

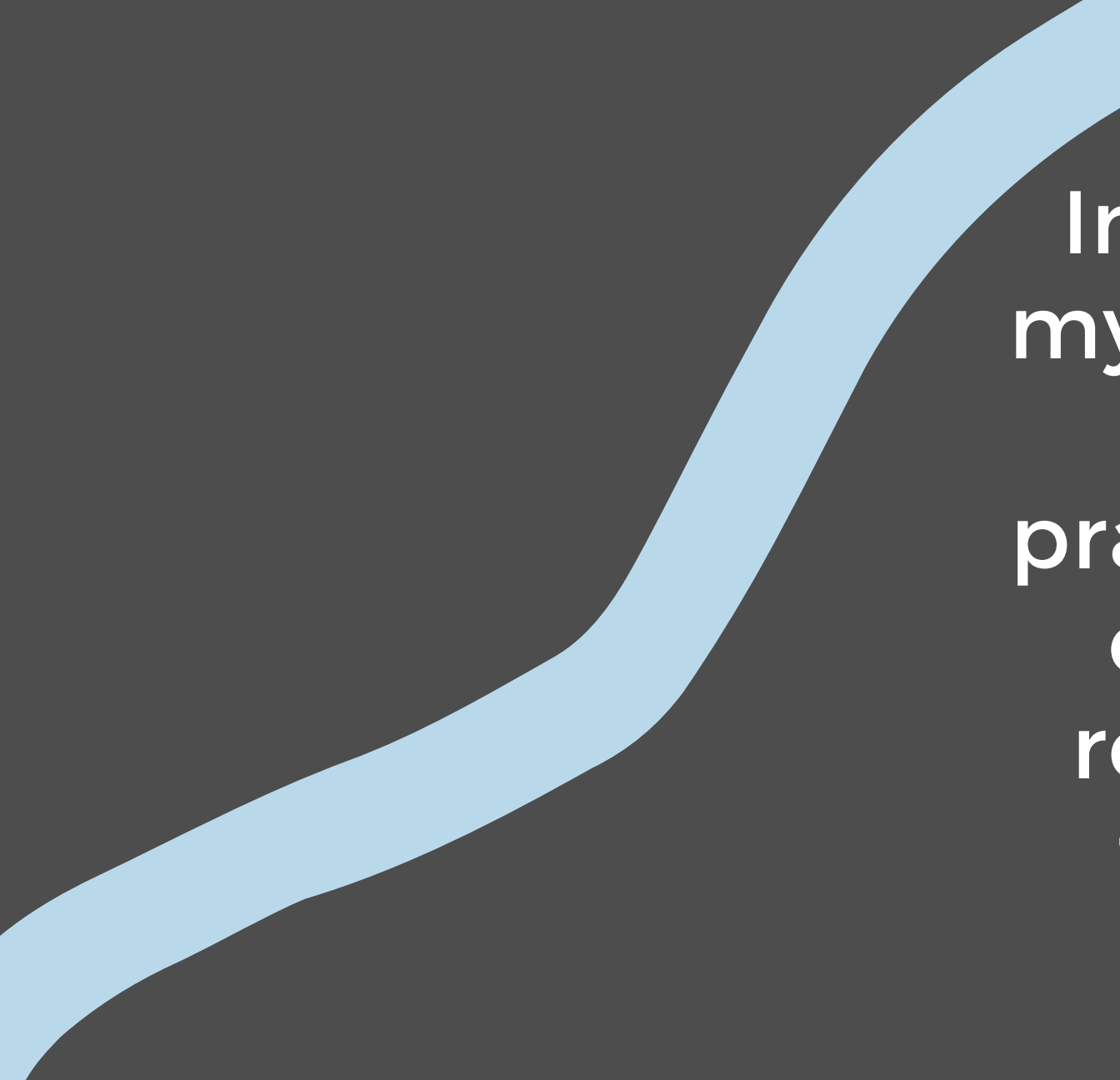
AP ACADEMY PRESENTS



Module 1 :


Lesson 5

FAQS



In the previous lesson, we dispelled several myths about Alexandria Professional®'s body sugaring products and techniques. But practitioners still have many questions about our pre- and post-epilation products, the reasoning that drives our methods, how to treat particular hair types such as coarse facial hair, and so on.

Not only are these frequently asked questions important for your practice and mastering your techniques, but in any case, you should be able to answer these questions for your clients to demonstrate your credibility.




1. One of the questions that practitioners often ask is whether they can use cornstarch or baby powder instead of Vertal 6™ Drying Powder.

Put simply – **no**. All our AP products are formulated with intense care. Although we do not “formulate” our Vertal 6 Drying powder, the producer of this powder was selected a long time ago because of their clean process, and the fact that it is aluminum-free. Although some practitioners feel they want to use a produce-type powder, it is important to mention that **people with corn flour allergies might have an allergic reaction.**

One of the major advantages of Vertal 6™ is that it is made from very plain, naturally-occurring talc whose properties are enhanced by a flotation process that increases the powder's brightness and purity, giving it its unique, soft, and silky feel. Vertal 6™ has also been specially-treated using a two-step process to prevent microbial growth.

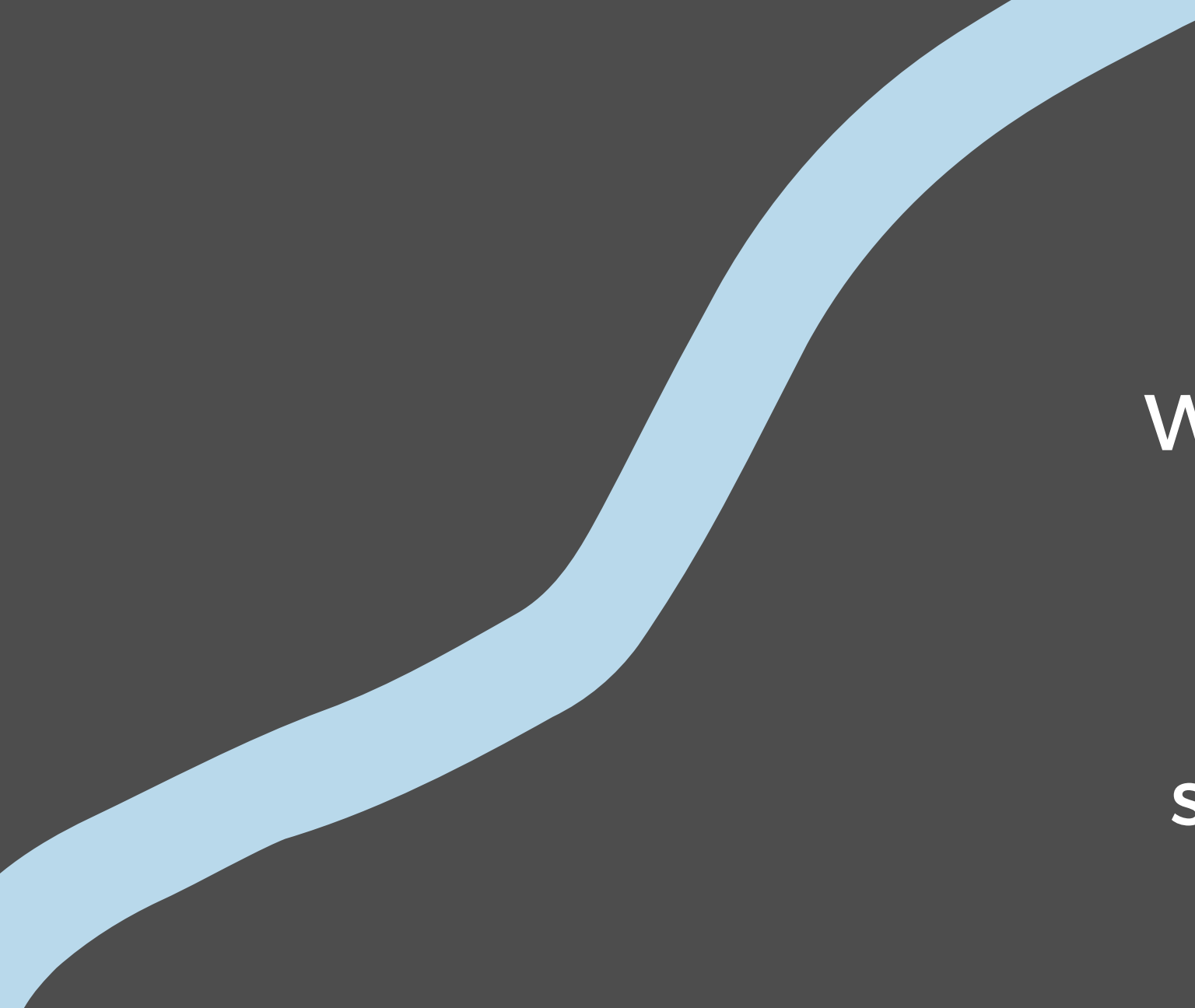
Complies with the heavy metal quality standards of the United States Pharmacopeia.



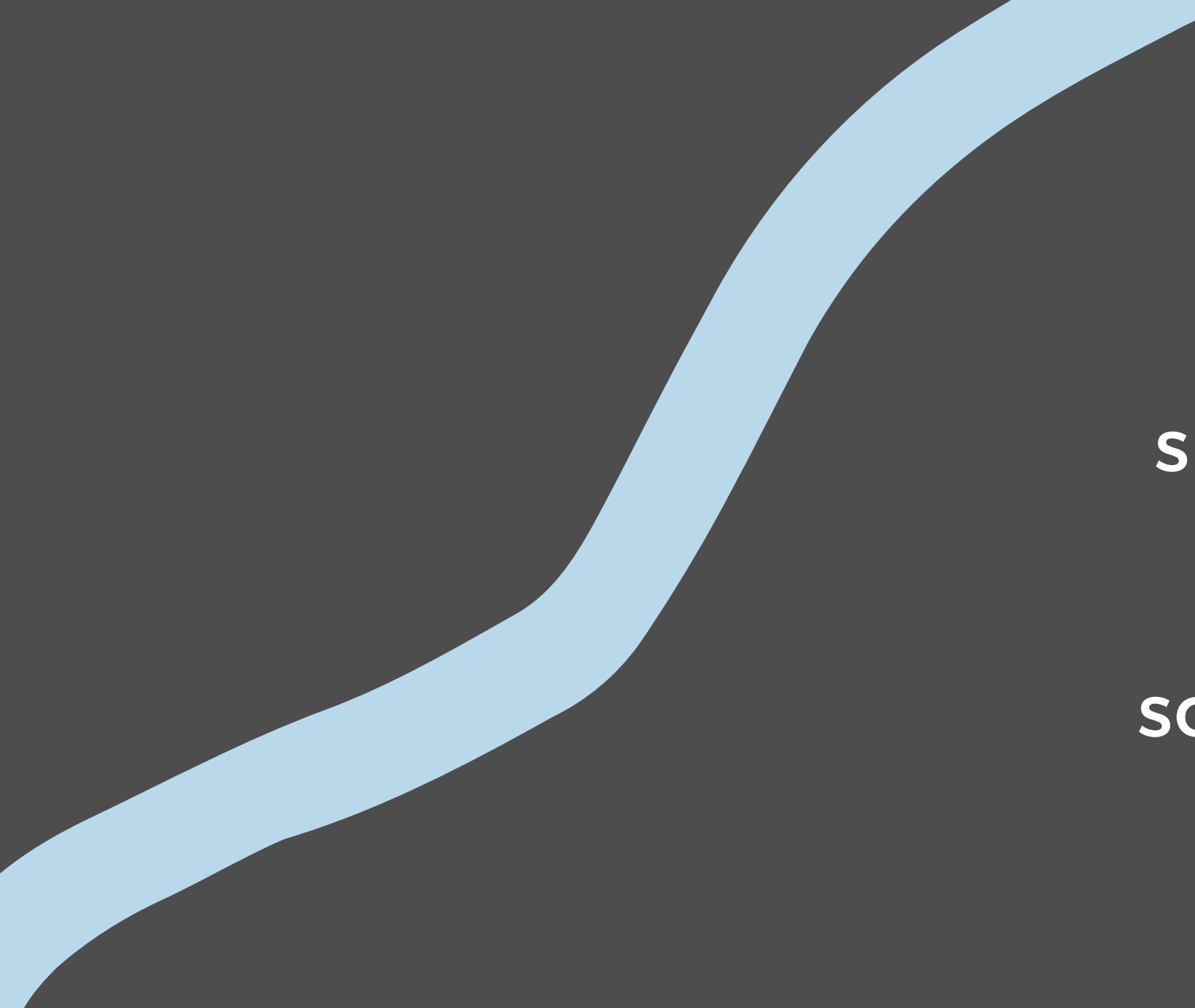


2. Another FAQ we often hear from practitioners is, “Why switch from a loofah mitt to an exfoliation glove?”

The answer ultimately comes down to our meticulous sanitation standards. Loofah mitts are sponges that can easily harbor harmful bacteria in their pores, and as such, cannot be properly disinfected. As a result, they heighten the risk of causing adverse skin conditions for the clients. On the contrary, exfoliating gloves can be washed like a cloth, thereby gently removing dead skin cells without the concern of bacteria.



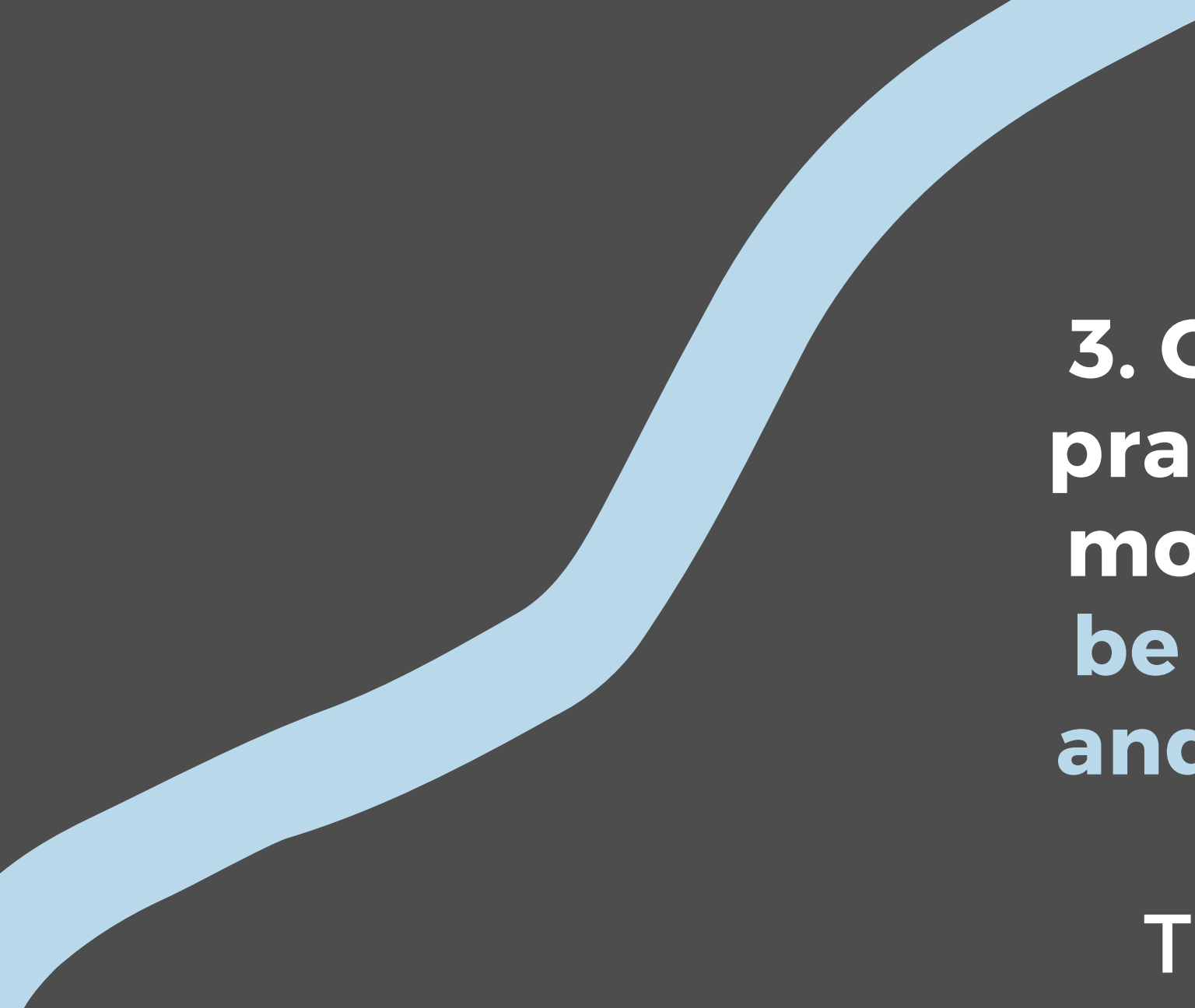
When it comes to body sugaring, there is no true one-size-fits-all solution. Many practitioners do not know how to approach hair removal for clients with short, stubborn, or coarse facial or body hair. In this case, you should also consider taking Alexandria Professional®'s advanced classes to master our T.H.E, "Tough Hair Extraction", technique.



But some **general guidelines** include steaming the area before treatment to open the client's pores. A warm towel should do the trick. Moreover, you can add Salt Spring to the lukewarm water, ensuring it is completely diluted, to help soften the skin cells. This procedure is most beneficial for clients with coarse hair.

Next, mold the sugar paste three times, allowing it to rest and seep below the skin for a few seconds as you begin sugaring another area. Then, simply return to the sugar paste, mold it again, and kick-off.


More of this will make sense as you progress through the course.




3. Of all the FAQs we've received from practitioners over the years, one of the most common questions is "What can be done to prevent my sugaring hand and arm from getting tired and sore?"

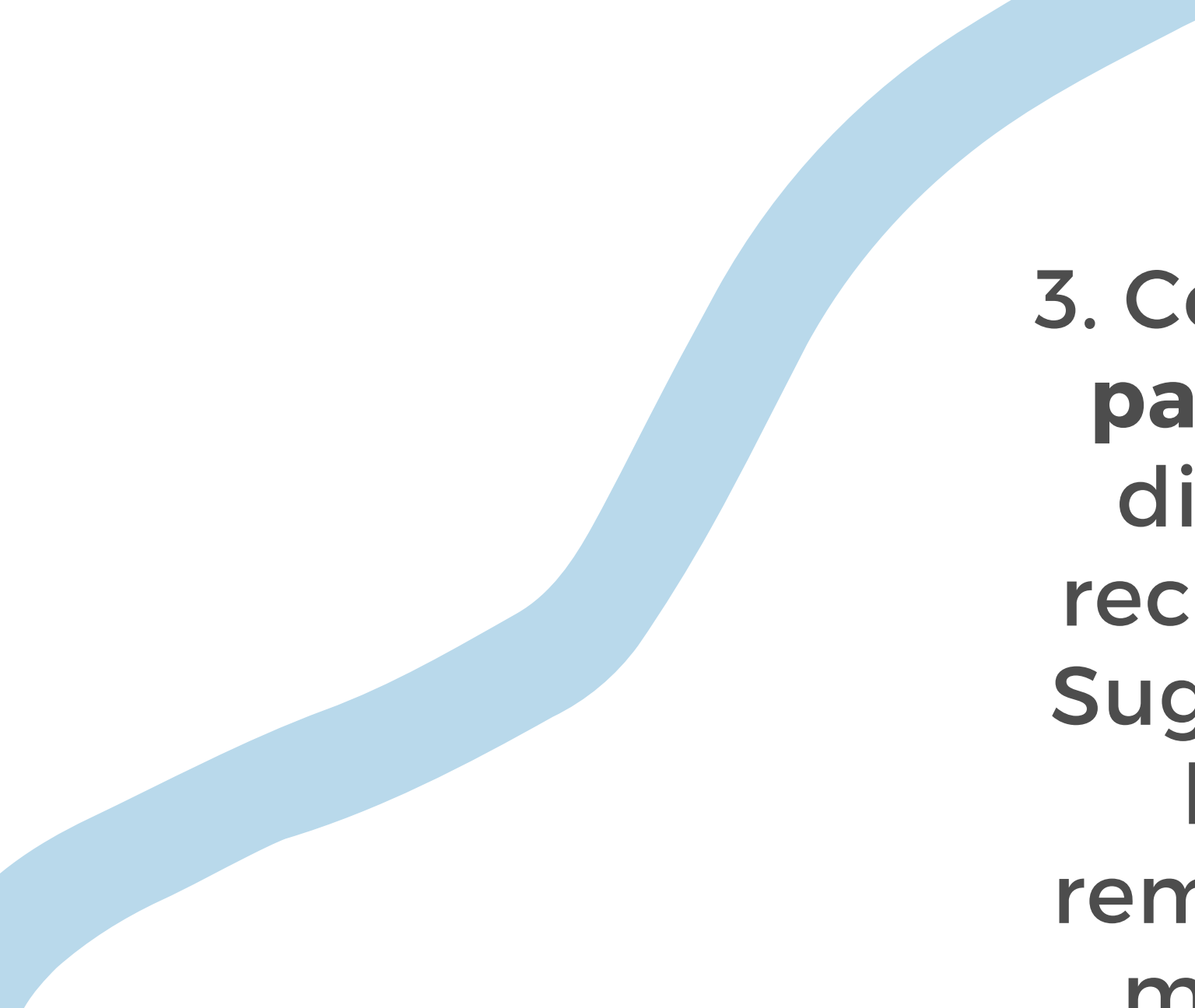
There are several ways to minimize soreness and tiredness associated with the Advanced Sugaring Technique.

Here are some suggestions:

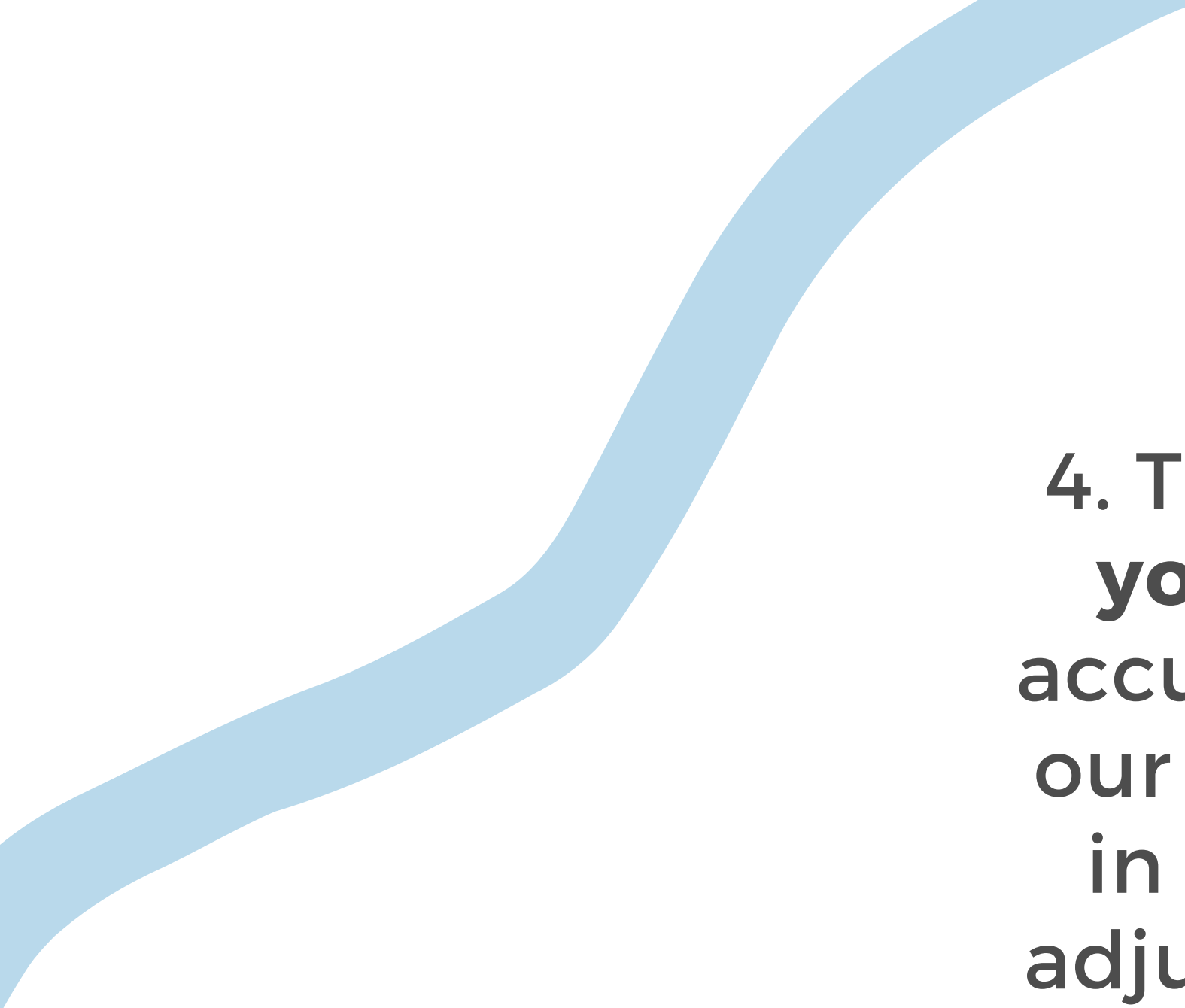
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1. **Review and master your arm and hand positioning.** Alexandria Professional®'s innovative ErgoWave will help you master your arm and hand positioning and enhance your overall body ergonomics. **Pay attention to your body positioning** during treatments and to your sugaring shoulder. **Be conscious of taking breaths** to relax all body parts during treatments.



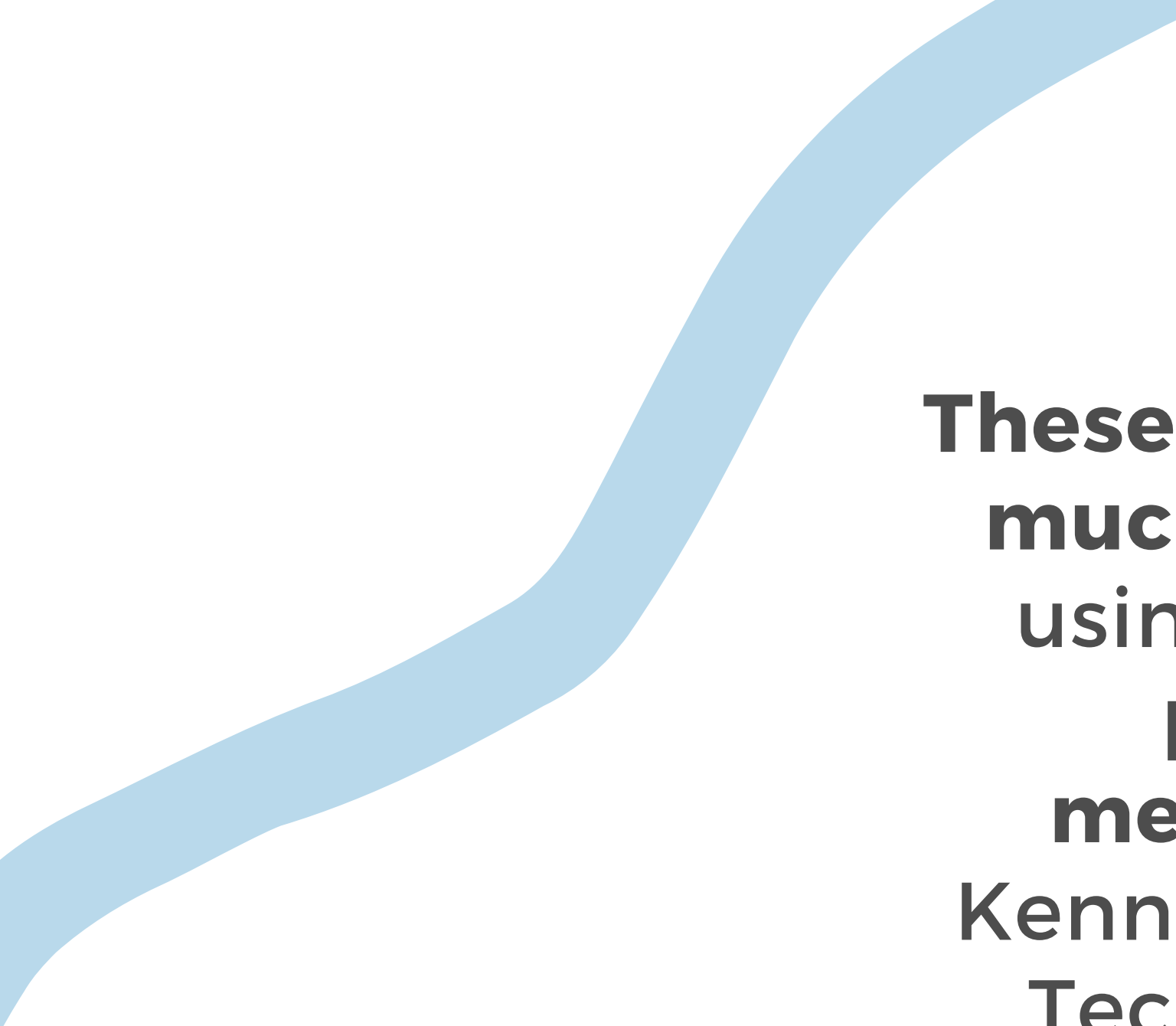
2. As much as possible, **avoid booking big jobs**, such as full legs sessions back to back. Be creative for your needs. Consider taking breaks or spacing out your big sessions with smaller jobs in between.



3. Consider **practicing with a softer sugar paste**, as the texture can be a source of discomfort for some practitioners. We recommend beginning with our Regular Sugar™ or LK PLUS sugar paste until you become comfortable applying and removing it with gentle and comfortable movements. If you're applying a lot of pressure when molding the paste, chances are you need to soften it. Once you feel more confident, you can consider our LK Private sugar paste.



4. Try using our **KISS Adjuster to soften your sugar paste** and slowly become accustomed to using a softer paste. With our KISS Adjuster, you can train yourself in a comfortable way by making little adjustments and increasing the softness until you become more fluid and ready to order a softer version.



These FAQs have helped emphasize how much we prioritize sanitation and only using 100% natural, pure, and quality products. It also speaks to the meticulousness and efficacy of our Kennedy Theory and Kennedy Sugaring Technique Theory®. As you progress through this course, heed the responses to these FAQs and take note of how they align with and complement future lessons.



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