

# A-Z OF TREATMENTS/THERAPIES

## January 2020

Part II section 4 of the London Local Authorities Act 1991 defines a special treatment as follows:

Massage, manicure, acupuncture, tattooing, cosmetic piercing, chiropody, light, electric, vapour, sauna or other baths or treatments of a like kind.

This list is not exhaustive, and is updated as time goes on. It is intended to be a guide for Council Officers on whether a treatment is classified as a Special Treatment or not, individual authorities may wish to interpret some treatments differently. If a treatment does not appear on this list, it does not mean that it is not a Special Treatment. It just means that it has not been assessed.

The treatments marked with an \* are not a special treatment unless they are carried out in conjunction with a massage.

The treatments marked with a ° are not a special treatment unless they are carried out with the use of a laser.

Therapists who carry out some of the treatments listed may be exempt from Special Treatment Licensing. For details of exempted organisations reference should be made to the separate list of exemptions document.

This list is produced by the 'Special Treatment Group' made up of representatives from the majority of the 32 London Boroughs and is updated approximately once a quarter.

Listed in the description of the treatments are trade names that you may come across.

### **Qualifications – these are for guidance only.**

For QCF and to understand levels see <http://www.accreditedqualifications.org.uk/qualifications-and-credit-framework-qcf.html>

CIDESCO and CIBTAC are international beauty qualifications that are of at least as high a standard as our NVQ/QCF. <http://www.cidesco.com/> <http://www.cibtac.com/> (CIBTAC is the sister company of BABTAC, but they offer the qualifications – BABTAC do not.

ITEC is another international qualification mainly for beauty and complimentary treatments. <http://www.itecworld.co.uk/>

**ALL** qualifications should be accompanied with a breakdown of exactly what units have been studied. It is this document that you should look at to see details of what has been covered, especially at level 3 and above as each student will take different options at this level.

You can check whether a qualification is regulated by visiting the Ofqual Register

<https://register.ofqual.gov.uk/>

TREATMENT	DATA SHEET No.	IS IT A ST?	DECISION DATE	CATEGORY	NATIONAL QUALIFICATION AVAILABLE
<a href="#">ACUPRESSURE</a>	1	Yes	17.6.2004	Massage	
<a href="#">ACUPUNCTURE</a>	2	Yes	17.6.2004	Acupuncture	Generally degree level or foreign qualifications verified through an exempt body.
<a href="#">ALEXANDER TECHNIQUE</a>	3	No	17.6.2004		
<a href="#">ANTHROPOSPHICAL MEDICINE</a>	4	Yes	17.6.2004	Massage	
<a href="#">AROMATHERAPY</a> (see also 66)	5	Yes	17.6.2004	Massage	Yes – All QCF providers, ITEC etc. but must be specific aromatherapy course, not NVQ beauty with aromatherapy ( <a href="#">see data sheet</a> ).
<a href="#">AURICULAR ACUPUNCTURE</a>	See No 2				
<a href="#">AUTOGENIC TRAINING</a>	6	No	17.6.2004		
<a href="#">AYURVEDIC MEDICINE</a>	7	Yes	17.6.2004	Massage	
<a href="#">BACH FLOWER REMEDIES</a>	8	No	17.6.2004		
<a href="#">BATES METHOD</a>	9	No	17.6.2004		
<a href="#">BEADING</a>	10	Yes	17.6.2004	Cosmetic Piercing	
<a href="#">BI AURA THERAPY</a>	11	No	5.2.2008		

<a href="#">BIORESONANCE THERAPY</a>	12	No	22.11.2007		
<a href="#">BIO SKIN JETTING</a>	13	Yes	19.7.2006	Cosmetic Piercing	
<a href="#">BLEACHING</a>	14	No	17.6.2004		
<a href="#">BODY MASSAGE</a>	15	Yes	18.5.2006	Massage	Yes – all QCF providers. Must include anatomy and physiology.
<a href="#">BODY PIERCING</a>	16	Yes	18.5.2006	Cosmetic Piercing	
<a href="#">BODY TALK</a>	16 a	Yes	23.10.2008	Massage	
<a href="#">BODY WRAPS/ENVELOPMENT</a>	17	No	18.1.2005		
<a href="#">BOTOX</a>	18	No	17.6.2004		
<a href="#">BOWEN TECHNIQUE</a>	19	Yes	17.6.2004	Massage	
<a href="#">BRANDING</a>	20	No	17.6.2004		
<a href="#">(BSSF) BE SET FREE FAST</a>	20a	No	23.10.2008		
<a href="#">BUTEYKO</a>	21	No	22.11.2007		
<a href="#">CAVITATION</a>	21 a	No	12.6.14		
<a href="#">CHAMPISSAGE (Indian Head Massage)</a>	22	Yes	17.6.2004	Massage	Yes NVQ and QCF
<a href="#">CHEMICAL /FRUIT PEELS</a>		No			

<a href="#">CHIROPODY /Podiatry)</a>	23	Yes	18.1.2005	Exempt if member of HCPC – see data entry 23.	
<a href="#">CHIROPRACTIC</a>	24	Yes	18.1.2005	Exempt under LLAA2000 – see data entry 24.	
<a href="#">CHOLESTEROL TESTING</a>	25	No	23.5.2007		
<a href="#">COLLAGEN IMPLANTS (Cosmetic Fillers)</a>	26	No	17.6.2004		
<a href="#">COLONIC IRRIGATION</a>	27	No	17.6.2004		
<a href="#">COLOUR THERAPY (Chromatherapy)</a>	28	Yes	17.6.2004	Light	
<a href="#">CRANIOSACRAL THERAPY</a>	29	No	17.6.2004		
<a href="#">CRYOLIPOLOSIS</a>	30 b	No	12.6.14		
<a href="#">CRYOTHERAPY (chamber therapy)</a>	30	No	24.4.2008		
<a href="#">CRYOSAUNA</a>	30 a	Yes	12.6.14	Sauna	
<a href="#">CRYSTAL /ELECTRO CRYSTAL HEALING</a>	31	No	22.11.2007		
<a href="#">CUPPING</a>	32	No	21.7.2005		
<a href="#">DERMABRASION (see also Microdermabrasion)</a>	32a	No	10.3.20211		

<a href="#">DERMAPLANING</a>		No			
<a href="#">DERMAROLLER</a>	32c	No	10.3.2011		
<a href="#">DETOX BOX (see also 86)</a>	33	Yes	14.11.2006	Sauna	
<a href="#">DO IN</a>	34	No	17.6.2004		
<a href="#">DRACULA THERAPY (Stimulated Self Serum Therapy)</a>	34a	No	30.11.2010		
<a href="#">DRY NEEDLING</a>	34b	Yes	5.8.2010	Acupuncture like kind	
<a href="#">ELECTROCAUTERY</a>		Yes		Electric	
<a href="#">ELECTROLYSIS (Hair Removal)</a>	35	Yes	17.6.2004	Electric	Yes – NVQ and QCF, but does not always include advanced electrolysis. Members of BIAE are qualified and holders of the BIAE Certificate of Remedial Electrolysis, even if they are not still BIAE members
<a href="#">ADVANCED ELECTROLYSIS/ THERMOLOGY (Moles , Warts, Skin Tags)</a>	36	Yes	21.7.2005	Electric	Yes – NVQ & QCF. Must state advanced as general qualification does not include this. Members of BIAE may be qualified if their membership covers this.
<a href="#">(EFT) EMOTIONAL FREEDOM TECHNIQUE</a>	36a	Yes	23.10.2008	Massage	
<a href="#">ENDERMOLOGIE</a>	37	Yes	18.5.2006	Electric	

<a href="#">EYEBROW TREATMENTS</a>	38	No	18.1.2005		
<a href="#">EYEBROW EMBROIDERY</a> (see also <a href="#">micropigmentation</a> )	38A	No	25/9/15		
<a href="#">EYELASH TREATMENTS</a>	39	No	17.6.2004		
<a href="#">FACIALS</a>	40	No	19.7.2006		
<a href="#">FACIAL STEAMERS</a>	40a	Yes		Vapour	
<a href="#">FAIRBANE METHOD/TANGENT METHOD</a>	41	Yes	17.6.2004	Massage	
<a href="#">FARADISM</a>	42	Yes	17.6.2004	Electric	Yes – all QCF and also CIDESCO, ITEC, CIBTAC
<a href="#">FELDENKRAIS</a>	42b	No			
<a href="#">FIBROBLAST</a>	SEE PLASMA	Yes		Electric	Minimum level 3 Ofqual
<a href="#">FILLERS</a>		No			
<a href="#">FIRE THERAPY</a> (Huo Liao)	42 a	No	12.6.14		
<a href="#">FISH THERAPY</a>	42c	Yes	5.5.2009	Water bath	
<a href="#">FLOATATION TANK</a>	43	Yes	17.6.2004	Baths	Yes – NVQ & QCF
<a href="#">FOOT DETOX</a>	44	Yes	17.6.2004	Electric/Baths	
<a href="#">FREEWAY – CER</a>	44a	Yes	23.10.2008	Massage	

<a href="#">FROTOX</a>	44 b	No	12.6.14		
<a href="#">GALVANISM</a>	45	Yes	17.6.2004	Electric	Yes – all QCF and also CIDESCO, ITEC, CIBTAC
<a href="#">GLUCOSE TESTING</a>	46	No	23.5.2007		
<a href="#">GRINBERG METHOD</a>	46a	Yes	23.10.2008	Massage	
<a href="#">GYRATORY MASSAGE</a>	47	Yes	17.6.2004	Massage	Yes – NVQ & QCF
<a href="#">HALOTHERAPY /SPELIOTHERAPY</a>	48	Yes	23.10.2008	Vapour	
<a href="#">HELLERWORK</a>	49	No	17.6.2004		
<a href="#">HENNA TATTOOS</a>	50	No	18.1.2005		
<a href="#">HERBAL MEDECINE</a>	51	No	18.1.2005		
<a href="#">HIGH FREQUENCY</a>	52	Yes	17.6.2004	Electric	Yes – NVQ & QCF
<a href="#">HOLISTIC MASSAGE</a>	<a href="#">See 104</a>	Yes	18.5.2006	Massage	Yes – all QCF providers and CIDESCO, CIBTAC, ITEC
<a href="#">HOMEOPATHY</a>	53	No	18.1.2005		
<a href="#">HOPI EAR CANDLES</a>	<a href="#">see 105</a>				Yes – NVQ & QCF
<a href="#">HOT AIR MASSAGE</a>	53 a	Yes	23.10.2008	Massage	
<a href="#">HUO LIAO</a> <a href="#">See Fire Therapy 42 a</a>					
<a href="#">HYALURONIC ACID (Cosmetic fillers)</a>	54	No	17.6.2004		

<a href="#">HYDRAFACIAL/</a> Hydra dermabrasion		No			
<a href="#">HYDROTHERAPY</a>	55	Yes	17.6.2004	Baths	Yes – NVQ & QCF
<a href="#">HYPNOTHERAPY</a>	56	No	17.6.2004		
<a href="#">INDIAN HEAD MASSAGE</a>	<a href="#">see 22</a>				
<a href="#">INFRA RED</a>	57	Yes	17.6.2004	Light	Yes – NVQ & QCF
<a href="#">INVERSION THERAPY</a>	57 a	No	12.6.14		
<a href="#">IRIDOLOGY</a>	58	No	17.6.2004		
<a href="#">KEN EYERMAN TECHNIQUE</a>	58a	Yes	23.10.2008	Massage	
<a href="#">KINESIOLOGY</a>	59	No	18.1.2005		
<a href="#">KIRILIAN PHOTOGRAPHY</a>	60	Yes	5.2.2008	Electric	
<a href="#">KOREAN HAND THERAPY</a>	61	Yes	17.6.2004	Acupuncture	
<a href="#">LASERS/INTENSE PULSE LIGHT</a>	62	Yes	17.6.2004	Light	Yes – QCF. Also core of knowledge and manufacturer training required. Preferred that a minimum of NVQ beauty as well.
<a href="#">LIPO LASER</a>	62 a	Yes	12.6.14	Light	No specific NVQ
<a href="#">LUMI LIFT/LUMI FACIALS</a>	62 b	Yes	23.10.2008	Electric / Light	No specific NVQ
<a href="#">MANICURES</a>	63	Yes	17.6.2004	Manicures	Yes – all QCF providers, CIDTAC, CIDESCO, ITEC



<a href="#">MANUAL LYMPHATIC DRAINAGE</a>	64	Yes	17.6.2004	Massage	Yes – all QCF and also CIDESCO, ITEC, CIBTAC
<a href="#">MARMA THERAPY</a>	65	Yes	17.6.2004	Massage	Yes – NVQ & QCF
<a href="#">MESOTHERAPY</a>	65a	Please see data sheet	20.8.15	Can be done with Injections or by steaming.	Injections – Medical practitioners only
<a href="#">MERIDIAN THERAPIES (see EFT, TAT, BSFF, TFT, Freeway –cer)</a>					
<a href="#">MESOTHERAPY</a>		No			
<a href="#">META AROMATHERAPY</a>	66	Yes	22.11.2007	Massage	
<a href="#">METAMORPHIC TECHNIQUE</a>	67	Yes	17.6.2004	Massage	
<a href="#">MICROBLADING</a>		Yes		Tattooing	VTCT Level 4
<a href="#">MICRO CURRENT THERAPY / non surgical face lifts)</a>	68	Yes	18.1.2005	Electric	Yes – NVQ & QCF
<a href="#">MICRODERMAL ANCHORS</a>	68a	Yes	23.10.2008	Cosmetic Piercing	
<a href="#">MICRO – DERMABRASION</a>	69	No	21.7.2005		
<a href="#">MICRONEEDLING</a>		No			
<a href="#">MICROPIGMENTATION (semi-permanent make up)</a>	70	Yes	17.6.2004	Tattooing	Yes – NVQ
<a href="#">MOXIBUSTION</a>	71	Yes	18.1.2005	Acupuncture	

<a href="#">MYOFASCIAL RELEASE</a>	71a	Yes	20/8/15	Massage	
<a href="#">N.A.E.T (Namripad Allergy Elimination Technique)</a>	72	Yes	21.7.2005	Acupuncture	
<a href="#">NAIL EXTENSIONS</a>	73	Yes	17.6.2004	Manicures like kind	Yes NVQ & QCF
<a href="#">NATUROPATHY</a>	74	No	18.1.2005	But some Naturopaths use acupuncture	
<a href="#">NEUROSKELETAL RE-ALIGNMENT</a>	74 b	Yes	12.6.14	Massage	
<a href="#">NO HANDS MASSAGE</a>	74 a	Yes	23.10.2008	Massage	
<a href="#">NON SURGICAL FACE LIFTS (see 68)</a>					Yes – see galvanism & Faradism
<a href="#">NORRIS TECHNIQUE</a>	75	No	18.1.2005		
<a href="#">OSTEOMYOLOGY</a>	75a	Yes	5.5.2009	Massage/Acupuncture	
<a href="#">OSTEOPATHY</a>	76	Yes	18.1.2005	Exempt under LLAA2000 – see data entry 76.	
<a href="#">OXYGEN THERAPY – (Oxygen Bars only)</a>	77	Yes	5.2.2008	Vapour	
<a href="#">OZONE THERAPY</a>	77 a	No	12.6.14		Anything involving injections will require specific training.
<a href="#">OZONE SAUNA</a>	77 b	Yes	12.6.14	Sauna	
<a href="#">PEDICURE</a>	78	Yes	17.6.2004	Manicures like kind	Yes – all providers
<a href="#">PHYSIOTHERAPY</a>	79	Yes	17.5.2005	Exempt if member of the HCPC – see data entry 79.	
<a href="#">PLASMA</a>		Yes		Electric	Min Level 3 Ofqual regulated

					qualification
<a href="#">PODIATRY (Chiropody)</a>	<a href="#">See no 23</a>				
<a href="#">POLARITY THERAPY</a>	80	Yes	17.6.2004	Massage	
<a href="#">QI GONG</a>	81	Yes	17.6.2004	Massage	
<a href="#">RADIONICS</a>	82	No	17.6.2004		
<a href="#">RADIO FREQUENCY</a>	82 a	Yes	12.6.14	Electric	
<a href="#">REFLEXOLOGY</a>	83	Yes	17.6.2004	Massage	Yes – all providers
<a href="#">REMEDIAL MASSAGE</a>	<a href="#">See no 93</a>				
<a href="#">REIKI</a>	84	No	17.6.2004	Licensable if carried out with a massage	
<a href="#">ROLFING</a>	85	Yes	17.6.2004	Massage	
<a href="#">ROLL SHAPER</a>	85 a	Yes	12.6.14	Massage	
<a href="#">SAUNA</a>	86	Yes	17.6.2004	Sauna	Yes – NVQ & QCF
<a href="#">SCARIFICATION</a>	87	No	19.7.2006		
<a href="#">SCENAR THERAPY</a>	88	Yes	22.11.2007	Electric	
<a href="#">SCHMAIZING</a>	89	No	19.7.2006		
<a href="#">SCLEROTHERAPY</a>	90	No	17.6.2004	Injections	By Medical Practitioners Only

<a href="#">SEMI PERMANENT MAKE UP</a>	<a href="#">see 70</a>				
<a href="#">SHIATSU</a>	91	Yes	17.6.2004	Massage	
<a href="#">SKIN PEELS</a>	91a	No	Amended 20/9/15		
<a href="#">SPA</a>	92	Yes	17.6.2004	Baths	Yes – NVQ & QCF
<a href="#">SPORTS/REMEDIAL MASSAGE</a>	93	Yes	18.5.2006	Massage	Yes – all providers
<a href="#">SPRAY TANNING</a>	94	No	21.7.2005		
<a href="#">STEAM ROOM/BATH</a>	95	Yes	18.1.2005	Vapour/Bath	
<a href="#">STONE THERAPY</a>	96	Yes	17.6.2004	Massage	Yes – NVQ & QCF
<a href="#">SUGARING</a>	97	No	17.6.2004		
<a href="#">(TAT) TAPAS ACUPRESSURE TECHNIQUE</a>	97a	Yes	23.10.2008	Massage	
<a href="#">TATTOO REMOVAL</a>	98	Yes	21.7.2005	Cosmetic Piercing/ Tattooing	
<a href="#">TATTOOING</a>	99	Yes	17.6.2004	Tattooing	
<a href="#">TEETH WHITENING</a>	100	No	16.11.2006		
<a href="#">TEMPTOOING</a>	101	Yes	24.4.2008	Tattooing	
<a href="#">(TFT) THOUGHT FIELD THERAPY</a>	101a	No	23.10.2008		
<a href="#">THAI MASSAGE</a>	102	Yes	18.5.2006	Massage	Wat Po School

<a href="#">THALASSATHERAPY</a>	103	Yes	17.6.2004	Baths	
<a href="#">THERAPEUTIC/ HOLISTIC MASSAGE</a>	104	Yes	14.9.2006	Massage	Yes – as for massage
<a href="#">THERMAVEIN</a>	104a	Yes	12.6.14	Electric	No national qualifications available. Invasive treatment so level 3 NVQ recommended. Yes – NVQ & QCF
<a href="#">THERMO AURICULAR THERAPY (Hopi Ear Candles)</a>	105	No	17.6.2004	Licensable if carried out with a facial massage	
<a href="#">THREADING</a>	106	No	17.6.2004		
<a href="#">TONGUE SPLITTING</a>	106a	No	23.10.2008		
<a href="#">TONING BEDS</a>	107	No	18.4.2006		
* <a href="#">TRICHOLOGY</a>	108	No	18.1.2005	Licensable if carried out with a head massage	
<a href="#">TUI – NA</a>	109	Yes	17.6.2004	Massage	
<a href="#">ULTRA SONIC</a>	110	Yes	19.7.2006	Electric	Yes – NVQ & QCF
<a href="#">ULTRA SOUND</a>	110a	No	10.3.2011		
<a href="#">ULTRA VIOLET TANNING</a>	111	Yes	18.1.2005	Light	Yes – NVQ & QCF
<a href="#">VACUUM SUCTION</a>	112	No	17.6.2004		
<a href="#">WAXING</a>	113	No	17.6.2004		

<b>Acupressure</b>	<b>DATA SHEET 1</b>
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Based on Chinese beliefs that energy flows through invisible channels in the body called meridians, and that illness arises from blockages of or imbalances in, this energy flow.

The body is divided into 12 meridians, which correspond to different areas of the body after a detailed consultation with the client the operative will apply pressure to the points that they believe to be causing the blockages.

Some operatives will tap the points instead or press and release the points.  
A similar treatment to Acupuncture and Shiatsu but without the use of needles or massage.

The client generally remains clothed in non-restrictive garments.

It purports that by restoring the flow of energy it thereby alleviates disease and promotes health, promotes a speedy recovery from injuries and relieves pain.

<b>Acupuncture</b>	<b>DATA SHEET NO. 2</b>
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Based on the same Chinese beliefs as Acupressure, namely that the energy forces flow through invisible channels in the body called meridians, and that illness arises from blockages of, or imbalances in, this energy flow.

Needles are inserted along any number of the 12 meridians which have been identified during the consultation as possibly being out of balance, they may be twirled or moved in a back and forth motion. In some circumstances the needles are stimulated electrically.

Needles may also be inserted into the ear this is called Auricular Acupuncture.

Research suggests that the treatment releases endorphins into the central nervous system, which give similar results to morphine but are a natural painkiller.

It purports to restore the flow of energy thereby alleviating disease and promoting health, may be beneficial in the treatment of addictions e.g. smoking

Can induce a state of anaesthesia prior to surgery and may be beneficial during the labour and delivery.

<b>Alexander Technique</b>	<b>DATA SHEET NO 3</b>
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Developed by F.M.Alexander, an English Actor, in the 1940's, who having developed chronic laryngitis managed to restore his voice by relieving tension on the neck and spine with a series of movements.

A practitioner will lay their hands on the neck shoulders and back to ascertain the amount of tension present. Then guidance will be given on how to release the tension by a correct breathing techniques and postural improvements.

It is thought to give relief for arthritis, neck and back pain, migraines, hypertension, sciatica, insomnia and even depression.

[http://en.wikipedia.org/wiki/Alexander\\_technique](http://en.wikipedia.org/wiki/Alexander_technique)

<b>Anthroposophical Medicine</b>	<b>DATA SHEET NO 4</b>
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In 1900 an Austrian called Rudolf Steiner developed various remedies derived from minerals, plants or the animal kingdom to be prepared homoeopathically, alchemically or as a whole substance which are then administered orally, injected or applied externally.

Practitioners are fully qualified Doctors who use this form of therapy when conventional cures cannot be achieved. The therapy combines the use of therapeutic eurhythmy, rhythmical massage, clay modelling, painting and music.

[http://en.wikipedia.org/wiki/Anthroposophical\\_Medicine](http://en.wikipedia.org/wiki/Anthroposophical_Medicine)

<b>Aromatherapy</b>	<b>DATA SHEET NO. 5</b>
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Essential oils are extracted from the tiny glands in the petals, leaves, stems and bark of plants, these are then concentrated and purified.

After a detailed consultation with the client concerning medical history and current symptoms the therapists will mix one or more oils with a base oil which will then be massaged into the client's skin. Some therapists may use pre-blended oils.

Used to relieve stress, tension, aches and pains, pre menstrual syndrome etc.

Not to be confused with massage using pre-blended oils, often referred to as aromatherapy.

<b>Autogenic Training</b>	<b>DATA SHEET NO 6</b>
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Dr J.Shultz a psycho – analyst and neurologist believed that by simple verbal exercises a person can induce a state of relaxation and well being on themselves which could help alleviate both mental and physical ailments.

A number of training sessions either on a one to one basis or in a group of 6-8 people are undertaken to learn the techniques.

It is thought that to be beneficial for high blood pressure, ME, depression and addiction.

[http://en.wikipedia.org/wiki/Autogenic\\_Training](http://en.wikipedia.org/wiki/Autogenic_Training)

<b>Ayurvedic Medicine</b>	<b>DATA SHEET NO 7</b>
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The traditional form of Indian medicine over 2,000 years old. It is rapidly growing in popularity in the West.

The body is seen as a universe containing five elements, air, fire, water, earth and ether, these combine together to form 3 other groups known as wind, cholera and phlegm.

Each of these groups has its own qualities and functions in relation to the body, and the balance between the groups determines the individual's constitution.

Disease occurs if lifestyle, mental or external factors cause an imbalance in one or more of the components.

Treatment aims to restore the balance by the use of herbal medicines combined with dietary and lifestyle advice and yoga exercises.

Practitioners undertake intensive training similar to a traditional Doctor which takes several years to complete.

<b>Bach Flower Remedies</b>	<b>DATA SHEET NO 8</b>
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Developed by Dr Edward Bach a bacteriologist and homeopath who believed that illness was a result of mental or emotional imbalance and that the energetic properties of plants could be used to rectify these imbalances.

Harmful emotions are classified into 7 main categories and then sub divided into 38 negative feelings. Each feeling is associated with a particular plant, a combination of 5 of these flowers has been called the Rescue Remedy which is used in times of extreme trauma or shock.

The essences are liquid preparations created by boiling parts of plants in spring water, the water is then preserved in brandy and sold in concentrated form. The remedies are usually self administered by placing drops directly on the tongue or by diluting them.

<b>Bates Method</b>	<b>DATA SHEET NO 9</b>
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Devised by US Ophthalmologist Dr William Bates who believes that the use of glasses can imprison the eyes. He believed that natural use and relaxation of the eyes can enhance vision that has been affected by a pattern of misuse of the eyes.

The practitioner will assess the eyesight and teach a series of simple exercises that should be practised daily.



<b>Beading</b>	<b>DATA SHEET NO 10</b>
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A surgical procedure usually carried out by tattooists / body piercers whereby steel balls or other small similar objects are inserted under the skin to mould or shape the skin.

Can be inserted anywhere in the body but usually into the male genitalia which purports to enhance sexual stimulation.

<b>Bi – Aura Therapy</b>	<b>DATA SHEET NO. 11</b>
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Bi – Aura is an advanced system of bio-energy healing which works through balancing the human bio -field. If the bio-field, which surrounds the body becomes overly stressed then this can lead to a reduction in the energy flowing into the organs, which over time may cause illness.

During a treatment the patient remains fully clothed in a standing position, the therapist mentally tunes into the blockages in the bio field without any physical contact with the patient.

<b>Bio resonance Therapy</b>	<b>DATA SHEET NO. 12</b>
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This therapy is based on the theory that everything in the universe including our bodies is made of energy. It uses a machine to detect and treat disturbances in the natural frequency range of the body.

No artificial energy is introduced into the body. The person being treated is connected to an aerial tuned to specific frequencies. The body's own vital energy and healing power do the work of coming into resonance with the frequencies. Thus allowing the system to easily remove toxins from the body.

<b>Bio Skin Jetting</b>	<b>DATA SHEET NO 13</b>
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Created in Brussels this treatment has been brought to the UK by Sterex who are known as suppliers of disposable needles used in electrolysis.

A microprobe is used to separate the wrinkle from the underlying skin, upon removal from the skin the tissues are stimulated to form new collagen fibres in exactly the right place, plumping and firming the skin to create a smoother looking complexion.

Used on similar areas to Botox i.e. those above the nose and at the sides of the eyes, the treatment takes approximately half an hour and is recommended as a course of 5-7 treatments. Purports to last for up to 2 years.

<b>Bleaching</b>	<b>DATA SHEET NO. 14</b>
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A treatment used to disguise facial hair, which can also be applied to underarms and legs also.

The bleach solution used, usually hydrogen peroxide, effects the cortex (the inner layer of the hair follicle), the melanin (brown pigment) and the phenomelanin (red/yellow pigment) are oxidised and become colourless, thus disguising the hair.

An effective way of disguising unwanted hair on a temporary basis.

<b>Body Massage</b>	<b>DATA SHEET NO 15</b>
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A massage of part or all of the body using the hands or knuckles which can be carried out with or without oils. Swedish Massage using a base oil is a popular form widely found in the beauty industry.

A number of different types of massage e.g. Thai, Sports, Remedial/Holistic, Aromatherapy, Indian Head, are itemised in this list separately.

<b>Body Piercing</b>	<b>DATA SHEET NO 16</b>
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Some forms of body piercing have been available in the UK for a number of years originally the lobe and cartilage of the ear were popular. This should be carried out by the use of an approved gun, e.g. Inverness, Caflon, Studex etc who supply pre sterilised studs which do not come into contact with the operative's skin during the procedure.

More recently the nose, belly button and nipples have become more popular with teenage girls in particular. Some practitioners also undertake genital piercings, eyebrows, etc.

Nose piercing can be carried out by a gun or a pre sterilised medical canular. Studex have produced a nose piercing gun for use in the beauty industry similar to the ear piercing system but the stud which is used is not fitted with a butterfly clip as this would cause the nose to swell.

Canular Piercing : This method of piercing is used mainly in European studios by means of a pre sterilised fully disposable canular/needle which has a plastic sleeve. The needled is removed and the jewellery is inserted into the plastic, which is then removed.



Blade Piercing: This method is used mainly in American studios using a 'blade' which is a straight hollow needle with no attachment. The blade is left in the piercing and the jewellery passed through behind it as it is pushed through the piercing. Some blades allow jewellery to be attached

to the end, so it is pulled through with the blade. Due to leaving the blade in, attaching and detaching jewellery a blade poses a much higher risk of needlestick injury.



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<b>Body Talk System</b>	<b>DATA SHEET NO 16a</b>
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Developed in the 1990's by Australian acupuncturist Dr Veltheim, who carried out extensive studies of different healing systems and took the most fundamental principles from each to create a holistic all encompassing system capable of treating a large range of conditions.

The practitioner uses a yes /no response to discover areas of the body in need of balancing. They then carry out a light pressing or lifting of the arm to discover which systems are not functioning properly.

The balance will be restored by a light tapping of particular points and deep breathing.

Purported to relieve various conditions e.g. depression, allergies, back pain etc.

<b>Body Wraps/Envelopment</b>	<b>DATA SHEET NO 17</b>
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The therapist will take measurements of several areas of the body before applying a paste, which can be made of a number of different substances e.g. salt and clay, seaweed, mud etc.

The paste is applied all over the body which is then wrapped in warm cotton bandages which are pre soaked in the solution. The client is then enveloped in a thermal blanket and left for about an hour, during which time it is purported that the toxins in the body will have been expelled from the body.

After the bandages are removed the client is encouraged to leave the remaining solution on the body for 3-4 days if possible as detoxification is thought to continue.

The client would then be measured again for inch loss.

<b>Botox</b>	<b>DATA SHEET NO 18</b>
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Botox is an endotoxin produced by Clostridium Botulinum, it is a powerful nerve agent and in a different context a dangerous food poisoning toxin.

It is a Prescription Only Medicine (POM) and should therefore only be administered by a registered medical practitioner or a registered general nurse.

It is administered by injection into the facial muscles and blocks the nervous impulses that control these muscles. Because the treated muscles cannot contract, they tend to relax, taking away the facial lines and imparting the appearance of smooth skin.

Botox can be used in combination with cosmetic filler implants e.g. Hyaluronic Acid to provide a non surgical 'face-lift'

The effects of the treatment last approximately 3-6 months.

<b>Bowen Technique</b>	<b>DATA SHEET NO 19</b>
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A technique developed by Thomas Bowen an Australian.

Therapists use their hands to make light movements over the naked skin or over clothes, which releases tension and energy blocks held in the muscles.

Gentle pressure may also be applied to trigger points on the body which encourages the release of toxins.

Thought to be beneficial for sciatica, migraine, stress and fatigue.

[http://en.wikipedia.org/wiki/Bowen\\_technique](http://en.wikipedia.org/wiki/Bowen_technique)

<b>Branding</b>	<b>DATA SHEET NO 20</b>
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The origins are tribal, the method and result are similar to that of branding cattle.

The design or pattern is stencilled or drawn onto the skin. A pen like metal instrument is then heated and applied to the skin which causes the skin to burn.

As it heals the scar spreads completing the pattern.

<b>(BSSF) Be Set Free Fast</b>	<b>DATA SHEET NO 20a</b>
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Developed in America in 1990 by clinical psychologist Larry Nims, it is a highly focused Energy Therapy method for eliminating the emotional roots and self-limiting belief systems that are embedded in the subconscious mind, and which automatically determine and control most of our experience, self-expression and behaviour. These unresolved negative emotions and beliefs create and maintain psychological and physical symptoms, which automatically result in mental, emotional, physical, spiritual and life adjustment problems, including many medical, and health problems.

Muscle testing is used extensively for precision diagnosis of emotionally based problems. Clients are taught to muscle test themselves, to recognize and eliminate their psychological problems as well as numerous physical symptoms that are emotionally based.

Treatment consists of light tapping of meridian points whilst repeating a number of statements similar to TAT treatment

<b>Buteyko</b>	<b>DATA SHEET NO. 21</b>
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Buteyko works according to the principle that certain conditions are caused or at the very least aggravated by over breathing i.e. breathing heavily and rapidly through the mouth. Over breathing is thought to be harmful to the body because it depletes the bloodstream of carbon dioxide, thus causing blood vessel spasms and oxygen starvation which can cause asthma attacks, headaches etc.

A set of exercises are taught to the patient in which the patient takes in small breaths through the nose and lets out the air slowly and gently through the mouth.

<http://en.wikipedia.org/wiki/Buteyko>

<b>Cavitation (fat loss/ lipo)</b>	<b>DATA SHEET NO. 21 a</b>
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This treatment uses a hand held instrument that produces what is claimed to be 'low frequency ultrasound'. However, the stated frequency is usually around 40KHz. It is stated that: "The ultrasound field creates bubbles in the fat, which gradually grow, and implode. Energy in the form of heat (minor effect) and pressure wave (major effect) is released. As the membranes of fat cells do not have the structural capacity to withstand the vibrations, the effect of cavitation easily breaks them, while sparing the vascular, nervous and muscular tissue. The result is instant fat loss.

After disruption of adipose cells, the fat in the form of triglycerides is released into the interstitial fluid between the cells, where they are enzymatically metabolized to glycerol and free fatty acids. Water soluble glycerol is absorbed by the circulatory system and used as the energy source, whereas the insoluble free fatty acids are transported to the liver and processed as fatty acids from food."

Main risks – overextended session resulting in skin damage (maximum 15 minutes per site and 30 minutes total across whole body in one session. 72 hrs between sessions).

<http://www.consultingroom.com/treatments/ultrasound-body-contouring>

<b>Champissage (Indian Head Massage)</b>	<b>DATA SHEET NO. 22</b>
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A form of massage used on the head, face, neck and shoulders, originating in India.

The massage involves working on the acupuncture points and energy centres (Chakras)

The therapy is used to relieve stress, stiffness in the neck and shoulders, headaches and general tension.

<b>Chemical Skin Peels</b>	
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Skin peels involve the use of a serum, often made up of several medical compounds, that is applied to the surface of the skin. The intent is to intensively exfoliate the skin by removing the outer dead skin to unveil a fresh layer of new skin. Skin peels predominantly target the facial area but can be used on the body. Chemical peeling is a procedure wherein a chemical agent of a defined strength is applied to the skin, which causes a controlled destruction of the layers of the skin, and is followed by regeneration and remodeling, with improvement of texture and surface abnormality.

<b>Chiropody (Podiatry)</b>	<b>DATA SHEET NO 23</b>
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Chiropodists/Podiatrists specialise in assessing, diagnosing and treating abnormalities and diseases of the lower limb. They are trained to alleviate, prevent and correct these disorders and provide professional advice on proper foot care to patient of all ages and walks of life.

Treatments include, corns, verrucas, problems caused by deformities or diseases such as rheumatoid arthritis, diabetes etc.

The LLAA91 gives exemptions to 'any premises used by a person registered under the Professions Supplementary to Medicine Act 1960. This has been replaced by the Health Professions Order 2001, which set up the Health and Care Professions Council (HCPC), (formerly called the Health Professions Council HPC). Chiropody and Podiatry are listed by the HCPC and members are therefore exempt. Chiropody and Podiatry are 'protected titles', meaning that you must be registered with the HCPC to used these title. However, if the person is NOT a member, then they are NOT exempt (they should also be reported to the HCPC who can prosecute). See

<http://www.hpc-uk.org/aboutregistration/professions/index.asp?id=3#profDetails> and <http://www.hpc-uk.org> for more details.

<b>Chiropractic</b>	<b>DATA SHEET NO 24</b>
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A chiropractor aims to maintain the spine and nervous system in good health through neuro-musculoskeletal manipulation.

The chiropractic will assess the client whilst sitting, standing and lying down for alignment, reflexes will be tested and muscles palpated for signs of tension.

Manipulation may be carried out by stretching muscles and short controlled thrusts against a joint, also include may be massage, application of heat or ice and kneading.

Different versions of the treatment may be found e.g. Mctimoney Chiropractic.

Chiropractors are exempt under the London Local Authorities Act 2000 amendment (Sec. 27 (2) (b) (v)). The Chiropractors Act 1994 set up the General Chiropractic Council and Chiropractors MUST be registered to use the title. If they are not a member they are NOT exempt and you should also report them to the GCC. See <http://www.gcc-uk.org/>

<b>Cholesterol Testing</b>	<b>DATA SHEET NO. 25</b>
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Cholesterol is a fat manufactured by the liver from fatty foods that we eat.

Cholesterol insulates nerve fibres and is an essential building block for hormones. There are good and bad types of cholesterol:

2) Low density lipoprotein (LDL). This is the bad cholesterol which caused a harmful build up in the arteries.

2) High density lipoprotein (HDL) This is the good cholesterol and is thought to prevent arterial disease. It takes cholesterol away from the cells and back to the liver where it is broken down and passed by the body.

To measure the levels of good and bad cholesterol a blood test is carried out after fasting for 12 hours prior to the test. The optimum level is below 5mmol/litre.

Home testing kits are also available but will not give very accurate results.

<b>Collagen(Cosmetic Filler Implant)</b>	<b>DATA SHEET NO. 26</b>
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Collagen is a naturally occurring substance present in the deepest layer of the skin called the dermis.

It is responsible for producing the elasticity of the skin and as the skin ages the levels of collagen naturally fall, making the skin dryer and commonly wrinkles appear.

The replacement of collagen into the dermis can be done by implants or the application of facemasks or creams, the collagen fills out the vacant spaces in the dermis and thus reduces the wrinkles on the skin.

Collagen is classified as a 'medical device' product and as such is subject to the requirements of the EU Medical Device Directive. The injections should only be administered by registered medical practitioners or registered general nurses.

These injections are commonly used on the forehead furrows and around the lip and mouth area, they give temporary results lasting approximately a year.

<b>Colonic Irrigation (hydrotherapy / lavage)</b>	<b>DATA SHEET NO 27</b>
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This treatment dates back to 1500 B.C and is based on the principle that the colon gets clogged up with impacted faecal matter, gases and mucus products. This leads to a build up of toxins, which inhibit the natural movement leading to constipation.

A rubber tube is inserted into the colon via the rectum, the therapist stimulates the abdomen which releases the stored matter. A constant flow of water washes the whole colon.

During a 45 minute session up to 15 gallons of water may be used.

Therapists claim that it will:

- 1) Cleanse the Colon- toxic material is broken down so that it can no longer harm the body.
- 2) Exercise the Colon – the gentle filling and emptying of the colon improves muscular contraction activity.
- 3) Reshapes the Colon- elimination of bulging pockets of waste enabling the colon to resume its natural state.

<b>Colour Therapy</b>	<b>DATA SHEET NO 28</b>
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Therapy based on ancient healing systems which recognise the qualities of different colours and their effect on us.

Each colour in the spectrum has a frequency, wavelength and energy associated with it. The body absorbs colours which can affect the nervous system, endocrine system and subsequently the release of hormones and other organic substances within the body.

It is believed that the symptoms of disease are a sign that there is a shortage of or improper utilization of colour and light in the cells and organs of the body.

The practitioner will identify the colour frequencies that are needed and then apply coloured light to parts of the body or simply use appropriately coloured water, silk scarves or crystals.

Advice would be given on how to make the best use of colour in the diet, clothes, home and work environment.

<b>Craniosacral Therapy</b>	<b>DATA SHEET NO 29</b>
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Cranial Osteopathy was developed in the early 20<sup>th</sup> Century by an osteopath called William Sutherland.

He recognised that there is a regular pulse in the cerebrospinal fluid which surrounds the brain and any disturbance to the rhythm would result in an imbalance somewhere in the body.

The therapist uses tiny, gentle manipulations of the skull, and spinal column to restore the balance.



Craniosacral Therapy developed from this treatment and the main differences are that it focuses on the treatment of the soft tissues, fluid and membrane of the cranio-sacral system rather than the bones.

<b>Cryotherapy (cryogenic chamber therapy)</b>	<b>DATA SHEET NO 30</b>
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Whole body cryotherapy initially originated in Japan in 1978. A group of Polish scientists took the idea and opened the Olympic rehabilitation centre in Poland in 2000 where the treatment has been used ever since.

The chamber is cooled with liquid nitrogen to a temperature of -110 C .The patient is protected from frostbite with socks gloves and mouth and ear protection but other than that wears only a bathing suit .

The patient spends a few minutes in the chamber during which time the average skin temperature drops to between 5 and 12 C. The core body temperature remains unchanged during the treatment. Release of endorphins occurs resulting in immediate pain relief.

Patients report improvement to a variety of conditions, including muscle and joint pain, psoriasis, insomnia,

The immediate effect of skin cooling and analgesia lasts for 5 minutes, but the release of endorphins can have a lasting effect, where the pains and signs of inflammation as found in blood tests remain suppressed for weeks.

<b>Cryosauna</b>	<b>DATA SHEET NO 30 a</b>
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Similar to Cryotherapy, this treatment uses a stand alone chamber that the client stands in. an internal lift mechanism lifts them so their head is free of the chamber then liquid Nitrogen is released forming a cloud of gas in the chamber, which cools the surface of the body to 32 Fahrenheit. There follows a period of heating where the surface temperature reaches 95 fahrenheit before returning to normal (90.5 Fahrenheit).. Treatments last for around 3 minutes. It is stated that: The body's reaction to the cold is to increase the metabolic rate, which helps to burn calories; it increases collagen production in deeper skin layers resulting in firmer, smoother skin and; vasoconstriction followed by vasodilation flushes toxins from the skin.

Main risks – over-cooling of the body and subsequent shock. Uncontrolled release of Nitrogen, which may lead to asphyxiation if it displaces too much air in the room.

<http://www.cryohealthcare.com/equipment-sales/cryosauna/>

<b>Cryolipolysis</b>	<b>DATA SHEET NO 30 b</b>
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Similar to laser lipolysis in that the aim is breaking up of subcutaneous fat cells. However this treatment uses cold temperatures to achieve this. Instead of breaking the cells down directly the cool temperatures cause apoptosis (cell death) which occurs over a period of time.. A hand piece

has a suction cup that pulls skin into it. The inside of the cup is cooled using recirculated liquid nitrogen.

<b>Crystal/Electro Crystal Healing</b>	<b>DATA SHEET NO 31</b>
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Crystals can focus the electromagnetic fields that surround cell membranes. During crystal healing placing the crystals on nerve clusters could lead to significant alterations in the traffic of neurochemical messengers within the nervous system and thus affect body wide chemistry.

A tube of crystals is placed over the area to be treated and then the healing qualities of the crystals are magnified thousands of times by pulsing particular electrical signals through them.

<b>Cupping</b>	<b>DATA SHEET NO 32</b>
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A form of acupuncture that focuses on the movement of blood, energy and body fluids around the body. It is believed that pain is due to the stagnation of these systems which may be as a result of injury or stress.

A number of glass or plastic cups or bells may be heated with a naked flame or placed in a bath of hot scented oils. The cups are then applied to the skin, thus creating a vacuum.

The area of skin covered is drawn up a few millimetres into the cup moving the energy.

Skin marking is common after the cups are removed this may vary from a simple red ring to deeper bruising.

Wet cupping (also known as Hijama) – an incision is made in the skin prior to the cupping. The cup is usually attached to a vacuum pump rather than being heated and blood is then extracted and contained within the cups. There is a risk of infection associated with this practice if not done hygienically. This treatment is currently being investigated by Health Protection England and guidelines for practice may follow, although it is NOT classed as a Special Treatment. There is a danger of blood clotting following this procedure so suitable aftercare is needed.. [http://en.wikipedia.org/wiki/Cupping\\_therapy](http://en.wikipedia.org/wiki/Cupping_therapy)

<b>Dermabrasion</b>	<b>DATA SHEET NO 32a</b>
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Derma Abrasion uses a power driven hand held device with a rotating metal wheel or wire brush to peel off the skin. Carried out by a trained cosmetic surgeon under general or local anaesthetic, the procedure will leave the skin red, swollen and sensitive to sun exposure etc.

Not to be confused with Microdermabrasion (see data sheet

Several days after the procedure the outer layer of the skin falls off leaving a fresh layer of pink skin.

This procedure is carried out in 1 session and the full recovery time is 26pprox. 2-3 months.

<b>Dermaplaning</b>	
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Dermaplaning is a medical procedure that exfoliates the skin (or epidermis) by removing dead skin and vellus hair (peach fuzz). The procedure is performed by an aesthetician, who will gently glide a scalpel across the skin, removing the outermost layer of skin cells and hair from the face. As a byproduct, it also shaves off the vellus hair. The procedure involves the use of a 25-centimetre (10 in) scalpel which curves into a sharp point. In most cases, the blade is used on clean dry skin on the forehead, cheeks, chin, nose and neck.

<b>Dermaroller</b>	<b>DATA SHEET NO 32c</b>
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The equipment used is a roller containing hundreds of micro needles on a handle. There are 2 types of roller, the first contains longer single use needles which penetrate deeper into the dermis and should only be used by a medical practitioner.

The second roller has shorter re useable needles designed for personal home use only.

It purports to stimulate the skin to regenerate and repair itself naturally and safely, creating smoother, brighter, healthier, younger-looking skin.

<b>Detox Box</b>	<b>DATA SHEET NO 33</b>
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The detox box uses naturally occurring Far Infrared rays that purport to safely and effectively detoxify the body of toxins and lifelong accumulated metals.

Far infrared is the most healing and beneficial part of the sun's energy.

The detox box provides a gentle and deep penetrating heat to the body to induce a high volume of sweat, but at a comfortable level of around 40-50 degrees C which induces 2-3 times the sweat volume of a regular sauna.

The treatment purports to alleviate cellulite, improve skin tone and induce weight loss.

<b>Do In</b>	<b>DATA SHEET NO 34</b>
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A self help therapy which combines some of the principles of Shiatsu and Acupressure with stretches, exercises, breathing and meditation techniques.

Do In means self stimulation in Japanese and refers to the various methods used to gather and strengthen energy in the meridian systems of the body especially in the abdominal area.

The shiatsu massage is self administered rather than by a therapist.

<b>Dracula Therapy</b>	<b>DATA SHEET NO 34a</b>
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The name is short for Stimulated Self Serum Skin Therapy, introduced to the UK by French cosmetic doctor, Daniel Sister.

The doctor draws vials of the patients own blood from the face then separates it into the red blood cells, the clear serum and the platelets. Then, after vitamins and amino acids have been added the enriched serum is injected back into the face.

This purports to stimulate DNA repair, heal scars and makes dry wizened, wrinkled and lacklustre skin look and feel younger naturally.

<b>Dry Needling</b>	<b>DATA SHEET NO 34b</b>
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Dry needling utilises a solid, filament needle up to 10cm in length which is inserted into trigger points in much the same way as acupuncture needles. However, unlike acupuncture it is only used to treat pain and no other conditions. It only uses myofascial (muscular) trigger points and none of the other 'meridian' points of acupuncture. The needling of such a trigger point has been shown to relieve the symptoms of the pain. The points used and the effect appear to be the same as those used in acupuncture, but therapists argue that is it not acupuncture, whilst acupuncturists argue that it is just a limited form of acupuncture. Often practiced by physiotherapists. [http://en.wikipedia.org/wiki/Dry\\_needling](http://en.wikipedia.org/wiki/Dry_needling)

<b>Electrocautery</b>	
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Electrocautery is a method of removing a range of skin lesions using heat energy. A small handheld tool produces a tiny electric current, and the generated heat is used to 'cauterise', or remove, the unwanted growth. Electrocautery is used to remove skin tags, small cysts, brown spots, warts, verrucae and milia in just one efficient treatment.

<b>Electrolysis (Hair removal)</b>	<b>DATA SHEET NO 35</b>
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Method of removal of unwanted hair on the face or body, or the removal of skin tags, moles or warts, there are 3 popular methods used:

- 1) Needle method- A needle is inserted into the skin and either a faradic or galvanic current passed through it, which reaches the hair follicle and kills it.

- 2) Blend Method- A combination of faradic and galvanic current is passed through the needle to kill the hair follicle.
- 3) Trans dermal (TE) method- The client holds an electrode in one hand the therapist has another electrode with a cotton wool tip, gel is applied to the skin and the electrode is passed over the gel, the electric current forces the gel down through the skin and it crystallises the salt & water solution surrounding the hair follicle which in turn kills the follicle.

After each treatment it is claimed that the hair follicle grows weaker and hair re-growth lessens until eventually after several treatments the hair ceases to appear on the skin surface. (this could take several years of treatment)

As well as a purely cosmetic treatment some operatives treat clients who have been referred to them by doctors because of excessive hair growth, which may be caused by hormone problems or genetic abnormalities.

<b>Advanced Electrolysis (moles, warts, skin tags)</b>	<b>DATA SHEET NO 36</b>
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Similar technique as electrolysis for the treatment of, skin tags, thread Veins etc.

Skin Tags are brown or flesh coloured flaps of skin which are harmless, these are Usually found in areas where the flesh rubs together e.g. groin and armpits.

They are removed by heated needles or the application of liquid nitrogen.

Thread veins are tiny red veins which occur in the cheeks, nose and legs, caused by over exposure to the sun or the reduction of elasticity in the skin by natural ageing.

Larger areas to be treated e.g. in the legs are usually treated in hospital by Sclerotherapy (data sheet No 65), smaller areas e.g. on the face can be treated by electrolysis.

Trade names: Veinwave

<b>EFT Emotional Freedom Technique</b>	<b>DATA SHEET NO 36a</b>
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Developed in America in 1990 by Gary Craig an engineer, described as acupuncture without needles.

EFT is about returning the mind, body and feelings to a state of balance and harmony so you are not limited by negative emotions.

The technique employs tapping on or the light massaging of various meridian acupuncture points. The technique is often taught to the client for future use.

<b>Endermologie</b>	<b>DATA SHEET NO 37</b>
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Endermologie was developed in France in the 1990's as a deep tissue massage for injured horses which had the unexpected side effect of smooth skin.

It purports to temporarily disperse cellulite by the use of a deep tissue massage machine.

The client wears a body stocking and the mild suction from the machine pulls the skin into a small chamber in which it is gently pinched and rolled. This intensive massage of the skin breaks down subcutaneous fat, water retention and toxins allowing the bodies lymphatic system to drain it all away.

The client will need to pass water a lot more whilst the toxins are draining away. A course of 14 treatments is recommended.

<b>Eyebrow Treatments</b>	<b>DATA SHEET NO 38</b>
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**Eyebrow shaping**– Re-shaping of brows by plucking with tweezers or application of wax.

The alteration in the shape of the brow usually to accentuate the natural arch. If client has over plucked the natural line then the therapist will fill in the gaps with an eyebrow pencil of a similar colour to the clients existing brow.

**Eyebrow Tinting**- Application of solution a dye to give colour to the brows

Some clients may prefer to change the colour of their brows, to match a change in hair colour, this also would eliminate the daily use of an eyebrow pencil. The colour will last approximately 6 weeks.

<b>Eyebrow Embroidery</b>	<b>DATA SHEET NO 38a</b>
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A technique for creating eyebrow shape. There are two methods:

1. Using a micropigmentation machine to insert ink/dye/pigment into the skin
2. Using a blade to slice the skin or remove small areas, then applying ink/dye/pigment.

Both methods 'draw' fine lines to imitate hair, and can be used to create a shape, fill in hairless areas or thicken the appearance of brows. Both claim the treatment is 'semi-permanent' (lasting around 2 years), but this is achieved by using dyes/pigments/inks that fade in sunlight. However,

the scarring will remain and the jury is still out as to whether this is really any different to Tattooing. See also [Micro pigmentation](#), [Tattooing](#)

<b>Eyelash Treatments</b>	<b>DATA SHEET NO 39</b>
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Eyelash Tinting – the application of a liquid, jelly or cream which will change the colour of the eyelash for approximately 6 weeks.

Used by clients who do not wish to apply mascara on a daily basis.  
There are six colours available.

Eyelash Perming – the application of a solution which will curl the lashes.

Eyelash Extensions – the application of synthetic eyelashes which are bonded into the existing eyelashes to create thickness and length.

<b>Facials</b>	<b>DATA SHEET NO 40</b>
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Facials can include, deep cleansing, exfoliation, application of a mask and massage, a variety of products may be used. A facial steamer may also be used.

There are a number of different peels, exfoliants and washes used by beauty therapists combined in most instances by a facial massage.

<b>Facial Steamers</b>	<b>DATA SHEET NO 40a</b>
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Can be bench mounted or free standing electrical device which cover the face ,steam is released into the cover which opens the pores allowing the therapist to carry out a deep cleanse as part of a full facial treatment.

<b>Fairbane Therapy (Tangent Therapy)</b>	<b>DATA SHEET NO 41</b>
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A relatively new treatment named after Eileen Fairbane who has spent 20 years researching the mind and body. The treatment combines hands on bodywork with a psychological workout.

Some sessions may concentrate on the mind, discussions on nutrition, and detoxification information.

Other sessions may involve a very deep strong massage using aromatherapy oils and finger pressure work.

It is claimed to ease back conditions, give relief from migraine, ease anxiety and depression.

<b>Faradism</b>	<b>DATA SHEET NO 42</b>
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A form of massage using an interrupted direct electric current, which produces groups of short pulses of current, these pass through a system of electrode pads, placed on the face or body. The current makes the muscles twitch and it is claimed that this exercises the muscles, and produces the toning effects.

The passive electrode should be covered with damp lint or sponge material and placed between the shoulder blades on the lower cervical vertebrae, or this electrode may be hand held by the client.

The active electrode is covered with damp lint and then applied to different muscles whilst the current is passed through it.

It is thought to be beneficial for toning up the muscles of the face, sagging contours will be improved and sluggish skin will appear tauter.

The effects of ageing may be delayed due to the improved blood circulation and increased cellular function.

Arches of the feet may be improved and swelling around the ankles may be reduced

[http://en.wikipedia.org/wiki/Electrotherapy\\_%28cosmetic%29](http://en.wikipedia.org/wiki/Electrotherapy_%28cosmetic%29)

<b>Fillers</b>	
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Face and lip fillers (dermal fillers) are substances injected into the face. They fill lines and wrinkles and add volume to areas such as your lips or cheeks. Fillers are not permanent. How long they last depends on things like the type of filler and where it's injected. They usually last between 6 and 18 months. Most dermal fillers used in the UK contain a natural substance called hyaluronic acid.

<b>Fire Therapy (Huo Liao)</b>	<b>DATA SHEET NO 42 a</b>

A 'special elixir' (thick paste) is spread over the area to be treated (face, back or other body area). An alcohol soaked towel is then placed over the area for a few seconds, and removed. Then the therapist sets the alcohol soaked paste alight. Claims to benefit the skin.

**Main Risks** – Burns to the skin and quite possibly the whole building.

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<b>Feldenkrais</b>	<b>DATA SHEET NO 42 b</b>
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Named after its originator Russian Doctor, Moshe Feldenkrais in the 1940's

It is a preventative therapy rather than a treatment and is similar in its approach to the Alexander Technique. It uses movement and awareness to improve flexibility and functioning of the body. Dr Feldenkrais believed that awareness is developed through experience and developed methods using movement to re-educate the body and to help to break down established patterns of behaviour. This can develop into a greater ease of movement, an increase in vitality and well-being.

<b>Fish Therapy</b>	<b>DATA SHEET NO 42 c</b>
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The fish used are Garra Rufa which originate from the Far East where the treatment has been available for a number of years.

Feet are placed in a foot bath which contains approx 70 fish then eat the hard skin in approx 10 minutes leaving the skin feeling soft.

The quality of the water in which the fish are stored should be monitored and tested for ammonia and nitrate levels daily.

<b>Floatation Tank</b>	<b>DATA SHEET NO 43</b>
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An enclosed tank or capsule usually made of fibreglass which contains a very high concentration of Epsom Salts, the water is at body temperature.

The high salt levels create a zero gravity environment in which the body and head can float.

Earplugs are normally worn as the ears are normally below the level of the solution, but low level relaxing music is played through underwater speakers.

The mind and body are shielded from all external stimulation, the brain's normal workload is reduced by up to 90%. In this situation the body conserves energy and has a chance to heal and rejuvenate itself.

<b>Foot Detox</b>	<b>DATA SHEET NO 44</b>
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It is believed that a person's health suffers because of imbalances in the body, which can be redressed by the process of detoxification.

The feet are immersed in an electrically operated unit similar to a foot spa which is fitted with 2 stainless steel electrodes. The water becomes charged with electrons these impart to the water a bio- energetic field which corresponds to that of the user.

A gentle bio-energetic resonance travels through the body which encourages a rebalance within the user. The water turns shades of brown or orange as the toxins are supposedly released.

In some circumstances the whole body can be immersed in a bathtub similarly charged.

Trade Names: Aqua Detox

<b>Freeway- Cer</b>	<b>DATA SHEET NO 44a</b>
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Developed by a British Couple Tom Bolton and Beverley Anderson in 1990, this treatment differs from the other meridian techniques (TFT, TAT) because it uses only 8 meridian points, it incorporates several yawns, a new type of affirmation, takes approx 1 minute per round, can be used for tapping, rubbing, pressing and releasing, or it can be used internally and silently without any of these. It also incorporates a way of invoicing a completion statement at the end of each treatment.

<b>Frotox (iovera)</b>	<b>DATA SHEET NO 44 b</b>
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Billed as an alternative to Botox, this uses a closed end needle filled with liquid Nitrogen. This is inserted into the same areas as Botox, and the 'Cryoneuromodulation' effect freezes the nerve for up to 3 months, thus eliminating wrinkles. No substance is actually injected.

<b>Galvanism</b>	<b>DATA SHEET NO 45</b>
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A form of massage using a constant uninterrupted direct current, Galvanic current penetrates through to the 3<sup>rd</sup> layer of skin, into the dermis.

Moisturising Gels or liquids are applied to a piece of lint, which is then placed under the pad of the negative electrode this is then held by the client. A piece of lint soaked in warm water is placed under the pad of the positive electrode, these are then secured to the body with straps.

The intensity of the current is set and the 2 rollers which have a gel applied to them are moved across the area to be treated. The products used will combine and a chemical change occurs.

It is claimed that it helps to deep cleanse and soften the skin, aids the shedding of dead skin cells, disperses whiteheads, increases the circulation which aids dry skin problems, tightens open pores, revives tired and exhausted skin and assists in the removal of spots and pimples

[http://en.wikipedia.org/wiki/Electrotherapy\\_%28cosmetic%29](http://en.wikipedia.org/wiki/Electrotherapy_%28cosmetic%29)

<b>Glucose Testing</b>	<b>DATA SHEET NO 46</b>
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High levels of Glucose /sugar in the body could give rise to diabetes.

A blood test is taken following an 8-10 hours fast to determine the levels of glucose present in the body.

Diabetics must monitor their own blood glucose levels on a daily basis, often several times a day, by means of the finger prick test.

The result of these tests will determine the amount of insulin which may need to be injected or tablets taken

<b>Grinberg Method</b>	<b>DATA SHEET NO 46a</b>
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The Grinberg method was developed in 1980 by an Israeli reflexologist Avi Grinberg, Grinberg worked as a nurse and paramedic and his experience of the plight of sick people and especially those suffering from chronic health problems inspired him to search out and develop various complementary and alternative therapies.

It incorporates the Feldenkrais method and acupressure techniques, by means of touch, breath, movement, physical exercises, tools and techniques to increase one's ability to pay attention. To define what needs to be learned, the method combines each person's past experience with their present.

<b>Gyratory Massage</b>	<b>DATA SHEET NO 47</b>
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A deep invigorating massage via a hand held device which is applied to the body, thought to promote the breakdown of cellulite in the hips, legs or arms. The device is operated electrically, but does not pass a current into the body

May improve blood circulation, lymph drainage and muscle relaxation.

Trade Names: G5

<http://www.g5.com/spa/>

<b>Halotherapy/Speliotherapy</b>	<b>DATA SHEET NO 48</b>
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4000 patients were first treated in Hungary over a 10 year period for breathing conditions, bronchitis, allergies etc. Patients found they were able to breathe easier and reduce their medication.

The treatment is available in a number of forms, i.e. salt pipes and salt lamps for home use and salt caves/chambers where a number of patients can receive treatment at the same time

Inside the salt cave/chamber patients can experience the following conditions: humidity of 40-50%, temperature of 20-24C, the aerosol concentration of 0, 5-15 mg/m<sup>3</sup>

The patients sit in relaxed positions on the comfortable deck chairs and take sessions of 30-40 minutes. The diffused light and calming music are adding to help the patient relax. The children can play "sand cave adventures" in the saltbox, where sand is substituted by the salt. It is recommended that a treatment is taken for 10 consecutive days and repeated 2-3 times a year.

<b>Hellerwork</b>	<b>DATA SHEET NO 49</b>
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The entire musculo-skeletal structure of the body is considered and related to the individual's well being.

Practitioners believe that from the beginning of our lives we accumulate tension and over the years this can manifest itself in chronic tension in various parts of the body.

Clients are taught to use their bodies in ways that minimize effort and tension this is paralleled psychologically as clients explore how their thoughts attitudes and feelings have an impact in and through their bodies.

<b>Henna Tattoos</b>	<b>DATA SHEET NO 50</b>
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Originating in India a treatment which is now very popular in the UK.

There are 2 types of henna widely used:

- 1) Pure henna- a mix of brown henna with essential oils and lemon juice, which is harmless to the skin, after the paste is applied and subsequently removed it leaves an orange stain which turns brown. The pattern will normally last approximately 1-3 weeks.
- 2) Black henna – henna mixed with a chemical called Para – Phenylene diamore (PPD) to form a black paste which when applied to the skin leaves a black stain lasting approximately 1 week. This mix can cause an allergic reaction on the skin and subsequent sensitisation to any product containing PPD.

<b>Herbal Medicine</b>	<b>DATA SHEET NO 51</b>
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The use of herbs in medicines to maintain harmony and balance within the body has been practised for hundreds of years in different cultures but are usually associated with the Chinese community.

Today 25% of prescriptions contain active ingredients of plants.

<b>High Frequency</b>	<b>DATA SHEET NO 52</b>
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High frequency electricity (200,000 hertz) sometimes known as oscillating current, is applied to the client's skin via glass electrodes (saturators).

There are 2 types of treatment given:

- 1) Indirect or vienesese massage – the client holds the saturator in one hand, and then the current flows through the surface of the skin. The therapist will then carry out a physical massage on the client.
- 2) Direct – the skin is massaged by a glass plate at the end of the saturator, which is controlled by the therapist. The plate is usually in contact with the skin, which is treated with talcum powder in order to reduce friction between the plate and the skin.

Method (1) claims to have a stimulating anti-congestive effect.

Method (2) produces a small quantity of ozone in the vicinity of the glass plate, which has a germicidal effect.

By moving the glass plate away from the skin, sparks can be produced which when directed at spots are claimed to be an effective treatment by drying them out.

[http://en.wikipedia.org/wiki/Electrotherapy\\_%28cosmetic%29](http://en.wikipedia.org/wiki/Electrotherapy_%28cosmetic%29)

<b>Homeopathy</b>	<b>DATA SHEET NO 53</b>
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Homeopathy is gentle holistic system of healing. It focuses on the person as an individual, concentrating on treating the specific physical and emotional symptoms, to give long lasting benefits.

Homeopathic remedied are a unique potentised energy medicine, drawn from the plant =, mineral and animal worlds. They work by gently boosting the natural energy of the body; there is no danger of addiction or toxicity.

The treatment is used to treat everything form acute fevers, sore throats and toothache to chronic illnesses such as arthritis, eczema, anxiety and insomnia.

<b>Hot Air Massage</b>	<b>DATA SHEET NO 53a</b>
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Air massage combines the powers of air, heat and massage. The working principle of air massage therapy is based on a massage action of a strong heated air.

The air unit used is bulky and would normally sit under the treatment couch.

There is no contact between a client and therapist, warm air is directed onto the body.

Trade Name: Aeroline

<b>Hyaluronic Acid(Cosmetic Filler Implants)</b>	<b>DATA SHEET NO 54</b>
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An inert polysaccharide which is used for facial line and wrinkle correction. It binds with water to form a cosmetic filler material which can be injected subcutaneously into the area under treatment.

May be combined with Botox to provide a non surgical 'face- lift'

Manufactured under brand names Restylane, Perlane or Hylaform.

Effects may last for approximately 3-6 months.

This is a 'medical device' product and must comply with the EU Medical Device Directives. They should be administered by a registered medical practitioner or a registered general nurse.

<b>Hydrafacial/Hydradermabrasion</b>	
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The Hydra Dermabrasion, also called Fusion Facial, Aqua Dermabrasion, Wet Microdermabrasion, Hydra Facial or Aqua Facial is the same process of exfoliation. The machine uses special serums that are pushed into the deeper layers of the skin while the exfoliation process is going on. The technician is able to choose specific serums that address Acne, Hyperpigmentation, and Anti-aging or hydration.

<b>Hydrotherapy</b>	<b>DATA SHEET NO 55</b>
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The use of water either internally or externally to maintain health and prevent disease. According to its mineral content, water taken internally can have a laxative, diuretic, and phlegm producing or perspiration inducing effects.

Used externally in a bath, water has the power to improve blood and lymph circulation, relax tension in the tissues alleviate pain and calm the nervous system.

Different types of hydrotherapy but one example Balsam, bath water is heated to 40 degrees centigrade and oxygen introduced into, several sessions lasting up to 15 minutes each are recommended.

<b>Hypnotherapy</b>	<b>DATA SHEET NO 56</b>
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A technique using hypnosis that reaches into the subconscious mind for solutions to problems which the conscious mind has been unable to deal with.

The altered state occurring under hypnosis is akin to a state of deep meditation, where the recuperative abilities of the psyche are allowed to flow more freely.

Hypnosis is a waking state, the hypnotized person remains in full control of their behaviour and is usually able to recall the whole experience.

Hypnotherapy has been used to treat addictions, relieve stress and help individuals develop a more positive attitude in general.

<b>Infra – Red (see also Detox Box)</b>	<b>DATA SHEET NO 57</b>
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Infra- red lamps make use of radiant energy, which is absorbed by the tissues of the body, creating heat at the point of entry.

In beauty salons there are 2 types commonly used: -

- Non-luminous- pure longwave radiation also called black heat. The lamp is a coil of wire embedded in a heat retaining clay core, which gives maximum reflection of rays. The lamp takes approximately 10 minutes to heat up. The glass of the lamps should be protected by mesh to prevent burns
- Luminous- short wave radiation. The lamp is a coil of tungsten wire in a specially designed glassbowl.

It is claimed that by producing a sedative effect on sensory nerve endings it can relieve pain, stiff muscles and joints

Dilates blood vessels and increases lymph flow.

Increases sweat thus aiding elimination of waste products.

<b>Inversion therapy</b>	<b>DATA SHEET NO 57 a</b>
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This treatment involves the client being inverted or 'hung' upside down. This is usually achieved by using an inversion table. The client is strapped to the table and it is rotated through 180 degrees. The weight of the body is supported by the feet, thus exerting less stress on the other joints. It is claimed that this therapy can improve back pain and realigns the skeleton.

<b>Iridology</b>	<b>DATA SHEET NO 58</b>
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Developed in Hungary in the 19<sup>th</sup> Century, it involves the examination of the Iris of the eye and the Pupil with an ophthalmoscope which may identify weaknesses in the body.

A therapist will recommend appropriate treatment for disorders that are identified during the examination.

It is considered a valuable addition to orthodox medicine and is taught to many medical students.

<b>Ken Eyerman Technique</b>	<b>DATA SHEET NO 58a</b>
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Started by an American Ken Eyerman, the technique involves a variety of different massage techniques, Feldenkrais and Yoga. The focus lies on understanding the body and its structure.

Emphasis is placed on the connection between breath and movement, developing intuitive and observation skills, sensing the clients' blockages in body and mind and learning ways of releasing those blockages.

<b>Kinesiology</b>	<b>DATA SHEET NO 59</b>
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A treatment, which was devised in the 1960's by an American chiropractor. He developed a series of muscle tests based on the muscle/meridian connection. Instead of acupuncture needles he used touch.

It works on the same concept as Acupuncture that disease results from blocked or unbalanced energy channels.

Through muscle testing, which is done by applying pressure to limbs, practitioners claim to evaluate the energy in the meridians and therefore in the organs.

Also believed to identify food allergies.

<http://en.wikipedia.org/wiki/Kinesiology>

<b>Kirlian Photography</b>	<b>DATA SHEET NO 60</b>
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A Russian technician called Semyon Kirlian discovered the Kirlian effect in 1939 which was developed into Kirlian Photography.

The principle is that the body has an energy field that can be photographed and that any irregularities in the energy field recorded by this technique denote potential health hazards.

The patient places the hand on a machine with a flat surface made of glass or metal, the plate is charged with electricity as the photograph is being taken, so a slight tingling may occur.



The therapist will then look at the photograph and analyse any problems that may exist, referral may then be made to a therapist in a specialist field.

<b>Korean Hand Therapy</b>	<b>DATA SHEET NO 61</b>
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This is a form of Acupuncture, based on the principle that different parts of the hand represent areas of the body.

The little finger represents the foot, the ring finger represents the hand and the palms relate to internal organs.

Miniature needles or magnetic pellets are used to stimulate or sedate the flow of energy to achieve a healthy balance.

It is claimed that the balance in the body is restored in much the same way as Reflexology and Acupuncture work.

Thought to help with the relief of asthma, allergies, diabetes, epilepsy, stroke symptoms, migraines and stress.

<b>Lasers / Intense Pulse Light</b>	<b>DATA SHEET NO 62</b>
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The use of Class 3b and 4 lasers to carry out a variety of cosmetic procedures including: Hair removal; tattoo removal; spider/ thread vein and red spot treatment; vascular blemish treatments; port wine stain removal; photo rejuvenation treatments; skin resurfacing and blemish removal. This is not an exhaustive list and new types of treatment are being developed all the time.

Lasers and IPL work by interacting with the pigment in the hair to produce heat. A very intense beam of light is fired through the skin at the hair root; the dark hair becomes very hot and damages the cells that produce the hair. If the light is intense enough then the hair follicle is damaged to an extent where it can no longer produce hair at all. If the hair follicle is damaged to a lesser extent, the result will be re-growth of the hair after a few weeks, which is fairer and finer than the original.

This is generally a cosmetic treatment but some clients may be referred by a Doctor (Eg: for dense hair growth caused by a medical condition, severe skin blemishes etc.).

Main risk involved is skin burns, which is normally down to poor understanding of the process by the operator and treating dark skin with the wrong type of laser/IPL.

<b>Laser lipolysis</b>	<b>DATA SHEET NO 62a</b>
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Low level Intense Pulsed Light is used to heat the fat layer of the skin. This breaks down the fat molecules, which are then passed into the lymph system either by massage or, more usually, by

exercise after treatment. The treatment also increases collagen growth, and causes existing collagen to contract, thus tightening the skin.

Body pads incorporating the lights are strapped to the body where the fat is to be broken down. A typical session lasts 20 mins. Although the IPL used is classed as 3B, it is very low level and normally in a range that has been used by physiotherapists for many years. There is usually no way of altering the fluence settings and so usually there is little risk of injury and hence treatment protocols and local rules do not need to be as detailed as for Laser/ IPL. Trade names include Lumislim, vaser, laser lipo, strawberry laser.

<b>Lumi Lift / Lumi Facial</b>	<b>DATA SHEET NO 62b</b>
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A combination of micro current and light energy to treat conditions in the epidermis, dermis, and muscular regions.

Lumi Lift – 2 electrodes from a machine called Solitone are attached to the face , a pulsating light is directed at the skin surface , the light purports to stimulate the fibroblast cell to produce more collagen, this smoothes and softens the appearance of wrinkles .

Lumi Facial – targets common skin problems such as acne, redness and uneven pigmentation. A wrap around facial panel is positioned in front of the face and the machine selects the specific light energy for the skin type and condition.

<b>Manicure</b>	<b>DATA SHEET NO 63</b>
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A cosmetic treatment to improve the appearance of nails. The operative files and shapes the nails to an acceptable length, frees the cuticle and nail wall from the nail plate, thereby avoiding the risk of hangnails.

<b>Manual Lymphatic Drainage</b>	<b>DATA SHEET NO 64</b>
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Dr Emil Vodder in the 1930's created a range of gentle rhythmic pumping techniques to move the skin in the direction of lymph flow. This stimulates the lymphatic vessels which carry substances vital to the defence of the body and removes waste products.

Therapists may wrap areas of the body in supporting bandages which will stay in place for a few days to encourage drainage.

It is thought to promote the healing of fractures, strengthen the immune system and relieve fluid congestion etc.

<b>Marma Therapy</b>	<b>DATA SHEET NO 65</b>
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In Indian traditional medicine, the marmas are 107 points or areas where the nerves and muscles meet and if these become clogged or unbalanced then emotional and physiological functions may become impaired. This treatment has been practised in India for centuries but there are very few practitioners in the UK at the moment.

The marma points lie deeper in the body than the Acupuncture points.  
If these points are blocked, the nervous system cannot send clear messages to the brain.

This massage is carried out with the clothes on.

Before treatment begins the therapist will take the various pulses and ask to see the tongue, which gives an indication as to the level of acidity.  
Muscle and nerve reflexes are also checked.

The pressure from the massage is intense and may cause pain in less fleshy areas of the body.

Therapists claim it gives relief to those suffering from

Neuro-muscular disease, strokes, multiple sclerosis, asthma, arthritis and epilepsy

<b>Mesotherapy</b>	<b>DATA SHEET NO 65a</b>
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Mesotherapy is an injection treatment that delivers substances such as vitamins, amino-acids, minerals and hyaluronic acid to the layers of the skin where cell repair and growth occurs. Apparently this treatment helps improve dull, tired looking skin; dry, lifeless skin, superficial wrinkles and is ideal for pre- or post-operative skin conditioning.

#### How is it done?

A series of superficial injections are done by hand or with an injection device delivering rapid injections for larger areas. Normally it is well tolerated, but for sensitive areas anaesthetic cream can be used prior to the treatment. Initially a course of 6-8 sessions are advised every 2 weeks, with maintenance 1-2 times a year.

#### Contraindications

Known allergy to components in the proposed mesotherapy cocktail, pregnancy, breastfeeding, keloid scarring, active infection or malignancy.

This treatment has also now done as a facial where the substances are placed into a pouch and combined with facial steaming. This type of treatment IS a ST.

<http://www.dralexchambers.co.uk/skin-rejuvenation/mesotherapy.html>

<https://en.wikipedia.org/wiki/Mesotherapy>

<b>Meta Aromatherapy</b>	<b>DATA SHEET NO 66</b>
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Meta Aromatherapy uses essential oils in combination with bodywork and psychotherapy.

The treatment combines olfactory stimulation through the essential oils and tension release through aromatherapy massage .It also incorporates counselling and specialised hypnotherapy techniques.

<b>Metamorphic Technique</b>	<b>DATA SHEET NO 67</b>
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Practitioners believe that the bodies' energy or life force can get stuck in patterns, every cell that develops holds memories as far back as the womb and a person can become stuck with emotions and beliefs from the past. These can be manifested in physical or mental illness or emotional patterns of behaviour.

A light massage is used on the spinal reflexes in the feet, hands and head which correspond to the time before birth.

A metamorphosis within the individual brings about a movement out of old patterns of illness both physical and psychological and promotes growth within the individual.

[http://en.wikipedia.org/wiki/Metamorphic\\_Technique](http://en.wikipedia.org/wiki/Metamorphic_Technique)

<b>Microblading</b>	
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**Microblading** is a tattooing technique in which a small handheld tool made of several tiny needles is used to add pigment to the skin. Microblading differs from standard eyebrow tattooing because each hair stroke is created by hand using a blade which creates fine slices in the skin, whereas eyebrow tattoos are done with a machine and single needle. Microblading is typically used on eyebrows to create, enhance or reshape their appearance in terms of both shape and color. It deposits pigment into the upper region of the dermis, so it fades more rapidly than traditional tattooing techniques, which deposit pigment deeper.

<b>Micro Current</b>	<b>DATA SHEET 68</b>
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An electro – therapy treatment for long lasting pain control and accelerated healing.

When an area of the body is injured, positive electrical charges cluster at the site causing inflammation and pain. MCT emits negative charges, which painlessly penetrate the skin to surround the damaged cells and stimulate the body's natural healing process, reducing pain and swelling.

The output of this device is very low and therefore many users do not even feel it, it closely resembles the body's naturally occurring bio-electric current to stimulate cellular physiology and provide long term pain relief.

[http://en.wikipedia.org/wiki/Electrotherapy\\_%28cosmetic%29](http://en.wikipedia.org/wiki/Electrotherapy_%28cosmetic%29)

<b>Microdermal Anchors ( single point piercing)</b>	<b>DATA SHEET NO 68a</b>
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They are single point piercings carried out with an ordinary piercing needle that places a little 'foot' with a post under the skin. Into the post can then be screwed a variety of accessories including balls, spikes flat jeweled and picture discs.

This form of piercing should only be undertaken by an experienced piercer as the placing of the anchor is a delicate procedure to ensure that it will sit level under the skin, the anchors are intended to be permanent as removal of them will cause scarring.

There is a greater risk of tissue damage with this procedure.

<b>Micro Dermabrasion</b>	<b>DATA SHEET NO 69</b>
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Microderm abrasion involves the use of a hand held spray device which sprays micro crystals onto the face which gently exfoliate the outermost layer of the skin.

A course of treatments are needed before the effects can be noticed. The skin appears red immediately after the treatment which fades after a few hours.

Lasers may be used during this treatment, which would be licensed as usual under Light treatments. The treatment would usually be followed by a soothing facial.

It is thought to stimulate the production of new cells and collagen, over a period of time the appearance of fine wrinkles, spots and scars may be reduced.

<b>Microneedling</b>	
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Microneedling uses a medical microneedle that causes micro-injuries which in turn stimulates the healing response of the body. The microneedle device contains fine needles that work to eliminate scarring, marks and lesions on the face and body. Microneedling treatment penetrates micro areas of the skin and creates controlled wounds. The skin responds by filling the wounds with collagen and elastin, which are natural proteins that can effectively strengthen the skin and reduce the appearance of scarring. The needle length varies, and this variation has an impact on the benefits and risks of the treatment. Microneedling and mesotherapy are often combined.

<b>Micro pigmentation (Semi-permanent make up)</b>	<b>DATA SHEET NO 70</b>
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Micro pigmentation is a technique whereby small amounts of pigments are placed into the upper dermis of the skin via disposable needles. The shadow of colour shows through the skin and is used as a semi-permanent make up.

Common cosmetic applications are eyeliner, lip liner, eyebrows and beauty spots, however it can also be used for corrective and remedial procedures i.e. camouflage of scars, burns, cleft lip, vitiligo and alopecia

The effects last approximately 3 years.

Micropigmentation derived from the ancient art of tattooing, however there are several supposed differences, namely: -

- the pigments are all herbal and only plant extracts are used, the colours used are more subtle and it fades with sunlight
- the pigment is allegedly placed in the upper dermis but not as deeply as for tattooing, although how anyone can distinguish between layers that are micrometres thick, with a tattooing needle is never explained.
- the amount of pigment used is far less than in tattooing

This treatment is the same as tattooing, regardless of whether it is or is not permanent. Not all practitioners use 'herbal' inks. There is a large variety of equipment used. There is no guarantee it will fade – in many cases it won't.

<b>Moxibustion</b>	<b>DATA SHEET NO 71</b>
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Moxibustion is frequently used during an acupuncture treatment; it is the burning or smouldering of a Chinese herb called moxa or *artemesia vulgaris*.

Moxa can be applied to the end of an acupuncture needle and the heat travels down the needle and into the acupuncture channel.

It is very useful technique if the patient has poor circulation or is generally a cold person.

Moxa can also be applied in a moxa box, the moxa is burned on a metal grid inside the box and the heat penetrates over a larger area, applied to the abdomen it is useful for women who have painful periods.

<http://en.wikipedia.org/wiki/Moxibustion>

<b>Myofascial Release</b>	<b>DATA SHEET NO 71a</b>
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Myofascial Release is a specialised physical and manual therapy used for the effective treatment and rehabilitation of soft tissue and fascial tension and restrictions.

'Myo' means muscle and 'fascia' means band. Fascia, an embryological connective tissue, is a 3D continuous web of elastin and collagen fibres surrounded by a viscous fluid called the ground substance.

Fascia, like muscle, has the ability to contract and relax and plays a major role in mobility and stability of joints. Myofascial release is a form of manipulative massage that targets these soft tissues to relieve pain ([Rolfing](#) is a form of myofascial release that has developed separately).

<http://www.myofascialrelease.co.uk/what-is-myofascial-release/>

<b>N.A.E.T</b>	<b>DATA SHEET NO 72</b>
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Nambudripad Allergy Elimination Technique, named after Dr Nambudripad who suffered from a number of allergies and found that a combination of Acupuncture/Acupressure, Kinesiology and Nutrition relieved her of her symptoms.

They say that allergies are caused by an imbalance of energy within the body which leads to a diminished state of health in one or more organs of the body.

Triggers are commonly pollutants or foods; N.A.E.T eliminates one allergen at a time over a period of treatment.

Kinesiology muscle testing is used as part of the diagnosis, and then a different trigger is introduced each time and eliminated via the use of acupuncture/acupressure to restore the balances in the body.

<b>Nail Extensions</b>	<b>DATA SHEET NO 73</b>
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- 1) The application of false plastic tips as an extension to the person's own Nails or where a nail has broken, these are then overlaid with either acrylic powder mixed with liquid monomer or fibre gel or silkwrap. The nails are then buffed and filed either with hand files or by the use of electric drills.
- 2) The overlaying of the clients own nails by one of the above methods plus the buffing and filling which provides a tougher outer surface.

After overlaying the nails can be left with a natural finish or a nail varnish may be applied with a pattern, which can be, hand painted or applied by an airbrush.

This is a cosmetic treatment to improve the appearance of the nails; it may also be beneficial to persons who bite their nails.

<b>Naturopathy</b>	<b>DATA SHEET NO 74</b>
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Naturopathy is a complete system of natural healthcare that believes the body had the knowledge to heal itself. Symptoms are viewed as signs that the body is attempting to heal itself

and the treatment addresses the underlying causes of illness, primarily unfavourable habits of lifestyle.

The aim is to induce health by making the individual, more resilient and the immune system stronger. The first stage being to prevent the development of disease through a variety of natural health care methods.

It can be used to treat a wide variety of illnesses and complaint however, treatment is often dictated by the patient's willingness to change or participate.

<http://en.wikipedia.org/wiki/Naturopathy>

<b>No Hands Massage</b>	<b>DATA SHEET NO 74 a</b>
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Developed by Gerry Pyves, No Hands Massage is a form of oil based massage that purports to utilise the strength of the practitioner's whole body to induce a state of relaxation in the recipient. The therapist mainly uses his/her forearms to deliver the massage, but other parts of the body are also used, depending on the recipient's individual needs.

<b>Neuroskeletal realignment Therapy</b>	<b>DATA SHEET NO 74 b</b>
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This is a non manipulative technique for treatment of pain, limited movement associated with injury, misalignment and bad posture. The therapist uses only their middle fingers to apply gentle and controlled pressure to specific nerve points that stimulate tension activity to cause change in and around a stressed muscle. Muscles can be achy for days afterwards.

<b>Norris Technique</b>	<b>DATA SHEET NO 75</b>
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Patricia Norris a former classically trained dancer studied many methods of body alignment such as yoga, Pilates etc before developing her own method. It took her 25 years to perfect the technique which concentrates on aligning the feet, knee, pelvis, shoulders and head.

This technique is not simply an exercise programme, it is a pre –conditioning through which all physical activity becomes body – benefiting exercise.

<b>Osteomyology</b>	<b>DATA SHEET NO 75a</b>
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Osteomyology a form of spinal manipulation loosely based on chiropractic and osteopathy. Practitioners are encouraged to blend other treatments such as aromatherapy, reflexology etc. into their work. They are not registered by the HCPC or the GOC and are not exempt unless they are a member of another exempt body.



<b>Osteopathy</b>	<b>DATA SHEET NO 76</b>
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It is believed that defects in the muscles, bones and joints influence the natural function of internal organs. To correct structural abnormalities, a mixture of massage, stretching and manipulation are used to remove the abnormalities and thus re-establish the normal functioning of the body's activities.

The osteopath treats the whole patient, considering such factors as nutrition

Osteopaths are exempt under the London Local Authorities Act 2000 amendment (Sec. 27 (2) (b) (iv)). The Osteopaths Act 1993 set up the General Osteopathic Council and Osteopaths MUST be registered to use the title. If they are not a member, then they are NOT exempt and you should also report them to the GOC. See <http://www.osteopathy.org.uk/>

<b>Oxygen/ Ozone Therapy</b>	<b>DATA SHEET NO 77</b>
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Ozone (O<sub>3</sub>) has been used as a disinfectant since the 1850s. Treatments vary in terms of either using the disinfectant qualities of Ozone, or as a way to increase Oxygen levels in the Blood. Oxygen is used on the 'theory' that bacteria and other microbes 'prefer an oxygen poor environment'. O<sub>2</sub> is therefore used to increase Oxygen levels.

Treatments are available in the following forms.

- 1) Ozone therapy – blood is taken from the patient and is mixed with Ozone via a variety of methods. The treated blood is then returned to the patient.
- 2) Ozone is mixed with a gas or liquid and then injected into the body either intramuscularly, subcutaneously or direct into the bloodstream. These mixtures may also be introduced to the body as an enema or vaginal douche.
- 3) Oxygen therapy – blood is taken from the patient and mixed with Oxygen before being returned to the patient.
- 4) Hydrogen Peroxide may also be injected directly into the blood stream or taken orally.

<b>Oxygen Bars</b>	<b>DATA SHEET NO 77 a</b>
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Oxygen bars which may be installed in gyms, night clubs etc where customers sit at bar stools and inhale either pure oxygen or oxygen mixed with a variety of aromas.

<b>Ozone Sauna</b>	<b>DATA SHEET NO 77 b</b>
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Client sits in a steam cabinet that covers the body and limbs only. Ozone is introduced into the 'steam' mixture which is circulated around the body. The heat helps to open the pores, which allows the Ozone to enter the body. Also has a disinfectant effect on the skin.

<b>Pedicure</b>	<b>DATA SHEET NO 78</b>
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This is the care of the toenails, feet and legs up to the knee. The therapist will wash the feet, remove rough areas of skin, trim and shape the toenails, Cut back the cuticles, the client may then have nail varnish applied.

A massage of the feet and lower leg is usually incorporated into the treatment.

A pedicure improves the appearance of the feet and if incorporated with a massage may increase the supply of blood to the legs and feet thus helping with circulatory disorders.

<b>Physiotherapy</b>	<b>DATA SHEET NO 79</b>
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A detailed consultation takes place to establish the nature of the injury and possible causes. The therapist may undertake physical manipulation or massage of the injured body part, together with the recommendation for exercises for the client to undertake on their own.

Friction massage, ultra sound, infra red and low level laser treatments on the area may also be carried out. The laser used is a class 3B, but it is extremely low wattage and is generally agreed not to fall under the need for a licence, although it is technically a light treatment.

The LLAA91 gives exemptions to 'any premises used by a person registered under the Professions Supplementary to Medicine Act 1960. This has been replaced by the Health Professions Order 2001, which set up the Health and Care Professions Council (HCPC), (formerly called the Health Professions Council HPC). Physiotherapist and Physical Therapist are listed by the HCPC and members are therefore exempt. Physiotherapist and Physical Therapist are 'protected titles', meaning that you must be registered with the HCPC to used these titles. However, if the person is NOT a member, then they are NOT exempt (they should also be reported to the HCPC who can prosecute). See <http://www.hpc-uk.org/aboutregistration/professions/index.asp?id=11#profDetails> and <http://www.hpc-uk.org> for more details.

The professional body for Physiotherapists is The Chartered Society of Physiotherapists (CSP). Physios do not have to be a member of this, but if they are they can call themselves Chartered. Many Physiotherapists also use Acupuncture for pain relief as part of their treatments. The CSP have also set up the Acupuncture Association of Chartered physiotherapists AACP. Chartered Physios who are members of the AACP have been specifically trained (with the BAC) in acupuncture for pain relief only. The AACP are an exempt body, but only for pain relief acupuncture. If a physiotherapist is doing full acupuncture then they are NOT exempt. Dry needling is also used by some physiotherapists, but they have NO exemption for this.

<b>Plasma</b>	
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Plasma /Fibroblast is a cosmetic treatment which offers an alternative to invasive surgical procedures. Treatment is delivered using an electronic hand-piece, (the plasma pen) : the device uses a small metal probe to ionize atmospheric gas, producing a tiny plasma flash between the device tip and the patient's skin. This superficial trauma causes the skin in its vicinity to tighten and lift.

<b>Polarity Therapy</b>	<b>DATA SHEET NO 80</b>
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Developed by Dr Randolph Stone who was an osteopath and chiropractor .A therapy based on the principle that illness is caused by imbalance or block in the bipolar energy field.

Practitioners rebalance energy in the body through a combination of massage, meditation, exercise and diet.

<b>Qi Gong</b>	<b>DATA SHEET NO 81</b>
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An oriental therapy which combines gentle massage with breathing techniques, meditation and visualisation to improve the circulation of Qi (life energy) in the body.

Qigong emphasises the need for harmony between Yin and Yang and the free flow of Qi in the meridians.

An imbalance between a person's Qi and the Qi of the environment can also create disharmony

The simple techniques used in Qigong may help to improve the flow of Qi and therefore maintain or restore physical and mental health to optimum levels.

[http://en.wikipedia.org/wiki/Qi\\_gong](http://en.wikipedia.org/wiki/Qi_gong)

<b>Radionics</b>	<b>DATA SHEET NO 82</b>
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A view that the living body has a subtle energy field which sustains and vitalises it.

If the field is weakened by stress or pollution etc. then eventually the physical body also becomes weak, leaving it susceptible to illness.

The aim of radionics is to identify the weaknesses and to correct them.

It is not necessary for the client to be present for this treatment as the practitioner can use something like a hair sample or signature to 'tune in' to him or her.

The minds can be linked from many miles away. A coded instrument is used and numbers are conveyed to the mind of the client.

<b>Radio Frequency</b>	<b>DATA SHEET NO 82 a</b>
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This treatment uses a machine that produces radio waves at the hand piece. This is rotated over the area to be treated. The radio waves meet resistance in the skin which heats the dermis (lower skin layer) to between 40-45 Celsius without burning the surface. Some systems use one hand piece (Mono or uni polar) where the electrical current flows through the body. Others use 2 hand pieces (Bi Polar) where the current only flows between the electrodes. The localised heat causes contraction in the skin collagen resulting in 'immediate' tightening. It also stimulates new collagen growth and improves circulation. Trade names include Thermage, Accent and tripollar.

Main risks – overheating of the dermal layer can result in fat atrophy or excessive tightening. This causes a depression to appear in the skin. This has been attributed to operators using frequencies above the manufacturers guidelines and has mainly occurred with the Thermacool system.

<http://www.consultingroom.com/treatments/radiofrequency-facial-tightening>

<b>Reflexology</b>	<b>DATA SHEET NO 83</b>
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Originates in the early 20<sup>th</sup> Century. Similar Chinese theory to Acupuncture and Acupressure where it is believed that disease/disorders stem from blockages in the meridians/zones.

The body is divided into 10 zones and these are identified on the soles of the feet. There is a corresponding reflex in the foot for every part of the body, so it is claimed that all disorders can be treated.

Pressure is applied to the part of the foot, which relates to the organ where the problem is thought to exist. Powders, creams or essential oils may also be used.

This treatment often accompanies an Aromatherapy massage.

It is claimed that it can be used as a replacement to anaesthetic during minor surgery. May improve the efficiency of the nervous system, the lymphatic system, kidneys, colon and the skin.

May help alleviate migraines, headaches and stress-related conditions.

<http://en.wikipedia.org/wiki/Reflexology>

<b>Reiki</b>	<b>DATA SHEET NO 84</b>
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Developed in the early 1900's in Japan, the words rei and ki mean universal life energy.

The practitioner holds their hands over parts of the clients fully clothed body for a few minutes and then moves to a different area imparting energy into the client's body restoring any imbalances present.

The treatment is the placing of hands on the body rather than a massage but some practitioners may give massage in conjunction with the treatment.

<http://en.wikipedia.org/wiki/Reiki>

<b>Rolfing</b>	<b>DATA SHEET NO 85</b>
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Named after its inventor Dr Ida Rolf from America. It is a form of [myofascial release](#) that has been developed By Dr Rolf.

It is believed that chronic long-term tension eventually causes shortening of the network of fibrous connective tissue (fascia) covering and linking the muscles.

The treatment is designed to lengthen and release the fascia, which in turn improves the blood flow.

A combination of physical manipulation and postural release aims to loosen up the body and re-align it. The treatment can be painful due to the intensity of the manipulation it is not suitable for people who bruise easily.

It may alleviate musculo-skeletal problems, back problems, relief from constipation, period pains, anxiety and stress and improve flexibility in joints  
<http://en.wikipedia.org/wiki/Rolfing>

<b>Roll shaper</b>	<b>DATA SHEET NO 85 a</b>
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Treatment involves client lying on a machine that comprises of shaped wooden rollers that are mechanically moved. Claims to give a Lymphatic style massage

<http://rollshaper.com/about-roll-shaper/>

<b>Sauna</b>	<b>DATA SHEET NO 86</b>
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Based on the Finnish principle of the log cabin, made either of two panels of pine with insulating material between, or the log type which uses solid pine rounded on each side to resemble logs.

The heated air within the sauna is changed approx. 6 times an hour and the moisture is removed so that the air does not become stale and unhygienic.

The heat is produced by an electric heater in a stove with special stones, which are placed on a tray on top of the stove.

The temperature is from 60°- 90°, the sauna is dry heat but ladling water onto the stones can produce humidity.

The heat may stimulate blood circulation, the sweating which is induced cleans the skin of toxins etc, and minor aches and pains may also be relieved.

<b>Scarification</b>	<b>DATA SHEET NO 87</b>
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Scarification as a cultural activity is widely performed across Africa; it is the practice of incising the skin through the dermal layer, with a sharp instrument, such as a knife, glass, stone or coconut shell in such a way as to control the shape of the scar tissue on various parts of the body.

In some forms of scarification dark pigments such as ground charcoal or gunpowder are rubbed into the wound to provide emphasis. These cuts when healed form raised scars known as keloids.

This treatment is also carried out by tattooists, piercers and other body modifiers using scalpels. In some cases skin is removed rather than just an incision being made.

<b>Scenar Therapy</b>	<b>DATA SHEET NO 88</b>
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Self Controlled Energo Neuro Adaptive Regulator (SCENAR) Therapy was invented by Russian scientists in the 70's.

The area to be treated is shaved .The electric impulses applied to the skin are purported to trigger the central nervous system into the powerful self healing process.

It is thought to help conditions such as sciatica, migraines, digestive complaints muscular pain, spasm etc.

### **Trade Names**

Chens – Scenar, Acu-Scen, Denas, Diadens, Zoodens, Enar

<b>Schmaizing</b>	<b>DATA SHEET NO 89</b>
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The practice of schmaizing dates back to the times of Roman Baths, Turkish Baths etc , at which time bathers would rub each other down with brine stones , herbal medications oils etc believed to cleanse the body.

In Russian baths a 'Melta' is used which a bundle of heavily leafed tree cuttings of beech and oak , which is soaked in hot water which allows the sap in the twigs to mix with the water and give off natural odours. Herbs are sometimes added to give off a more pleasant odour.

The Melta is used by a fellow bather to pat/flay the body of another thought to stimulate the bodies' natural healing mechanism.

Schmaizing which is the Yiddish word for 'whipping away' is carried out in a communal bath environment which is heated to 60 degrees C.

The naked body is gently flayed with a 'Basuam' which is made from treated raffia grass in a metre long bundle approx 1kg when dry and 3kg when wet. The Basuam is dipped into a bucket containing hot water and soap and then the lather is applied to the body by a fellow bather who then swings the Basuam high over the body several times to collect heat which is then waved over any injured or bruised muscles.

Finally the Basuam is vigorously rubbed over the body several times to finish off.

This treatment is not carried out by anyone employed at the premises purely by bathers on each other.

<b>Sclerotherapy</b>	<b>DATA SHEET NO 90</b>
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This treatment is used in hospitals for treating varicose veins and haemorrhoids. In the beauty industry it is applied to 'spider veins' which are highly visible blue varicose blood vessels on skin. The 'spider veins' are small vessels whose walls have lost their elasticity and do not serve any useful function.

There are various causes of these veins:

Genetic, hormonal – during pregnancy, adolescence, physical trauma- falls, cuts or surgical procedures.

An injection of a strongly irritant solution (hypertonic saline) into the vein causes inflammation in the lining of the vein, which leads to scar tissue formation and the eventual obliteration of the vein.

<http://en.wikipedia.org/wiki/Sclerotherapy>

<b>Shiatsu</b>	<b>DATA SHEET NO 91</b>
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The word shiatsu is derived from two Japanese characters signifying 'finger' and 'pressure'.

The treatment has been used for centuries in the Far East but has become popular in the UK since the 1970's.

The therapist will make a diagnosis using the tongue, eye, and pulse as guides to the state of the Chi.

A series of movements will be carried out pressing with the fingers, thumbs, fist, knees and feet on the 'pressure points' along the body that lie along the meridians.

Unlike massage it is not necessary to disrobe.

Many musculo-skeletal problems as well as allergic and functional problems (migraine, irritable bowel, digestive disorders) respond well to treatment.

It can be used on wheelchair users and helps to relieve symptoms of physical disabilities.

As the toxins are released flu like symptoms may arise for 24 hours.

<http://en.wikipedia.org/wiki/Shiatsu>

<b>SKIN PEELING</b>	<b>DATA SHEET NO 91a</b>
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Products such as a Alpha Hydroxy Peel which is made up of glycolic, lactic, malic, tartaric and citric acids are applied to the skin and then some hours later the top layer of the skin is peeled away. This treatment may be repeated monthly to reduce pigmentation etc.

Other products such as Glycolic peels, lactic acid peels, alkaline washes, pomegranate peels and herbal peels, fruit juice etc are applied and then washed off within minutes, these are usually applied in a course of 10 at regular intervals to exfoliate the skin and improve the texture.

<b>Spa</b>	<b>DATA SHEET NO 92</b>
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Dating back to ancient Greece and Rome where there were naturally occurring mineral spas.

Spa baths can be found in hospitals, leisure centres, hotels and health clubs.

Water is heated to 30-40 ° C and released via jets into a bath, which usually seats several people. The spa is normally fitted with a pump which operates the jets for approx. 15 mins then rests for a period of 5 mins.

The water is recirculated through a holding tank and sand filters automatically dosed with bromine chlorine etc to prevent the growth of legionella bacteria.

The spa should be tested 3 times a day to ascertain the levels of bromine/chlorine and the ph level

The benefits of using a spa may be the stimulation of blood flow, relaxes the muscles, and eases pain.

<b>Sports/Remedial Massage</b>	<b>DATA SHEET NO 93</b>
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A form of massage aimed particularly for people involved in active sports but also purported to increase flexibility, strength etc in non active clients.

This form of massage may be used before or after a sport is undertaken to prevent injuries or promote recovery from stresses and strains during sport.

Professional sports men and women regularly receive this type of massage before and after an event to maximize performance and physical condition



with less chance of injury and pain

It combines a classic Swedish massage with trigger points, compression and neuro muscular techniques to reduce soreness and encourage muscular alignment.

<b>Spray Tanning</b>	<b>DATA SHEET NO 94</b>
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Dihydroxyacetone (DHA) is a colourless sugar that interacts with dead skin cells causing a colour change to occur but without the damage caused by tanning from UV rays.

DHA has been an active ingredient in tanning lotions for over 50 years.

The DHA is applied to the client either by the therapist using a hand held spray gun within a well ventilated shower type cubicle or the client stands in a cubicle which is fitted with automatic spray nozzles.

The treatment takes a matter of minutes and may last up to a week.

<b>Steam Room/Bath</b>	<b>DATA SHEET NO 95</b>
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A cabinet or bath which is filled with steam.

Similar system to a sauna it is thought that the vapour opens the pores and cleanses the skin thus removing impurities.

Clients usually sit on benches within the cabinet for a maximum of 15 minutes.

<b>Stone Therapy</b>	<b>DATA SHEET NO 96</b>
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Basalt stones are heated usually in a microwave oven or pressure cooker

The warm stones are applied to the body and combined with a massage.

The warmth from the stones penetrates muscles and balances the nervous system. Crystals can be used to help balance the body's energy centres

<b>Sugaring</b>	<b>DATA SHEET NO 97</b>
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Originates in the Middle East, a form of hair removal, it involves sugar, water and lemon juice being cooked together to form a caramel.

The mixture is then rolled into balls which are pressed into the skin and pulled off quickly which removes the hair.

This is purely a cosmetic treatment used to remove hair.

<b>(TAT) Tapas Acupressure Technique</b>	<b>DATA SHEET NO 97a</b>
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Developed in America by acupuncturist Tapas Fleming, a simple, technique that purports to resolve emotional issues using acupressure on the body's meridians in conjunction with specific statements. No needles are used.

The fingers of one hand are placed on or over certain acupressure points, while the other hand gently holds the back of the head. While the client is holding this posture he/she is guided to put their attention on a series of statements related to the problem.

The TAT pose purports to open up the internal channels of communication by unblocking energy so that the brain can process all the aspects of the traumatic event and integrate any positive learnings that need to be taken from it, this creates a feeling of calm where turmoil existed previously and a sense of wholeness and balance returns.

<b>Tattoo Removal</b>	<b>DATA SHEET NO 98</b>
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A powder mixed with water consisting of Zinc Oxide, Magnesium Oxide, etc is tattooed into the skin in the same manner and with the same equipment as tattoo pigment would be inserted.

Any excess paste is wiped off after 1-2 minutes; a further thin layer of paste is applied over the treated area and left to penetrate the tattoo. The area is covered with a sterile dressing and left on for 48 hours.

A yellow crust will form as the pigment is drawn to the surface and peel off within 10-20 days taking some or all of the pigment with it, leaving redness on the skin which may remain for several weeks.

Further treatments after 2-3 months may be required for older tattoos.

<b>Tattooing</b>	<b>DATA SHEET NO 99</b>
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A pattern is chosen by the client a transfer of the pattern is applied to the skin and then disposed of.

The area to be tattooed is then shaved and then needles containing coloured pigment are inserted into the dermis of the skin leaving behind the colour.

The needles are single use disposable; the tattoo is a permanent scarring of the skin and can only be removed by specialist laser treatment.

<b>Teeth Whitening</b>	<b>DATA SHEET NO 100</b>
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This treatment can only be carried out by a qualified dentist, there are 2 main methods used.

1) Bleaching – At the first visit , a mouth guard is made to fit over the gums, then a number of further visits at which a bleach solution consisting of hydrogen peroxide or carbonide peroxide is applied to the teeth.

As the active ingredient is broken down, oxygen gets onto the enamel of the teeth and the colour is made lighter.

The patient then has to carry out follow up treatments at home to enhance the colour. It lasts approx 3 years depending on the patient’s diet etc.

2) A rubber guard is placed over the gums and then a powder is applied to the teeth, a laser is then directed over the substance which activates the chemical and speeds up the process.

This may lighten the teeth by 5-6 shades.

<b>Tempooing</b>	<b>DATA SHEET NO 101</b>
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Controversial type of tattoo using ink which is supposed to rise to the top of the skin and vanish after three-to-five years because the needles do not breach the epidermis. Sold as temporary tattoos, but evidence suggests they are permanent.

<b>(TFT) Thought Field Therapy</b>	<b>DATA SHEET NO 101a</b>
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Developed by psychologist Dr Roger Callaghan, it is a similar treatment to EFT and BSFF but rather than learning one tapping routine for all problems TFT involves up to 15 tapping routines called algorithms each related to a specific problem.

<b>Thai Massage</b>	<b>DATA SHEET NO 102</b>
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Traditional Thai medicine is based on the concept of an energy system comprising 72,000 ‘sen’ lines through which energy is transformed and distributed in the human body.

Thai massage works to stimulate, open and balance the flow of energy through the sen lines to assist the body in its natural tendency towards self healing.

This is achieved through rhythmic manipulation of sen lines, mobilization of joints, and passive stretches.

The massage is performed on a floor mat, no oils are used in this massage and the client remains clothed.

<b>Thalassotherapy</b>	<b>DATA SHEET NO 103</b>
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Derived from the Greek word 'Thalasso' meaning Sea, it is believed that seawater has healing properties because it is rich in minerals and vitamins.  
 The water is heated in a bath similar to a hydrotherapy treatment.  
 It is thought to be beneficial for circulatory disorders and skin problems.

<b>Therapeutic/Holistic Massage</b>	<b>DATA SHEET NO 104</b>
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This is a firm massage which has a set routine of techniques that vary from deep pressure to stimulate the body's systems, to a slower more superficial movement to assist relaxation.

There are 4 basic movements used:

- **Effleurage** – relaxes and stretches the superficial muscles of the body
- **Petrissage** – kneading and squeezing of superficial and deeper muscles and soft tissue
- **Friction** – breaks down adhesions between tissues and relaxes muscle fibres
- **Tapotement** – a variety of percussive strokes to stimulate skin and muscles to increase blood flow.

<b>TREATMENT – Thermavein</b>	<b>DATA SHEET 104a</b>
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Used to treat Telangiectasia (known as thread veins, spider veins and spider naevi), red spot and rosacea. It is designed for use on facial veins in particular including intra-nasal veins which are difficult to treat with any other method. Similar to advanced electrolysis, this uses a very fine disposable needle attached to a machine that delivers a 0.2 second pulse of 'very high frequency' current (microwave energy). The needle is placed into the skin, but above the vein and the current applied. The heat energy created locally seals the vein. The process is repeated along the length of the vein. This treatment is invasive.

Main risks – cross contamination and poor hygiene.

<b>Thermo Auricular (Hopi Ear Candles)</b>	<b>DATA SHEET NO 105</b>
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Named after the Native Indian tribe who have been using them for hundreds of years believing them to have healing properties.

A hollow tube made of cotton flax which is impregnated with extracts of honey and herb oils to stiffen the flax.

The tube is placed over the ear opening and ignited as it burns it produces a gentle heat, the warm air combined with the oil and herbs soften the wax and draw it into the base of the candle.

After the candle is removed the ear and surrounding area are massaged, when the other ear has also been treated a complete facial massage is carried out paying particular attention to the sinus area.

It is thought to benefit those suffering from sinusitis, rhinitis, earache, tinnitus, migraine and headaches.

<b>Threading</b>	<b>DATA SHEET NO 106</b>
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This is a method of hair removal which is popular in the mediteranean and amongst the Asian communities.

Pieces of cotton are wrapped tightly around the fingers and then twisted or rolled over the skin. The hair is caught up and pulled out.

Some of the hairs may break off at the skin's surface.

This is purely a cosmetic treatment used to remove hair.

<b>Tongue Splitting</b>	<b>DATA SHEET NO 106a</b>
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Also known as forking the tongue, the tongue is divided from the tip toward the back of the tongue for about 1-2 inches.

This surgical procedure should only be performed by a doctor, after the procedure the each side of the split should be sutured to prevent it healing back together again.

The procedure will result in slurring and lisps and the tongue has to be retrained to perform tasks such as eating and drinking successfully.

<b>Toning Beds</b>	<b>DATA SHEET NO 107</b>
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Toning beds were very popular in beauty premises back in the 90's.

A number of electrically operated thick rubber treatment couches would be installed in a room.

Each bed is designed to exercise a different part of the body, parts of the bed move up and down or side to side automatically whilst the client relaxes and listens to music etc.

A specified number of minutes are spent on each bed and the client moves through a series of beds which purport to tone up the different muscle groups.

The beds are not so popular now as they take up a lot of room and more modern methods of massage/toning are now available such as G5 and Endermologie etc.

**Trade Name:** Rolletic

<b>Trichology</b>	<b>DATA SHEET NO 108</b>
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A Trichologist may be consulted for hair loss, scalp problems and hair texture problems.

During consultation the client's health, lifestyle, family history, diet etc will be considered.

It is believed that stress etc plays a part in hair loss and scalp problems etc advice will be given on lifestyle changes as well as shampoos and other creams which may improve texture etc.

Referrals may be made for hair restoration via grafting and transplanting

<b>Tui-Na Massage</b>	<b>DATA SHEET NO 109</b>
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Tui Na (pronounced tweena) is a form of vigorous and deep therapeutic massage, used in conjunction with Acupuncture.

This massage can be carried out over the client's clothes, but sometimes herbs and other applications are used on the skin.

The hands and elbows are used to squeeze, pound, and push. prod, knead and roll the area.

The treatment usually lasts about 50 minutes.

It is thought to help with joint problems, Irritable bowel syndrome, stress-related asthma and insomnia.

It has been used to treat hyperactive children.

[http://en.wikipedia.org/wiki/Tui\\_na](http://en.wikipedia.org/wiki/Tui_na)

<b>Ultra Sonic</b>	<b>DATA SHEET NO 110</b>
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A machine emits a series of non-abrasive ultrasonic vibrations onto the surface of the face, which causes the epidermis to peel thus removing the dead cells, blackheads, etc. and also stimulates the circulation.

It can be used in conjunction with micro current or on its own mostly in facial Treatments.

<b>Ultra Sound</b>	<b>DATA SHEET NO 110a</b>
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A machine which passes ultra sound waves through the body purported to break down fatty deposits and fat cells which are then eliminated naturally from the body.

Trade name – Beautytek

<b>Ultra Violet Tanning</b>	<b>DATA SHEET NO 111</b>
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The tanning equipment is usually contained in a booth and can be vertical or horizontal consisting of a number of ultra violet light tubes packed closely together.

The client lies on the bed of tubes or stands upright in a booth. The tubes are available in different strengths and therefore the client will be exposed from 3 minutes to 10 minutes depending on their skin type and the strength of the light.

The equipment can be operated by a token which regulates the time of exposure or may be operated manually by the staff.

This treatment is purely cosmetic, a tan enhancer is sometimes applied to the body prior to use of the equipment which is thought to speed up the process. Clients would usually have a course of treatments over a period of weeks.

The HSE recommend a maximum of 20 sessions per year.

<b>Vacuum Suction</b>	<b>DATA SHEET NO 112</b>
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The treatment is used in beauty salons to stimulate the flow of lymph, which is claimed to slow the ageing process.

A series of cups are placed on the client's body or face, into which a vacuum is induced, which causes the skin to be sucked into 20% of the cup.

The cups are provided in a range of sizes. Glass cups are usually used on the face while plastic ones are used on the body.

Oil mediums may be applied to the skin before treatment in order to increase the seal between the cup and the skin.

<b>Waxing</b>	<b>DATA SHEET NO 113</b>
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A method of hair removal by the use of hot, warm wax, or cold strip wax.

Hair grows back in approximately 2-6 weeks. Can be used effectively on facial hair, underarms, bikini line or legs.

Hot wax - (beeswax and resin) is in a solid block when cool, this is then heated to 68°C for use.

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Warm wax- (oils and resins) heated in a self contained unit to 43° C, or in the form of roll on applicators, the therapists usually test the temperature of the wax on the back of their hand prior to use.

The wax is applied via wooden disposable spatulas and stripped off by pieces of lint cream may be applied to the area afterwards to soothe the skin.

Cold wax is applied via a strip and then the strip removed.

This is purely a cosmetic treatment for hair removal.

**List Updated 8<sup>th</sup> September 2015**  
**John Carlton**