

## H

**Hacking** – a percussion massage movement performed across muscle fibres with both hands working alternately. The sides of the fingers should strike the area rapidly producing light flicking movements

**Haemoglobin** – a protein that occurs in red blood cells, it contains iron and provides the colour, it is instrumental in transporting the oxygen around the body in the blood

**Haemophilia** – an inherited blood condition passed from the female to the male, in which an essential blood clotting factor, factor V111, is partly or completely missing. This impairs the body's ability to control bleeding, when injured. The main danger for the sufferer is internal bleeding, into joints, soft tissues and muscles.

**Hair bulb** – a structure of actively growing cells, inside the hair follicle, which eventually forms the hair. Change occurs in the upper part of the bulb when the cells have reproduced and arrange themselves into six layers one inside the other. The three inner layers form the hair the three outer layers form the lining of the hair follicle. Special cells called melanocytes in the bulb produce melanin, the pigment that colours the hair.

**Hair follicle** – is a structure in the epidermis extending into the dermis it contains the hair root from which the hair develops and provides protection for the hair as it grows. It is well supplied with blood vessels and the blood supply provides a constant source of nourishment necessary for growth.

**Hair germ cells** – the cells in the skin that start the growth of a new hair.

**Hair growth** – the growth rate of hair is genetically determined but it may change depending on age and hormones. The hair on the head is programmed to allow the hair to grow for years at a time so that it can grow very long, whereas the hair on the body is programmed to stop growing every couple of months so that it remains short.

**Hair root** – situated below the surface of the skin and enclosed within the follicle it contains the dermal papilla which is fed by the blood stream and contains receptors for male hormones and androgens. Androgens regulate hair growth in the scalp hair

**Hair shaft** – the hair that can be seen above the scalp consisting mainly of dead cells that have turned into keratin and small amounts of water. It consists of three layers the medulla, the innermost layer which is only present in large thick hairs, the middle layer or cortex, which provides the hair with elasticity and curl and the outer layer, the cuticle, which is made up of six to ten overlapping layers of cells, it's main function is to protect the cortex.

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**Hair types** – there are three types of hair, lanugo that develops on an unborn baby and sheds about four weeks before the baby is born, vellus, fine, soft hair and terminal hair that is longer, thicker and coarser than vellus hair. Terminal hair generally has a longer anagen phase and its growth is affected by hormones whereas vellus hair is not. Different races have different patterns and types of hair growth. Hair may be further classified as single, compound, curly and corkscrew. Single hair grows from a single follicle and compound hair grows from a follicle with two or more dermal papillae, resulting in two or more hairs growing from the same follicle. Curly hair is found predominantly in black skin but sometimes may be found on white and it has a curved follicle. The corkscrew hair has a distorted follicle

**Half moon** – the crescent shaped whitish area of the nail bed of the finger or toenail. Also known as the lunula, it is made up of partly keratinised cells that have not been completely flattened.

**Hallux valgus** – technical name for a bunion a deformity of the big toe causing it to turn in towards the smaller toes and a lump forms on the medial side of the foot at the big toe joint. This condition can be painful and may contraindicate pedicure.

**Hamman** – literally means spreader of warmth, it is a middle-eastern, spa bathing ritual designed to relax and clean the body. It combines, steam, mud, heat and aromatherapy massage.

**Hand cream** – is an emollient or moisturiser used for manicure to massage the hands and arms, it replaces the natural moisture in the skin and nails that has been lost. It may also be made in the form of a lotion or emulsion

**Hands free massage** – use of the forearms and elbows to provide a Swedish type massage thus reducing pressure on the therapist's wrists and hands

**Hangnail** – a common condition in which the cuticle around the nail splits, caused by dry cuticles or incorrect use of cuticle nippers. If left untreated, it may become infected, therefore it should be carefully removed and the cuticles moisturised to keep them supple and prevent more hangnails developing.

**Hard skin remover** – is an implement such as a pumice stone or file, or a product such as an exfoliating cream or scrub, used in pedicure to remove hard skin from the feet.

**Hazard** – something which presents as a possible source of danger that may cause injury or harm

**Hazardous substances** – products in different forms that pose a risk to health if they are not handled, stored, transported, used and disposed of correctly.

**Hazelnut oil** – is a base oil used in aromatherapy, it penetrates the skin quickly, it is good for an oily, combination, or acne skin, it has toning and tightening effects, it encourages cellular regeneration and it strengthens capillaries.

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**Headband** – a stretchy band of material, such as towelling or nylon, placed around the client's hairline to protect the hair from creams and oils applied to the skin during facial treatment.

**Health and safety** – to be free from disease, illness and from the risk of injury

**Health and Safety Executive (HSE)** – an enforcing authority who work in support of the Health and Safety Commission, the body responsible for health and safety regulations in Great Britain to ensure that risks to people's health and safety from work activities is properly controlled.

**Heat rash** – is an eruption on the skin, accompanied by itching and prickling sensations, usually as a response to any form of heat, including ultra violet radiation.

**Henna** – a reddish orange dye made from the leaves of the a small Asian tree called 'lawsonia inermis'. It is used as a cosmetic for hair, kin and nails.

**Herpes simplex** – an inflammatory skin disease of viral origin characterised by the formation of clusters of small fluid filled vesicles and redness, type 1 is responsible for causing oral herpes and type 2 genital herpes.

**Hertz** – a unit of frequency equivalent to one oscillation, change of direction or vibration pulse, per second

**High frequency current** – an *alternating electrical current* that oscillates (changes direction) at very high speed, it may be applied directly or indirectly to the body and face.

**High frequency unit** – the machine used to provide direct and indirect high frequency. The direct method is used to deep cleanse an oily, congested, blemished or dull skin, the indirect method is used with a facial massage to allow hydrating and nourishing products to penetrate deeper and faster into the skin.

**Highlighter** – used to camouflage deep lines such as naso - labial folds, or to draw attention to good points such as cheekbones and eyes

**Hirsutism** – excessive hair growth in a woman, in a male growth pattern. It is often genetic in origin but may also be caused by; increased androgen production, age, drugs, polycystic ovarian syndrome, pregnancy, adrenal tumours or age.

**Histamine** – a substance released from certain cells, in particular mast cells, into the body in response to injury or irritation. Histamine dilates blood capillaries, often causing the skin to appear red and feel warm, it makes the capillaries more permeable, allowing fluid to escape into the tissues.

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**HIV** – human immunodeficiency virus is a virus that causes AIDS (acquired immune deficiency syndrome) a condition in humans where the immune system begins to fail leading to possible life threatening illnesses.

**Hives** – also known as urticaria, it causes itchy, elevated, red blotches on the skin, a common allergic reaction that is often accompanied by swelling of the tissues, eyes, ears or lips.

**Holistic** – it is a method of treating the whole body using, physical, social and psychological elements.

**Holocrine gland** – a type of exocrine gland (a gland that secretes externally through a duct e.g sweat gland). Holocrine secretions are produced within a cell, the cell membrane then ruptures releasing the contents. The sebaceous gland in the skin is a holocrine gland

**Home care advice** – opinions and professional recommendations provided by the therapist, to the client, about products to use and how to use them at home, to ensure the benefits achieved through treatment are maintained.

**Homeostasis** - the processes by which internal systems of the body remain balanced despite variations in external influence

**Homeostatic mechanisms** – there are three mechanisms essential to the body in maintaining homeostasis – the maintenance of constant internal conditions; osmoregulation maintaining the amount of water and mineral salts at a constant level, thermoregulation maintaining body temperature at a constant 36°C and regulation of blood sugar levels.

**Hoof stick** – a wooden or plastic manicure or pedicure tool with a rubber tip, used to gently push back the cuticle without causing damage

**Hormones** – chemicals secreted by the endocrine glands that alter the physiological activity of target cells in the body

**Horny layer** – top layer of the epidermis, the outermost layer of skin.

**Hot stone therapy** – a relaxing massage treatment using heated stones

**Hot wax** – a form of depilatory wax heated to a higher temperature than cool or warm wax approximately 50 - 55°C. It is made from a mixture of waxes, resins and soothing agents, it is effective in removal of strong coarser hair and particularly on the underarm and bikini line. It is liquid on application, flexible whilst cooling and brittle when cold.

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**HRT** – hormone replacement therapy is treatment with artificial oestrogen and progesterone to treat symptoms of the menopause such as; hot flushes, vaginal dryness, night sweats and slow the development of osteoporosis.,

**Humectant** – a substance that attracts water molecules from the surrounding environment.

**Humidity** – the amount of water vapour in the air. Higher humidity makes it feel hotter because it reduces the effectiveness of the sweating mechanism to reduce body temperature by preventing the evaporation of sweat from the skin.

**Hyaluronic acid** – is a natural component of connective tissue, the function of which is to cushion and lubricate. In skin tissue it is a jelly like substance that fills the space between the collagen and elastin fibres providing a transport mechanism to take essential nutrients from the bloodstream to living skin cells and it hydrates the skin by holding water. Synthetic forms have been manufactured for use as skin fillers to rejuvenate the appearance and reduce depressions in the skin due to scars, injury or lines.

**Hydrogen peroxide** – an oxidising agent used to activate eyelash tint. When the liquid hydrogen peroxide is mixed with the tint, oxygen is released, attaching itself to the molecules in the tint, causing the colour molecules to increase in size. When applied to the hair the tint penetrates the cuticle and the colour molecules continue to grow in size, allowing the tint to change the colour of the hair.

**Hydrophilic** – readily absorbing moisture

**Hydrotherapy** – originally the oldest form of medical treatment, now used extensively in spas it is the use of water to provide a relaxing and therapeutic treatment and relief from aches and pains. It uses various temperatures and includes; sauna steam, showers, baths, plunge pools, under water jet massage, wraps and many other treatments.

**Hygiene** – conditions and practises that promote and preserve health by preventing cross infection

**Hygrometer** – an instrument for measuring water vapour content in the atmosphere

**Hyper** - a prefix used before other words denoting excessive or abnormally increased

**Hyper pigmentation** – a condition of the skin, characterised by irregular patches of skin that are darker in colour than the surrounding area. It occurs when an excessive amount of melanin is deposited in the skin. Other forms of hyper pigmentation are, 'liver' or age spots, caused by sun damage, sometimes called solar lentigenes and found on exposed areas of the body, chloasma, large areas of darkened skin caused by hormonal change and may be a result of acne or injury to the skin.

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**Hyperaemia** – is an instant reddening of the skin due to dilation of the capillaries in response to an external stimulus.

**Hyperhidrosis** – excessive sweating

**Hyperkeratosis** – excessive growth of the horny layer of the skin

**Hypersecretion** – excessive secretion

**Hypersensitivity** – exaggerated sensitivity or over reaction to an external or internal stimulant

**Hypertension** – high blood pressure

**Hyperthyroidism** – over secretion of thyroid hormones causing an increase in metabolic rate.

**Hypertrichosis** – medical term for abnormal or excessive body hair growth in comparison to other people of the same age, sex and ethnicity. It may develop all over the body or may be isolated in small areas.

**Hypertrophy** – an excessive enlargement or overgrowth of tissue without cell division

**Hypo** – a prefix denoting less than normal or deficient in some way.

**Hypo allergenic** – a common term used by the cosmetics industry, to imply that a product will not have an allergic reaction or irritate a sensitive skin. The manufacturers have tried to remove as many known allergens and irritants from their products as possible.

**Hypo pigmentation** – a loss of skin colour caused by a lack of melanocytes, melanin producing cells in the epidermis, or tyrosine needed to stimulate the melanocytes to produce melanin. Albinism is a genetic disorder and the most extreme form of hypopigmentation, as there is a total lack of melanin in the skin, eyes and hair. Vitiligo, is a condition that causes loss of pigment, resulting in irregular pale patches in the skin.

**Hyponychium** – the skin at the end of the finger underneath the free edge. **Hypotension** – low blood pressure

**Hypothalamus** – the part of the brain that lies below the thalamus at the top of the brain stem, it is the control centre for the autonomic nervous system. It helps to regulate sleep cycles, body temperature, blood pressure, metabolic processes, appetite etc. It also produces hormones including the releasing factors that control the action of the pituitary gland.

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**Hypothyroidism** – under secretion of thyroid hormones causing a decrease in metabolic rate.