

SUGARING



Sugaring is a great treatment for clients looking for a more traditional method of hair removal, or for those who have experienced sensitivity to waxing.

A therapist can choose between 2 removal methods – with strips, or the hand removal option. Using the strip method, the sugar paste is heated in a thermostatically controlled wax heater and a thin layer is spread in the direction of hair growth before using a wax strip to remove it. Using the hand removal method, the paste should be applied to the skin with a firm downward motion and rub it into the skin to adhere to the hair. Keeping the skin taut, you should quickly pull the paste away from you to remove the hair.

Pros of Sugaring: Effective for removal of thick/coarse hair, does not leave a sticky residue on the skin, is suitable for clients with sensitive skin, natural method of hair removal, Easy to clean up – the solution is water soluble.

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THE TRAINING CENTER OF WELLBEING

SUGARING
TRAINING BROCHURE





Curriculum

Health and safety
Sterilisation and disinfection
Appearance of the therapist
Ergonomics
Structure of the skin
Hair growth
Methods of hair removal
History of Sugaring
Client consultation
Consultation form
Contraindications
Methods of Sugaring
Benefits of Sugaring
Preparing your work area
Working with Sugar Paste
Contra-actions
Aftercare

ABOUT THE COURSE

Prerequisite: None

Duration of training: 1 Day

Cost: £199

Independent Learning Hours: 30

Case Studies: 4 with 2 follow ups on each

IS THIS COURSE FOR YOU?

This course is for the complete beginner or an experienced therapist wishing to offer sugaring as an alternative to waxing.

MORE INFORMATION

Sugaring is one of the oldest methods of hair removal, having been in use since 1900 BC in the Middle East, where sugar, water and lemon juice are cooked together and left to cool.

WHATS INCLUDED?

Your training includes:

Full printed manual, classroom session, support with case studies, complementary therapist handbook.

Accredited by the International Practitioners of
Complementary Medicine