

susancressy

spa & beauty therapy in practice

G

Gain – to obtain something through personal effort

Galvanic burn – is a chemical burn, caused by a concentration of acids or bases on the skin, during galvanic treatment. The tissue damage is deep but concentrated in a tiny area and a black mark on the skin may form as a result. Chemical burns are also caused by substances such as bleach or pool chlorinator.

Galvanic current – a constant direct electrical current used in body and facial therapy to improve skin and body condition and aid in hair removal.

Galvanic unit – a piece of electrical equipment used to provide galvanic treatment using a constant direct current on the negative or positive polarity. It is used in two ways on the face, desincrustation to deep cleanse an oily or blemished skin and iontophoresis to introduce products deep into the skin for a specific purpose such as hydrating, soothing or healing. When used on the body it helps in the treatment of cellulite.

Gamma irradiation – a physical means of sterilisation or decontamination. Used to sterilise epilation probes or needles, electromagnetic rays of extremely short wavelength are emitted, passing through the treated product disrupting the organic processes that cause contamination.

Gaseous exchange – the exchange of oxygen and carbon dioxide in the body. The gaseous exchange takes place in the lungs.

Gel – a jelly like material used in cosmetic preparations, it liquefies when warmed.

Gel nails – application of a gel over a plastic nail tip to produce a natural looking false nail with a high gloss finish. The gel is set hard by using ultraviolet light or spraying with setting gels.

Gender dysphoria – a condition where a person of one gender identifies themselves strongly with the other gender. They may undergo hormone and surgical treatment to physically change their sex.

Gene – a unit of genetic material or DNA, inherited from a parent, it determines the characteristics of each individual

Genetic – an inherited characteristic or disease

Germicide – an agent that kills germs

susancressy

spa & beauty therapy in practice

Germinative layer – the lowest layer of the epidermis also called basal layer or stratum germinativum, it produces new cells.

Gestures – motions of the limbs used to help express thoughts or to add emphasis to the spoken word.

Gland – an organ of the body that produces a secretion such as saliva, hormones, mucous, tears, bile, or sebum for release into the blood, into body cavities or onto the body's outer surface

Glitter – a product used for nail art design, a fine glitter dust is applied to the nails by dragging or dotting and it provides the nails with added sparkle. It may also be mixed with acrylic powder, UV gel or nail polish

Glucagon – a hormone secreted by the pancreas that increases the level of glucose in the blood.

Glucocorticoids – a group of hormones of the adrenal cortex

Glucose – a sugar which occurs in animal tissues, fluids and fruits, it is the principal sugar circulating in the blood and the main energy source of the body

Glycerin – also called glycerol it is present in all natural fats it contributes to the skin's capacity to protect by attracting the right amount of water to maintain the skin's homeostasis

Glycerine – a colourless, odourless, sticky and thick, non toxic liquid with a sweet taste, used as a cleansing ingredient in soap and face masks, it is kind to the skin and is also used in facial creams and body lotions as a moisturiser.

Glycogen – the main form of carbohydrate storage occurring primarily in the liver and muscle tissue. It is readily converted into glucose as needed by the body to satisfy its energy needs.

Glycolic acid – is the most common alpha hydroxy acid found in cosmetic preparations. It has a small molecular structure penetrating the skin quickly and is most suitable for mature, sun damaged, oily or acne skin types. These products are produced in different formulations; gels, creams, lotions and serums at varying pH levels and concentrations.

Goitre – enlargement of the thyroid gland

Golgi tendon organ – is a sensory receptor (receives messages from the nervous system) organ situated at the insertion of skeletal muscle fibres into the tendons of skeletal muscle. It provides information about changes in muscle tension.

Gonad – a sex gland, ovary or testis

susancressy

spa & beauty therapy in practice

Gonadotrophin – a hormone which stimulates the growth and activity of the gonads

Gout – **g-ow-t** a condition characterised by an excess of uric acid and urates in the blood, it causes pain and inflammation in the joints of the feet and hands and in particular in the joint of the big toe

GP referral – to direct someone to a doctor for help or information

Granular layer – the third layer of the epidermis. See stratum granulosum.

Grapeseed oil – a fine textured almost odourless carrier oil used in aromatherapy , it is moisturising and regenerative.

Grievance procedure – the action to take, to resolve problems, if an employee wishes to make a complaint or raise issues with an employer. There is a set of minimum steps known as 'the statutory minimum procedures' that have to be included in any grievance procedure. This is necessary to ensure that everybody is treated the same way in similar circumstances, that issues are dealt with fairly and they comply with current **legislation**.

Guidelines – statements or rules that determine a course of action and the limitations of a job role.

Gyratory massager – a mechanical method of massage, using a gyratory vibratory machine. It has several different applicator heads made from sponge for effleurage movements and polyurethane and rubber for petrissage movements, all used during treatment to achieve similar effects to manual massage.