

CPD Threading Course Specification

Course Overview

Threading is a precise and highly effective method of hair removal that is widely used within the beauty industry to create clean, defined eyebrow shapes and remove unwanted facial hair. This comprehensive course provides learners with the theoretical knowledge and practical skills required to safely and professionally perform threading treatments while maintaining high standards of client care, hygiene and professionalism.

Suitable for complete beginners as well as experienced beauty professionals wishing to expand their treatment portfolio, this course combines theory with extensive practical training to prepare learners to confidently perform professional threading treatments.

Course Content

During this course, learners will cover:

- Introduction to Threading
- History and Development of Threading Treatments
- Benefits of Threading
- Anatomy and Physiology of the Skin
- Anatomy of the Facial Muscles and Bones
- Hair Growth Cycle
- Health, Safety and Hygiene
- Infection Prevention and Control
- Consultation Procedures
- Patch Testing Requirements (where applicable)
- Contraindications and Contra-actions
- Relevant Legislation and Industry Standards
- Skin Analysis
- Product Knowledge
- Professional Threading Techniques



- Eyebrow Shaping and Definition
- Upper Lip and Facial Threading
- Client Positioning and Comfort
- Professional Client Care
- Aftercare Advice and Maintenance

Course Structure

This course consists of a balanced combination of theory and practical training.

- **Theory:** 50%
- **Practical:** 50%

Learners will first develop the underpinning knowledge required to perform threading treatments safely before progressing to practical application.

The practical element includes:

- Tutor-led demonstrations
- Supervised hands-on practice
- Individual tutor feedback and guidance
- Professional threading techniques for eyebrows and facial hair removal
- Safe treatment procedures and client care

Entry Requirements

This course is suitable for complete beginners and no previous beauty qualifications are required.

It is ideal for:

- Individuals starting a career in the beauty industry.
- Beauty therapists wishing to expand their treatment portfolio.
- Therapists looking to refresh or update their existing skills.
- Salon owners and mobile beauty professionals.

Learning Outcomes

By the end of this course, learners will be able to:

- Explain the principles, history and benefits of Threading treatments.
- Understand the anatomy and physiology of the skin and hair relevant to threading.
- Conduct professional client consultations and determine suitability for treatment.
- Identify contraindications, contra-actions and appropriate treatment modifications.
- Apply effective health, safety, hygiene and infection prevention procedures throughout the treatment.
- Demonstrate the safe and effective threading techniques for eyebrow shaping and facial hair removal.
- Create well-defined, symmetrical eyebrow shapes to suit individual clients.
- Provide clients with appropriate aftercare advice to maintain healthy skin and prolong treatment results.
- Work professionally while complying with current legislation, industry standards and best practice.