relaxes easily once she gets in.

She is in very good health – however, as with many people who work in the catering profession, she admits to eating quite badly. She often eats very late at night, or five small meals a day, or nothing at all! She does not have a regular eating pattern. At this time in her life, it has no adverse effects.

She has slightly raised blood pressure and she has had tests, but she is currently not on medication. She has a normal skin type. She is allergic to prawns and breaks out in hives if she comes into direct contact with them. She does not eat them and has to wear gloves if handling them at work. She also suffers contact dermatitis from some of the washing up liquid at work at times.

She has had waxing before, but has never had her lip waxed. The moisture content, muscle tone and elasticity of her skin are all good. She heals quickly and has good circulation. She is not aware of any other sensitivity apart from those already mentioned. Her pore size is normal/fine. Her overall skin type and hair growth is normal, although the hairs on her upper lip are becoming more noticeable. She prefers to be waxed than use any other methods of depilation.

She tested negative for reactions to her waxing patch test using Depileve cream wax. The area tested was the wrist.

### **Details of treatment**

The client had booked a half leg wax and lip wax which I decided to perform using cool wax. Miss VT was positioned on the prepared and covered couch in a seated position with both her legs out straight. I checked the wax pot and then cleansed her lower legs with pre-wax lotion and cotton wool. I proceeded to test the wax temperature on my wrist. It was fine. I then tested the wax on Miss VT, on the ankle. She said that it felt ok. I then applied the wax in downward strips, working first on the leg furthest away from me, and then removing the strip closest to me, taking care not to lean into an area with wax on. I was careful not to drip the wax or apply too thick strips. I applied and removed wax to the front of both legs including the knees. For the knees, I asked Miss VT to bend her legs at the knees and support the skin above the knee, to hold it taut. I applied the wax here in smaller patches, to avoid stretching and bruising the skin. Once the knees were clear, Miss VT placed her legs flat again and I lowered the back of the bed. I asked Miss VT to turn over. I then applied and removed the wax in the same manner to the back of the legs. I did check that the temperature was still comfortable for her, which she said it was. Having checked her legs for any stray, remaining hairs, I then applied a soothing after wax lotion containing tea tree and aloe vera. This also has slightly antiseptic properties to prevent any infection. I was careful to wear gloves throughout the treatment and dispose of any wax strips when finished with. I did not touch the client's skin with my bare hands, but applied the after wax whilst wearing gloves. As the client is waxed regularly, I did not need to tweeze out any stray hairs.

Her legs were a little pink afterwards. I explained that this reaction would fade within the next few hours. I covered her legs and then moved onto the lip wax.

I placed a protective cape around Miss VT's shoulders and then lowered the back of the couch very slightly. I cleansed the upper lip with pre-wax lotion and cotton wool. I blotted off any excess moisture. Even though I was using the same wax, I tested it on my wrist again. It was at a suitable temperature. I re-tested it on Miss VT's wrist and she said that it was ok. I asked her to turn her head towards me. I checked the hair growth on the upper lip. I used a small spatula, designed for lip waxing to apply the wax. I applied the wax with the hair growth, re-dipped the spatula and applied another strip. I left the septum clear. I asked Miss VT to use her facial muscles to hold the skin taut, before I removed swiftly in an upward motion. I removed the second strip, using a new fabric strip that I had cut to size, in the same manner. I treated the other side of the mouth and then came back and removed the hair from the septum area. Miss VT's eyes were watering but she said she felt fine. I applied a calamine after wax lotion to the area with cotton wool. Her skin was quite pink but there were no bloodspots.

**Client feedback**

Miss VT had had regular leg waxing for some time now. She said that she finds it painful to start with but that this gets less as the treatment goes on. She is careful not to schedule her waxing appointments around the time of menstruation as it is definitely more painful then. She was not sure how she would feel about the lip wax. She did find it quite painful and it made her eyes water but she said that she would have it done again.

**Homecare advice**

Miss VT was given the following advice- to bathe or shower in warm water only, do not use soap on either area for at least 12 hours. Avoid using perfumed body or facial lotions/creams. Do not apply any make up to the upper lip area. She must avoid the sun or UV light. Do not have a heat treatment within 48 hours. Do not swim. Do not exfoliate either area for at least two days. She should return for treatment in approximately four weeks. If a reaction should occur, bathe it with cool water only initially. If it does not calm down within 24-48 hours, consult the therapist and then a doctor. I also advised her to return for treatment in approximately 4 weeks. As this is her first time for a lip wax, the regrowth may be slightly quicker so I asked her to telephone me when she felt that the regrowth was visible or giving her cause for concern and we would make an appointment.

**Reflective practice**

The treatment went well. However, the wax was not hot enough at the start of the leg waxing, so my strips were a little too thick. This meant that the fabric waxing strips that I used became covered very quickly, so I used more than I should have. I had to adjust the temperature of the wax and monitor it throughout the treatment. It would also help to note this on the client consultation form. I was a bit worried about the lip waxing as I had not done many before. The client has regular leg waxing but has never had a lip wax before, so was also a little apprehensive. I was careful to check that the temperature was suitable before starting, as I had turned it up during the leg wax. I had to use a small lip spatula instead of the normal size to make the application easier. I found it quite difficult working on such a small area. My application was good but I found the removal a little difficult. I need to adjust the couch more to position the client correctly. Miss VT was surprised and thought that the lip wax was less painful than she had expected. Her reactions to the treatment were quite normal, and I would expect them to fade within the next few hours.

**Overall conclusion**

This client is a regular waxing client but only for her legs. She has recently become conscious of the hairs on her upper lip and wanted to remove them before they became too dark/ noticeable. She is aware that this may now become a regular treatment and understands that she needs to return on a regular basis for treatment. The wax used did not irritate the skin in any way and would be suitable for future treatments.

**Student/Therapist Signature .....**

**Client Signature .....**