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**Dappen dish** – this is a small flat bottomed dish used to decant small amounts of product used during the application of false nail extensions. Ideally it should have a lid to prevent evaporation of volatile liquids. Avoids contamination of products and reduces wastage by using only the required amount of product.

**Data** – a collection of, individual facts, statistics or information collected for analysis or to make decisions

**Data protection** – to take measures to ensure the safety of data held. A business must comply with the Data Protection Act which regulates how personal information is used and it provides protection from misuse of personal details.

**Day spa** – situated in a hotel, department store, health club or on the high street it provides therapeutic treatments that last for any amount of time from an hour to a full day.

**Debit card** – an alternative payment method to cash or cheque. It allows payment to be withdrawn immediately from a cardholder's bank account if it holds sufficient funds

**Decongestant** – something that helps to reduce congestion which may be caused by an accumulation of blood or tissue fluid in an organ or vessel or a build up of sebum, dead skin cells and bacteria in the hair follicle

**Deep vein thrombosis (DVT)**– a blood clot that develops in a deep vein, usually in the lower leg. It may cause pain and swelling of the calf muscle. A potential complication of this condition is pulmonary embolism, when a piece of the clot breaks off and travels to the lungs. A DVT may be caused by a damaged vein or if the flow of blood slows down or stops. There are many risk factors including; heredity, immobility, obesity, age, recent surgery, contraceptive pill, HRT and treatment for other circulation or heart problems.

**Defects** – imperfections that cause inadequacy or failure

**Dehydrated skin** – skin lacking moisture it can affect all skin types, it has areas of flaky skin, tightness, a dull complexion and makeup application may be streaky. There are several causes, exposure to wind, extreme cold or heat, central heating and air conditioning, harsh products that strip the skin, medication and illness, or a diet high in salt.

**Demonstrate** – to describe, explain or illustrate by using practical examples or experiments

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**Demonstration** – an illustration or explanation through practical application. Used to teach a practical skill or to promote a product, treatment or service

**Dendrites** – are multiple branching outgrowths that extend from the main body of the nerve cell or neuron and receive nerve impulses and signals.

**Deoxygenated blood** – blood that is low in oxygen

**Depilation** – temporary removal of superfluous hair using tweezers, depilatory creams, wax, abrasives, sugaring or mechanical epilators.

**Depilatory cream** – used to temporarily remove superfluous hair from the body, it is a preparation in the form of an alkaline cream such as calcium thioglycolate, which dissolves the protein structure of the hair, it is also available as a gel, foam or roll on.

**Dermal cord** – a string of cells that connect the hair follicle to the dermal papilla, supplying blood in the catagen and telogen stages of the hair growth cycle. It is from these cells that a new follicle will eventually form.

**Dermal papilla** – a projection of the papillary layer of the dermis, that contains blood vessels or nerve endings or the blood supply that provides nourishment to the hair follicle.

**Dermatitis** – inflammation of the skin another term used to describe eczema.

**Dermatosis papulosa nigra** – a harmless skin condition seen mostly on black skin. It is characterised by multiple small, darker, papules or bumps on the face, neck, chest and back, it is more common in older people than young.

**Dermis** – the second of the three major layers of the skin. It is a layer of dense connective tissue beneath the epidermis composed of three types of tissue, collagen, elastic tissue and reticular fibres. It has two layers the superficial papillary layer and the deep reticular layer. The dermis also contains many specialised structures; the hair follicles with an arrector pili muscle attached that when contracted causes the hair to stand on end, sebaceous glands which produce sebum to lubricate the skin and hair, sudoriferous (eccrine or sweat) glands to help cool the body and excrete waste, blood vessels and nerves of sensation, pain, touch and pressure.

**Design** – to create in an artistic and skilful manner or a drawing or sketch

**Desincrustation** – a deep cleansing treatment using the effects of a galvanic current to soften the skin, remove surface oil and skin blockages. It is performed on the negative pole which has the effects of;

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increasing circulation, stimulating nerve endings, softening the skin, creating an alkaline effect on the surface of the skin and attracting fluid to the area.

**Desincrustation fluid** – a dilute alkaline solution used to deep cleanse and remove excess sebum from the skin in a galvanic treatment

**Desquamation** – a natural process of shedding dead skin cells from the top layer of the epidermis, the stratum corneum.

**Destination spa** – a specialist establishment for certain niche markets providing an environment and therapies that achieve specific results, such as; lifestyle enhancement, health benefits or self improvement. They may provide outdoor adventure activities, medical treatments, nutritional advice, or alternative therapies

**Detoxification** – using specific treatments to cleanse the body of impurities and toxins that have accumulated in the body

**Diabetes** – a lifelong disease characterised by high levels of in the blood. The causes may be, too little insulin produced by the pancreas, to regulate blood sugar, or resistance to insulin, sometimes it is both. *Type 1* is insulin dependent, usually diagnosed in childhood when the body makes little or no insulin, *Type 2* is the most common form of diabetes, it usually occurs gradually in adulthood, when the pancreas is not producing sufficient insulin to keep blood sugar levels normal. Clients who suffer from diabetes may have delicate skin, that bruises easily and circulation may have become impaired, contributing to poor skin healing. Some treatments may be contraindicated but the therapist should adapt or modify treatment depending on the severity and side effects of this condition.

**Diaphragm** – a dome shaped muscle that separates the thoracic and **abdominal** cavities it extends across the bottom of the rib cage and it is an important muscle in respiration. The diaphragm contracts when breathing in thus enlarging the thoracic cavity and allowing air to be drawn into the lungs. When the diaphragm is in a relaxed state the thoracic cavity carbon dioxide is forced out of the lungs

**Diastolic pressure** – the minimum arterial pressure during relaxation and dilation of the heart.

**Diathermy** – production of heat in a part of the body using a high frequency current

**Diet** – a particular selection of food chosen to improve a person's physical condition or to prevent or treat a disease. It also means to limit the amount of food eaten to lose weight.

**Differentiation** – the way in which different cells are specialised to carry out a specific function in the body or the differences that make one business better than the competition.

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**Diffusion** – results from the movement of particles in liquid or gases. It is the passive movement of particles from a solution with a high concentration on one side of a thin **membrane** to a solution with a low concentration on the other side.

**Digestion** –the process by which food is broken down into molecules small enough to be absorbed by the cells and used by the body for growth, energy, maintenance and repair. There are four stages, ingestion, digestion, absorption and excretion

**Digestive system** – a series of organs and glands in the body that prepares food for use by the cells, it is basically a long twisting tube that runs from the mouth, where the food enters the body, to the anus, where waste products from the digestive process are eliminated from the body. It consists of; the mouth, salivary glands, oesophagus, stomach, liver, pancreas, large intestine, small intestine, rectum and anus. The functions are; movement, secretion, digestion, absorption, and elimination.

**Digits** –fingers or toes

**Dilated capillaries** – capillaries that have been expanded through stimulation. They fail to return to their original size, because the walls of the vessels have lost their elasticity.

**Dilation** – enlargement or widening, the blood vessels dilate when the body temperature rises allowing blood to be transported to the skin helping the body to cool down.

**Direct current** – a constant electrical current flowing in one direction using batteries or a rectified, smoothed, alternating current.

**Disability discrimination** –to treat a person with a physical or mental handicap differently from others

**Disciplinary procedure** –action or process designed to investigate a reported breach of discipline

**Discount** –to offer goods or services at a reduced price

**Discrepancies** –differences or inconsistencies

**Discrimination** – making a distinction in favour or against a person, based on the group, class or category, to which that person belongs, rather than on individual merit

**Discussion** – an informal debate or exchange of views between two or more people

**Disease** – a condition affecting the body as a result of infection, genetic defect, or environmental stress and characterised by an identifiable group of signs or symptoms and normally contraindicates or requires modification of treatment

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**Disinfectant** – chemical agent which completely destroys bacteria

**Disorder** –an ailment affecting the function of the mind or body

**Dispute** –a quarrel, angry altercation, argument or disagreement

**Distal** – furthest from the point of origin

**Disulphide bond** – a cross linking chemical bond containing two atoms of sulphur, it holds together and stabilises two protein chains. Hair proteins are held together by disulphide bonds, which are broken down and then reformed during the process of eyelash perming.

**Diuretic** – a substance or drug that increases the volume of urine excreted by the kidneys

**DNA** –is present in the nucleus of all living cells the genetic instructions for the development and function of living things. The DNA segments that carry information are called genes. It is short for Deoxyribonucleic acid and is commonly referred to as a blueprint of the human body.

**Dorsiflexion** – elevation of the foot a movement which occurs when the toes are moved upwards

**Doshas** –a Sanskrit word used to describe three metabolic types according to Ayurvedic medicine; Vata, Pitta and Kapha. Each dosha is a combination of two elements, Vata is space and air, Pitta is fire and water and Kapha is water and earth.

**Dry flotation** – a relaxing therapy which allows the body to float without getting wet and is combined with other treatments. The body is cocooned in a plastic blanket that is filled with water after being covered in oils, creams or mud for a therapeutic purpose, the surrounding warm water, allows the products to penetrate more deeply or work more effectively.

**Dry skin** - a skin type that results from a lack of moisture in the **stratum corneum**, it has certain characteristics including; thin epidermis, pale colour, patchy skin, rough texture, lack of oil, under active **sebaceous glands** and it feels tight after washing. It may be caused by the environment, inherited factors, using harsh products, age, medication, an under active thyroid gland or skin conditions such as **eczema** or **psoriasis**.

**Duodenum** –the upper part of the small intestine from the stomach to the jejunum

**Duties** – actions and tasks one is expected to do by moral or legal obligation

**Dysmenorrhea** – painful menstruation