

N

Naevus - a congenital pigmented area of skin, more commonly referred to as a birthmark or mole. It results from an excess of pigmentation, the exaggerated development of blood vessels, or an overgrowth of epidermal or connective tissue.

Nail – the nail is a protective covering for the ends of the fingers and toes. It is composed of a nail bed, nail matrix and nail plate. The finger nail grows at 0.1 mm per day, the toe nail grows more slowly.

Nail art – decorative art applied to natural or artificial nails using, colour, foils, stones, glitter and transfers

Nail bed – situated below the nail plate it is made up of the dermis, and has a pink appearance caused by the capillaries in the dermis.

Nail brush – for removing grease and debris from the nail plate ensuring the enamel adheres well

Nail buffer – used to polish the nails when nail enamel is not required

Nail conditioner – product used to strengthen and rebuild weak and damaged nails

Nail enamel – also called polish or varnish. It is a cosmetic lacquer applied to the nails of fingers and toes as ornamentation and protection. They are made from nitrocellulose dissolved in a solvent with coloured pigments

Nail enamel remover – a liquid solvent formulated to remove enamel from the nail plate. Containing acetone or ethyl acetate and other ingredients to reduce the harmful effects on the nail plate

Nail forms – used to help create a false nail extension, it may be used instead of a nail tip. They can be disposable paper forms with a sticky back or re-usable metal, plastic or Teflon coated shaped to fit any size nail and sterilised after use.

Nail groove – a furrow at the side of a nail upon which the nail moves, it acts as a guideline for the nail to follow

Nail hardener – a product applied to the nail to increase the strength of the nail plate, must not be used permanently as the nails may become brittle with constant use

Nail plate – the visible portion of the nail resting on the nail bed and terminating in the free edge. It protects the ends of the fingers and is made from the protein keratin, it is strong and flexible and made from many layers of dead, flattened cells

Nail repair – a procedure used during a manicure, pedicure or nail extension maintenance. It is the reinforcement of a break, split or tear in the nail plate, using glue, fibreglass, silk wrap, gel or acrylic.

susancressy

spa & beauty therapy in practice

Nail strengthener – a base coat applied to the nail specifically to bond together the layers of the nail plate and make them more resistant to damage. They may contain a combination of resin, proteins, conditioners and in some cases nylon fibres.

Nail tips – are made from plastic and used to lengthen the natural nail.

Nail wraps – materials such as silk or fibreglass used to repair or strengthen the natural nail

Nanospheres – minute spheres or lipids made of water and fat, filled with active ingredients and used to transport substances deep into the skin.

Nasolabial - the creases that run from the sides of the nose to the sides of the mouth, as we age they become more prominent. They are caused by excess skin, thinning of the skin and drooping of cheek fat.

National Occupational Standards – statements of the skills, knowledge and understanding needed in employment and clearly define the outcomes of competent performance. (QCA's definition)

Navicular bone – one of the tarsal bones found in the foot

Needs – things required, desired or wanted

Nephron – is the functional unit of the kidney responsible for the purification and filtration of blood

Nerve – a bundle of fibres that conducts impulses to and from the brain or spinal cord and the body, They are sensory or afferent nerves carrying information to the brain and spinal cord and motor or efferent carrying impulses away from the brain and spinal cord to the body.

Nerve plexus – a network of intersecting nerves

Nervous system – the body's control system, it collects, transmits and processes information, then initiates the most appropriate response to maintain balance in the body. It is divided into the central nervous system, which consists of the brain and spinal cord and obtains information from the body before send out instructions in response and peripheral nervous system, responsible for body functions not under conscious control, such as the digestive system, this is further subdivided into the sympathetic and parasympathetic systems.

Neuralgia – a syndrome marked by pain extending along the course of one or more nerves

Neuritis – inflammation of a nerve

Neurone – a nerve cell

Neutraliser – a substance mixed with or applied to another, to make it ineffective, or to counteract an activity.

susancressy

spa & beauty therapy in practice

Nodules – a small composition of cells normally benign and often painless.

Non comedogenic – indicates that the product will not block the pores in the skin

Normal skin – a balanced skin type with a clear complexion, even colour and smooth texture. Cell renewal and exfoliation of dead skin cells are working in harmony and the sebaceous glands produce sufficient natural oil to maintain a soft and supple skin. It has a high degree of elasticity and efficient collagen production contributing to the overall healthy appearance of this skin type

Nucleus – part of a cell that contains genetic information or hereditary factors controlling the cell's growth and reproduction. It is also the central part of an atom made up of protons and neutrons

Nutrients – a source of nourishment, essential to the human body for growth maintenance and repair. Essential nutrients are proteins, carbohydrates, fats, oils, minerals, vitamins and water.

Nutrition – the process by which a living organism assimilates food and uses it for growth and repair