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spa & beauty therapy in practice

B

Bacteria - single celled micro-organisms found everywhere, can be either pathogenic (capable of causing disease) or non pathogenic (not capable of causing disease)

Bactericidal - capable of killing bacteria

Bactericide – an agent used to kill germs

Balinese massage – an ancient massage technique passed down through generations of families. It combines a variety of massage techniques including deep tissue massage, acupressure and gentle stretches. It stimulates blood flow, oxygen and 'qi' (energy) around the body, to promote relaxation, reduce stress, rebalance the body and soothe aching joints and muscles.

Balneotherapy – therapeutic bathing, the use of water to restore or revitalise the body by improving circulation, reducing stress, accelerating cell activity and boosting the immune system. Treatments include immersion in hot water springs and mineral rich waters either totally or in small baths treating areas such as the feet in isolation.

Basal cell carcinoma - a skin cancer that starts in the epidermis, also called a rodent ulcer, it is slow growing and painless. It usually appears on areas of the skin regularly exposed to sunlight. It is characterised by new skin growth that bleeds easily or does not heal, if left untreated it may grow into surrounding tissues and bone.

Basal layer - the deepest layer of the epidermis. See stratum germinativum

Base coat - the first coat of enamel applied to the nail plate at the end of a manicure or pedicure, to protect it from staining, to prolong the life of the enamel, or for its beneficial effects such as strengthening or hydrating.

Basophils - white granular blood cells formed in bone marrow that secrete histamine (a substance released as part of an allergic reaction) when stimulated, contributing to inflammatory reactions in the tissue, they leave the blood and accumulate at the site of infection or inflammation.

Beau's lines – transverse grooves or lines in the nail plate, may be due to trauma, illness, malnutrition, or skin disease and is a result of an interruption in the protein formation of the nail plate

Beauty – a quality or feature that gives pleasure

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Beauty therapist - a person who provides beauty and holistic therapies in a salon, spa or other beauty establishment

Beeswax – a solid yellow substance secreted by bees and used to construct their honeycomb. It is used to make candles and skin care products.

Benefits - advantages, or characteristics that will make an improvement, promote or enhance well being. Describing the benefits of treatments and products is an important aspect in making a sale as the end result or outcome is what interests the client most when making a decision about treatments or products.

Benign - not malignant, of no danger to health.

Benzocaine - a topical anaesthetic

Beta hydroxy acid - similar to **alpha hydroxy acid**, its technical name is salicylic acid, it is a skin exfoliant that is oil soluble, this allows it to penetrate into the follicle opening containing sebum and exfoliate the dead skin cells that have accumulated. This makes it particularly effective on acne prone skin. It is derived from aspirin which has anti inflammatory properties therefore it is less irritating on the skin than alpha hydroxy acid making it more suitable for a sensitive skin. Sunscreen must be applied immediately after use to protect the skin from damage due to exposure to ultraviolet radiation.

Biceps - the prominent muscle on the inside of the upper arm, it flexes the elbow and rotates the forearm. [\[see diagram p\]](#)

Bile - a digestive juice secreted by the liver and stored in the gall bladder, it aids in the digestion of fats.

Bio – a prefix pertaining to living organisms

Black skin - this skin type contains cells that are capable of producing large amounts of melanin and the amount produced will determine the depth of colour. It has the ability to absorb more ultra violet rays than lighter skin colours thus providing increased protection from sunburn, skin cancer and other lesions that form, in response to UV exposure. Ageing effects on the skin are also delayed, collagen and elastin breakdown is slower, allowing the skin to remain supple and look smoother for longer than other skin types. The epidermis is generally thicker, sweat and **sebaceous glands** are larger and more numerous, they are situated nearer the skin surface causing the appearance of large open pores and an oily appearance. Black skin however, is more susceptible to developing keloid scars, thick fibrous scar tissue, **dermatosis papulosa nigra**, dark areas of **hyper pigmentation** and **pseudofolliculitis barbae**, razor bumps in males.

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Blackheads - the technical term is comedones, they are blockages in the mouth of the follicle that turn black when exposed to the air and from the melanin pigment of dead skin cells in the follicle.

Bleaching - the removal of colour by means of chemical agents or sunlight

Blemished skin - imperfections, irregularities or marks on the skin, they may be scars, birthmarks, pustules, or hyper pigmentation.

Blend epilation - the simultaneous use of direct current and short wave diathermy (the production of heat in the tissues by using an oscillating current of high frequency) combining the more thorough galvanic current (a direct current produced chemically) with the speed of the shortwave diathermy to treat superfluous hair.

Blending - the technique used to prevent a demarcation line appearing during the application of makeup and a nail art technique which could include the use of opalescent blending or the blending of several colours.

Blister - a thin **vesicle** on the skin containing watery matter or serum, often occurs through sunburn, allergic reaction or injury

Blocked pores - a build up of sebum and dead skin cells in the opening of the follicles in the skin. They may become blackheads when the sebum oxidises on exposure to the air or **milia** when there is a growth of epidermal tissue covering the follicle opening and protecting them from oxidation.

Blood - is a liquid tissue, a mixture of plasma and specialised cells that circulates around the body in blood vessels. Red blood cells transport oxygen to the cells, white blood cells produce antibodies to fight infection and platelets help with blood clotting.

Blood glucose – sugar found in the blood and the main source of energy for the body.

Blood pressure - measurement of the force applied to the walls of the arteries as the heart pumps blood through the body. *Systolic pressure* is the maximum pressure in an artery at the moment when the heart is beating and pumping blood through the body. *Diastolic pressure* is the lowest pressure in an artery in the moments between beats when the heart is resting.

Blood shunting - occurs when blood is suddenly re routed from one part of the body to another to cope with the increased demand. Shortly after exercise begins, blood is shunted to the muscles to cope with the demand. During heat treatment such as sauna and steam blood is shunted to the skin and away from the vital organs to help the body maintain a normal temperature.

Blood spots tiny concentrations of blood on the skin's surface, overlaid with a translucent layer of skin.

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Blood vessels - arteries, veins and capillaries that carry blood to and from the heart and body tissues

Blue nails – **b-loo n-ay-l-z** - may be caused by medical conditions that reduce the amount of oxygen in the blood such as anaemia, pulmonary disease, peripheral arterial disease, or as a side effect of some medication

Blusher - a type of makeup used to add warmth and shape to the cheeks or even out skin tone. They come as powder, gel, cream, liquid, mousse or liquid applied with a spray.

Body fat - is produced in the body when there is a high intake of calories, if there is more than is required for general maintenance and physical activity the excess is stored in the body as fat. Essential body fat is required for normal physiological functioning and it consists of fat stored in bone marrow, the heart, lungs, liver, spleen, kidneys, intestines and muscles. Stored fat is accumulated in **adipose tissue**, primarily beneath the skin, in the **subcutaneous layer**, it provides insulation and cushions the body, it is also found around some internal organs for protection. There are two types of adipose tissue, white fat, important in energy metabolism, heat insulation and cushioning. Brown fat is found mostly in new born babies and is important for making heat.

Body language - non verbal, usually unconscious form of communication, through the use of gestures, facial expressions and posture

Body scrub - also called body polish, it is a treatment which exfoliates the skin to improve skin texture, soften and moisturise the skin

Body wraps - a spa or beauty treatment where the body is covered in a mud, algae, seaweed, herbs, oils, or other product before being cocooned tightly in bandages, linen, plastic, foil or a thermal blanket. The effects are detoxification, temporary inch loss, tighter, firmer, softer, cleaner or hydrated skin.

Boil - a localised infection deep in the skin, begins as a red tender area of skin, which becomes harder apart from the centre which is soft and filled with infection fighting white blood cells. These blood cells, proteins and bacteria together are known as 'pus'. This eventually forms a head which may be surgically lanced to remove it or may drain spontaneously.

Botox® – the brand name for the non toxic, 'botulinum toxin'. It is a neuromuscular (affecting both nerves and muscles) blocking agent, which means that when it is injected into the muscles, particularly of the face it prevents movement, causing certain wrinkles to disappear completely. It causes paralysis of the muscle injected, by preventing the release of acetylcholine (a substance that helps to transmit nerve impulses in the body) from the motor nerve terminals. Without a nerve supply the muscle fibre withers away. Until the nerve regenerates and the muscle strengthens again. It is used to treat many medical conditions effectively such as; spasms of the eyelid, squint, hyperhidrosis and some muscular diseases.

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Brachioradialis - a muscle of the forearm, its action is to flex the elbow at the forearm and assist in **pronation** and **supination** **British Standards Institution BSI** – an independent national standards making organisation for the UK whose objectives are; the promotion of health and safety, the protection of the environment, the establishment of quality standards

Brittle nails - hard, dry and inflexible nails that snap easily. This condition is caused by, exposure to harsh chemicals, products that strip the nail of natural oils, exposure to extreme cold, or overuse of nail strengtheners

Bronchi - tubes that carry air from trachea to the lungs **Bronchioles** – **br-on-kee-oh-l-s** small tubes in the lungs that are formed by the branching of the bronchi, they terminate in the alveoli

Brow ptosis – a condition where the forehead sags causing the eyebrows to droop over the eyelids, which then feel heavy. It may be caused by skin laxity as a result of ageing, gravity, and loss of collagen or underlying subcutaneous fat.

Buccinator – a thin flat muscle lining the cheek, it contracts and compresses the cheek and retracts the mouth

Budget - an itemised summary of estimated or intended expenditure for a given period along with proposals for financing them

Buffing - method used to achieve a high polish on the nails. Suitable for clients who are allergic to enamel, who aren't allowed to wear it for work, to reduce superficial ridges in the nail plate, to remove stains or for a male manicure

Buffing paste - may be used when buffing nails to remove stains and ridges it is made from powdered silica or pumice combined with a combination of wax and mineral oil to form a smooth paste

Bulimia - a psychological eating disorder characterised by uncontrollable over eating or binge eating, followed by forced vomiting or overuse of laxatives.

Bunion - is an enlargement of bone or tissue around the joint at the base of the big toe that causes a bump on the joint. The big toe may turn inwards towards the second toe and the tissue surrounding the joint may be swollen and tender.

Bursa - small sac lined with synovial membrane (a thin layer of tissue lining a cavity) and filled with synovial fluid, acts as a cushion to reduce friction between tendons and bones

Business plan - a written document that describes the business, the objectives, the market and financial projection, an essential when borrowing money to start or expand a business.

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Business status - the legal position or structure of a business, this could be as a sole trader, a partnership, or limited company.

Buying signals – physical or verbal clues that a client sends out that tell you they are interested in making a purchase.

Byelaw – a local law relevant to a particular area or an internal rule in a company or organisation