



ADVANCE BEAUTY

INTERNATIONAL
BEAUTY SCHOOL

Contents

Contents	1
OLIGODERMIE PRODUCT KNOWLEDGE	6
CLEANSER+TONER.....	6
SCRUB (EXFOLIANT).....	6
MASSAGE CREAM.....	7
MASK	7
BASIC CHEMISTRY	8
CHEMISTRY	8
MATTER	8
ELEMENT.....	8
COMPOUND	8
MOLECULE	8
ATOM	8
STRUCTURE OF ATOM	9
ELECTRICAL SCIENCE.....	10
ELECTRICITY	10
INSULATOR.....	10
ELECTRODE	10
ELECTROLYTE.....	11
IONS.....	11
TYPES OF ELECTRICAL CURRENT:	11
MAIN ELECTRICAL DEVICE USED IN BEAUTY EQUIPMENT:	12
ELECTRICAL UNITS:	12
SAFETY PRECAUTIONS BEFORE, DURING AND AFTER USE OF ELECTRICAL EQUIPMENT:-.....	13
STEAMER AND OZONE	14
INTRODUCTION	14
BENEFITS OF STEAMER.....	14
ABOUT THE MACHINE:-.....	14
STEAMER WITH OZONE:-	14
COLD SPRAY/OXILLATION	15
PRECAUTIONS	15
CONTRA-INDICATIONS	15



CONTRA- ACTION	16
BRUSHING UNIT	17
INTRODUCTION:	17
BENEFITS	17
ABOUT THE MACHINE	17
TYPES OF ATTACHMENTS	17
MEDIUM	18
INTENSITY AND TIME DURATION	18
PRECAUTIONS	18
CONTRAINDICATION.....	18
CONTRA ACTIONS.....	19
CLEANSING AND STERILIZATION OF BRUSH.....	19
ULTRASONIC.....	20
INTRODUCTION	20
EFFECTS OF ULTRASONIC	20
MEDIUM	20
DURATION	20
INTENSITY.....	20
ABOUT THE MACHINE.....	20
WORKING OF THE MACHINE.....	21
PRECAUTIONS	21
ULTRASONIC FACIAL PROCEDURE.....	21
CONTRAINDICATIONS.....	22
CONTRA -ACTION	22
LYMPHATIC SYSTEM.....	23
INTRODUCTION	23
TISSUE FLUID.....	23
LYMPHATIC CAPILLARIES.....	23
LYMPHATIC FLUID	24
LYMPHATIC VESSEL	24
LYMPH NODES.....	24
COLLECTING DUCTS	25
SUBCLAVIAN VEINS.....	25
MANUAL LYMPHATIC DRAINAGE.....	25



BENEFITS	26
CONTRAINDICATIONS.....	26
LYMPH NODES OF FACE, NECK AND DECOLLATE	27
VACCUM	28
INTRODUCTION	28
ABOUT THE MACHINE:-.....	28
Intensity	29
GENERAL EFFECTS / BENEFITS OF VACCUM:-	29
MEDIUM:	29
PRECAUTIONS	30
FREQUENCY	30
VACCUM TREATMENT PROCEDURE:-	30
CONTRAINDICATIONS.....	31
CONTRA-ACTIONS	31
LYMPH NODES & STROKES.....	32
HIGH FREQUENCY.....	33
INTRODUCTION	33
ABOUT THE MACHINE:-.....	34
PROBES:-	34
INHERT GASES	34
DIRECT HIGH FREQUENCY	35
OZONE FORMATION& HOW MACHINE WORKS:.....	35
SPARKING WITH SPOT KNOB	36
DHF TREATMENT PROCEDURE.....	36
INDIRECT HIGH FREQUENCY.....	37
PRECAUTIONS	37
IDHF TREATMENT PROCEDURE	38
CONTRAINDICATIONS:-	38
CONTRACTIONS.....	39
GALVANIC	40
INTRODUCTION	40
ABOUT THE MACHINE:.....	40
TERMINOLOGY USED IN GALVANIC:-.....	41
EFFECTS OF CATHODE AND ANODE.....	41



GALVANIC DESINCRUSTATION	42
GALVANIC IONTOPHORESIS.....	43
PRECAUTIONS	43
CONTRAINDICATIONS.....	44
CONTRA ACTIONS.....	44
FREQUENCY	44
GALVANIC TREATMENT PROCEDURE.....	45
GENERAL SUMMARY OF THE MACHINES	46
CLIENT CONSULTATION FORM.....	48
CLIENT CONSENT FORM	51
WAXING	52
TYPES OF HAIR REMOVAL	52
TYPES OF WAX	52
WARM WAX.....	52
HOT WAX	53
ADVANTAGES OF HOT WAX	54
DISADVANTAGES OF HOT WAX.....	54
PRECAUTIONS	55
CONTRAINDICATIONS.....	55
CONTA ACTIONS.....	55
AFTER CARE.....	55
PARAFFIN WAX MANICURE AND PEDICURE	57
PARAFFIN.....	57
INTRODUCTION TO MANICURE AND PEDICURE.....	57
NAIL SHAPE	58
BENEFITS OF PARAFFIN WAX	58
TOOLS & EQUIPMENTS	58
PRODUCTS REQUIRED.....	59
PARAFFIN MANICURE PROCEDURE.....	60
PARAFFIN PEDICURE PROCEDURE.....	61
CONTRAINDICATIONS FOR MANICURE AND PEDICURE.....	63
CONTRA ACTION.....	63
AFTER CARE (DO'S & DONT'S)	63
REMY LAURE – MINERO VEGETAL FACIAL	65



CLEANSER	65
DNA CLEANSING CREAM.....	65
BRIGHTENING CLEANSING FOAM.....	65
TONER	65
DNA TONIC LOTION	65
DEEP CLEANSER	65
MOOR PEELING CREAM	65
EXFOLIATING SCRUB.....	65
MASSAGE.....	66
MASSAGE BALM	66
VISA DAY CREAM	66
MASK	66
BLACK MASK	66
MOISTURIZING LOTION	66
SPF30.....	66
MINERO – VEGETAL FACIAL (all type of skin)	67
METHOD/ PROCEDURE	67
MANAGEMENT & BUSINESS ETHICS	68
OWNING A BUSINESS:.....	68
FACTORS TO BE CONSIDERED WHILE OPENING A SALON	69
CAREER OPPORTUNITIES.....	70



OLIGODERMIE PRODUCT KNOWLEDGE

CLEANSER+TONER

Product	Skin type	Ingredient	Benefit
Cleansing Gel (No toner required)	All skin type	Bosewellia serrate(has anti-inflammatory properties)	Calming, soothing and deep cleaning effect
Cleanser with cucumber +cucumber toner	Oily, excess oily, acne, acne prone skin	Mineral oil citric acid, cetyl alcohol	Eliminates the impurities and makeup with disturbing acid mantle
Cleanser with Aloe + Aloe toner	Dry, mature	Aloe extract mineral oil magnesium chloride magnesium nitrate	Cleanses the skin perfectly without disturbing acid mantle
Cucumber toner + Aloe toner		Propylene glycol, lactic acid	Cleanses the skin perfectly without disturbing acid mantle

SCRUB (EXFOLIANT)

Product	Skin type	Ingredient
Scrub cream	Normal, dry, mature skin	Silica, mineral oil, magnesium nitrate
Exfoliating gel with fruit acid	Oily, excess oily, acne prone, combination skin, acne	4% of fruit acid (apple, blue berry)
Vegetal enzymatic scrub	Sensitive, pigmentation	Kaolin, glycerin papaya, fruit extract



MASSAGE CREAM

Product	Skin type	Ingredient	Benefit
Skin care cream with kiwi extract	Dry, mature , pigmentation	Kiwi, citric acid, vitamin-c (from orange)	Skin nourishment and eliminates pre-mature aging
Skin care cream with Grape fruit seed extract	Oily, acne prone, combination normal	Grape fruit seed extract, algae extract, Allantoin	Purifying properties, lighting, brightening effect
Gentle Soothing Gel	Excess oily, acne prone, sensitive skin, acne skin	Aloe leaf extract, Glycerin, Allantoin	Soothes and calms down the irritated skin

MASK

Product	Skin Type	Ingredient	Benefit
Purifying Mask with 3 Clays	Excess oily, acne prone skin, acne skin	Kaolin, Magnesium nitrate, Magnesium Chloride	Draws out sebum and skin impurities
Deep Cleansing Mask	Oily, excess oily, congested skin	Kaolin, Glycerin, Lactic acid	Purifies the skin and has anti-inflammatory properties
Skin care mask with Kiwi extract	Dry, mature, dehydrated skin	Kiwi fruit extract, sheabutter, Allantoin, Tocopherol(Vitamin E)	Nourishing and lightening skin
Linden Mask	Normal, combination skin	Kaolin, Glycerin, Lactic acid	Moisturizing, tighten and tone the skin



BASIC CHEMISTRY

CHEMISTRY

Chemistry is the study of matter, its properties, how and why substances combine or separate to form other substances, and how substances interact with energy.

MATTER

Anything that occupies space is matter. Composed of over a hundred basic substances called elements. A matter can be solid, liquid and gases.

ELEMENT

Element is a pure substance which cannot be further broken down into simpler substance. There are 118 elements present in nature. There are 26 elements found in the human organism and 96% of body's mass is made up of these elements, Oxygen, Carbon, Hydrogen, Nitrogen and 3.9% is made of calcium, phosphorus, potassium, sulphur, sodium, chlorine, magnesium, iodine and iron.

COMPOUND

These are chemical substances composed of two or more elements in definite proportion, which has completely different characteristics and which can only be separated by chemical means

EXAMPLES: NaCl, H₂O, NaOH, CO₂ etc.

MOLECULE

A molecule is the smallest particle in a chemical element or compound that has the chemical properties of that element or compound,

EXAMPLES: Hydrogen, nitrogen, sulfur etc.

ATOM

Is the smallest part of an element that can take part in chemical reaction? It consists of a nucleus containing **positive PROTONS** and **neutral NEUTRONS**. The nucleus is surrounded by **negative ELECTRONS**, which orbit around the atom.

The orbits contain particles called electrons, which move along specific orbiting pathways. The electrons are **electrically negative**.

It is the electron that gives an atom its ability to react with other atoms. Not all electrons are involved in interactions with other atoms, just the electrons in the outermost orbit. These are called bonding electrons.

It is important to understand that each orbiting pathway holds a specific maximum number of electrons; the first only holds two electrons and the next



few orbits each hold up to eight. The electrons fill first the inner orbit, and then fill the next orbit, and so on moving outwards.

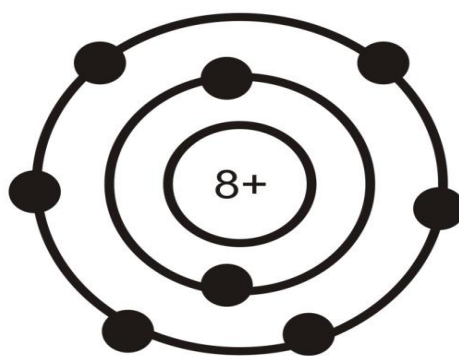
An atom is the most stable when the outermost orbit is full, and will generally strive to achieve this. This striving for a full outer orbit forms the basis of chemical interactions.

Since the protons are positive, and the electrons are negative, an atom is electrically neutral. This arrangement maintains the attraction between the electrons in orbit and the central nucleus. It is easier to understand the concept if we compare an atom to our solar system, the sun represents the nucleus, and the planets represent the electrons orbiting in fixed paths around the nucleus.

EXAMPLE: Oxygen- atomic number 8, Hydrogen- atomic number 1.

STRUCTURE OF ATOM

an oxygen atom



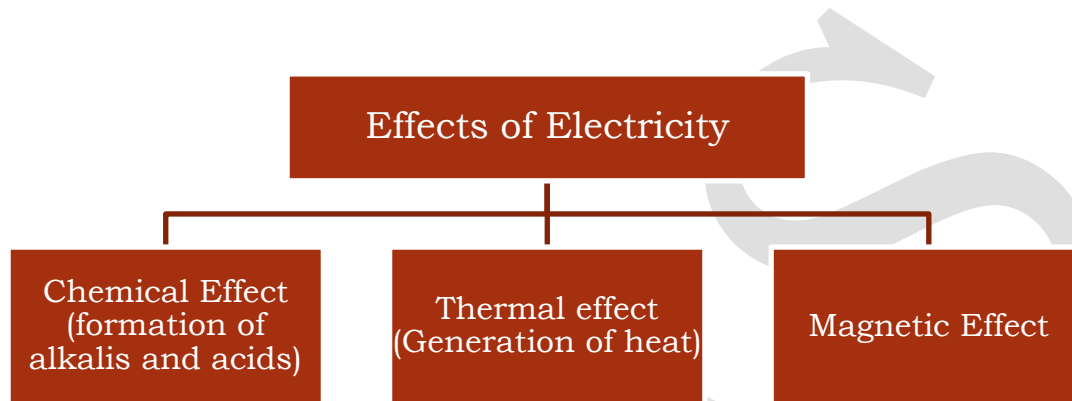
8 protons in nucleus
8 electrons in two orbits



ELECTRICAL SCIENCE

ELECTRICITY

An electrical current is a flow of negatively charged particles called electrons, which requires a complete circuit and a conductor to flow along. It is a form of energy, which when in motion produces magnetic, chemical and heat effects.



CONDUCTOR

Is a substance that transmits an electrical current e.g. metals, human body, watery solutions of acid and salts and gases under pressure (neon).

How the human body conducts electricity?

The tissues of the human body are made of large proportion of fluid, containing salts. When salt is dissolved in water the molecules split into ions which are electrically charged particles. This turns the fluid in the tissues into an ionized solution. The tissue fluid is therefore an electrolyte which conducts electricity.

The epidermis is very low in body fluid so it will form an initial resistance to the current. This can be overcome by the use of a saline solution or other appropriate product applied to the skin.

INSULATOR

Is a substance that resists the passage of electrical current e.g. rubber, silk, dry wood, glass, cement, porcelain and oils.

ELECTRODE

It is a conductor through which electricity enters & leaves.



ELECTROLYTE

It is a solution, which will allow the passage of electricity.

IONS

Polarity:-is the possession of negative or positive charge. When an atom gains or loses an electron it becomes charged and is called an ION.

TYPES OF ELECTRICAL CURRENT:

➤ Alternating current (AC) :-

- A current, which repeatedly changes its direction, flowing in one direction and then the other.
- It is rapid and uninterrupted.
 - ❖ **High Frequency (HF):**
 - Alternating current with frequency greater than 1,00,000 Hz
 - Also called oscillating current
 - Used for facials and Short Wave Diathermy treatments

➤ Direct Current (DC):

- A constant and even flowing current travelling in one direction
- Also called Galvanic current, brings about chemical changes
- Used in Beauty Therapy for facial Desincrustation, Iontophoresis, electrolysis and cellulite treatments.
 - ❖ **Faradic Current:**
 - Interrupted direct current, where the intensity of the current rises and falls rapidly so that the current pulsates
 - Used to tone face and body muscles



MAIN ELECTRICAL DEVICE USED IN BEAUTY EQUIPMENT:

Transformer	Device for increasing or decreasing an AC voltage without Alteration in frequency. Step up transformer - increases voltage Step down transformer – decreases the voltage e.g. adaptor (travel plug)
Rheostat	Controls strength of the current used and also controls the voltage by carrying the resistance.eg. Dimmer on a light switch.
Rectifier	Converts AC to DC, by allowing electrons to flow through it, Only in one direction
Capacitor	Substance with ability to store electrical charge e.g. battery. Also smoothens out any irregularity in the flow of direct current.
Fuse	Safety device to protect the wiring of a circuit from overloading. The fuse is the weakest part of a circuit which blows when excessive current flows. Fuses in plugs have different current ratings: 3 amps, for use with appliances up to 700 watts 5 amps, for use with appliances between 700 and 1000 watts 13 amps, for use with appliances between 1000 and 3000 watts
Mains fuse	The box where the main electrically supply cable enters the Building. When a mains fuse blows all the appliances on that circuit will be affected.

ELECTRICAL UNITS:

- **Pressure:** a force needed to drive electrons around an electric circuit (provided by the mains or battery). This electrical force or pressure is called **VOLTAGE** and is measured in units called **VOLTS(V)**.
- **Intensity:** the number of electrons passing any point in the circuit. Each second determines the strength or intensity of the electrical current. This is measured in units called **AMPERE (amp)**.
- **Resistance:** the ability of a conductor to resist the flow of current is measured in units called **OHMS**.
- **Frequency:** Number of complete cycles that occur every second. It is measured in **Hertz (Hz)**.



SAFETY PRECAUTIONS BEFORE, DURING AND AFTER USE OF ELECTRICAL EQUIPMENT:-

1. Check equipment is in good working order and has had all the required safety checks.
2. Make sure all the accessories are available, clean and intact.
3. Check that all the equipment is not positioned near water.
4. Make sure there are no trailing leads.
5. Check that all the controls are at zero at the beginning and end of the treatment.
6. Make sure the machine is easily accessible and on a stable surface.
7. Test the machine on yourself before using on clients.
8. Check the client for contraindications.
9. Educate client about what they will experience with each treatment before starting the procedure.
10. Ensure the client or you have no Jewellery.
11. Perform sensation test whenever necessary.
12. Never allow the client to touch the equipment.
13. Clean and store equipment safely.



STEAMER AND OZONE

INTRODUCTION

Types of Model-

- Floor Standing
- Portable//Table Model

BENEFITS OF STEAMER

- It offers warmth of the face.
- Enlarges the pores and softens the skin.
- Stimulates the gland and eliminates the waste.
- It softens the comedone so that it can be extracted easily
- Aids desquamation
- Increases blood and lymph circulation and also improves the skin color.

ABOUT THE MACHINE:-

- It consists of a tank and a heating element.
- The tank is filled with distilled water or pure water. Distilled water does not contain salts like calcium or any minerals unlike tap water or mineral water. The salts tend to deposit on the heating coil which may damage it.
- The steam passes through a tube which ejects out of the nozzle on to the client's face.
- The steamer has adjustable height and adjustable head which allows accurate placement of the steam vapor as well as control of steam pressure.
- It also has an indicator that makes a sound when the water tank is empty.

STEAMER WITH OZONE:-

- These steamers have high powered mercury vapor lamp (HPMV) over which the vapor passes and ozone is produced.
- Ozone has germicidal and anti-bacterial effect but it is also known to damage the respiratory system.
- Always start the steamer first wait for the vapors to come out and then start the ozone.



Skin Type	Duration	Distance	Benefits
Dry Skin or Mature skin	2-3 min	18 inches	Deep cleanses, desquamates, hydrates, improves the skin color
Sensitive skin	2 min	18-20 inches	Gently cleanses and hydrates
Normal Skin	3-5 min	15 inches	Cleanses, hydrates and maintains the function and texture of skin
Oily skin	6-7 min	12 inches	Unblocks the congestion, deep cleanses, improves the skin color

COLD SPRAY/OXILLATION

- It ejects the cold steam and its benefits are as follows:-
 - It shrinks the tissue.
 - Constricts the pores
 - Gives soothing and cooling effect.
 - Usually done after the extraction.
 - Can be given to all skin type for 2-3 min

PRECAUTIONS

- Ensure that cables are connected.
- Check the machine is working properly
- Check out all the contra-indications.
- Place cotton pads over the eyes.
- Use only distilled or pure water and make sure to check the water level.
- Switch on the machines 5 min before the treatment procedure.
- Do not start the machine directly on the client's face.
- Ensure that there are no water droplets from the steamer.
- Never leave the client unattended during steamer.
- Do not add astringent or Dettol or any such liquids into the steaming jar as water will come out with full force and can cause burn.

CONTRA-INDICATIONS

- Acne
- Extremely vascular skin, broken capillaries, dilated capillaries
- Hyper sensitive skin



- Any sun burn, recent injury
- Any cosmetic fillers
- Client's using retinol or undergoing any chemical peel
- Asthma
- Any burns, skin allergies and skin diseases or disorders.

CONTRA- ACTION

- Erythema
- Burns
- Bruising
- Sensitivity



BRUSHING UNIT

INTRODUCTION:

Brushing unit is also called as Frimotor. Brush is the mechanical method of exfoliation. It works on epidermis layer.

BENEFITS

It is a deep cleansing technique which has the following effects:

- Aids Desquamation
- Removal of dead skin cells
- Improves the texture of the skin
- Increases the blood circulation
- Increases lymphatic circulation
- Produces healthy erythema due to which color of skin is improved.
- Increases cell regeneration.
- Stimulates the activities of sebaceous gland and sweat gland
- Skin blockages are removed.

ABOUT THE MACHINE

- This machine works on Alternating Current.
- It is available as small hand held unit or as a combined unit with other machines
- It has On/Off switch, intensity controller, brush holder with direction control switch.
- Inside the machine there is a variable speed motor which is connected to the brush holder and it allows the attachment to rotate, it is also called Rotary motor.
- Different brushes of different sizes are used according to skin area and condition.

TYPES OF ATTACHMENTS

- **Soft Bristles:** - They come in small and bigger size for face and body.
- **Sponge Applicator:** - It can be used instead of soft bristles on sensitive skin.
- **Firm Bristles:** - Used for abrasive work. E.g. - skin peeling.
- **Pumice stone:** - It is good for post acne scars or any scars.





MEDIUM

- Any form of exfoliant, granular or non-granular.
- Used with cleanser, medicated cleansers, soaps etc.

INTENSITY AND TIME DURATION

- Intensity should be according to the clients comfort and client's skin condition.
- Time duration for different skin is as follows:-
 - Oily skin : 5-6 min
 - Normal skin: 3-4 min
 - Dry skin : 2-3 min
 - Sensitive skin : 2-3 min

PRECAUTIONS

- Ensure that the cables are connected.
- Check the machine,
- Check out all the contra-indications.
- Read the manufacturer's instruction.
- Make sure that the attachments are tightly fit into the brush holder.
- Always place the holder at 90° on the area to be treated.
- Make sure that the brushes are moist before starting the treatment.
- Cover the eyes with damp cotton in order to prevent the medium entering into the eyes.
- Make sure that the facial hair (side locks) is avoided.
- Reduce the speed on the bony areas.
- Low speed to be used for dry/thin skin.
- Speed can be increased for oily/thick/coarse skin.

CONTRAINDICATION

- Acne prone skin



- Very loose and thin skin
- Bony client
- Hairy client
- Broken capillaries(Telangelectisia)
- Hyper sensitive skin
- Cosmetic fillers (Botox)
- Skin disease and disorder
- Any cut or bruising
- Oedema(water retention)
- Sunburn
- Skin peel

CONTRA ACTIONS

Erythema,bruising, skin peeling, sensitive skin etc.

CLEANSING AND STERILIZATION OF BRUSH

- Soak the brushes in warm soapy water with a disinfectant (Savlon)
- Wash it under running water,
- Dry it and sterilize it in under UV sterilizer.



ULTRASONIC

INTRODUCTION

- It is also known as Audio sonic
- It works on Alternating current which produces sound waves
- The equipment produces sound waves, of 100-10000Hertz, heard as a humming noise.
- The wavelengths produced by the machine are very short and thus reflect back when they hit skin tissue and causes vibration in skin tissue
- Ultrasonic treatment can be used for toning the muscles, enhancing product absorption and relieving any muscular tension. It is also used for improving the skin tone and for anti-ageing treatment.



EFFECTS OF ULTRASONIC

- **Mechanical Effect:-**The machine produces Vibration.
- **Thermal Effect: -** It warms, soothes and stimulates glandular activities. It also helps to calm the collagen fibers.
- **Biological Effect:-**It increases blood circulation which in turn brings oxygen and fresh nutrients to the cells and improves the cellular metabolism. It also helps in product absorption.

MEDIUM

Any cream, serum, oil and gel with active ingredients like anti-oxidants (Green tea, citrus, and vitamin C)

DURATION

6-8 min. It goes on all skin type except skin conditions.

INTENSITY

EYES- 1 amp.

FACE- 3-4 amp.

ABOUT THE MACHINE

- An electromagnet is used inside the machine. The current flow first in one direction and the other.



- This causes the coil of electromagnet to move forward and backward.
- This movement passes into the head of the appliance which when applied to the skin is transmitted as vibrations.
- The depth of the sound pitch creating the vibrations can be increased or decreased according to the area to be treated.
- Intensity is controlled by the adjustment or intensity controller on the machine.

WORKING OF THE MACHINE

When the probes touch the surface of the skin the nodules in the tissue are shaken and vibrated by the sound waves which compresses and decompresses the soft tissue.

- **Compression:** During compression, the cells are pressed together which moves waste and toxins present in the tissue fluids.
- **Decompression:** During decompression the tissues allow fresh blood to circulate through the area bringing fresh oxygen and nutrients to the cells.

This entire process of compression and decompression eliminates the waste and improves cellular metabolism or cellular regeneration.

PRECAUTIONS

- Machine Test: - Hold the probe switch on the machine and add 2-3 drops off water on it. If the water starts to vibrate it is an indication that the machine is working.
- Check all electrical precaution.
- Check all contraindications and read manufacturer's instructions.
- Remove all jewelry and advice the client about the procedure, that he/she may feel a little warmth and may sense vibration.
- Check the intensity.
- Ultrasonic should be avoided on bony area as the sound waves will hit the bone and cause pain (Never use on joints like elbow and knee)
- Check that there is no water placed near the machine. Also check that the machine is easily accessible during the treatment.
- The machine has to be at eye level.
- Always check that the intensity knobs are at ZERO before and at the end of the treatment.
- Always check if the machine is in working condition before the treatment.

ULTRASONIC FACIAL PROCEDURE

- Hand sanitization
- Client consultation and client handling



- Hand sanitization
- Wet wipe with cotton(Decollate, neck and face)
- Make-up removal with Baby oil
- Cleansing: Décolleté, neck & face
- Toning in dabbing motion. Take cotton in both the hands for toning.
- Exfoliation- Take 1ml of scrub. Exfoliate neck and face in upward circular motion. Place tissue paper on both the sides of neck and secure the eyes with cotton.
- Perform extraction followed by toning with astringent.
- Apply 1ml of cream, gel or oil on the face and use ultrasonic for 6-8 min.
- Take 3ml of massage cream and massage for 20 min.
- Take 3-5ml of pack and apply on the face and neck starting from neck. Leave the mask for 6-8 min. Apply eye pads on the eye.
- Remove the pack with wet sponge.
- Apply moisturizer or SPF on client's face.

CONTRAINDICATIONS

- Headaches, Migraine and severe sinus.
- Highly nervous client.
- Diabetes(as the healing capacity is low and skin sensation is also less)
- Pregnancy (as warmth can change the rate of circulation).
- Any cosmetic filler as they will get dissolved in the body.(Botox, Hyaluronic acid or Retinol(Vitamin A)
- Acne, Psoriasis
- Any metal implant
- Dilated capillaries
- Eczema
- Skin disorder
- Hyper/Hypotension
- Don't use the eye unit if any recent eye injury.

For body: - Arthritis, Fractures, Metal in the body, any cut, bruises or skin disease

CONTRA –ACTION

Erythema& Thermal burn.



LYMPHATIC SYSTEM

INTRODUCTION

- The lymphatic system is closely connected to the blood system and can be considered as supplementing it.
- Its primary function is defensive, to remove bacteria and foreign materials thereby preventing infection.
- It also drains away excess fluids for elimination from the body.

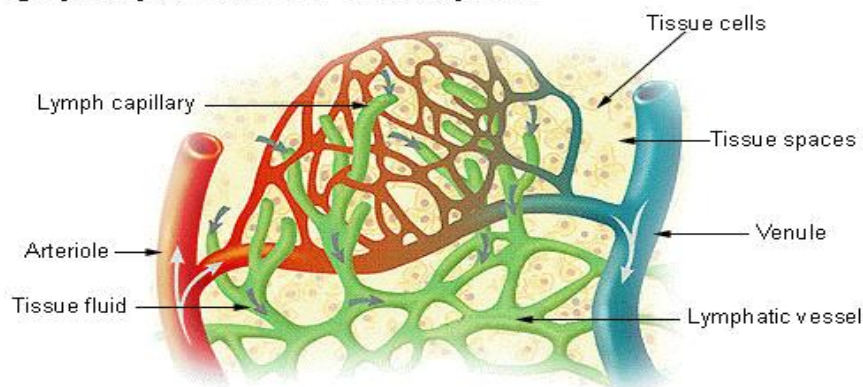
TISSUE FLUID

- It is also known as interstitial fluid or intercellular fluid. Tissue fluid is derived from blood plasma.
- It is straw-colored fluid composed of tissue fluid, proteins, hormones, minerals, white blood cells, and waste products, toxins created by microorganisms, dead cell, and huge particles of damaged tissues.
- The main function of the lymphatic system is to transport the excess tissue fluid and connects it back to the venous circulation.
- The lymphatic system consist of :
 - The Lymphatic Capillaries
 - The Lymph
 - The Lymphatic vessel
 - The Lymph nodes
 - The collecting ducts

LYMPHATIC CAPILLARIES

- They are blind ended elastic tubes, similar to blood capillaries.
- Their walls are made up of connective tissues that are why they allow larger substances to pass through when tissue fluid enters these capillaries it is called lymph.

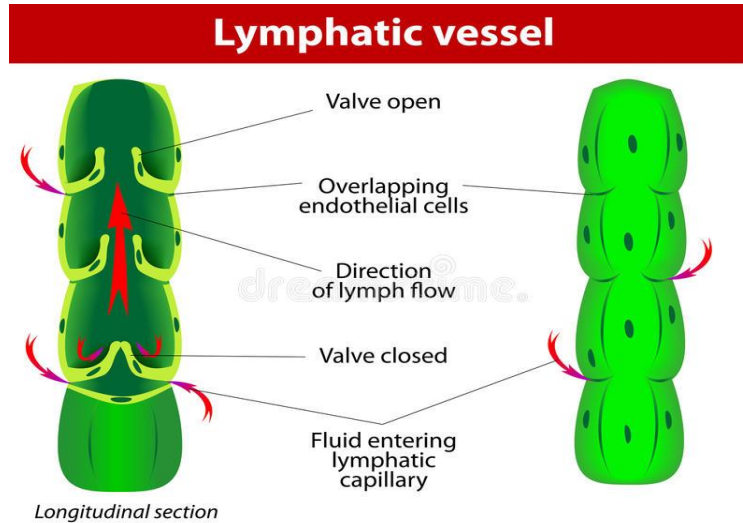
Lymph Capillaries in the Tissue Spaces



LYMPHATIC FLUID

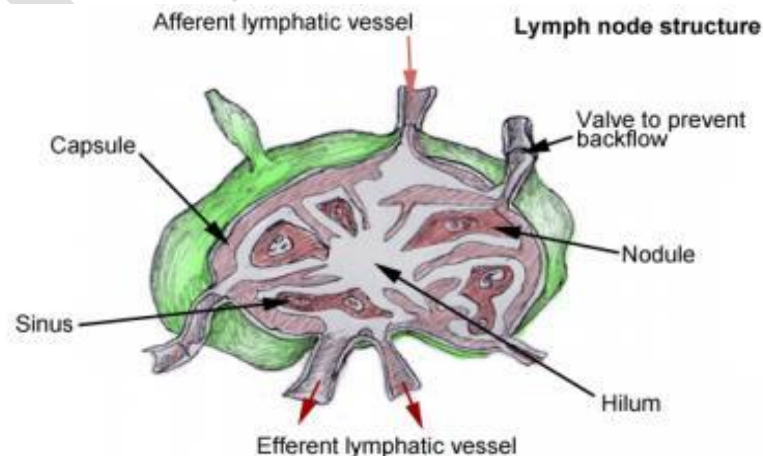
- When tissue fluid enters lymphatic capillaries it is known as Lymph. The composition of Lymphatic fluid is same as tissue fluid.

LYMPHATIC VESSEL



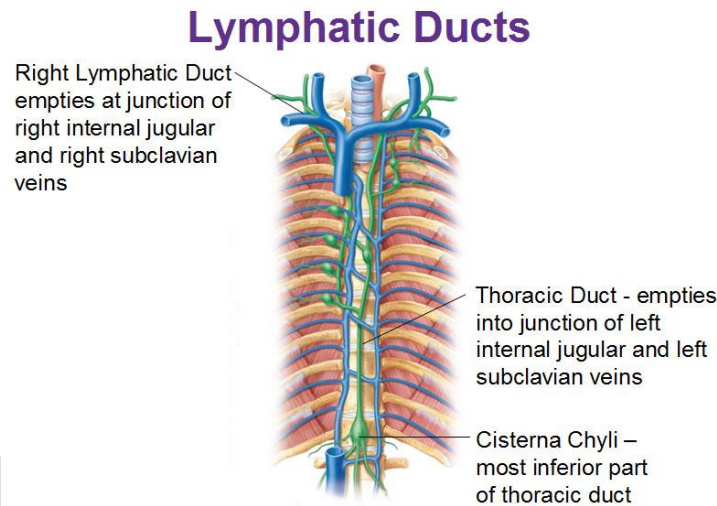
- Lymphatic vessel often runs very close to veins, forming an extensive network throughout the body.
- They carry lymph from lymphatic capillaries to great veins of neck.
- They are composed of connective tissues and contain valves to prevent the back flow.
- There are two kinds of lymphatic vessels:
 1. **Afferent Vessels:** These vessels carry lymph towards the lymph nodes for filtration.
 2. **Efferent vessels:** These transport the lymph from the nodes to the subclavian vein.

LYMPH NODES



- Before going into blood, lymph has to pass through at least one lymph nodes.
- Lymph nodes are tiny oval structures which filter the lymph situated in group all around the body.
- They contain special cells called Macrophages, lymphocytes & reticulocytes. These cells ingest foreign particles and destroy them. This process is known as phagocytosis.
- When there is localized infection within the body, the lymph node in particular areas are full of Toxins and become swollen.

COLLECTING DUCTS



- After getting filtered from the nodes the lymph from all parts of the body is drained in two major ducts, the thoracic duct and the right lymphatic duct.
- The thoracic duct is the major duct as it receives lymph from the left side of the head, neck chest, abdomen and lower body; the right lymphatic duct receives lymph from the right side of the head and upper body.

SUBCLAVIAN VEINS

- After draining in the ducts the lymph is channeled to the great veins of the body known as subclavian veins.
- There are two subclavian veins and they are located below the clavicle bone. These veins further connect to the heart.

MANUAL LYMPHATIC DRAINAGE

- Lymphatic drainage is essentially a form of massage carried out by a specialist practitioner.
- The first session involves a consultation to determine the client's needs and, at that point, the numbers and frequency of further sessions is decided.



- Unlike some other forms of massage, lymphatic drainage utilizes a very light pressure combined with soft pumping movement in the lymph nodes.
- The process can take anywhere from 30 minutes with the masseur concentrating on a localized area, to two hours when working on the whole body.

BENEFITS

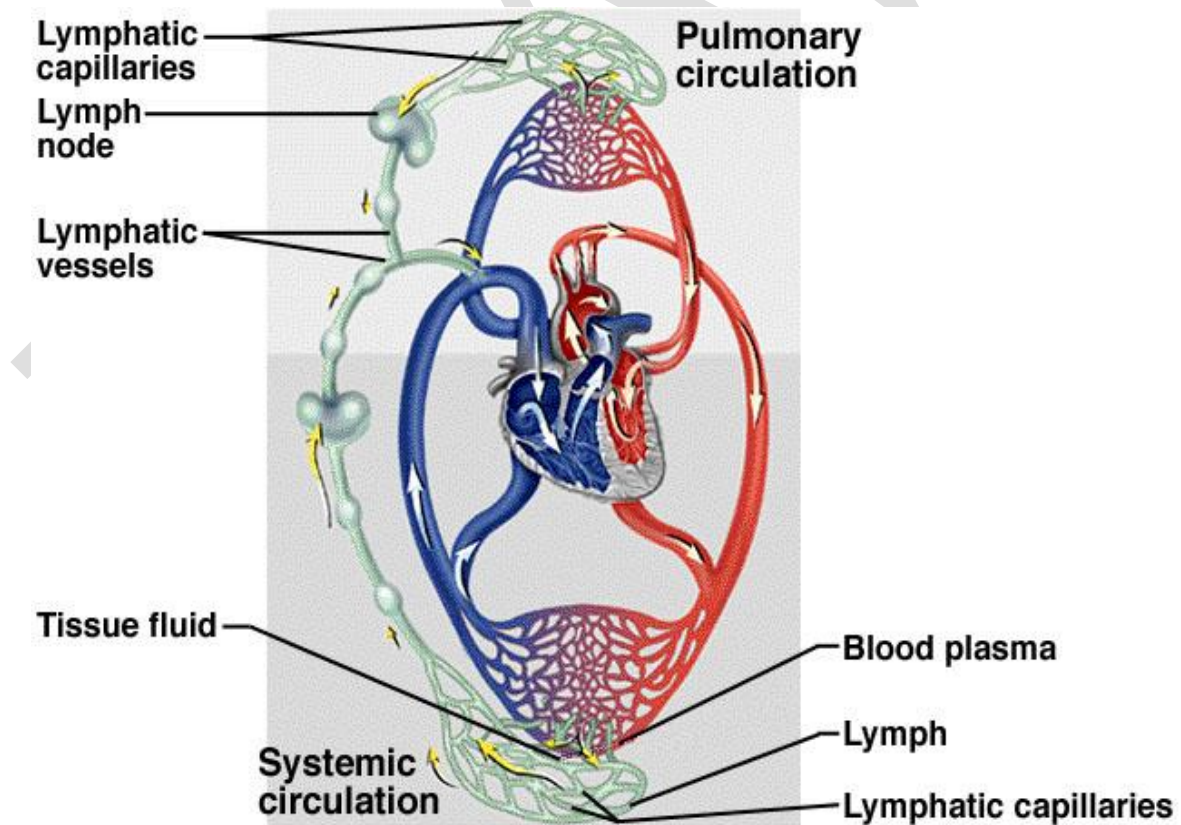
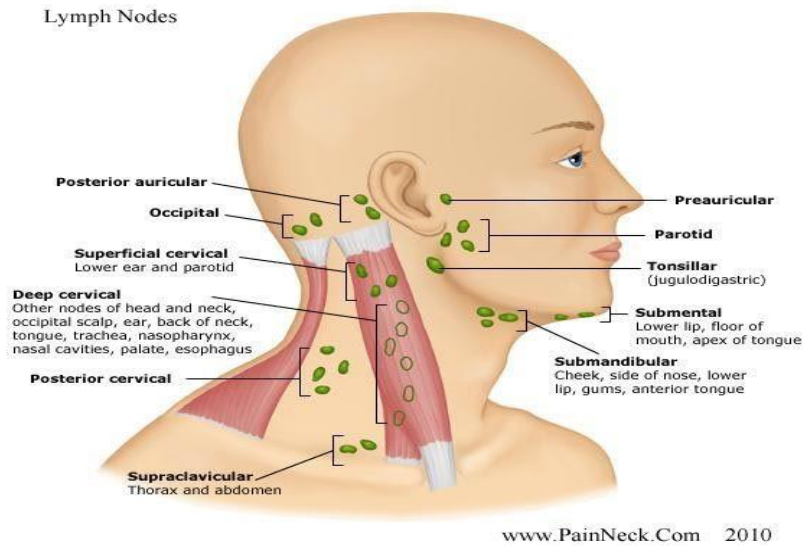
- Lymphatic drainage massage is especially useful for individuals who seem to suffer regularly from common illnesses like colds and flu.
- It is also recommended for people who lead sedentary lifestyles or those who have dysfunctional respiratory systems and people with low energy.
- Lymphatic drainage massage boosts the immune system so, as well as helping the body ward off illness, treatment can facilitate general feeling of health and vitality.
- It also has a positive physical effect, improving the appearance of the skin and reducing puffiness caused by water retention, poor circulation or pregnancy.
- As with other massage, it can help with pain from fractures and sprains and rheumatism, and it promotes the body's own healing mechanisms. Lymphatic drainage massage is done with very light pressure.

CONTRAINDICATIONS

- Lymphatic drainage should not be used for people with acute inflammation, malignant tumors, thrombosis or major heart problems.
- Because of its effect on the immune system, people with cancer, diabetes, thyroid or kidney problems, asthma or epilepsy should seek medical advice before treatment.
- It is also advisable that women do not undergo lymphatic drainage during menstruation.



LYMPH NODES OF FACE, NECK AND DECOLLATE



VACCUM

INTRODUCTION

- Vacuum suction is also known as Sibilper treatment.
- This is the mechanical method of lymph drainage which is applied to the surface of the skin.
- It works on inverse/reverse/negative pressure.
- It lifts the underlying skin and stimulates the lymphatic circulation.
- It is also aimed at improving the blood circulation. There are 2 methods by which vacuum can be done:-
 - **Static Technique:** - This is also known as cupping technique where the ventouse (glass attachment) are placed on the skin and it is not moved.
 - **Gliding Technique:** - In this the ventouse is glided towards the nearest lymph nodes.



ABOUT THE MACHINE:-

- On/Off Switch
- Intensity controller
- Plastic tube
- Glass ventouse: - These ventouse are made up of plexi or Perspex glass. They come in different shape and size-
 - **Cup Ventouse:-** It is used for face and body(Small- Face, Big- Body)



- **Flat Ventouse:** - It is used to improve the appearance of fine line and expression lines. We can use it on forehead, laugh line and necklace lines.
- **Comedone Ventouse:** -It is used for extraction.

Intensity

For vaccum intensity is measured in suction. The suction has to be 20% of the ventouse

GENERAL EFFECTS / BENEFITS OF VACCUM:-

- It improves the blood and lymph circulation.
- Stimulates or Aids desquamation
- Improves cellular metabolism.
- Improves the appearance of fine lines and wrinkles.
- Skin texture and color is improved.
- Non-medical Oedema (water retention) can be treated.
- Also helps to breakdown localized fatty deposits.



MEDIUM:

- Light liquid paraffin oil. The molecular size of this oil is bigger and therefore will not penetrate into the client's skin; it will help only in gliding.

INDICATIONS:-

- All skin types except condition.
- Sluggish, Dull, Sallow, Pale, Patchy skin.



PRECAUTIONS

- Check the machine
- Check all contra-indications.
- Read the manufacturer's instruction.
- Check there are no cracks on the glass ventouse.
- Check the suction on our hand before applying it on client's skin.
- Make sure the suction doesn't exceed 20% of the cup size.
- Use the finger to break the suction or it may cause damage the capillaries.
- Skin should always be lifted and gently glided towards the nearest lymph nodes.
- Do not glide the ventouse on the lymph node.
- The strokes should be slow and overlapping.
- Suction should be reduced on the boney areas.

FREQUENCY

It can be done once a week and can be given after the age of 20yrs.

VACCUM TREATMENT PROCEDURE:-

- Hand sanitization
- Client consultation and client handling
- Hand sanitization
- Wet wipe with cotton(Decollate, neck and face)
- Make-up removal with Baby oil
- Cleansing: Décolleté, neck & face
- Toning in dabbing motion. Take cotton in both the hands for toning.
- Exfoliation- Take 1ml of scrub. Exfoliate on neck and face by making upward small circles. Place tissue paper on both the sides of neck during exfoliation and secure the eyes with cotton in case off granular exfoliant.
- Perform extraction followed by toning with astringent. Apply light liquid paraffin oil, place cotton in the ears to avoid oil getting into the ears. Perform lymphatic drainage with vaccum.
- Clean the face with tissue first and then with wet cotton.
- Take 3ml of massage cream and massage for 20 min.
- Take 5ml of pack and apply on the face and neck starting from neck. Leave the mask for 6-8 min. Apply eye pads on the eye.



- Remove the pack with wet sponge.
- Apply moisturizer or SPF on client's face.

CONTRAINDICATIONS

- Systemic Oedema
- Acne
- Hairy client
- Bony client
- Loose and thin skin
- Hyper sensitive skin
- Dilated capillaries(Telengectisia)
- Spider vein
- Varicose veins for body vaccum
- Any bruises and Skin Tag(Fibroma like moles)
- Skin diseases
- Cosmetic fillers
- Chemical peels
- Sun burns

CONTRA-ACTIONS

- If the suction is above 20% of the cup size the skin tissue can be bruised.
- Erythema
- Tissue damage
- Broken capillaries



LYMPH NODES & STROKES



Names of Lymph nodes:

- A - Towards auxiliary nodes
- B - Towards deep - cervical nodes
- C - Towards supra - clavicle nodes
- D - Towards mental nodes
- E - Towards post - auricle nodes
- F - Towards paratoid nodes
- G - Towards pre - auricle nodes
- H - Towards occipital nodes
- I - Towards Temporal nodes

Note:

- For vacuum complete half face & then do the rest half.
- Each stroke is done three times



HIGH FREQUENCY

INTRODUCTION

- High frequency uses alternating current also called as Oscillating current.
- This machine was discovered by Nicolas Tesla and therefore it is also called as Tesla Pulse current.
- This machine works on alternating current at a very high frequency which produces 1, 00,000-2, 50,000 oscillation cycle per second.
- This rapid oscillation vibrates the water molecules off the tissue fluid which in turn produces mild to strong thermal effect.
- This does not produce any chemical reaction or chemical change in the body.
- There are 2 types of treatment that can be offered by High Frequency(HF)
 - **Direct High Frequency (DHF):-** It is used on excessively oily and acne prone skin. It gives drying, purifying, anti-bacterial, germicidal and healing effect.



- **Indirect High Frequency (IDHF):-** This is used on dry and mature skin; it gives nourishing effect to the skin.



ABOUT THE MACHINE:-

- It has on/off switch.
- Intensity controller.
- Ebonite holder which is connected to an extended cord which fits into the machine.
- There are different glass probes made up of plexi or Perspex glass.

PROBES:-

- **Mushroom Knob/Probe:** - It is used only in DHF and comes in two sizes- small for face and big for body.
- **Saturator Knob/Probe:** - It is used for indirect high frequency and is held by the client.
- **Spoon Knob/Probe:** - It is used for Indirect High frequency and is held by the client.
- **Horse shoe Knob/Probe:** - It is used on neck and across the shoulder.
- **Fulgulator or Spot Knob/Probe:** - It is a long and thin knob with pointy end and is used to spark the pustules.
- **Rack or Comb Knob/Probe:** - For hair and scalp treatment.
- **Roller Knob/Probe:** - Used to cover all areas but particularly large areas such as back and décolleté.



- The smaller the diameter of the knob the more stimulating effect. The glass knobs contain inert gases and partial vacuum within it.

INHERT GASES

- Argon Gas:- Violet color
- Mercury Vapor:- Blue color
- Neon Gas:- Orange or Pinkish color



DIRECT HIGH FREQUENCY

Indications: -Oily, congested, Acne prone, Comedogenic.

METHOD-

- Make sure that the probe is not broken and tightly fit into the ebonite holder.
- Check the machine and ensure the intensity is zero.
- Apply boric powder on the client's face.
- Place the gauze on face and neck or tie it on to the probe.
- Place the knob on the face and inform the client that you are starting the machine and the client would hear a sound, may experience slight tingling sensation, warmth and will also smell ozone.
- Start the machine and gradually increase the intensity as per the client's comfort.
- Do not lift the probe at any point as this may electrify the client.

Medium- Boric powder or any anti-bacterial powder.

Duration: - 6-8 min.

Intensity- 7 amp.

Sittings to be offered: once or twice a week for 4-6 weeks. In case of extreme acne direct high frequency can be offered even on alternate days.

Mask:-Kaolin powder (whitish color powder which helps in skin lightening), Sandal wood, Fullers Earth (Multani Mitti), Sulphur Powder (Yellow color powder and is used for Acne). We can add a drop of tea-tree oil.

OZONE FORMATION& HOW MACHINE WORKS:

- The probe has a metal cap which is inserted into the ebonite holder.
- The ebonite holder also consists of metal cap which allows the current to flow into the probe.
- The inert gases in the probe come under pressure due to rapid oscillation.
- When the probe is placed on the client face the high frequency current enters the skin in the form of radioactive waves.
- These waves vibrate the water molecules of the tissue fluid which creates warmth.
- This stimulates the glandular activities due to which the sebum reaches the surface of the skin.
- The boric powder on the skin absorbs the sebum.



- As gauze is tied on the probe acts as a barrier between probe and the skin. Due to this the radioactive waves oxidizes with the oxygen in the atmosphere and produces ozone.
- This ozone will have drying, healing, anti-bacterial, and germicidal effect.

SPARKING WITH SPOT KNOB

- Sparking may be used to dry and sanitize any pustule.
- The spot knob is lifted approximately 1mm from the skin and placed again. This is repeated for maximum 6-8 times.

DHF TREATMENT PROCEDURE

- Hand sanitization
- Client consultation and client handling
- Hand sanitization
- Wet wipe with cotton(Decollete, neck and face)
- Make-up removal with Baby oil
- Cleansing: Décolleté, neck & face
- Toning in dabbing motion. Take cotton in both the hands for toning.
- Exfoliation- Take 1ml of scrub. Exfoliate neck and face in upward circular motion. Place tissue paper on both the sides of neck and secure the eyes with cotton.
- Perform extraction followed by toning with astringent.
- Apply boric powder on client's face and cover the face with gauze or tie the gauze on the probe. Use direct high frequency for 6-8 min.
- Take 3ml of massage cream/gel and perform manual lymphatic drainage.
- Take 3-5ml of pack and apply on the face and neck starting from neck. Leave the mask for 6-8 min. Apply eye pads on the eye.
- Remove the pack with wet sponge.
- Apply moisturizer or SPF on client's face.



INDIRECT HIGH FREQUENCY

Indications: - Dry, mature and dehydrated skin.

Medium:

- Creams and oil. Example- Almond Oil, Collagen creams, Olive Oil, Jojoba and Kiwi (Nourish the skin).
- Hyaluronic serum - Mix 1-2 drop with massage cream. It gives hydration to the skin.

Method:

- In this treatment the client holds an electrode whilst the therapist massages their skin. The high frequency current is then transferred between the client's skin and the therapist's fingers.
- Apply talcum powder on the hands to absorb any moisture.
- Inform what the client may experience.
- Apply cream or oil on the client's face and neck.
- Place one hand on the client's face and with the other hand supported by a tissue start the machine.
- Make small superficial upward circles with the finger pads or tips. This is called Viennese massage.
- Do this for 6-8 minutes. Our fingers complete the circuit.

PRECAUTIONS

- Check the machine
- Check all contra-indications.
- Read the manufacturer's instruction.
- Inform the client of the procedure (including the loud buzzing noise, tingling sensation and the peculiar smell of ozone).
- Remove all jewelry (from the client and therapist).
- Do not allow the client to come in contact with any metal.
- The skin should be free from any moisture before you start the treatment.
- No alcohol based product should be used before using high frequency
- Check that there is no water placed near the machine. Also check that the machine is easily accessible during the treatment.
- The machine has to be at eye level.
- Always check that the intensity knobs are at ZERO before and at the end of the treatment
- Ensure the attachment is fit well in the ebonite holder.
- Place the probe on the face and then switch on the machine.



- Check with the client before increasing the intensity.
- Apply talc to the client's hands in case of indirect high frequency.

IDHF TREATMENT PROCEDURE

- Hand sanitization
- Client consultation and client handling
- Hand sanitization
- Wet wipe with cotton(Decollate, neck and face)
- Make-up removal with Baby oil
- Cleansing: Décolleté, neck & face
- Toning in dabbing motion. Take cotton in both the hands for toning.
- Exfoliation- Take 1ml of scrub. Exfoliate on neck and face by making upward small circles. Place tissue paper on both the sides of neck during exfoliation and secure the eyes with cotton in case off granular exfoliant.
- Perform extraction followed by toning with astringent. Do the extraction followed by toning with astringent.
- Dust powder on the client's hand and advise her to hold the probe.
- Apply cream or oil on the client's face and neck.
- Place one hand on the client's face and with the other hand supported by a tissue start the machine.
- Make small superficial upward circles with the finger pads or tips. This is called Viennese massage.
- Take 3ml of massage cream and massage for 20 min.
- Take 5ml of pack and apply on the face and neck starting from neck. Leave the mask for 6-8 min. Apply eye pads on the eye.
- Remove the pack with wet sponge.
- Apply moisturizer or SPF on client's face.

CONTRAINDICATIONS:-

- Headaches, Migraine and severe sinus.
- Metal implants or dental fillings
- Highly nervous client.
- Epilepsy
- Pregnancy
- Blood pressure abnormalities
- Skin diseases.
- Hyper/Hypotension.
- Hyperhidrosis



- Any cosmetic filler as they will get dissolved in the body.
- New scar tissue/cuts or bruises.

CONTRACTIONS

- Erythema
- Head ache



GALVANIC

INTRODUCTION

- Galvanic machine was discovered by Luigi Galvanic.
- Initially it was used for electrolysis (electrical hair removal).
- Later it was discovered that it can be used for skin and body.
- This machine works on direct current and makes chemical changes in the body.

ABOUT THE MACHINE:

- Transformer: - Controls the voltage.
- Rectifier: - Converts alternate current to Direct current.
- Capacitor: - Stores energy and smoothens out the irregularities of direct current.
- On/Off switch
- Polarity changer: - Negative and positive changes.
- Intensity controller
- Metal electrodes



PRINCIPAL/WORKING OF THE MACHINE

- The machine works on the principle of polarity i.e. like or same charges repel and opposite charges attract each other).
- Once applied to the skin the electrical energy is converted into chemical energy.
- There are 3 different treatment that can be offered by Galvanic: -
 1. Desincrustation
 2. Iontophoresis
 3. Cellulite treatment



TERMINOLOGY USED IN GALVANIC:-

- **Electrode:** - Any device that can conduct electricity. Ex- Metal
- **Electrolyte:**-Any solution that can conduct electricity. Ex- Salt and water
- **Anode:** is a positive electrode
- **Cathode:** is a negative electrode
- **Ions:**- Charge of any atom +ve or -ve
- **Cations:** is a positively charged ion. Ex- Sodium(Na)
- **Anion:** is a negatively charged ion. Ex- Chlorine(Cl)
- **Anaphoresis:** is movement of anions towards the anode
- **Cataphoresis:** is movement of cat ions towards cathode
- **Saponification:** is a soaping action on sebum in presence of alkaline solution with cathode as active pole
- **Active Electrode:** electrodes used on face
- **Inactive Electrode:** electrode given in the clients hand to complete the circuit.

EFFECTS OF CATHODE AND ANODE

Effects Of Cathode:

- Acid Mantle breaks
- pH is disturbed
- Blood circulation increases
- Glandular activities will increase
- Nerve ending gets stimulated
- Pores become enlarge
- Sebum, dust(debris) reaches the surface of the skin
- Saponification(Soapy/Degreasing effect)
- Proteolysis(Breakdown of protein)
- Deep cleansing effect

Effects Of Anode:

- Blood circulation will calm
- Soothes Nerve Endings
- Astringent effect(Tightening effect)
- Positive ions (Cations in the product) will repel with anode and forcefully penetrate into the skin.
- Pores will constrict
- pH balanced
- Acid mantle is restored.



GALVANIC DESINCRUSTATION

It means removal of any crust, congestion (whiteheads/Blackheads) or excessive sebum.

INDICATION

Oily, congested and comedogenic skin.

METHOD

- During this treatment the active electrode Cathode (-ve electrode) is moved or rotated on the client's face for 6 min.
- The client experience tingling sensation, metallic taste in the mouth and flash of light on the eyes.
- Once the 6 minutes are over the machine is paused and extraction is performed. This treatment has 3 effects:-
 - Saponification:- Soapy action
 - Proteolysis:- Break down of the protein (Stratum Corneum)
 - Deep Cleansing
- After the extraction, the skin is cleansed with damp cotton, the polarity is reversed to positive and the active electrode anode is rotated on the client's face for 2 min in order to constrict the pores, balance the pH of the skin and restore the acid mantle. It will also calm down the blood circulation and the nerve endings.

MEDIUM USED

- -ve Galvanic Gel, Salt water solution
- +ve Galvanic Gel, Aloe Vera, Spirulina gel for anode.

DURATION

- Cathode:- 6 min
- Anode:- 2 min



GALVANIC IONTOPHORESIS

The word Iontophoresis means penetration of water soluble ions into the skin. This is used as the main electrical treatment to treat various problems like dehydration, sensitive skin, pigmentation etc.

METHOD:-

- In this treatment the negative electrode (Cathode) is rotated on the skin for 2 min. Due to this blood circulation increases, pores are enlarged.
- After 2 min the polarity is reversed to positive electrode and it is moved on the skin for 6-8 min.
- During the anode the medium applied is any positive gel such as Aloe Gel, Spirulina Gel or any fresh fruit juices.
- The positive ions present in the product forcefully repel with the positive electrode anode as per the law of polarity and penetrate into the skin. This gives hydration to the skin.

MEDIUM: -

- Any gel or fresh fruit juices. Can also be combined with ampules and serum

DURATION:-

- Cathode:- 2 min
- Anode:- 6 min

PRECAUTIONS

- **Tactile test/ Thermal test:** - Tactile test is done with orange stick to check the sensation of the client.
- **Thermal test** is done with hot and cold water.
- Tactile test
- Thermal test
- Check the machine
- Check all contra-indications.
- Read the manufacturer's instruction.
- Make sure there is no jewelry or metal implants.
- The electrode should be tied with moist cotton so that the client does not feel uneasy or numbness (no sensation).



- For galvanic Desincrustation petroleum jelly is applied on lip corner, nose corner and around the eyes as these are sensitive areas.
- Intensity should never be increased more than 3 mili ampere.
- Make sure to check the proper duration.
- Inform the client about the tingling sensation, metallic taste & flash of light.
- The electrode must be rotated slowly and evenly on all areas.
- The electrode must be rolled all over the face and neck with even pressure. Do not over treat for too long or at too high intensity.

CONTRAINDICATIONS

- Diabetes
- Metal implants
- Pregnancy
- Hyper sensitive skin
- Epilepsy
- Hypertension
- Cosmetic fillers
- Skin disease and disorder
- Acne
- Thrombosis (especially for body galvanic).

CONTRA ACTIONS

- **Thermal burn:-** This is caused when the intensity is very high or if the duration is exceeded
- **Chemical burn:-** When the electrode is rotated on a particular area for a very long time.

FREQUENCY

It is done only once a week as chemical changes lasts for 24-48 hrs.



GALVANIC TREATMENT PROCEDURE

- Hand sanitization
- Client consultation and client handling
- Hand sanitization
- Wet wipe with cotton(Decollate, neck and face)
- Make-up removal with Baby oil
- Cleansing: Décolleté, neck & face
- Toning in dabbing motion. Take cotton in both the hands for toning.
- Exfoliation- Take 1ml of scrub. Exfoliate on neck and face by making upward small circles. Place tissue paper on both the sides of neck during exfoliation and secure the eyes with cotton in case off granular exfoliant.
- Perform extraction followed by toning with astringent. Apply salt water solution on client's face and work on cathode for 2 min.
- Clean the face with damp cotton.
- Apply fruit juice or positive galvanic gel and work on anode for 6 min.
- Take 3ml of massage cream and massage for 20 min.
- Take 5ml of pack and apply on the face and neck starting from neck. Leave the mask for 6-8 min. Apply eye pads on the eye.
- Remove the pack with wet sponge.
- Apply moisturizer or SPF on client's face.



GENERAL SUMMARY OF THE MACHINES

Machine	Current	Skin Type	Intensity	Duration	Medium	Effects
Brushing Unit	Alternate Current	All skin type except acne and excess dry	According to client comfort and client skin type	Dry and Sensitive skin: 2-3min Oily and combinati on skin: 5-6min	Any granular or non granular exfoliants including AHA's and enzymes	Deep cleansing
Direct High Frequency	Alternating current with frequency of 1,00,000-2,50,000 hertz	Oily skin, Congested skin and Acne prone skin	2-3 miliampere	6-8 min	Boric powder	Drying & Anti – bacterial or germicid al effect
Indirect High Frequency	Alternating current with frequency of 1,00,000-2,50,000 hertz	Dry, Dehydrate d, Mature	2-3 miliampere	6-8 min	Rich creams and oils	Nourishi ng, sedative
Vaccum	Alternating current	Dull, Poor circulation , Dehydrate d,Dry	20% of the cup size	Max 10 min (If there is redness then reduce	Light liquid paraffin oil, gel or cream	Improves circulatio n, skin tones improves



				the duration)		
Ultrasonic	Alternate current which produces sound waves	Mature skin, double chin	According to client comfort and client skin type	6-8 min	Gel, cream, oil and according to skin types	Tightenin g and toning effect
Galvanic Desincrus tation	Direct Current	Oily, congested and comedogen ic skin	2-3 mili ampere	6-8(-ve) 2-3(+ve)	Gel, juices according to skin type	Deep cleansing
Galvanic Iontophor esis	Direct Current	Dry, dehydrate d normal, dull	2-3 mili ampere	2-3(-ve) 6-8(+ve)	Gel, juices	Penetrati on of product, tightenin g and toning effect



CLIENT CONSULTATION FORM

PERSONAL DETAILS

Client Name _____ Profession /Occupation _____

Date of birth _____ Telephone _____

MEDICAL HISTORY AND CONTRA-INDICATIONS.

Heart disease ☐ Metal plates/pins ☐

Blood Pressure Abnormality ☐ Diabetes ☐

Epilepsy ☐ Allergy ☐

Skin Condition ☐ Other (list) ☐

Current Medication _____

Previous treatments _____

CLIENT ASSESSMENT

Skin type according to sebum level Normal ☐ Dry ☐ Oily ☐ Combination ☐

Indicate areas Forehead ☐ Nose ☐ Cheeks ☐ Chin ☐ Neck ☐

Skin Moisture Content Low ☐ Average ☐ High ☐

Skin Blood Circulation Poor ☐ Average ☐ High ☐

Muscle Tone Poor ☐ Average ☐ High ☐

Skin Sensitivity Normal ☐ Sensitive ☐ Hyper sensitive ☐

Lines Superficial lines ☐ Expression lines ☐ Wrinkles ☐

Superfluous Hair (indicate area) _____



Skin Disorders/Imperfection

Comedone	
Papules	
Pustules	
Milia	
Rosacea	
Telangiectasia	
Scars	
Skin Tag	
Hyper Pigmentation	
Hypo Pigmentation	
Mole	
Warts	



Cleanser

Used _____

(Ingredients): _____

Toner Used

(Ingredients) _____

Deep –cleansing

Brush ☐

Steamer ☐

Extractions ☐

Exfoliation

With granules ☐

Without granules ☐

with Enzymes ☐



Electrical Equipment

Iontophoresis ☐

Faradic ☐

Ultra sonic ☐

Vaccum ☐

HF Direct ☐

HF Indirect ☐

Objective:

Massage

Oil ☐

Cream ☐

Gel ☐

(Main ingredients)

Objective

Mask (Main ingredients)

Objective

Recommended Future salon treatments

Home care

Client feedback

Client Signature: _____



CLIENT CONSENT FORM

I hereby consent to and authorize _____ to perform the following procedure:

I have voluntarily elected to undergo this treatment/procedure after the nature and purpose of this treatment has been explained to me.

Although it is impossible to list every potential risk and complication, I have been informed of possible benefits, risks, and complications. I also recognize there are no guaranteed results and that independent results are dependent upon age, skin condition, and lifestyle and that there is the possibility I may require further treatments of the treated areas to obtain the expected results at an additional cost.

I have read and understand the post-treatment home care instructions. I understand how important it is to follow all instructions given to me for post-treatment care. In the event that I may have additional questions or concerns regarding my treatment or suggested home product/post-treatment care, I will consult the esthetician immediately.

I have also, to the best of my knowledge, given an accurate account of my medical history, including all known allergies or prescription drugs or products I am currently ingesting or using topically.

I do not hold the esthetician, whose signature appears below, responsible for any of my conditions that were present, but not disclosed at the time of this skin care procedure, which may be affected by the treatment performed today.

Client name and signature _____

Esthetician _____

Date _____



WAXING

TYPES OF HAIR REMOVAL

EPILATION- permanent hair removal

- Electrolysis
- Thermolysis
- Blend
- Lasers

DEPILATION- It is a temporary method of hair removal.

Physical method:-

- Threading
- Waxing
- Plucking/tweezing
- Pumice stone
- Shaving
- Cutting

Chemical method

- Depilatory cream
- Different types of wax.

TYPES OF WAX

WARM WAX

- These are frequently made from mixtures of glucose syrup, resins, zinc oxide, bees wax, lanolin wax, propylene glycol& zinc oxide.
- The working temperature is 43 degree Celsius.
- Also called as cream wax.
- Available in different flavors.
- It has an opaque texture.

PREPARTION-

Pre- depilation talc/gel is applied to absorb body moisture and oil, facilitating wax removal.



TECHNIQUES-

- SPATULA TECHNIQUE-

Warm wax is heated to a runny consistency of 43 degree Celsius. A disposable spatula is used to apply the wax in the direction of hair growth. Then the strip is used to remove the wax against hair growth.

- APPLICATOR HEAD TECHNIQUES-

Roller head and flat applicator head techniques are hygienic warm wax systems using disposable applicator heads.

HOT WAX

- It is made up of paraffin, bees wax, resin, tea tree (antiseptic and bactericide).
- The working temperature is 50 degree Celsius.
- It is heated in thermostatically controlled double boiler.
- It cannot be reused and is expensive.
- It varies in colour, may be pale yellow deep brown, rusty brown or green.



EQUIPMENT REQUIRED

- Machine
- Astringent (To clean the skin)
- Talcum powder (To ensure the skin is dry and to lift the hair from the skin to ensure the wax surrounds the hair providing a good grip).
- Cotton
- Disposable spatula



- Gloves
- Apron
- Soothing after wax lotion
- Waste bowl
- Chilled water

PREPARATION OF HOT WAX TREATMENT:-

1. The area to be treated must first be wiped over with witch hazel to remove any grease.
2. Talcum powder should then be applied against the hair growth.
3. The temperature of the wax must then be tested on the inside of the therapist's wrist.
4. Wax is applied with a spatula against the hair growth so that as the wax hardens it grips and contracts around the hair.
5. When it is semi-hardened, pull it off quickly without the jerks.
6. Rub gently and apply astringent, antiseptic or a soothing lotion.
7. Clean the implements.

ADVANTAGES OF HOT WAX

1. The higher working temperature of this wax allows strong hair growth such as hard creams or bikini line to be removed more easily. It also removes shorter hair efficiently.
2. Hair regrowth is tapered and soft and takes up to six weeks to grow back.

DISADVANTAGES OF HOT WAX

1. The Wax takes longer to heat up
2. Application and removal takes longer. A half leg wax will approximately 30 minutes.
3. The Wax may not be reapplied if all the hair doesn't come out.
4. The reaction of the skin to this Wax is more severe. An increased reddening & blotchy effect can take several hours to subside.



5. The Wax often becomes brittle with over use or overheating.
6. Hair must be at least 2 cm long to be effectively removed.
7. It can be painful.
8. It can be messy to use if the therapist is not proficient.

PRECAUTIONS

- Skin sensitivity test should be checked.
- Check the contraindication.
- Do not apply on extra loose or thin skin
- The strips made during hot wax should be small.
- Hair should be long enough to be gripped by the Wax
- Check the direction of the hair growth.
- Temperature should be tested.
- Hot Wax is applied in the direction opposite to the hair growth.

CONTRAINDICATIONS

- Any disease of the skin.
- Broken skin.
- Bruising.
- Recent scar tissue or operation.
- Exposure to UV radiation.
- Varicose veins.
- Hyper sensitive skin.
- Wars and moles.
- The skin on an elderly client or diabetic client.

CONTA ACTIONS

Excessive Erythema.

Skin Irritation.

Skin peeling.

Bruising.

AFTER CARE

1. Astringent / After Wax lotion

- To close the pores.
- To take out the Wax.



- To protect from infection.
 - And for soothing.
2. Avoid wearing tight fitting clothes immediately after waxing.
 3. Avoid scratching and touching.
 4. Avoid for next 24 hours application of powders, deodorants, antiperspirants, self-tanning products, perfumes, make up.

HOME CARE

- No bath with Hot water immediately after the treatment.
- No bleaching & Swimming.
- Do not use chemical deodorants, soap, creams etc.
- Apply sunscreen lotion before sun exposure.



PARAFFIN WAX MANICURE AND PEDICURE

PARAFFIN

Paraffin wax is a soft colorless solid, derived from petroleum or coal.

It's often used in skin-softening salon and spa treatments on the hands, cuticles, and feet because it's colorless, tasteless, and odorless. It can also be used to provide pain relief to sore joints and muscles.

Paraffin wax has many other uses, too. It's often used as lubrication, electrical insulation, and to make candles and crayons.

The wax is a natural emollient, helping make skin supple and soft. When applied to the skin, it adds moisture and continues to boost the moisture levels of the skin after the treatment is complete.

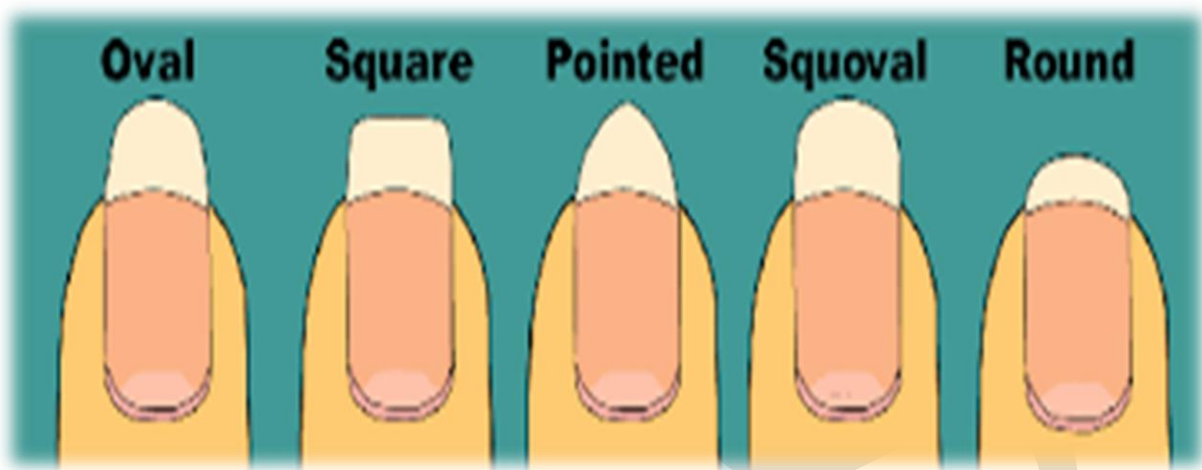
INTRODUCTION TO MANICURE AND PEDICURE

- Manicure is derived from the Latin words Manus, meaning hand and cura, meaning care.
- The purpose of manicure is to improve the appearance of hands and nails.
- The word pedicure is derived from the Latin word Pedis, meaning foot and cura means care.
- Pedicure means care of feet and nails.

Feet bear the burden of our entire body so we should not neglect them.



NAIL SHAPE



BENEFITS OF PARAFFIN WAX

- Lightens the tanned skin.
- Deep cleansing and toning effect.
- It stimulates the blood circulation.
- It makes the skin soft and supple, making the cuticles easy to work and helping to eliminate hang nails.
- It improves dry, chapped and rough hands and feet.
- It relieves pains in muscles and joints. It is especially effective in relieving the pain of arthritis.

TOOLS & EQUIPMENTS

- Nail paint remover
- Nail cutter
- Nail filer
- Cuticle pusher and nipper
- Cuticle cutter
- Orange stick
- Nail hand brush& Nail foot brush.
- Manicure bowl
- Dry cotton
- Disposable sponge



- Towels (1 big towel, 1 medium towel, 1 hand towel)
- Buffer
- Gauze (double Layered)
- Wax heater
- Wax application brush
- Pumic stone- pedicure
- Foot Scraper- pedicure
- Foot filler- pedicure
- Pedicure tub

PRODUCTS REQUIRED

- **Soak:**
Anti-residue/ anti-bacterial, low foaming, softens water
- **Scrub:**
Sugar based, no irritating, clean dissolving, hassle free.
- **Paraffin Wax :**
It is a soft colorless solid, derived from petroleum or coal.
- **Massage cream:**
Non allergenic, long lasting hydration with stimulating effects Heals & repair dry damage skin.
- **Cuticle cream:**
Softens cuticles while working to prevent fungus and bacteria from infecting the cuticle and nail plate.
- **Hydrogen per oxide(20 vol) :**
It is a mild antiseptic. Also used as bleaching agent.
- **Acetone (Nail Paint Remover):**
Nail cleaner, polish remover that nourishes and strengthens nails while extending polish wear.
- **Base Coat:**
It forms bond between nail & polish locking color. Prevents peeling, lifting and chipping in flexible formula
- **Nail Lacquer (Nail Paint):**
The longest wearing natural nail lacquer, specially designed to wear 7 to 10 days on natural nails. It contains sulphur amino acid. These bonds are not only strong but flexible because of sulphur amino acid molecule structure. It also prevents chipping



- **Top Coat:**

Protects color vibrancy and extends polish wear. Its ultra-glossy formula blocks UV rays from yellowing. Flex formula allow nail movement without cracking and prevents chipping.

PARAFFIN MANICURE PROCEDURE

- Client consultation and client draping
- Hand sanitization
- Clean the hands of the client with antiseptic water.
- Remove the old nail paint.
- Cut and file the nails.
- Apply cuticle cream on the cuticles.
- Take soak, antiseptic and lukewarm water in manicure bowl and dip the hands of the client for 5-10 min.
- Push back the cuticle with cuticle pusher and clean the cuticles with cuticle trimmer.
- Take shampoo in nail brush and do the cleaning of nails.
- Clean the hands with fresh water.
- Do the scrubbing in circular motion.
- Clean the hands with fresh water.
- Wrap antiseptic cotton in orange stick and clean the nails.
- Before massage give hot towel to the client.
- Now give the massage with cream or oil(Almond Oil, Olive Oil):-
 - Finger rotation clockwise and anti-clockwise.
 - Press on nail, friction and glide& drain.
 - Scissor stroke
 - Thumb press on metacarpals.
 - Kneading on palm
 - Friction on palm
 - Palm rotation clockwise and anticlockwise
 - Interlock the hands and thumb friction clockwise and anticlockwise
 - Wrist rotation clockwise and anticlockwise
 - Effleurage
 - Thumb friction on hands
 - Big and small 8
 - Chinese bangle
 - Elbow rotation
 - Hacking, cupping, pounding



- Vibration and Feather touch
- Cover the hands with cream or oil and place the gauze on it. Check the temperature of the wax on your inner arm. Apply a little wax on the clients hand if the client is comfort able with the temperature then apply 2-3 coats of paraffin wax with a big brush
- Optional you can give infrared rays for 5-7 min at a distance of 2 feet and ask your client not to look into the light. Leave it for 10-15 min
- Remove the gauze and if there is any excess cream, massage it into the hands for 2 min.
- Remove any excess cream on the nails with the warnish remover than apply nail polish if required.



PARAFFIN PEDICURE PROCEDURE

- Client consultation and client draping
- Hand sanitization
- Clean the foot of the client with antiseptic water.
- Remove the old nail paint.
- Cut and file the nails.
- Apply cuticle cream on the cuticles.
- Take soak, antiseptic and lukewarm water in foot spa and dip the foot of the client for 5-10 min.



- Push back the cuticle with cuticle pusher and clean the cuticles with cuticle trimmer.
- Take shampoo in nail brush and do the cleaning of nails as well as feet.
- Clean the foot with fresh water.
- Use Pumice stone or foot scrapper followed by foot filer.
- Do the scrubbing in circular motion.
- Clean the foot with fresh water.
- Wrap antiseptic cotton in orange stick and clean the nails.
- Before massage give hot towel to the client.
- Now give the massage with cream or oil (Almond Oil, Olive oil):-
 - Finger rotation clockwise and anti-clockwise.
 - Press on nail, friction and glide & drain.
 - Finger twisting
 - Thumb press on metacarpals.
 - Kneading on sole
 - Friction on sole
 - Big 8 on sole
 - Gliding with knuckles
 - Foot rotation clockwise and anticlockwise
 - Heel rotation clockwise and anticlockwise
 - Ankle rotation clockwise and anticlockwise
 - Effleurage
 - Thumb friction on legs
 - Big and small 8
 - Chinese bangle
 - Knee rotation
 - Calf uplifting
 - Hacking, cupping, pounding
 - Vibration and Feather touch
 - Cover the feet with cream or oil and then put the gauze on it.
Check the temperature of the wax on your inner arm. Then apply a little wax on the clients hand if the client is comfort able with the temperature then apply 2-3 coats of paraffin wax with a big brush
 - Optional you can give infrared rays for 5-7 min at a distance of 2 feet and ask your client not to look into the light. Leave it for 10-15 min
 - Remove the gauze and if there is any excess cream, massage it into the feet for 2 min than remove the excess cream or oil with the hot towel.
 - Remove any excess cream on the nails with the nail remover than apply nail polish if required.





CONTRAINDICATIONS FOR MANICURE AND PEDICURE

- Any nail disease or nail disorder.
- Bruising
- New scar tissue
- Fever
- Cut and Burn
- Athlete's Foot (only for pedicure)

CONTRA ACTION

- Erythema
- Allergic reaction
- Inflammation of the cuticle
- Cuts

AFTER CARE (DO'S & DONT'S)

- With all contra-actions tell your client that if they do not improve within 24 hours to get in touch with their G.P. for advice.
- For great looking nails here are a few do's and don'ts. Below you will find the list of what you will need to carry out a treatment and the procedure.



❖ DO'S:

- Eat a well - balanced diet.
- Wear gloves to protect your nails from detergents and chemicals, e.g. washing up, gardening and the housework!
- Apply hand cream after putting your hands in water, also as extra treat for them at night apply a good moisturizing cream.
- Use an oily enamel remover, as this will prevent moisture loss from the nail plate and stop your nails
- Always use a base coat to protect the nail plate from discoloration, when applying colored enamel to your nails.
- Apply hardeners to strengthens weak nails, but not too often, and be careful not to get it on your skin around the nail (nail wall)
- Have regular manicures to maintain your nails.
- When filing your nails always file the nail from the outside in on both sides along your free edge to stop splitting.

❖ DONT'S:

- Use your nails as tools, e.g. tightening things with your nails etc. this will cause them to break, becomes weak and splitting.
- Direct nail paint application on nail plate can cause the discoloration of nails.
- Avoid using harsh acetone



REMY LAURE – MINERO VEGETAL FACIAL

PRODUCT DETAILS

CLEANSER

DNA CLEANSING CREAM

It helps to remove the impurities of problematic skin without destroying its hydro lipid film.

BRIGHTENING CLEANSING FOAM

It gives optimum lightening. Can be used as a face wash alternatively. Also helps to remove traces of black mask.

TONER

DNA TONIC LOTION

It helps in better penetration of next application.

DEEP CLEANSER

MOOR PEELING CREAM

It removes impurities generated due to environment. By using it the skin becomes soft and complexion is brightened. It can be used for problematic skin

EXFOLIATING SCRUB

This scrub exfoliates skin and removes dead layer of skin without irritation, while brightening the complexion. The skin is purified and prepared to receive the benefit of next product application.



MASSAGE

MASSAGE BALM

It can be used for all type of skin except oily and acne skin it exercises your muscles and helps stimulates blood circulation, leaving the skin soft and nourished

VISA DAY CREAM

This is a multipurpose cream, hence can be used for all types of skin. It nourishes, protects and moisturizes the skin. It has an anti-ageing, stimulating, softening and calming effect.

MASK

BLACK MASK

- It is the signature product of Remy Laure. It can be used on all type of skin. It activates cellular metabolism, rejects toxins entering our skin, brightens our complexion and reduces skin hypersensitivity.
- **Timing:-**
 - For sensitive skin leave on 3 min
 - For normal skin leave on 5 min
 - For oily skin leave on 8 min

MOISTURIZING LOTION

- To keep the Black mask moist and shining. Spray the moisturizing lotion several times during the application.

SPF30

- This is none greasy product with high SPF is perfect for protecting all skin types from sun damage and also sensitive skin exposed to wind, cold, or dryness. This sun block avoids sun burn and skin dehydration. It is not recommended for children below 6 years.



MINERO – VEGETAL FACIAL (all type of skin)

- This facial skin care is for skin deficient in trace element and for tired skin. For example after a disease, child birth, loss of weight, skin facing pollution from environment this facial skin care is rich in mineral salt and trace elements, which boosts the cellular metabolism and facilitates the rejection of toxins by providing the best balance.

METHOD/ PROCEDURE

1. Clean the lips, face and décolleté with 2ml DNA cleansing cream. Rinse with sponges/cotton soaked in water.
2. Apply the 1ml DNA tonic lotion with wet cotton. Do not dry completely, but help to penetrate by hand pressure. Dry excess product with tissue paper.
3. Apply a thin layer 1ml of moor peeling cream. Make sure the face is 100% dry and then apply. Rub it by stretching skin in scissor stroke.
4. Apply 0.5ml exfoliating scrub to wet skin and scrub in circular movements. Steam can be given with the scrub followed by extraction. Rinse with sponges/cotton soaked in water.
5. Massage décolleté with 1ml of massage balm and 2ml visa day cream for 10 to 15 minutes.
6. Apply 10 to 15ml black mask on top of cream in the following order as per shape of the face:
 - a. T-Zone
 - b. Neck and Decollate
 - c. Cheeks
 - d. Under eye
7. Spray the moisturizing lotion on the mask to keep it wet (shining) every 3 minutes. Keep the mask for 10 minutes.
8. Remove excess with spatula.
9. Apply 0.25ml SPF30.



MANAGEMENT & BUSINESS ETHICS

OWNING A BUSINESS: Having worked for someone else first and having honed your artistic, technical and managerial skills, the time might seem right to start your own venture. There are two main options to consider:

- **Opening your own salon:** Regardless of the type of salon you hope to open, there are some basic factors you should consider carefully, such as location, written agreements, business regulations, laws, insurance, salon operation, record-keeping, and salon policies.
- **Home Visiting:** Equipment for a mobile visiting practice must be neat in design, sturdy in construction, and should ideally be a combined multipurpose unit, designed for the task. If purely manual and cosmetic routines are to be offered, these present no real problem, apart from finding a suitable position for the treatment in the client's own home. Electrical applications require more forethought and planning to avoid time wasting.

Multipurpose facial units enclosed in a carrying case present the maximum convenience, time and space saving, and are efficient in use. Carrying electrical apparatus in a mobile practice presents particular problems, due to the delicate nature of the equipment, and damage which could result in transit.

Home visiting is a very popular option because people favor treatments in their cozy homes. Disabled, elderly those who are not able to drive or travel can become your target clients. You are more close to the client and services are more personalized. You have the choice of working hours, flexibility and independence.

However, there are some disadvantages like limited clients because of more travelling time. Risky when attending new clients as you have to rely on recommendations. Business expansion is difficult.

- **Booth rental:** In a booth rental arrangement, a stylist/ esthetician generally rent a station in a salon from either a salon owner or a landlord, and are solely responsible for her own clientele, supplies, record-keeping, and accounting. The only obligation to the salon owner is the weekly rent for the use of the booth, along with whatever utilities fees are agreed upon.



The advantage is that you can become your own boss for a very small amount of money and also that your expenses are fairly low, limited to your supplies and your rent. This option is ideal for someone who is interested in working part time or is supplementing another income.

Booth renting has its own share of obligations as you need to keep your own records for income tax purposes and other legal reasons. You will need to carry your own malpractice and health insurance, as well as inventory, purchasing, and advertising expenses.

FACTORS TO BE CONSIDERED WHILE OPENING A SALON

- **Location:** A good location is one of the most important factors in predicting the success of a business. Essentially, a good location has the visibility and accessibility to attract a volume of customers. It is always best for the salon to be located near other active businesses, such as departmental stores, supermarkets, restaurants, specialized apparel stores, and other fashion related shops
 In general, the location you select should reflect your target market. If you are targeting high-income clients, head for a high-income area. If you plan to open a high-volume operation, you will need a high-traffic area with convenient access to public transportation.
- **Study the Area:-**Determine the area's demographics, information about the size, average income, and buying habits of the population. The best way to do this is to talk to other business owners in the vicinity. Ask them if they think a salon with the clientele you envision would do well in the area.
- **Be Visible:-**No matter what the location, a salon should be clearly visible and sufficiently eye-catching to attract the attention of passersby. Be sure that all signs are easy to see and clear to read. Try not to select a name that is difficult to spell or pronounce. Remember that if people may want to look you up in a phone book and if the name of your salon has an alternative spelling of some other name – Kristopher's, for instance- that might pose a problem.
- **Parking Facilities:** - When selecting a site for new business, consider the parking facilities. People hesitate to patronize a business that is inconvenient to reach, particularly in bad weather. Ample and convenient parking is a must. Inform the client about the parking facilities when



they call to schedule an appointment. Also the parking area must be well lit for the safety convenience of the clients.

- **Competition:** -Competition is a fact of life. It can be a positive and motivating force. For most new businesses however, too much direct competition in the immediate area can raise the stakes too high. It is better to be located in an area where yours is the only salon of its type. Salons can be located near each other provided that each is trying to attract a different clientele. An upscale salon can operate next to a budget salon and both may be successful as they are focusing on different markets.
- **Business Plan:** -One must develop a business plan, a written description of your business as you see it today and as you foresee it in the future. A business plan is like a blueprint, it always points you in the right direction if you become confused and wander away from your original focus. If you are considering obtaining financing, it is essential that you have a business plan in place first. The plan should be a general description of your business and services it will provide, a statement of the number of personnel to be hired, salaries and other benefits, an operational plan that includes the price structure and expenses such as equipment, supplies, repairs, advertising, taxes, and insurance, and a financial plan that includes a profit and loss statement, you may choose to consult a professional, such as an accountant or a small-business consultant.

When you open your own business, you will need to purchase insurance. Insurance covers malpractice, premises liability, fire, burglary and theft, and business interruption.

CAREER OPPORTUNITIES

- **Beauty salons:** before establishing your own business, it is necessary to master your skills and have a good amount of work experience in a beauty salon. As a therapist you are required to be well versed with manual and electrical treatments like make-up, dermabrasion, etc. Besides beauty treatments, a therapist should also gain knowledge of product sales, record keeping, management supervision, client satisfaction and development of business.
- **Health farms:** they are like beauty salons, but the working hours are more. Body treatments are done in health farms. Regular fitness regime



Fare made to be followed by the clients along with diet plans that suit their body constitution

- **Leisure centers:** this work place is attached to the restaurant or hotels. Exercise classes, fitness training, steam, sauna are involved here.
- **Cruise liners:** international luxury cruise liners also have facilities for beauty and body treatments.
- **Make-up artists:** makeup artists work with professional photographers and model agencies or they can work as a freelancer with TV and film actors. This field is vast and competitive, so therapist has to do long apprenticeship with veteran makeup artists working in this field. Therapists can even be attached to a drama group.
- **Makeup and skin care consultant:** cosmetic companies employ beauty therapists to sell makeup and skincare products in the store. If they are successful they can become company representatives.
- **Remedial makeup practitioners:** remedial or camouflage makeup means the makeup which hides skin blemishes and operation scars. These makeup artists work in connection with hospitals. After the dermatologists or plastic surgeon completes their work, remedial makeup artists teach the person to hide the operation scars or other skin disorders till they completely get cured.
- **Beauty journalism:** newspaper, magazines employ beauty therapist to write about beauty tips and advice. Some new treatments or machines can be introduced in the column. Writer can give the information about beauty tents in the whole world. These writers can prepare the booklets and brochure for manufacturers.
- **Teaching:** to become a good therapist you need good coaching given by the trainer. For that the teacher needs thorough knowledge of related things, knack of teaching and word power. Teaching can be full time or part time.
- **Franchising:** therapist can take a franchise to sell beauty products or to run a salon. Franchisers are generally large organizations. These organizations give whole and sole rights for particular person to sell their products or to run the salons under their names. For that they provide technical help and advertising and they save large investment and



manpower and money.

- **Technical representative:** many companies who produce therapy equipments, color cosmetics and beauty/body care cosmetics employ qualified beauty therapists to demonstrate their products to potential buyers. Therapists are supposed to provide follow up service and special training.
- **Mobile therapist:** to be a mobile therapist one need not have large investment for place or salaries. Some people like to have beauty treatments in their own comfortable hours. If a therapist is specialized in area like aromatherapy reflexology or acupressure, she need not carry heavy machines. She can work according to her convenience.

