

Those individuals interested in receiving a Threading Permit from the Louisiana State Board of Cosmetology should follow the directions listed here.

1. It is necessary for you to fill out the Application for Sanitation Exam and Threading Permit available in this document and send it by mail to the Louisiana State of Cosmetology at the address listed.
2. Be sure to include the required copies of requested documents and a check for the correct amount for the exam fee and permit fee.
3. All of the study information for the Threading written exam is available in this document and may be downloaded for study purposes.
4. Upon receipt of your complete application and fees, you will be mailed a date and time to take the (15) question exam that you must pass before a permit can be issued.
5. The written exam will be administered to you at the Board office at 11622 SunBelt Court, Baton Rouge, LA 70806 only on the date and time listed on your approval letter.

APPLICATION FOR SANITATION EXAM AND THREADING PERMIT

RETURN COMPLETED APPLICATION AND FEES BY MAIL TO: Louisiana State Board of Cosmetology
11622 Sunbelt Court
Baton Rouge, LA 70809

For further information call (225) 756-3404

Full Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Age: _____ Birthdate: _____ Social Security #: _____

Applicant's Individual Email Address: _____

Applicant's Telephone Number: _____

Please make sure the following is included along with this application:

- \$25.00 fee for written exam
- \$25.00 for threading permit
- A copy of your Social Security card
- A copy of a valid State issued ID or unexpired Driver's license

Fees are non-refundable. All payments must be made by a Money Order, Certified or cashier's check, payable to Louisiana State Board of Cosmetology. I understand that if I fail to show for my scheduled examination without proper notification, a seven day notice or 24 hour emergency notice, I will be required upon re-application to pay a \$25.00 fee to obtain another test date.

If you have a disability and may require some accommodation in taking this examination, be sure to fill out and submit the "Request for Accommodation" form along with this application. If accommodation is not requested in advance, we cannot guarantee the availability of accommodation on site.

Applicant Signature: _____ Date: _____

FOR OFFICE USE ONLY

Exam Scheduled for: _____

Exam Passed on: _____

Permit issued on: _____

Permit No. _____

LOUISIANA STATE BOARD OF COSMETOLOGY

Facial Threading Study Guide

Introduction

The origin of the word for Threading is 'KHITE' in Arabic and is also called 'Fatlah' in Egypt. The exact origin of threading is unknown, but threading is an ancient practice of hair removal from over 5000 years ago. It is believed to be originated in Persia, but is continued in India, Pakistan, Saudi Arabia, China and numerous other countries. Threading which can be done on flat surfaces has become a popular method of removing facial hair particularly for shaping eyebrows. Areas that can safely be threaded are the eyebrows, upper lip, sideburns, and cheeks.

Threading is much gentler on the skin than other forms of hair-removal because no chemicals are required (other than cleansing the area). Experienced threaders are very precise and able to remove even the finest hair without damaging the skin. Some dermatologists suggest threading to patients using acne medications like Accutane, and topical retinoid creams.

Threading is included within the definition of esthetics in many states including Louisiana, La. R.S. 37:563(8). Threading is the practice of using a thread to remove facial hair, including hair on the ears and neck but does not include hair removal by any other means or any other practice within the definition of esthetics, L.A.C. 46:XXXI.1110.A. Any person who is not licensed as a cosmetologist or esthetician and engages in the practice of threading for compensation, directly or indirectly, including tips is a threader and must obtain a threading permit, L.A.C. 46:XXXI.1110.A.

Individuals are not authorized to remove hair by waxing, tweezing or other hair removal methods. Additionally, threaders are not authorized to perform facials or massages.

Threading Facilities

Like every cosmetology and esthetics salon, each threading facility must be inspected to ensure the facility meets legal, hygiene and safety requirements before any service is performed. The facility must always be clean and follow all state laws and regulations. Before performing a service, threaders must ensure all materials used are clean and new. Threaders must disinfect their hands before and after each service.

Anything the client will come in contact with (chair, towels, cotton rounds, thread etc.) must be disinfected or replaced. Threaders should wear the proper Personal Protective Equipment "PPE" (ex. Powder-free, nitrile, or vinyl disposable gloves) to avoid cross contamination. All used materials must be disposed of in a covered container.

Threading Procedures

Cotton or polyester thread can be used for threading. Before beginning threading, the threader must cleanse and prepare the skin in the area where the hair will be removed. Skilled Threaders can serve many clients per day completing eyebrows in 5-7 minutes, an upper lip in 3 minutes, and a full face in 15-20 minutes.

No services other than threading can be performed in a threading facility.

Risks

As with any service there are risks associated with threading. Clients can develop "Folliculitis," an infection in the hair follicles. Any client who develops an infection after threading should be referred to a licensed health care provider. Threading can cause redness, bumps, itching, puffiness, pain and changes in pigment for a short time. Threading can cut the skin if the threader is unskilled and or threads too fast. Threaders shall not perform services on a client who has redness, bumps, itching, puffiness, or soreness in the area to be threaded.

Sanitization and sterilization

Sanitization is the branch of applied science that deals with practical measures designed to promote public health and prevent disease.

Sterilization is the process by which all bacterial life is removed from an object. Health Departments and State Boards for Cosmetology realize that it is impossible to sterilize---in the true sense of the word---all the implements and equipment. Although methods of sterilization are employed, the implements and equipment can only be considered sanitized and not sterilized.

Methods of sterilization

Sterilization can be achieved by using physical or chemical agents. Physical sterilizing agents are:

1. Dry heat: The process involves exposure to constant high temperature (300°-320°F).
2. Moist heat: This is immersion in boiling water for 20 minutes.
3. Ultraviolet radiation: In a sanitizer, this is an excellent method for keeping sanitized implements sterile.

Chemical sterilizing agents are:

1. Antiseptics and disinfectants:
 - A. Antiseptics retard the growth of bacteria without destroying bacteria life. They may be applied to the skin.
 - B. Disinfectants destroy pathogenic bacteria. They are used to sanitize equipment and implements. There are many prepared chemical disinfectants which are approved by the Boards of Health and State Boards of Cosmetology. Some of the popular ones are:
 1. Alcohol below 70% serves as an antiseptic for the skin. A 95% solution may be used as a disinfectant to sanitize implements.
 2. Quaternary ammonium compounds: These are powerful germicides (disinfectants) used to sanitize implements. They are inexpensive, odorless, nonirritating to the skin and stable, When mixing, always follow the manufacturer's instructions.

3. Hydrogen peroxide: A 3% solution may be used as an antiseptic and a mild disinfectant. Peroxide without U.S.P. on the label is not pure. It may cause an infection if it is used on an open cut.

Procedure for sterilizing implements

1. Objects which will be sterilized should be washed thoroughly with soap and water in order to remove all foreign matter.
2. Immerse the implements in a wet sanitizer containing a disinfectant solution.
3. Remove the implements after the specified amount of time. Rinse them in clean water. Wipe them dry and place them in a storage cabinet sanitizer until ready for use.

Sanitizing facilities

1. Walls, ceilings, floors and equipment must be free from dust. They must be washable.
2. The working area must be well lighted, heated and ventilated.
3. There must be an adequate supply of hot and cold running water.
4. All plumbing fixtures must be installed properly.
5. All electrical connections and equipment must be installed and grounded properly.
6. A lavatory must be equipped with hot and cold running water, liquid soap and paper towels.
7. Animals, other than service animals, are not permitted in a threading facility.
8. Each facility must have a blood spill kit and products to sanitize the facility.

Sanitizing supplies and equipment

1. Change the covering on the headrest for each patron.
2. Linens and towels must be clean. They are to be used only once. Then, they are deposited in a covered container for soiled linens.
3. Any implement dropped on the floor shall not to be used again until it has been sterilized. Materials dropped on the floor must be disposed of.
4. All waste materials, including used thread and removed hair, must be deposited in covered containers.
5. Creams and all other semisolid substances must be dipped from the original container with a sterile spatula and transferred to a receptacle for use during a treatment.
6. Lotions or fluids must be poured into a container and then applied to the individual by means of a cotton pledget or a sterilized applicator.
7. Soiled or used materials must be removed from the top of the work station immediately after use.

8. All implements must be sanitized prior to use.
9. No implements or materials such as clips, pins, and thread may be placed in the threader's mouth.
10. Implements and materials must not be carried in the threader's pockets.

General Information

1. All threaders and workers in a threading facility must observe all rules of personal hygiene.
2. No person suffering from an infectious or communicable disease should work in any establishment.
3. Hands should be washed with soap and running water both before and after serving a patron, and after leaving the toilet.
4. No work shall be performed on any person having a visible infection or any other indication of a contagious or communicable disease.