

# susancressy

spa & beauty therapy in practice

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**Eccrine glands** sweat glands with ducts opening directly onto the surface of the skin, they are linked to the sympathetic nervous system, they help to regulate body temperature and are found all over the body, but more abundantly on the soles of the feet, palms of the hands and forehead. They produce sweat that is composed mainly of water and salts.

**Eco spa** – a spa that has been established in a natural or protected area and has been designed and is run in an environmentally friendly manner. They use organic and indigenous ingredients and educate spa goers in environmental issues.

**Ectomorph** – a lean and angular body shape, thin with narrow hips and shoulders and very little body fat or muscle.

**Eczema** – is an inflammation of the skin which may cause, dryness, flaking, reddening of the skin and itching. Also called dermatitis, it may develop itchy blisters which if scratched may burst and crust over. It is caused by many things but most commonly is an allergy to a substance such as; detergent, soap, perfume, cosmetics, oils, chemicals and some foods.

**Efferent** – a vessel or nerve that carries a substance or impulse away from an organ or body part to another part of the body. Efferent vessels carry lymph away from a lymph node, efferent nerves carry impulses from the brain

**Effleurage** – a soothing stroking movement used in massage, which is used, to begin finish, and link other massage movements. It is performed with the flat of the hand using long flowing strokes and slightly more pressure applied with the first stroke towards the heart and lighter pressure in the return movement.

**Eggshell nails** – thin, pale and fragile nails curved at the free edge and caused by internal disease, poor diet, medication or nervous disorders.

**Elasticity** – the ability of tissue to return to its original shape after contraction or extension

**Elastin** – a protein similar to collagen, it is the main component of elastic fibres in the skin providing the skin with elasticity

**Electric current** – a flow of electrons along a circuit and measured in amps, it is used in beauty therapy for specific effects that are deeper than those from manual techniques. Termed electrotherapy it is used to produce; heat, from sauna, steam bath, spa pool, infra red lamp and paraffin wax, sound waves, from

# susancressy

spa & beauty therapy in practice

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audio sonic massage equipment, chemical effects, from galvanism, light rays, from infra red and ultra violet lamps and movement, from faradic muscle exercise.

**Electrical epilation** – the complete removal of hair from the root by destruction of the dermal papilla using short wave diathermy or thermolysis and electrolysis using a direct galvanic current. These methods may be used together and this is called the blend method.

**Electrical facial** – a specialised manual facial treatment that includes one or more types of electrical equipment to increase the effects required and the benefits to the client.

**Electrical Muscle Stimulation** – an electrical treatment used to stimulate muscle to contract, it is a form of passive exercise and may be applied to the face or body

**Electrode** – an applicator or conductor used to apply current to the body

**Electrolysis** – this is the popular term used to describe the permanent removal of unwanted hair using a galvanic current, or a blend of galvanic and thermolysis methods. It is the destruction of living tissue especially of hair roots, by means of a current applied with a needle electrode.

**Electrolyte** – any compound that separates into ions when dissolved in water and is able to conduct electricity

**Electromagnetic spectrum** – the range of all possible electromagnetic radiation, in order of frequency they include; radio waves, microwaves, infrared radiation, visible light, ultraviolet radiation, x rays and gamma rays

**Electron** – a particle with a negative charge that circles an atom's nucleus

**Electronic authorisation** – permission or approval received for payment after entering a personal identification number into an electronic terminal

**Electronic cash register** – an electronic till point that records payment, calculates the bill, issues receipts and provides a safe place to store cash and other valuables.

**Electronic mail** – an instant message passed from one computer to another by typing the message and sending it through a computer or mobile phone, WiFi (**W**ireless **F**idelity), or PDA (**P**ersonal **D**igital **A**ssistant) a light weight hand held pen based computer used as a personal organiser.

**Electrotherapy** –the use of mechanical or electrical equipment incorporated into facial and body treatment for a therapeutic purpose.

# susancressy

spa & beauty therapy in practice

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**Elimination** – the act of removing or getting rid of something or the act of excreting waste products or foreign substances from the body

**Emergency** – a sudden, urgent, unexpected occurrence requiring immediate action

**Emerging trends** – styles, or fashions developing gradually

**Emery board** – small stiff strip of cardboard or paper coated with powdered emery and used in manicure and pedicure to shorten or file the nails.

**Emollient** – soothing, softening substance applied to the skin also helps to prevent water loss.

**Emulsify** – combining two liquids together that don't normally mix easily

**Emulsion** – a mixture of oil, water and an added ingredient called a 'surfactant' which helps the oil and water to mix together to form an emulsion used to massage the body and moisturise the skin.

**Endermologie** – a specialised electrical massage treatment designed to treat cellulite.

**Endocrine gland** – a ductless organ that secretes hormones into the blood, endocrine glands are an important part of the endocrine system

**Endocrine system** – a system of glands that works with the nervous system in controlling the activity of internal organs, cells and body functions. It helps to regulate mood, growth and development, tissue function, sexual function, reproductive processes and metabolism. The glands include the; hypothalamus, pineal, pituitary, thyroid, parathyroids, thymus, adrenals, pancreas, ovaries and testes

**Endometrium** – the inner lining of the uterus

**Endomorph** – a round body shape with narrow shoulders, may have wide hips and can have a high proportion of body fat.

**Endorphin** – a chemical compound that occurs naturally in the brain, acts as a painkiller and is responsible for the sensations of pleasure

**Enfleurage** – an early method used to extract essential oils from flowers. The flowers were spread over and pressed into vegetable or animal fat, the essential oils seep into the fat, which is eventually washed with alcohol to separate the essence, the alcohol is left to evaporate leaving the essential oil.

**Enhance** – to improve or add to

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spa & beauty therapy in practice

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**Enquiries** – questions or queries, looking for an answer

**Ensure** – to make sure or certain

**Environmental conditions** - the required state of the workroom or area, setting, surroundings, or vicinity, suitable for a specific purpose. A body massage treatment would require warmth, subdued lighting, an adjustable couch, curtains to change behind and a quiet atmosphere, whereas a manicure would require a brightly lit room, a manicure table and a supportive chair for the client to sit on.

**Enzymes** – protein molecules produced by living cells that act as catalysts (substances that cause or accelerate a chemical reaction) causing certain chemical reactions. Used in cosmetics, enzymes help to exfoliate the skin and improve texture.

**Eosinophils** – white blood cells that destroy parasitic organisms and play a role in allergic reactions

**Epidermis** – the outermost, non vascular (containing no blood vessels) layer of skin above the dermis, consisting of five layers, stratum; germinativum, spinosum, granulosum, lucidum and corneum.

**Epilate** – to remove hair from the body by means of physical, chemical or electrical means

**Epilation needle** - a fine probe the same diameter as the hair, used in electrical epilation, to insert into the follicle and direct the current flow. There are different types including; a flexible two piece, a more rigid one piece, gold which is suitable for more sensitive skin, as it is hypoallergenic, inserts more smoothly into the follicle and conducts the current more effectively, stainless steel and insulated suitable for the 'flash technique and for sensitive skin. They are available in different sizes from 2-6 and size 10 for advanced techniques, the smaller the number the thinner the needle.

**Epilator** – a mechanical method of temporary hair removal, they have an electric rubber roller or coiled spring that catches the hair and pulls it out by the root, they come with different speeds and strengths and some have an optional shaving unit for skin areas too sensitive for the plucking action.

**Epilepsy** – a condition that causes the sufferer to have recurrent epileptic attacks known as seizures. They happen when an abnormal electrical discharge occurs in the brain disturbing its normal function. Bright lights may be a trigger. This condition is controlled by medication but contraindicates many beauty treatments, the client must seek GP approval first.

**Epithelial tissue** – specialised tissue that covers all external and internal surfaces of the body, it is made up of cells closely packed together in one or more layers. The tissue covering internal surfaces is a type of epithelia tissue called endothelium. Epithelial tissue is separated from underlying tissue by a thin sheet of connective tissue called the basement membrane which provides structural support and

# susancressy

spa & beauty therapy in practice

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binds it to neighbouring structures. Simple epithelium is one cell thick and stratified epithelium is two or more cells thick.

**Eponychium** – cuticle or skin at the base of the nail plate. It is also the name given to epidermal tissue over the developing foetal fingernail.

**Equal opportunities** – the provision of an acceptable social environment, in which every person, regardless of age, gender, race, marital status or sexual orientation, will have the same chances in life and will not be discriminated against.

**Erector spinae** – deep muscles located along the spine, they are the strongest muscles in the back and are arranged in three vertical columns, spinalis (medial column), longissimus (intermediate column) and iliocostalis (lateral column). They keep the body in an erect position when sitting or standing, they straighten the vertebral column when flexed and bend it backwards.

**Erythema** – reddening of the skin due to dilation or widening of the capillaries occurs in some people as a response to manual or mechanical treatment, after exposure to UVA, or through illness or high fever.

**Erythrocyte** – red blood cell that contains haemoglobin to carry oxygen from the lungs to the body's tissues.

**Essential oils** – oils which are the essence of plants, herbs, flowers, leaves, berries, fruits, bark, resin, seeds, wood, roots and grasses etc. They are extracted for therapeutic use and are classified as top, middle and base notes. Top notes are light and fresh, middle notes are the heart of the fragrance and base notes are rich and heavy in aroma.

**Establish** – to found, bring into being, start, install or settle into position or to prove to be valid or true

**Ethics** - a system of moral principles or rules of conduct recognised by a particular group, profession or organisation. All professions have their own particular code of practice which states the standard of behaviour required by their members and this will be recorded in their own 'Professional Code of Ethics'

**Ethmoid** – a small bone in the cranium, filled with air spaces, it forms part of the nasal cavity the air passage behind the nose and the eye sockets

**Evaluate** – to estimate, judge, calculate or determine the significance or worth of something

**Evening primrose oil** – a carrier oil used in aromatherapy it is fine textured has anti-inflammatory (prevents inflammation) and emollient effects making it a superb moisturiser, it improves eczema, psoriasis, premenstrual syndrome and rheumatoid arthritis . It is obtained from the seeds of the oil of evening primrose flower and has been used medicinally for centuries.

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**Exchange** – to change one item for another.

**Excretion** – the process of eliminating waste products of metabolism from the body as water, urine and carbon dioxide

**Excretory system** – a major system in the body to control the volume and constitution of body fluids and eliminates metabolic body waste

**Exfoliant** – also called an exfoliator it is a cosmetic product or ingredient used to remove dead skin cells, it may be chemical or mechanical.

**Exfoliation** – the manual or mechanical method of removing dead skin cells from the epidermis using techniques that may include; loofah scrub, dry brushing, salt glow, enzyme masks or abrasive scrubs.

**Exhalation** – breathing out, expelling air from the lungs

**Exocrine gland** – an organ that secretes externally through a duct

**Expression** – also known as the cold press method of extracting essential oils from citrus fruits. The essential oil is expressed by squeezing it from the rind or peel of the fruit. Expression also means a look or reaction on the face that indicates feeling and emotion.

**Extend** –to increase the length or to draw or stretch out to the full length,

**Extensibility** – the ability of tissue to be stretched when pulled

**Extension** – increase in the angle between two bones

**Eye brow shaping** – a procedure carried out in a salon to enhance the eyes and provide character to the face. Manual or automatic tweezers are used to pluck individual hairs from beneath the brow to make the eyes look larger and allow eye makeup to be applied more effectively. Threading or waxing may also be used if the client prefers.

**Eye cream** – a specially formulated cream for the eye area, to nourish the skin and prevent lines and wrinkles forming.

**Eye gel** – a cooling and soothing gel usually made from gentle plant and herb extracts such as chamomile and cornflower, used on the eye area to revitalise tired eyes, reduce the effects of puffiness and firm the skin.

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**Eye makeup remover** – a special cleanser formulated for the delicate eye area, made from gels, oils, creams or lotions, they are gentle in effect and help to remove stubborn eye makeup, in particular, waterproof mascara. Special eye makeup remover pads are also available for clients to use at home

**Eye shadows** – cosmetics used to add colour and dimension to the eyes. They come as powder, cream, gel, watercolours, pencils and minerals.

**Eyebrows** – the bony ridge extending over the eye covered by an arch of short hairs that provide a frame for the eye

**Eyelash and brow tinting** – a salon procedure to darken or change the colour of the eyebrows and eyelashes. A small amount of tint is mixed with peroxide to a smooth paste, applied to the hairs and left for the required time before removal. Ideal for people sensitive to mascara, who can't wear makeup, contact lens wearers, swimmers, when going on holiday, to emphasise colour intensity for light hair colour and for those with no time to apply makeup.

**Eyelash perming** – this is a temporary method of curling the upper lashes through 'chemical re-formation', the hair's chemical bonds or disulphide bonds, are broken down and then reformed in a new shape. This treatment is provided; for clients with short straight lashes, to provide definition to the eye, for clients who don't like wearing mascara, or can't because of a job, a sport or sensitivity to eye makeup and also for photographs or special occasions. The lashes are curled over small rods, a perm solution is applied to soften the hair which then moulds to the shape of the rod and finally a fixing solution or neutraliser is applied, to fix the curl in place.

**Eyelashes** – short hairs fringing the edge of the eyelids. False eyelashes and extensions may be applied to enhance the natural lashes or they may be permed or tinted to improve the appearance

**Eyeliner** – a cosmetic for the eyes, applied close to the lashes in a thin line to accentuate the eyes, colour can be blended with the lashes or eye shadow.