



Esthetics Examination

Mock

Patient #1 - Work Area & Client Preparation & Set Up of Universal Supplies/Cleansing of the Face with

Patient #2 - Work Area & Client Preparation & Set Up of Universal Supplies/Hair Removal of Eyebrows by Tweezing and Using Stimulated Soft Wax/ Hair Removal of the Upper Lip Using Hard Wax/ Facial Mask and Conclusion of Facial Service/ Facial Makeup/ Blood Exposure Procedure.

Onsite Procedures & Setup Patient #1 –

- ALL supplies must be labeled in English
- No other languages can be present unless an original manufacturer's label is present
- Original manufacturers' labels MUST have English and may be multi-language
- All other created labels must be only English

EXAMINATION UNIVERSAL/GENERAL SUPPLIES

- | | |
|---|--------------------------|
| ☐ candidate supply kit to serve as dry storage area (must be closeable) | |
| ☐ hospital grade (level), EPA-registered disinfectant with manufacturer's label that demonstrates bactericidal, fungicidal and virucidal properties must be used (must be actual disinfectant) | |
| ☐ hand sanitizer and manufacturer's label (must be actual hand sanitizer) | • Citrus 2 Wipes |
| ☐ container labeled "items to be disinfected" | • 3 Paper Bags |
| ☐ bag or container labeled "soiled linens" | • Gloves |
| ☐ bag or container labeled "trash" | • First Aid Kit |
| ☐ body drapes | • Universal Pallet |
| ☐ head and body drapes | • Pair of goggles |
| ☐ Bowl and container of water (if used) | • Body Drape |
| ☐ paper towel, tissues | • Head Drape |
| ☐ tissues, gauze pad, cotton rounds, sponges | • Disposable applicators |
| ☐ applicators, spatula(s) | • Wet/Dry Gauze |
| ☐ first aid kit | • 2 Pallets |

Remember Do not touch your uniform, hair, glasses, etc.

- **Work Area & Client Preparation & Set Up of Universal Supplies (15 minutes)**
- .1 Disinfects all work areas completely with product labeled in English as EPA registered, hospital-grade disinfectant

Remove brown paper bags with white trash bag liner. Set up brown paper bags with white trash bag liner on floor



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Onsite Procedures & Setup

- **Glove hands**

- Open kit remove bag with universal cleaning bag

- Disinfect workstation with Citrus 2 wipe

- **Place bags on table**

- **Remove hand sanitizer, use right away.**

- **Place Blood Exposure Kit on the table**

- Discharge plastics bags right away

1.2 Sanitizes hands with product labeled in English

- Sanitize hands

- Begin Setup of Universal Supplies for Client #1

- Place plastic bags on to table

- Set up for Face Cleanse, Exfoliation, and Face Massage (Skincare products are out of bags on table)

- Discharge the plastics bag into brown bag labeled trash only

- **De Glove and use Hand Sanitizer**

Step Back

Examiner will read Basic Facial Steps, Exfoliation, Massage, and Mask

1.3 Apply protective covering to model's hair and body **Start of Facial 25 Minutes**

- **Sanitize Hands and Apply gloves**

- Place client on work area space

- Apply Body Drape

- Apply Hair covering

- Sanitize hands

- Eye/Lip Cleanser (Makeup Remover)
- Facial cleanser
- Toner
- Exfoliating product
- Massage Product
- Face Mask
- Moisturizer
- Brush for exfoliation
- 2 Brushes to apply mask



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Onsite Procedures & Setup

CLEANSING OF THE FACE, Exfoliation W Brush & Towel Steam, Massage, Facial Mask

- ☐ cleanser
- ☐ astringent or toner

.1 Cleansing of the Face with Product supplies are labeled in English

Reminder:

- First Aid Kit remains on table
- All cleansing product should be out on the table
- **Move Cleansing products close to you**
- (Remember no products should be in plastic bags on table).

.2 Implements and supplies are visibly clean

Reminder

- Keep all implements and supplies in plastics bag on the table
- Cleansing products plastics bag should be in trash

.3 Cleanses eye area completely (pump cleanser into pallet)

- Sanitize hands
- Place goggles on client's eyes
- Remove universal pallet and cleanser pallet from bag
- Transfer eye cleanser / remover to the pallet or disposable spatula
- Remove goggles place on universal pallet
- Remove 1 piece of gauze from bag
- Apply eye/lip makeup removal to gauze (use a different gauze for each eye)
Brace hand over thumb when performing the eye cleanse

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#302A State Board Facial – Mock SBR Exam

#302B State Board Theory – Mock SBR Exam

Onsite Procedures

Consultations, cleansings and analysis of face and body

Manual facials and treatments

Machine or electrical facials and treatments

Body treatments and back treatments

Makeup
Hair Removal



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- **Begin Eyes:** -Cleanser one eye at a time with 1-2 drops of Makeup- Cleanser and damp gauze pads for each eye. Using light downward strokes, remove eye shadow and mascara. Double Brace
- .4 Cleanses lips completely DOUBLE BRACE
- 5. Place goggles on client eyes
 - Add more lip cleanse (make up remover) to the pallet hole.
 - Remove gauze from bag
 - Apply lip makeup remover to gauze (use a different gauze for each side)
 - Double Brace when performing lip cleanse
 - **Lips:** -Cleanser lips with 1-2 drops of Makeup- Cleanser, using gauze pad starting at bottom corner of lip and slide to center of top lip and stop.
 - **Repeat on other side of top and bottom lip**
 - Optional: Repeat procedure on opposite side. Double brace on other side of lip. Start at outer corner of upper lip and slide to center of lip and stop. Repeat until lipstick is completely removed

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Onsite Procedures & Setup

.6 Distributes cleanser over face

- Transfer (pump) cleanser to a pallet or disposable spatula
- Remove disposable spatula and pick up cleanser and place on hand
- Throw spatula in trash bag
- Apply facial cleanser over **entire** face (except in eyes, nose, mouth)
- Cleanser Spread – Dispense cleanser in damp hands and rub palms together. Perform quick spread starting at jawline moving up to face. (Include Nose)
- **Spread above upper lip and under lower lip area double bracing.**
- Continue with cleanse of face (**circular movements**) including nose while avoiding eyes, in mouth or on neck

.7 Removes residual cleanser

- Remove facial cleanse with wet/moist wipes over entire face (except in eyes, nose, mouth)
- **Remove cleanser on upper lip and lower lip area last using bracing method**

.8 Applies toner/astringent

Place toner/astringent into pallet
Remove 2 pieces of gauze from bag

- Apply toner/astringent to gauze pads
- Begin dabbing the toner/ astringent over entire face (except in eyes, nose, mouth)
- **Pat toner above upper lip and below lower lip using double bracing method**

Discard cleansing products into Items to be Disinfected Bag.

Continue to the exfoliating steps.

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Onsite Procedures & Setup

Patient #1 –

EXFOLIATING AND STEAMING THE FACE SUPPLIES

- ☐ exfoliation product
- ☐ implement or material to exfoliate
- ☐ wet steam towel(s)

- **Using Implement or Materials & including Towel Steaming (10 minutes)**

- .1 Exfoliating the face supplies are labeled in English

- Reminder**

- First Kit remains on table
 - Sanitize hands
 - Move Exfoliating products close to you should be out on the table

- 3.2 Implements and supplies are visibly clean

- Keep all supplies in plastics bag on the table

- 3.3 Applies exfoliating product over face and manipulates with implement or material excluding eyes and mouth

- Transfer (cream base) exfoliant product to a pallet or disposable spatula
 - Remove brush, applicator, and 1 piece of gauze from bag,
 - Apply Exfoliating product to brush with disposable spatula.

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Onsite Procedures & Setup

- Throw disposable spatula in trash bag
- No Product should be applied to eyes or mouth area
- Begin Spread at the Jawline: with exfoliating brush spread the product over entire face (except in eyes, nose, mouth) using upward and outward circle movements
- Using the exfoliating brush, move upward and outward using circular movements onto the jaw (mandibular nerve)
- Use the dampened gauze with left hand to hold skin taut (so the brush does not drag on the skin. The brush should look like it's creating a gentle glide/ polishing effect on the skin) as you start on the right side of face. Keep the brush and dampened gauze close in distance creating tightening of the skin surface which prevents the brush from dragging on the face. Then complete the left side. **Exfoliate above upper lip and below lower lip last using bracing technique.**
- Place brush in Items to be disinfected bag.

3.4 Steam towel is applied and removed

- Remove steam towel from plastic bag. Discharge plastic bag in trash.
- **Remove excess water (wring out) from towel over trash bag.**
- **Test towel temperature on wrist**
- Place on the towel on face avoiding nose and mouth (they should be fully visible)
- Unfold the towel and slide towel off the lower face to the left or right. (This not your product removal remember it's steaming the face.)

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Onsite Procedures & Setup

- Remove exfoliating product with wet/moist wipes over entire face (except in eyes, nose, mouth) **Remove product from upper lip area and lower lip area last w/ bracing technique**
- Continue to Massage of the face

3.5 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section

- Discharge the plastic bags into brown bag labeled trash only
- Discharge all reusable implements and supplies into brown bag labeled **Items to be disinfected** (Product, used pallet, exfoliating brush)

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Onsite Procedures & Setup

MASSAGING THE FACE SUPPLIES

- ☐ massage product
- ☐ eye goggles
- ☐ product pallet

- **Massaging the Face with Product (10 minutes)**

When demonstrating your massage movement remember your examiner may not be an esthetician. So, be sure to make all stay in one area of the face while performing different massage techniques

.1 Massaging the face supplies are labeled in English

Reminder

- First Kit remains on table
 - Massage product should be out on the table
 - **Move massage product close to you**
 - (Remember no products should be in plastics bags on table).
- 4.2 Implements and supplies are visibly clean
- Keep all supplies in plastics bag on the table
 - Products plastics bag should be in trash
- 4.3 Distributes massage product over face
- No Product should be applied to (inside area of eyes or mouth) or inside nose area
 - Place massage product into pallet
 - Use disposable spatula to place massage cream onto hand
 - Apply/Distribute massage product over the client's entire face (spread method) repeat this movement 2x (make sure the massage product is equally distribute throughout the entire face. **Apply to upper lip area last**
 - Begin your massage movements starting with effleurage, petrissage, tapotement, and ending with friction

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Onsite Procedures & Setup

- 4.4 Demonstrates effleurage movement (close your hands like you are about say a prayer. This is what your hands and finger is look like when performing effleurage)
- Perform on **Cheeks**: - Slide to cheeks (zygomaticus major and minor) with closed finger begins continuous, long, soothing movement, hand on hand technique (leading with one hand following with the other). Remember to do one cheek at a time. Repeating this movement 2x
- 4.5 Demonstrates petrissage movement (your hands should look like you are pinching and lifting the skin. Use the side of you wrist to practice pinching and sliding movements)
- Perform on Jawline & Chin: - kneading and/or pinching movements
 - Begin on Jawline: - Place hands onto both sides of the jawline low the ear, slide to chin (mentalis) stop and begin use upward lifting (chin lifts) with thumbs 2x stop, and begin squeezing or pinching movements toward to base of jawline under the ears. slide to back the chin and repeat this movement 2x
- 4.6 Demonstrates tapotement movement (your fingertip should look like they are flat footed person perform a light, but fast pace tap dancing performance on your forehead)
- Perform on Forehead light tapping movement

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Onsite Procedures & Setup

- **Begin on Forehead: - Start tapotement at the outer corners of each side the forehead rapid light tapping the skin using the pads of fingertip**
- 4.2 Demonstrates friction movement – (you finger pad should look like you are pressing into the skin and **deep rubbing** it round in circular motion).
- **Perform on Temples pressing and deep rubbing**
 - **Begin on Temples: - Slide each hand to temples (temporalis) and perform temple circles 6x easing up on speed of circles by the 4th circle. End at temples with a slight hold with two fingers**
- 4.3 Removes residual massage product
- **Remove moist wipes from bag**
Remove massage product with wet/moist wipes over entire face (except in eyes, nose, & mouth)
 - **Use bracing technique. perform removal from the upper lip area as the end step**
- 4.4 Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout section
- **Discharge the plastics bag into brown bag labeled trash only**
 - **Discharge all reusable implement and supplies into brown bag labeled **Items to be disinfected** (used pallet)**

Continue to Mask Application

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Onsite Procedures & Setup

Facial Mask and Conclusion of Facial Service

8.1 Facial mask supplies are labeled in English

8.2 Implements and supplies are visibly clean

- Place Mask Into Pallet
- Remove mask applicator brushes from bag.
- Use a disposable spatula to load mask onto the brushes with applicator, throw disposable applicator in trash
- Apply mask to face including nose (excluding eyes and lips) Double brace when applying above upper lip and under lower lip

8.3 • Place mask brushes in items to be disinfected bag

8.4 • Remove mask with moist wipes, (double brace at mouth and eyes)

- Place toner / astringent into pallet

- Remove 2 pieces of gauze from bag.

8.5 • Applies toner/astringent with clean gauze, apply to upper lip last using bracing technique

8.6 • Remove disposable spatula from bag and place moisturizer onto applicator

- Distribute onto both hands

- Apply moisturizer to face including nose with hands starting at jaw line.

- Brace around upper lip and below lower lip

- Place products in items to be disinfected bag,
(Soiled linens, and trash are disposed of in throughout section)



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Onsite Procedures & Setup

Patient #2

EXAMINATION UNIVERSAL/GENERAL SUPPLIES

- ☐ candidate supply kit to serve as dry storage area (must be closeable)
- ☐ hospital grade (level), EPA-registered disinfectant with manufacturer's label that demonstrates bactericidal, fungicidal and virucidal properties must be used (must be actual disinfectant)
- ☐ hand sanitizer and manufacturer's label (must be actual hand sanitizer)
- ☐ container labeled "items to be disinfected"
- ☐ bag or container labeled "soiled linens"
- ☐ bag or container labeled "trash"
- ☐ body drapes
- ☐ head and body drapes
- ☐ Bowl and container of water (if used)
- ☐ paper towel, tissues
- ☐ tissues, gauze pad, cotton rounds, sponges
- ☐ applicators, spatula(s)
- ☐ first aid kit

- 2 Pairs goggles
- 2 Hair Drapes
- 2 Body Drapes
- Wet/Dry Gauze
- Applicators
- 2 Pallets

Break down of work station only

Sanitize hands

Remove drape towel and place in soiled linens bag

Dispose of facial cap into trash bag

Sanitize hands

Move mannequin to side of table

Remember Do not touch your uniform, hair, glasses, etc.

Disposes all single use/disposal items (place into the brown paper bag labeled Trash only (All plastics bags from product and disposable hair cap supplies)

Disposes all reusable implements and supplies should be place into brown bag labeled Items to be disinfected (pallet and eye goggles)

Remove gloves, sanitize hands, and Re-glove

Disinfected/Sterilization, Disposes all used linens should be place into brown bag labeled Soiled linens (Body drapes Towels) - Laundered

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Onsite Procedures & Setup

- **Continue to Work Area & Client Preparation & Set Up of Universal Supplies**
 - .2 Disinfects all work areas completely with product labeled in English as EPA-registered, hospital-grade disinfectant
 - Move Citrus 2 container, Hand Sanitizer, Blood Exposure Kit, where client#1 was on table
 - Use Citrus 2 wipe on work area where universal items were on table.
 - Discharge wipe in trash bag
 - Remove Citrus 2 wipe from container
 - Wipe down entire container of Citrus 2, hand sanitizer (anti bac gel), first aid kit
 - As you wipe them down place on cleaned work area. Discharge wipe in trash bag
 - Use Citrus 2 wipe on other side of work area, wipe and discharge in trashbag.
- Continue set up of universal supplies and products for remainder of exam**

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Onsite Procedures & Setup

Sanitizes hands with product labeled in English

- Sanitize hands
- Set up universal supplies 1st
- Place #2 client product bags onto work area
- Set up universal supplies 1st
- Remove all products from plastic bags
- All skincare products and makeup are out of plastic bags
- Discharge the plastics bag into brown bag labeled trash only

5.3 Universal supplies are labeled in English

- **De-Glove**

HAIR REMOVAL OF THE EYEBROWS SUPPLIES

- ☐ gloves
- ☐ tweezers
- ☐ antiseptic
- ☐ wax applicator(s)
- ☐ wax strip(s)
- ☐ simulated soft wax
- ☐ post-epilation product

- Tweezers
- Soft wax (Vaseline)
- Applicators
- Pelon Strips
- Antiseptic
- Post epilation product

#1 Hair Removal of Eyebrows by Tweezing and Using Stimulated Soft Wax (Untimed)

- **The following draping is in the soft wax and tweezing step**
- Applies new protective covering to model's hair and body
- Sanitize Hands
- Apply Gloves
- Setup Client #2
- Apply Body Drape
- Apply Hair Covering
- Sanitize Hands

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Onsite Procedures & Setup

- Pour antiseptic into pallet
- Remove 1 gauze from bag
- Apply to the left brow area holding skin taut
- Put gauze in trash bag
- Remove another gauze from bag
- Dry brow area
- Remove disposable spatula from bag
- Remove cover from soft wax product
- Pick up soft wax product with disposable spatula
- Recover wax product
- Test soft wax on your wrist, throw spatula in trash bag
- Sanitize hands
- Remove pellant from bag, place on wrist and remove, throw in trash bag
- Sanitize hands
- Remove disposable spatula from bag
- Uncover wax, pick up disposable spatula & dip into wax product, use a small amount
- Cover wax product
- Hold client skin taut, Apply soft wax to the entire length of the left brow in the direction of hair growth holding skin taut
- Throw spatula in trash bag
- Remove pellant from bag, place pellant over wax keeping skin taut, press in the direction of the hair growth
- Hold skin taut and pull pellant in the opposite direction of hair growth
- Place finger on waxed area
- Throw pellant in trash bag
- Sanitize hands



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Esthetics Examination Mock

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Patient #2 - Work Area & Client Preparation & Set Up of Universal Supplies/Hair Removal of Eyebrows by Tweezing and Using Stimulated Soft Wax/ Hair Removal of the Upper Lip Using Hard Wax/ Facial Mask and Conclusion of Facial Service/ Facial Makeup/ Blood Exposure Procedure.

Onsite Procedures & Setup

Hair Removal of Eyebrows by Using Tweezing (Untimed)

#2 Removal of Eyebrows on Left Brow Tweezing

- **Pour antiseptic into pallet**
- **Remove gauze from bag**
- **Apply antiseptic to left eyebrow area w/ gauze**
- **Discard gauze into trash**
- **Remove tweezers and use gauze for finger.**
- **Tweeze at least 3 hairs from left brow while holding skin taut with gauze wrapped around finger.**
- **Tweeze in the direction of hair growth and place hair on gauze each time**
- **Place tweezers in items to be disinfected bag, place gauze in trash bag**
- **Place post epilation product into pallet**
- **Remove disposable spatula or cotton swab from bag.**
- **Using disposable spatula or cotton swab pick up post epilation product**
- **Place product onto waxed area, throw spatula or cotton swab in trash bag.**
- **Place all products in appropriate bag**

De Glove and place in trash bag

Sanitize hands and stand back.

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#302B State Board Theory – Mock SBR Exam

Onsite Procedures

Consultations, cleansings and analysis of face and body
Manual facials and treatments

Machine or electrical facials and treatments
Body treatments and back treatments
Makeup
HairRemoval



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Onsite Procedures & Setup

Next Section is Makeup Application

9.1 Facial makeup supplies are labeled in English

9.2 Implements and supplies are Visibly Clean

- Sanitize and Glove Hands
- Apply a new protective covering (Towel) to shoulders
- Secures hair off face with a new cap
- Sanitize hands
- Remove pallet from bag
- Applies foundation to pallet
- Applies powder to pallet
- Applies brush to pallet
- Applies eyeshadow to pallet
- Apply lipstick to pallet
- Remove sponge from bag
- Apply foundation with sponge to face 1 section at a time.
- Double brace around eyes, and mouth. Continue to complete all facial areas.
- Remove cotton ball from bag.
- Apply powder with cotton ball to entire face.
- Remove cotton ball from bag.
- Apply blush on apples of cheeks and blend.
- Remove brow brush / comb from bag.
- Groom eyebrows, brush up and then comb into place. Discard brush into items to be disinfected bag.
- Remove a disposable eye shadow applicator apply shadow to one eye using double bracing method. Dispose of applicator into trash bag
- Remove a second disposable eye shadow applicator apply shadow to other eye bracing method double brace.

- Pallette
- Cotton Balls
- Q Tips
- Eye Shadow Applicators
- Mascara Wands
- Makeup sponges
- Foundation
- Powder
- Blush
- Eyeshadow
- Lipstick
- Mascara
- Eyeliner

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- Apply eyeliner double bracing at lash line. Repeat on second eye lash line.
- Remove 1 mascara wand from bag.
- Open mascara, dip wand into mascara, Re-cover mascara. Apply mascara to right lashes using double bracing. Discard the wand into trash bag.
- Remove 2nd disposable wand
- Open mascara, dip wand into mascara, Recover mascara. Apply mascara to left lashes using double bracing method. Discard the wand into trash bag.
- Remove lip brush or applicator from bag.
- Applies lip color double bracing with disposable lip brush or applicator. Discard applicator into trash bag.
- Re check all areas of face
- Items to be disinfected, soiled linens, and trash are disposed of in a correct manner throughout the section.

De glove, sanitize hands, step back.

Blood Exposure Procedure

- Sanitize hands
 - Glove hands
 - Remove pallet from bag.
 - Remove antiseptic wipe and bandage from first aid kit, place on pallet.
 - Clean injured area (small area on chin) with antiseptic wipe, throw wrapper in trash then soiled antiseptic wipe in trash.
 - Open band aid, throw wrapper and tabs in trash.
Cover area on chin with band aid and secure to clients chin
- First Aid Kit containing antiseptic wipe and bandaid

De glove, Sanitize hands, step back.

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Onsite Procedures & Setup

Hair Removal of the Upper Lip Using Hard Wax

NOTE: Performed on Exam as Additional Service

Hair removal of the upper lip supplies are labeled in English.

Implements and supplies are visibly clean

- Sanitize hands.
- Apply gloves to your hands.
- Apply goggles to client.
- Remove pallet from baggie.
- Pour antiseptic into pallet.
- Remove gauze from bag
- Apply antiseptic to gauze
- Cleanse area to be waxed.
- Use a dry gauze to dry area to be waxed
- Remove disposable spatula from bag.
- Uncover wax, pick up wax with spatula. Recover wax pot right away.
- Test temperature of hard wax on your wrist, dispose of spatula, sanitize hands and remove wax from wrist.
- Sanitize hands.
- Remove disposable spatula from bag.
- Remove cover from wax pot apply wax to applicator, re-cover wax pot
- Using disposable spatula, apply hard wax along ½ of right upper lip area and make tab. Throw applicator in trash.
- Holds skin taut.
- Remove hard wax, place finger over waxed area.
- Sanitize hands.
- Remove disposable spatula from bag.
- Applicators
- Gauze
- Antiseptic
- Post-epilation product
- Pallet
- (Wax pot and hard wax)

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Onsite Procedures & Setup

- Remove cover from wax pot. Apply wax to applicator, re-cover wax pot.
- Using disposable spatula, apply hard wax along 2nd half of upper lip
- Make tab.
- Throw applicator in trash bag. Hold skin taut, remove hard wax from lip, place finger over waxed area.
- Sanitize hands.
- Pour antiseptic into pallet
- Remove gauze from bag.
- Apply antiseptic to entire upper lip area while using double bracing method.
- Place post-epilation product into pallet
- Remove disposable spatula or cotton swab from bag.
- Apply product onto entire upper lip area (Double Brace)
- Dispose of applicator in trash.
- Remove goggles, place on clean pallet.
- Items to be disinfected (pallet, products), and trash are disposed of in a correct manner throughout section.

Deglove, Sanitize Hands, Step Back

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