

# susancressy

spa & beauty therapy in practice

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**Kaolin** – very fine white clay used as a light diffusing ingredient in cosmetics and as an ingredient in face masks used for its cleansing effect and the ability to draw impurities from the skin

**Keloid** – a raised formation of scar tissue caused by excessive tissue repair in response to trauma or surgery when fibroblast cells continue to multiply and form large mounds of scar tissue. Black skins are more susceptible to keloid formation and they may appear on any part of the body.

**Keratin** – an insoluble protein produced by keratinocytes and found in hair, the outer layer of skin and nails

**Keratinisation** – the process by which keratin is deposited in cells and the cells become horny, as in nails and hair, providing a waterproof barrier.

**Keratinocytes** – cells that make up the epidermis, they produce a protein called keratin

**Keratolytic** – a substance that causes the loosening or shedding of the horny layer of skin.

**Kinesis** – movement or activity in response to a stimulus

**Kneading** – a massage manipulation that involves compressing and releasing muscle tissues against each other or underlying bone, performed with either or both hands, it can be alternate or reinforced and adapted for different parts of the body taking in to account differences in shape and size of muscles. The whole of the palmar surface of the hands are used pressing the muscles gently against underlying structures in a circular movement. It may be modified by using the pads of the first and second fingers or thumbs

**Kneipp therapy** – water therapy originating in Germany, and developed by Sebastien Kneipp a priest and naturopath. The method used incorporated immersion into very cold and hot water alternately to stimulate the circulation and strengthen the immune system.

**Knuckling** – a kneading massage manipulation classified as a friction movement, it is performed with the hand curled into a loose fist, moving in small circular strokes and used on areas such as shoulders and chest.

**Koilonychia** – abnormal shaped nail, thin and concave with raised lateral and distal edges, more commonly referred to as spoon shaped nails. It may be caused by; iron deficiency anaemia, Raynaud's disease or direct trauma

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**Kyphosis** – an abnormal outward curvature of the spine causing a hunchback