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Face mask – this is a preparation applied to the skin as part of a facial to reinforce cleansing of the skin. The mask may be ready made and contained in a tube or pot, or a combination of ingredients that are mixed together to form a paste or gel, to suit the client's skin type. Other effects of face masks, depending on ingredients are; nourishing, hydrating, soothing, refining, peeling, desquamating or thermal. Masks may be classed as setting and become hard in a short time or non setting and remain flexible until removed. There are many specialised face masks made from a material infused or soaked with an active ingredient such as collagen, or in the form of wax, gel or oil. Biological masks may be made from fruit, plants, or herbs and the trace elements in the ingredients increase cellular activity in the basal layer of the epidermis.

Face powder – is a fine milled powder made in many different shades and textures. It is used to set makeup, provide a base on the eyelid for shadow, blend harsh lines and to touch up throughout the day when the skin looks shiny.

Facial – is a therapeutic beauty treatment using manual (hands on) techniques, designed to improve all skin conditions. It will include a thorough cleanse, exfoliation, face, neck and shoulder massage, the application of one or more masks, hydration and protection. The effects achieved are; cleansing, exfoliating, toning, hydrating, protecting, relaxing and maintaining a healthy skin.

Facial massage – a relaxing part of the facial performed after the skin has been cleansed, exfoliated and any other preparatory treatments. Massage oil or cream is used to allow a smooth flowing treatment, with the massage techniques of effleurage, petrissage, tapotement and vibrations, using firm but even pressure and a steady rhythm. This helps to promote relaxation, remove tension, improve skin texture and stimulate circulation. Other movements such as pressure point massage may be incorporated.

Facial nerve – this is the seventh cranial nerve and is mainly a motor nerve of facial expression, it has a small sensory part which carries impulses from the taste buds and salivary glands. It is divided into five branches, temporal, zygomatic, buccal, mandibular and cervical.

Facial scrub – a cleansing product containing an abrasive ingredient such as crushed nut kernel, oatmeal, synthetic micro beads or salt used to exfoliate the skin.

Facial steaming – a heat treatment using gently heated water to produce a light vapour and directed onto the skin during a facial treatment. It is used to preheat, cleanse, or hydrate the skin, open the pores, soften skin blockages and increase desquamation, when the heat is applied it will increase

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circulation and lymphatic flow, bringing nourishment to the area and removing waste products through perspiration.

Faradic current – a short duration, interrupted, or surged, direct, low frequency electrical current used in body and facial therapy to improve muscle tone and condition through passive exercise.

Faradic unit – the machine used to provide passive muscle exercise treatment, for face and body, also known as electrical muscle stimulation (EMS), or neuromuscular electrical stimulation (NMES). It is a popular salon treatment for body toning and firming, using an interrupted or surged direct current, to produce muscle contractions. The current is applied to the body via electrodes placed on a muscle or muscle group and this stimulates the muscles, helping to tighten, lift and firm body contours. Smaller electrodes are used on the face allowing the therapist to target individual muscles or the facial nerve which stimulates several muscles at once, improving conditions such as; a double chin, drooping eyelids, deep nasio - labial folds and a dropped jaw line.

Fascia – a sheet or band of fibrous tissue

Fax machine – a device that sends and receives printed messages and images instantly over a telephone line by converting them to and from electronic signals

Features – description of the qualities, characteristics, prominent or distinctive aspects of a product, or treatment. Knowing the features is an important part of selling, as it allows the therapist to describe products with knowledge, instilling confidence in the client thus contributing to making the sale.

Femur – the upper leg or thigh bone

Fibreglass wrap – this is a strengthening wrap or overlay used when creating a nail extension, it is durable long lasting and strong, thin but loosely woven, to allow adhesive to penetrate easily.

Fibril – a threadlike structure or filament which makes up a cell or larger structure, fibrils make up the contractile part of skeletal muscle.

Fibrin – a protein that is necessary in helping blood to clot.

Fibroblasts – the cells found in connective tissue that secrete elastin and collagen protein fibres

Fibula – the outer and thinner bone of the two that form the lower leg. It extends from the knee to the ankle.

Filing – a method used in manicure and pedicure using an emery board to reduce the length of or shape the nail plate or to smooth sharp or rough edges.

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Fire escape – a special emergency exit mounted on the external wall of a building. It provides a means of escape in the event of fire or other emergency when the stairways inside the building are inaccessible.

Fire exit – sometimes referred to as an emergency exit, it is a special door for emergencies such as fire. It is an outward opening door with an easy to open crash bar and exit signs leading to it. It is normally located at the bottom of a flight of stairs or in a hallway to allow fast evacuation of a building in case of fire. It can also be a main doorway in or out of the building.

Fire extinguisher – a portable manually operated container filled with CO₂, foam, dry powder or water, that can be discharged in a steady stream to extinguish a small fire. Each type has a coloured panel indicating the contents; **black** CO₂, **cream** foam, **blue** powder and **red** water.

First aid – emergency aid or treatment administered to an injured or ill person whilst waiting for professional medical care.

Fixed assets – long term resources of a business

Fixed cost – a cost that does not change

Flammable – easily set on fire, easily ignited and capable of burning rapidly

Flash technique – a method of electrical epilation used in shortwave **diathermy**, when a stronger current is used for a very short space of time.

Flatstones – are used as a decorative item in nail art they are tiny flat holograms, solid and hollow shapes that are flexible to use, allowing ease of application to the nail

Flex – to bend a part of the body

Flexible – easily moved, capable of being bent without breaking or responsive to change

Flexion – reduction in the angle between two bones, as in bending.

Flotation – the act, process, or condition of floating in water. It is a name given to a water therapy, where the client is isolated in a tank filled with water treated with a high concentration of Epsom salts. This high density allows the body to float naturally and effortlessly. The benefits are; relief from pain, relaxation, an increased sense of well being and restoring homeostasis .

Foam bath – a form of hydrotherapy, it is a bath filled with water and heated to a temperature of 38-43°C to which a foaming essence is added. An air compressor is switched on to aerate the water and

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form bubbles. These bubbles provide insulation for the client sitting in the bath creating and maintaining heat to relax the client, ease muscular tension, stimulate the skin and induce perspiration.

Foiling – a technique used in nail art design, the application of metallic, coloured and patterned foil to the nail to create a pattern.

Follicle – **fol-ik-l** a small cavity, sac or gland in the skin, generally having a secretory function. Examples are; hair follicles, ovarian follicles, lymph follicles and thyroid follicles.

Follicle stimulating hormone FSH - a hormone secreted by the anterior pituitary gland that promotes ova and sperm formation in the female and male respectively.

Folliculitis – inflammation of one or more follicles results in a tender red spot often with a superficial pustule. May be due to bacterial infection (staphylococcus aureus), spa pool folliculitis (pseudomonas aeruginosa), from inadequately chlorinated water, yeast infection (pityrosporum ovale), causing an itchy acne like condition affecting the upper trunk of a young adult, or fungi (tinea capitis) ringworm of the scalp.

Foot spa – a small bubble bath for the feet an ideal accompaniment to pedicure, for cleansing and relaxation it provides a soothing treatment with jet massage to removes stress and soothe tired feet, It may be a small free standing piece of equipment or combined into a special pedicure couch

Foramen magnum – large opening in the lower part of the occipital bone situated at the back and base of the skull, it allows passage of the spinal cord

Foundation – a cosmetic that when applied creates a smooth even toned finish to the skin. They come in many different forms; mousse, cream (water in oil), liquid (oil in water), compact, gel and fine spray mist.

Fragrance – one or a blend of fragrant or volatile plant oils to provide a pleasant aroma to products

Franchise – the right or license granted by a successful company to an individual or group, to market its products or services in a specific area, providing them with an established reputation and expertise

Franchisee – a person or company to whom a franchise is granted. This allows them to use a well established business idea, for a certain cost.

Franchisor – a person or company, who grants a franchise to another person, giving them the right to use their name and business idea.

Fraud – deceit and trickery, acting unlawfully for profit or gain

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Freckles – small brown pigmented areas of skin that develop in sun exposed areas and are most common on fair skin types particularly those with red hair who have an inherited predisposition for them, caused by increased melanin production, they become darker when exposed to the sun. Medical term is ephelides.

Free edge – the distal end of the nail plate which is filed and shaped

Free radicals – Free radicals are highly reactive chemicals that attack molecules by capturing electrons and thus changing chemical structure. Environmental factors such as; pollution, UVA rays, smoking and pesticides may cause free radical damage, if production becomes excessive, damage occurs and accumulates with age.

French manicure – describes a finished result that may be achieved by using a particular method of applying enamel to the nails. The first application is a pink translucent base a colour close to the colour of the nail bed for a natural look, then apply a white tip to the free edge with an opaque enamel and finally apply a top coat to seal.

Frequency – the number of waves, vibrations or cycles per. second

Frictions – small, deep massage manipulations using pressure to break down adhesions, loosen scar tissue and increase joint mobility, it is performed in a circular or transverse direction with the thumb or fingertips.

Frigidarium – the final room in the original Roman baths, a cold room with a refreshing and invigorating cold plunge pool.

Frontalis – the muscle of the forehead covering the frontal bone over the forehead. It raises the eyebrows and wrinkles the forehead horizontally

Frosted polish – nail enamel with a shiny, shimmery effect, also called pearlised

Frothing – escape of hydrogen and chloride gases from the follicle as a result of treatment with galvanic or blend epilation.

Fruit acids – organic acids derived from fruit to exfoliate the skin. Available as cream, lotion or a gentle peel treatment they include; grapes, apples, pineapple, citrus fruits papaya and blackberries. They may be incorporated into homecare products or in higher concentrations in a professional treatment.

Fuller's earth – a type of clay which has been fine milled to produce a useful ingredient in face masks. It has excellent absorbent properties making it ideal for use on an oily skin, for its deep cleansing and drying effects. It is highly stimulating and slightly bleaching in effect

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Fungi – types of simple organisms including, yeast, moulds and mushrooms. Certain types of fungus are responsible for infections that may occur anywhere on the body, they usually affect the skin because they live off keratin, the protein that makes up skin, hair and nails.

Furrows - deep ridges in the nail which may be caused by a nutritional disorder, injury to the matrix or illness. Constant rubbing of the cuticle can cause friction in the area of the matrix and cause deep ridges which then grow up the nail plate until they reach the free edge.

Fuse – a safety device to protect electrical circuits, from excessive amounts of current, the metal wire in the fuse melts and breaks the circuit.