



## PROFESSIONAL SUGARING HANDBOOK



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## INTRODUCTION

SugarLove Organic Cold Sugaring Paste was founded by Jessica "Jessa" Roberts AKA Jessa Esthetician she has spent almost a decade sugaring and formulating skincare products. Her cold sugaring technique and rich molasses colored sugar is so unique that, it has the sugaring world buzzing. Through millions of views on YouTube and hands-on training certificates going on all over the world, Jessa has put cold sugaring on the map.

"Made by an esthetician for estheticians."

We have thousands of professionals already carrying SugarLove and loving it! One of Jessa's missions is to mentor young estheticians, teaching them everything she knows to help them become a booming business!

## HISTORY

Sugaring is the oldest form of hair removal! It is the best way to do organic hair removal in your spa or salon; an art passed down for centuries. SugarLove was designed to mimic the original form of sugaring with no warmers. Do you think they used a warmer in Ancient Egypt? After studying old family recipes, Egypt, and the history of sugaring. Traditionally families use cold sugar, and body heat to warm the paste for hair removal. Sugaring paste origins are rooted in cold paste formulas.

Sugaring dates back to over 1900 BC, it is speculated that the first sugaring compound was made from honey. Sugaring was also called "Sukkar" in the Middle East and Egypt; as "Agda" or "Harem" in Turkey and "Moum" in Iran. Egyptian hieroglyphics describe girls serving the Pharaoh, who were expected to remove their hair. In the Turkish Empire, it was an important part of court life, to remove body hair which was also considered an art. This tradition has been handed down through generations in the Middle East, Egypt and more. Today families cook up old family recipes and perform cold and strip sugaring.

## GETTING STARTED

Our unique Soft and Original cold sugaring formulas are two-fers or even three-fers! What does that mean? It can be used three (3) ways:

1. Cold as your sugar paste, our paste was designed to be used without heat.
2. Warmed to 95 degrees, creates a heavenly low temperature strip wax.
3. Warm your paste on ultra-low 80-85 degrees for sugaring, during cold weather.

We provide regular classes, live interactive webinars, one-on-one live skype/facebook training, trainer support and free YouTube videos. To continue your interactive learning experience, join our groups on Facebook please join: Esthetician Talk, SugarLove Esthetician Lounge

Stay positive, consistent and persistent, learning how to master sugaring can take up to three months. If you are a natural at sugaring, we have had Estheticians start as early as right after their certification.

## TYPES OF SUGAR

**COLD SUGAR** – Paste used cold without a warmer, must be specially formulated for this use.

**WARM SUGAR** – Most sugars require warming and must be heated to 98 degrees.

**SOFT** - is now what our "original" used to be before we stiffened it slightly. Can be used alone on large areas like legs, arms, body sugaring or in cold rooms.

**ORIGINAL** - your base paste for everything! Most of the time you can use original without mixing for most of your services. Therefore, original comes with your kit. Can be mixed with soft or firm. Remember to use only 1/4 mix and add more if needed into the original. Some of our fabulous Estheticians prefer to heat the original on the lowest setting in winter time.

**FIRM** – we do not recommend using it alone unless it's fully heated in a sugar warmer. Mix into original for hot bodies, sweat, hot rooms, or humidity. Jessa performed a Brazilian Sugaring Video in 98 degrees using 50% Firm / 50% Original. Tolerates extreme heat conditions.

## WARM VS COLD

"SugarLove's cold sugaring technique, is opening up a whole new world of sugaring!"

Cold sugar has some amazing benefits compared to its cousin warm sugar. Jessa created SugarLove a cold sugaring paste by accident, while working on a professional warm sugaring formula. After comparing her warm and cold formulas it was clear that SugarLove's cold sugar was superior.

"It was a miracle, when I realized cold sugar made sugaring so much easier!" ~Jessa

Jessa quickly realized her cold sugar formula eliminated all of her complaints about sugaring. Which she thought was impossible after spending several years using other warmed formulas.

SugarLove's unique cold sugar & cold sugaring training techniques can't be found anywhere else.

**Cold Sugar Sweet Benefits:**

- **Molding Your Sugar Less**- You will never need to mold more than 1-2 times per area with SugarLove's cold paste, cutting your service times in half! Cold sugar seeps much faster than warm sugars due to it's unique cool formula. Many warmed formulas require 3 molds per area.
- **Speed Sugaring** - You will be able to speed sugar thanks to SugarLove's smooth buttery consistency the entire service combined with less molding 1-2 times!
- **Use Less Paste**- Cold sugar allows you to work through the entire service without adjusting your paste 95% of all services. Warm sugars need to be adjusted more often, they are more prone to becoming stiff, so you have to throw away half your ball or adjust with water.
- **Easy to Hold, Hard to Drop or Get Stuck**- Cold sugar starts off cool to the touch and slightly firm, yet still pliable, making it easy to hold and hard to get stuck. When you begin sugaring cold sugar is much easier to learn with! Warm sugars start soft, making them hard to control and easy to get stuck during first time use, hard for new sugarists to begin with.
- **More Ways To Get Unstuck**- Cold sugar gets you unstuck with ease! Use fresh cold paste right over the top of the stuck spot, it will come right off. You cannot use a heated paste to get unstuck, you will only get more stuck.
- **No More Warmer, It's Mobile** - Say goodbye long heating times! Do you have a mobile business? Need to do a quick eyebrow shaping on-site for a makeup application or event? SugarLove's cold paste is the answer. Warm sugar requires warming 90% of the time, not mobile friendly.
- **The Formula Cold + 100% Organic** - Our secret formula SugarLove's Cold Sugaring Paste uses: 100% USDA certified, organic sugar, molasses, lemon juice and water. Organic sugar contains molasses naturally, conventional sugar does not. Some sugar paste formulas are made of GMO sugar, non-GMO sugar pastes are the only earth-friendly choice.
- **Long Shelf Life** - SugarLove cold paste maintains a 2.5yr+ shelf life on unopened sugars, we have never had a jar reported with crystals, even with storage after opening. 100% Organic ingredients are more stable because they are not highly processed. Formulas which contain citric acid, or sugar with its molasses removed by a chemical process, contribute to de-stabilizing the formula, crystallization and pre-mature expiration are more common due to being over processed.

"Cold Sugaring eliminated every problem I ever had with sugaring." ~Jessa

<u>Warm vs Cold Chart</u>	<u>COLD</u>	<u>WARM</u>
1. MOLDING YOUR SUGAR	1-2 times	3 times
2. SUGAR ADJUSTMENTS	almost never	more often
3. THUMB TWIRLING	almost never	very often
4. COLOR	dark color hides the hair	light color hair shows
5. ORGANIC	100% sugar + lemon juice	avoid citric acid + GMO sugar
6. HEATING	no heat, mobile	less mobile, expensive warmer required
7. GETTING UNSTUCK	more options	less options, harder to get unstuck
8. STAYS PLIABLE	the entire service	stiffens up quickly
9. SPEED SUGARING	fast beats waxing	takes longer than waxing
10. NEW SUGARISTS	easy to use	harder to use, easy to get stuck

## SUGARING VS WAXING

"Out of 100 clients who get sugaring for the first time, 98 of them will never wax again." ~Jessa

### SUGARING

- 100%: ORGANIC, VEGAN, NON-GMO, NON-TOXIC, NO PRESERVATIVES, BIODEGRADABLE
- Low temperature, apply at room temperature for most sugaring services, making it very safe for the entire body and impossible to burn the skin. Heat 80-85 degrees in winter months for easy grabbing. Heat to 95 degrees to use as strip wax, if you continue waxing.
- Cost sugar is \$16-18 per pound, and you need very few supplies, creating far less waste.
- Removes very short hair and leads to permanency quickly, removes hair at 1/16th of an inch, or the early anagen phase of hair growth, the best time to achieve permanency.
- The hairless plan, because sugaring removes the hair every 3-4 weeks at much shorter lengths enjoy having no hair all the time!
- Adheres only to dead skin cells, sugar paste repels water initially try putting a drop of water on a sugar ball it will roll off, sugar will not stick to live skin cells due to their water content.
- It's less painful than waxing, sugar contains lemon juice and glycolic acid which lubricates then softens follicle. It then removes hair in it's natural direction of growth which also reduces pain.
- Will diminish ingrown hairs, you are following the natural direction of hair growth, will not warp or tear the follicles, which can cause recurring ingrowns.
- Will not break the hair sugar seeps down in the follicle, softens and wraps itself around the base of the hair removing the hair completely.
- Does not damage delicate face and body tissue, heat can damage connective tissue.
- Always the perfect consistency, sugar will not dry out or get too cool while you are working with it. You can work over an entire area without ever having to think about the consistency changing. Waxes usually must be removed quickly or they do not perform properly. Be sure you start with the right blend of sugar.
- Sugaring is a great exfoliating treatment for the skin!
- Water soluble, cleans up fast and easy with warm-hot water.
- More Sanitary, sugar is hypo-allergenic and non-comedogenic. Since sugar has a high concentration of sugar bacteria cannot breed.
- Can you wax with SugarLove as a strip wax? Yes, clients receiving sugar waxing experience a 50-75% reduction in pain! Just remember do not call "sugar waxing" sugaring. You need to be using the paste method of sugaring to advertise that you offer sugaring.

### WAXING

- Often contains: dyes, synthetic toxic fragrances, non-biodegradable, plastic (polymer), irritants and harsh preservatives.
- Cost \$20-35 per pound and you need a lot more supplies, not to mention you may use double or triple the amount of product for the same service with much lower quality ingredients, and not organic.
- Adheres to live skin cells, pine resin/rosins are sap which sticks like the dickens sometimes to live skin cells!
- Still breaks a small percentage of hair, sugaring virtually no breakage.
- More painful and has the potential to do more damage to connective tissue.
- Can burn, irritate and injure the skin leaving a scab.
- Very difficult to clean up, must use harsh solvents, can ruin clothes and carpets.
- Greater chance of ingrown hair due to follicle warping or tearing, toxic ingredients, dyes, fragrances, and hair breakage.

## MYTHS ABOUT SUGARING

- **Sugar is messy,** It's supposed to adhere to your glove, your sugar will stay neatly on your fingertips the entire service. Your glove will feel sticky, and you will also occasionally fling pieces of sugar across the room with your flick. Practice and patience will help you learn to control your paste.
- **Sugar gets into the blood stream,** False, unless sugar is ingested, it does not enter the blood stream. It is safe for diabetics to sugar while waxing is not.
- **It hurts more,** If you are an experienced sugarist you will not create any pull on the hair when you are molding. Ask your client to tell you to slow your mold if they feel any pulling. You will also learn how to get unstuck without any irritation and how to avoid over working the skin. With sugar the skin is left less irritated than traditional wax which contains heat and plastic.
- **It takes longer than waxing,** No way! Speed sugaring often makes your services faster than traditional waxing. You eliminate the need to go back and forth to your wax and dip with sticks. If the hair is super short or not exfoliated your timing will go up with either wax or sugar.
- **Its unsanitary,** sugaring is very sanitary even more so than waxing, bacteria cannot breed in high concentrations of sugar. It's a natural preservative, sugar dressings help prevent infection. When you sugar you will use the same piece of sugar over and over. Follow these rules, do not share sugar from the bikini, brazilian or underarms with other areas, but you can begin with legs or arms and finish with underarms. Use fresh paste on the face or brazilian area. NEVER double dip with a contaminated glove, use fresh gloves for grabbing out of the jar. Add more paste to a used sugar ball with a stick.
- **It will give you a yeast infection,** no the sugar gets completely dissolved after the service is completed. Therefore it's important as an Esthetician to use a wipe soaked in distilled water after spraying with toner.

## FREQUENTLY ASKED QUESTIONS

**Q: How many sugaring services can I perform with one jar of sugar?**

**A:** Services per jar by area:

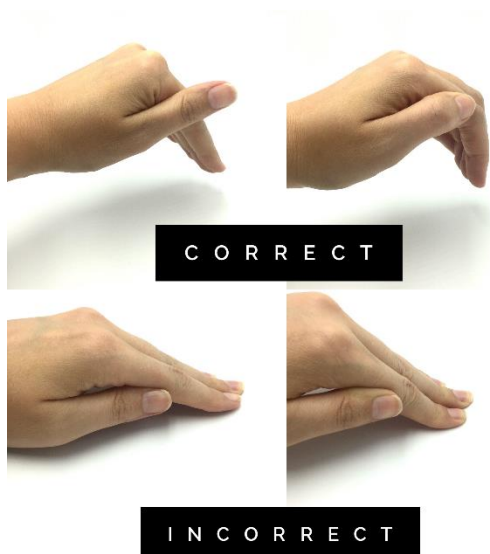
- Blueberry Size - Eyebrows, Lip | 160 - 200 services
- Apricot Size - Brazilian/Bikini, Full Face, Underarm | 20-30 services
- Apple Size - Half Leg, Half Arm, Half Back | 13-15 services
- Orange Size - Full Legs, Full Back | 10-12 services

**Q: What size sugar ball should I use for each area?**



**A:**

**Q: How do I position my hand for molding?**



**A:**

**Q: What are the steps of applying and removing my sugar paste?**

A: Three steps of applying and removing sugar with ease:

- 1) “Mold” the paste, glide your sugar ball on the skin in the opposite direction of hair growth.
- 2) “Pull Back” the hand, by flattening the hand right before the flick. Do not pull back until you are ready to flick, step 2 and 3 go together.
- 3) “Flick” removing the sugar strip, be sure to use the proper amount of force as you flick. “Flick like your life depends on it!” Hesitation or not pulling the skin taught can cause the sugar not to lift off.

**Q: How do I extract short, thick or stubborn hair?**

A: Mold the sugar 2-3 times then allow it to sit 20-30 seconds and seep into the follicles.

Make sure your client is scrubbing 3-5 times a week and not wearing any lotions or oils. This will prevent the sugar from working properly.

**Q: Will sugaring make my hands, wrists, or arms tired?**

A: Using good ergonomics creates stress free sugaring. Keep your wrists straight when you are molding, don’t tilt your head to the side, hunch over, or lift your shoulder to the ear while molding. The first few weeks of sugaring it’s normal to feel sore, until your body gets in shape. We recommend not booking back to back large areas or full bodies, book smaller services in-between. Make sure your paste is the right consistency if your paste is too firm, or you use too much pressure as you mold it will cause undue stress on your body.

**Q: I keep getting stuck how can I prevent this?**

A: This is completely preventable, after you gain experience you will not get stuck at all during most services. One of the most important tools to learn is how to get “unstuck”.

Three options for getting unstuck:

- 1) Start with the correct blend of pastes, add firm before you begin or using a tongue depressor mid-service under hot, sweaty or humid conditions.
- 2) Grab a small piece of cold paste, do not use warmed paste for this. Apply the fresh piece of cold paste right over the top of the stuck piece, it will remove it instantly.
- 3) Powder the stuck piece until it’s completely white, move around that piece in a circle flicking all the edges towards the center of the sugar. Keep applying powder as each piece lifts off the skin, there may be sweat collecting underneath, wicking it up as you powder is important.



**Q: I have a hard time grabbing the sugar out of the jar, how can I make it easier?**

A: As long as your sugar has been in 70 degrees fahrenheit or more. Sink your fingers in slowly in the center of the sugar, pull it out slowly, grab the tail of the sugar to add to the size of your ball. During winter months, especially if you sugar all day long, we highly recommend investing in soft sugaring paste, as well as our sugar warmer. If your room becomes too cold overnight, it will cool the sugar too much, so for the first few services of the day it can be too stiff.

**Q: Can I use a different powder or surrounding supplies?**

A: We highly recommend sticking with the formulas we created to be most compatible with SugarLove. Sugar can misbehave badly or melt down if you do not prepare the skin properly.

## ESSENTIAL SUGARING SUPPLIES

1. **SugarLove Sugar Scrubs** - All clients should be scrubbing 3-5 times a week, and once the day of their service. If they skip this step their hair will come out patchy vs all in one pass, this can double your service times and make your job harder, scrubbing is not optional. Instruct your client to avoid wearing anything on the skin after scrubbing, completely bare, no lotion, oil, or makeup. Our scrubs are made from organic sugar, formulated to prepare the skin for sugaring, leaving no dirt, sweat, residue or oils behind, oil based scrubs will block the sugar.
2. **Jessa Anti-Oxidant Blemish Toner** - Before your service toning will cleanse the dirt, oils and salts. Start by spraying a generous mist over the skin, wipe completely clean with a dry 4x4. For faces only, spray toner on a 2x2 wipe directly on the skin. At the end of your service spray toner generously over the sugared areas, allow it to sit for 10-15 seconds, to discourage sweat and contamination of the follicle resulting in ingrowns, then wipe with a 4x4 soaked in distilled or purified water.
3. **PowderLove Powder** - Earth-friendly, non-gmo powder, contains three food grade starches free of allergens and toxins. Apply a line of powder directly on the skin, in the area you will be sugaring, use a 4x4 to blend the powder into the skin, leaving behind a thin layer of powder. For faces only, dispense a small amount of powder on your sanitary maintenance area, use a 2x2 as a powder puff apply very small amounts of powder at a time. Keep the skin completely dry and powdered, if you sugar off the powder or have a sweater make sure you are drying the skin with a 4x4 and re-powdering throughout the service.
4. **Oxygen Finish** - Apply one of our oils or balm after each treatment to help the skin rapidly recover. Our trade secret oxygen formulas stay active for 12+ hours speeding up recovery time significantly. Our top choices after hair removal: 10% Sunflower + Oxygen Elixir, Coconut + Oxygen Balm, or 100% Olive Squalane Serum. Apply your choice of finishing product after every single hair removal service. Skipping this step can result in ingrowns, extended tenderness or irritation. Acne prone, rosacea, reactive or sensitive skins use 10% Elixir or Squalane only.
5. **Distilled/Purified Water Bottle** - Fill your empty pump bottle with distilled or purified water, do not use tap water. At the end of each service spray the skin with a generous amount of Anti-

Oxidant Toner. Soak a clean 4x4 in the water from your pump bottle, squeeze the excess water in the trash. Wipe the skin down, removing all traces of left over sugar. Dissolving all traces of lemon juice and glycolic from the sugar will prevent it from agitating sensitive follicles.

6. **Disposable Esthetic Wipes 2x2s & 4x4s** - Esthetic wipes are essential in keeping bacteria out of the mix. We do not recommend using your hands. Not only do wipes help wick up sweat, they lower chances of bacteria entering the follicle and distribute powder evenly. Contamination can result from choosing to massage in the finishing products with your gloves, because your gloves have touched sweat, bacteria and more during the service, brazilians, underarms, faces require a high level of sanitation.
7. **Nitrile Gloves** - Gloves should be a super snug fit, so they do not tear or slip off of your fingers, skin tight is ideal. Wear your gloves at all times, for your clients protection as well as your own against diseases, viruses, bacteria and more. Latex is a common allergy + rip easily, vinyl gloves are baggy + rip easily, we highly recommend nitrile.
8. **Citrus II Spray** - After each client, spray your Citrus II disinfectant on a 4x4, use a generous amount, wipe each item you touched thoroughly. This includes every bottle, mag lamp, trolley, drawer, door knob, disinfecting your room is an important part of keeping your client and your business safe from infection.
9. **Homecare** – All your clients especially ingrown prone, should use a simple program to care for their skin. For high histamine levels and ingrown prone skin, apply the Hungarian Miracle Mud as an add-on to their regular treatment, charging \$5-20/area, leave on for 5-7 minutes.  
At Home: Directly after the service and for 24-48 hours apply nothing but, luke warm water, a clean towel and an oxygen treatment (10% Sunflower + Oxygen Elixir OR Coconut + Oxygen Balm). Send your client home with a proper scrub, they should use it 3-5 times a week, (Cookie Dough Sugar Scrub OR Rose + Oxygen Sugar Scrub). They can also use the Ingrown Smooth Balm which is exfoliant or acid based as their moisturizer, do not apply for 24-48 hours after the service.

## SUGAR STORAGE

**Sugar Storage**, it's important to store your sugar correctly, crystallization of the sugar due to moisture loss will cause an early expiration. Always store unused containers of sugar, in a dark, cool, dry area. Our sugar paste is extremely stable, and has a long shelf life of 2+ years.

**No-Nos of Sugar Storage DO NOT**, refrigerate or freeze for extended periods, microwave, leave the lid open, leave the lid ajar. If the sugar is left open it will pull humidity/moisture from the air leaving a thin layer of watery sugar on top. If this happens scoop all watery sugar off the top of the paste completely before closing.

**Warming Sugar**, it's best to turn off the heat at night to prevent condensation and moisture loss, we recommend a 24hr programmable plug so you don't have to think about it. Lower the warmer temperature to suit the volume of sugar left in the container. For sugaring in the winter heat your sugar to no more than 80-85 degrees, for waxing heat to 95 degrees.

## SUGAR ADJUSTMENTS

**Getting Started**, remove your sugar from the jar, mold your sugar on the skin, after 2-5 molds body heat warms the sugar into perfect pliable consistency. It should take very little pressure to glide your sugar on like butter.

**Stiffening the Sugar**, mix your sugar paste types  $\frac{1}{4}$  -  $\frac{1}{2}$  of your ball should be Firm, before you begin your service in a hot room or on a sweaty client. Use a large stick to add Firm sugar to your ball during the service. Jessa performed a Brazilian and Underarm sugaring, in the extreme heat challenge, the room was warmed to 99 degrees farenheit, she used  $\frac{1}{2}$  Firm and  $\frac{1}{2}$  Original sugar. Keep Firm on hand for hot, humid and sweaty clients. You may also want to warm your firm slightly for easy grabbing.

### Preventing Meltdowns

- Outdoor Temperature, changing seasons? Your sugar may be a different texture. If it is too cold your sugar will become too stiff, if your room is too warm it will be too goeey.
- Indoor Temperature, a room that does not have good air conditioning, circulation and has too much heat blowing in may cause sugar melt downs.
- Clients Body Temperature, a client who comes into their service right after working out or being in hot humid weather will be sweaty and giving off more body heat, this can cause a melt down by sweat slowly adding more water to your sugar and heat keeping it extra pliable.
- Hand Temperature, make sure you use a little bit of Firm if you have hot hands. Your body heat get contribute to overheating your sugar, causing a meltdown.
- Client Doesn't Scrub, Dry Skin or Dense Hair – A client with noticeably dry skin or thick dense hair will help to stiffen your paste.

**Too Stiff or Firm**, During the winter or if your room gets cold over night, your sugar may become too stiff. We suggest mixing  $\frac{1}{4}$  -  $\frac{1}{2}$  Soft into your Original paste during these conditions. You can heat your Firm or Original sugar at low temperatures, if your room runs cold. Our Firm paste is typically too stiff to use on its own, without mixing in Original or heating. If your paste is too stiff, it will become difficult to mold and will pick up hair patchy.

## MASTERING THE ART OF BODY SUGARING

To become confident, excited and thrive at sugaring in your practice. Stay positive, don't let your sugar baby jitters get the best of you. It's a learning experience, holding a big sticky ball of sugar is supposed to feel foreign when you start. Remain patient and practice, practice, practice, we recommend lining up lots of models after class. This is a skill that requires a lot of bodies to become an expert.

## ALL ABOUT HAIR!

Hair is made up of keratinized cells (dead protein call keratin). It contains three layers the cuticle, cortex and medulla.

- CUTICLE – the outer layer of overlapping transparent keratin scales.
- CORTEX – the middle layer long keratinized cells, that contain melanin that gives the hair color. The absence of melanin produces blonde or grey hair.
- MEDULLA – the center is made of large loosely connected keratinized cells with air in-between. The spaces create shine.

## STAGES OF HAIR GROWTH

**Early Anagen**, 0-3 weeks after the service, hair length 1/16<sup>th</sup> – 1/8<sup>th</sup> of an inch or less. The best time to remove the hair to lead to permanency. Right when the hair pops through the surface is the earliest anagen phase. This is the ideal time to remove the hair. We instruct sugaring clients to come every 3 weeks, until their growth thins out significantly, which happens after 1-2 years. Then you can have your client come every 4-6 weeks.

**Anagen**, the active growth phase which can last for months or years. The anagen stage is the second most favorable time to extract the hair because it is still connected to the dermal papilla. Extraction at this stage cuts off the blood supply collapsing the follicle.

**Catagen**, this is the transitional phase, the dermal papilla become inactive and hair stops growing. Not an ideal time for hair removal, unless they are a new client just beginning sugaring.

**Telogen**, the resting state, the hair is dormant until it is shed or extracted. This is the least desirable time to remove hair because the hair is shedding naturally therefore you will not be cutting off the hair blood supply and collapsing the follicle.

**Mesagen**, sometimes a hair will revert back to anagen and produce a new hair before the old one falls out. So there could be up to three hairs growing in one follicle. Over active hormones can stimulate growth.

\*Clients with hormone imbalances, need to remove hair at 3-4 weeks, early anagen long term.

## TYPES OF HAIR

1. Lanugo Hair – the peach fuzz, found on a newborn baby, this hair is shed before or right after birth.
2. Vellus Hair – super fine, peach fuzz found on the face, arms and other areas of the body. They are very pale in color, growing slowly and very shallow in the follicle. This type of hair produces high levels of histamine after removal, the face is most likely to produce this reaction. Patch test all new clients doing full face sugaring, remove a small patch of hair near the ear see if there is any reaction in 24hrs, give them an herbal anti-histamine if they naturally produce a lot of histamine.
3. Terminal Hair – thick, deep-rooted, well developed roots and bulbs. Found on men's and woman's scalp, eyebrows, eyelashes, underarms, genital area, faces with hormonal imbalances in women.
4. Intermediate Hair – found all over the body and face. The texture is between vellus and terminal.

## HAIR GROWING TOO FAST

If a client complains that their hair is growing back thicker or faster; investigation and history is a very important part of hair removal and educating your clients.

**Body Chemistry Change**, every 7-10 years our body chemistry and hormones go through changes. This can wreak havoc on hair growth, skin and much more.

**Stress**, tells your adrenal glands to release cortisol, increasing androgens (male hormones) which causes thicker excess hair growth.

**Medication**, prescriptions can cause increased hair growth all over the body. This may subside after you discontinue the medication.

**Smoking**, can increase adrenaline to 70% above normal, this releases cortisol, increasing androgens (male hormones) which causes thicker excess hair growth.

**Pregnancy**, hormones change drastically while you are pregnant which can cause increased hair growth and more hair.

**Surgery or Hormone Replacement**, if hormones have been prescribed for menopause, hysterectomy, birth control, fertility, thyroid, and more it can cause an increase in hair growth.

**Warm / Hot Climate**, continuous exposure to heat causes rapid hair growth because of an increase in blood flow.

**Hereditary Factors**, if your mother grew thick dark hair on her chin when she became older you may have the same problem. This can be due to specific genes that were passed down.

## SUGARING SERVICE TIMING + PRACTICE

Perform 3-5 practice sessions with models on the areas below before you begin charging clients, if you feel confident enough after class you can charge ½ price. Make sure your speed is close to the times listed below before you begin on clients. Times will improve after you become seasoned, you can expect a 5-15min reduction on what is listed, give yourself 3-8 months to get there. Pretty soon you will be speed sugaring!

Brazilian (30mins) 1 2 3 4 5

Bikini (20mins) 1 2 3

Eyebrow + Lip (25mins) 1 2 3 4 5

Full Face (40mins)

Full Legs (45mins) 1 2 3

Half Leg (30mins) 1 2 3

Full Arms (25mins) 1 2 3

Half Arm (20mins) 1 2 3

Underarms (15mins) 1 2 3

Full Back (30mins) 1 2 3



# SUGARING INTAKE FORM

**BEFORE SUGARING** (circle Yes OR No)

Have you ever had a professional sugaring or waxing? Yes / No

Have you ever had an adverse reaction to sugaring or waxing? Yes / No

Have you been had a peel, microdermabrasion, or tanned in the past 48 hours? Yes / No

Are you currently taking any medication? Yes / No

All other medications here:

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Do you have any allergies? Yes / No

List all allergies/allergens: (don't forget, product ingredients, foods, plant/herbs, latex, etc)

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Are you taking any medications? Yes / No (circle ALL that apply)

Accutane	Adapalene	Alustra	Avita	Differin	Tretinoin
Isotretinoin	Renova	Retin A	Tazarac	Tazarotene	Benzoyl Peroxide
Retinol	Antibiotics	Heart Meds	Acne Meds		

List all other medications: (any medication can be a risk during hair removal)

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Are any of these conditions present? (circle ALL that apply)

Varicose Veins	Recent Surgery	Sunburn	Allergies
Phlebitis	Diabetes	Capillaries	Rash
Scar Tissue	Herpes	Pregnancy	Hypertension
Chemotherapy	AIDS/HIV	Hepatitis	Warts/HPV
Menstrual Cycles	Heart Condition	Fungus	Infection
Ingrown Hair	Moles	Acne	Stress

All other conditions: \_\_\_\_\_

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Did you consume any of these items this week? Yes / No

In the last 24 hours? Yes / No

(circle ALL that apply)

Tylenol	Advil	Pain Killers	Lots of Fruit	Vitamin C Supplement
Multi-Vitamin	Alcohol	Sugar	Caffeine	Nicotine
Medication	Herbs	Juices		

Any items above being present can cause you to experience more discomfort, an increased chance of side effects like skin injury, bruising, scabbing or other complication. You must inform your practitioner immediately if any of the items above change at any time in-between services. Your intake information is important to keep up to date for your safety during hair removal or other services. Thank You.

Client Print, Sign & Date:

Professional Print, Sign & Date:

## Treatment Consent and Release

I acknowledge that the practice of skin care, hair removal and massage including microdermabrasion, facial toning, body treatments, chemical services, brown spot removal, waxing, sugaring, eyelash extensions, ion detox footbaths, spray tanning, and various other beauty or health procedures is not an exact science and no specific guaranties can or have been made concerning the expected result. I understand that some clients experience more change and improvement than others. In virtually all cases, multiple treatments are required in order to realize a difference.

I also understand and agree to assume the following risks and hazards which may occur in connection with any particular treatment I receive including but not limited to: unsatisfactory results, poor healing, discomfort, redness, blistering, nerve damage, scarring, infection, change in skin pigmentation, allergic reaction, muscle damage, and increased hair growth. I understand that even though precautions may be taken in my treatment, not all risks can be known in advance.

Given the above, I understand that response to treatment varies on an individual basis and that specific results are not guaranteed. Therefore, in consideration for any treatment received, I agree to indemnify, hold harmless, and release from any and all liability the insured as well as any officers, directors, assigns, insurers, affiliates or employees of the insured for any condition, result, or negligence known or unknown that may arise as a consequence of any treatment that I receive.

Date:

Client Signature:

Print Name:

## Model Release

In consideration for treatment received, I hereby grant permission to use my photographic treatment records for the purposes of clinical and statistical studies, advertising, or promotion without any additional compensation to me.

Date:

Client Signature:

Print Name: