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spa & beauty therapy in practice

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Ichthyosis vulgaris – a skin disorder characterised by persistently thick, dry, rough and flaky skin that resembles fish scales. It may be inherited or acquired in adulthood as a result of a systemic disease, an under active thyroid, lymphoma or certain medications.

Ileum – the third and lowest section of the small intestine, it follows the duodenum and jejunum and is separated from caecum by the ilio caecal valve.

Image – the general or public perception of a person or business achieved by careful calculation and intended to promote goodwill or encourage sales.

Immune system – a complex network of organs, specialised cells and a circulatory system separate from blood vessels that work together to fight infection and defend the body from harmful substances

Immunity – resistance to illness, disease or injury due to the presence of antibodies

Impetigo – a common superficial, contagious skin infection caused by the bacteria, streptococcus or staphylococcus. More common in children it is characterised by small blisters that rupture and form a scab around the nose, mouth, hands and forearms, although it can affect the skin anywhere on the body.

Improve – to make something better than it was.

Indian head massage – a therapeutic treatment based on Ayurvedic massage techniques, working on the upper back, shoulders, neck, scalp and face. In addition to reducing stress fatigue and tension, improving mental clarity and relaxing and rejuvenating the client, it also improves the condition and health of the hair.

Induction – provided to all new employees in a business, it is a special programme designed to provide, all the information about the business activities, products and services, health and safety, outline of the job role, terms and conditions of employment and to meet the rest of the team. This will ensure that the new employee will settle in more quickly and be confident in their new role.

Infection – invasion of a body part or tissue with harmful bacteria, fungus or virus, which multiplies causing illness or injury

Inferior – lower than, below, less important than, or poor in quality.

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Infill – a procedure to fill in the gap at the base of the natural nail, when the nail extension attached to the natural nail has moved up, as the nail has grown. Normally required two to three weeks after the original nail extensions have been applied.

Inflammation – is a reaction of the body to injury or disease, characterised by; redness, swelling, heat and pain. It may be caused by the presence of infection, an increase in blood flow, histamine bathing the tissues and damage to the nerve endings

Influence – the capacity or power to alter behaviour, actions or opinions of others.

Inform – to provide information or supply knowledge to another.

Infra-red – radiation in the invisible part of the electromagnetic spectrum with wavelengths greater than 760 nm.

Ingestion – taking food into the body via the digestive system.

Ingrown hair – a hair that curls and penetrates the skin with its tip. It may become inflamed and could be caused by; very dry skin, stiff beard hair, build up of dead skin cells in the follicle and on the surface of the skin, or coarse curly hair growing in a curved follicle. Hair removal methods such as waxing, tweezing, shaving or electrolysis often irritate the follicle.

Inhale – breathe oxygen, gas or smoke into the body. This occurs when the diaphragm contracts moving downward and expanding the chest cavity, allowing air to flow into the lungs

Inner root sheath – the innermost part of the hair follicle, it has three layers; Henle's layer which is one cell thick, Huxley's layer which is two or more cells thick and the cuticle.

Innervation – distribution or supply of nerves to a part of the body.

Insertion – the end of a muscle attached to a freely moving bone, the moveable point on which the force of the muscle is applied

Insulin – a hormone produced by the pancreas in the islets of langerhans. It regulates carbohydrate metabolism and is required by the cells of the body to remove and use glucose from the blood.

Insurance – the payment of a fixed sum of money on a regular basis to a company who will then pay an agreed sum in the event of injury, illness, loss or damage. There are many types of insurance a business must consider, some are; professional indemnity, public liability, product liability, health, fire, car

Integumentary system – the body system comprising skin hair and nails.

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Intense pulsed light – IPL is an electrical therapy using intense pulsed light directed onto the skin, to penetrate through the upper layers. It stimulates new collagen and elastin to improve skin health, it reduces the appearance of blemishes and scar tissue and evens out pigmentation, as well as being used for hair removal.

Intensity – degree of power, force activity or tension

Intercellular matrix – ‘mortar’ that holds the layers of skin cells together, creating a natural barrier to keep bacteria out and moisture in.

Intercostal muscles – small muscles between the ribs. The internal muscles aid in breathing out by depressing the ribs and reducing the dimensions of the thoracic cavity. The external muscles help when breathing in as they elevate the ribs and increase the dimensions of the thoracic cavity.

Interstitial fluid- fluid that leaks out of capillaries and bathes the tissues and cells of the body, also known as tissue fluid.

Introduce – to present one person to another. Bringing to someone’s attention, a new experience, that they have not tried before or demonstrating the latest technology, by bringing it to the notice of your clientele through promotion.

Involuntary muscle – a muscle that contracts without conscious control, found in walls of internal organs such as stomach, intestine and bladder and blood vessels

Ion – an electrically charged atom formed by the loss or gain of one or more electrons

Ionisation – the use of active ions or electrically charged elements in galvanic treatments

Iontophoresis – introduction of ionised products into the skin using a galvanic current to improve all skin conditions

Irradiate – the emission of rays of light, heat or other form of energy

Irritation – a condition of soreness or inflammation in the body

Islets of langerhans – the hormone producing cells of the pancreas.