

O

Obesity – the excessive accumulation of fat in the body

Objectives – goals to be achieved, desired outcomes or results

Oedema – a build up of excess fluid in the body leading to swelling of the tissues, most commonly found in the ankles or legs. It occurs when the body's normal fluid balance is disturbed. It may be caused by, heat, immobility, pregnancy, an increase in pressure within the blood vessels, a decrease in the amount of proteins in the blood or an underlying medical condition.

Oesophagus – a muscular tube through which food travels from the mouth to the stomach. It is about 23 centimetres long and extends down from the pharynx immediately below the windpipe. It is lined with mucous membrane, which secretes fluid providing lubrication. The muscular walls contract to move the food along, this process is called peristalsis.

Oestrogen – a hormone produced by the ovaries, controls female sexual development, promote the growth of female secondary sexual characteristics at puberty, stimulate egg production and prepares the lining of the uterus for pregnancy

Ohm – unit of electrical resistance

Oil – a lubricant used in massage for its moisturising, nourishing and softening effects on the skin.

Oily skin – a skin type characterised by a shiny appearance, thick epidermis, sallow colour, open pores, prone to blackheads. Caused by overactive sebaceous glands it is more common in younger adolescent skins but can occur at any time.

Olfactory – relating to the sense of smell

Olfactory system – the sensory system responsible for the sense of smell, this provides us with a warning system supplying us with valuable information about the environment. It identifies odour, determines the concentration of an odour, distinguishes between different odours, recognises an odour in different concentrations and matches the odour with memory.

Oligomer – consists of a limited number of monomer molecules, bonded together, shorter than a polymer which in principal can have a limitless number of monomers

Onychatrophia – a wasting away of the nail plate becoming smaller until it may shed completely

Onychauxis – thickening of the nail plate may be a result of internal disorders or as a result of constant irritation such as a badly fitting shoe.

susancressy

spa & beauty therapy in practice

Onychia – an inflammation occurring somewhere around or under the nail. There may be inflammation, swelling or the presence of pus. May be caused by poor hygiene or infected manicure instruments.

Onychocryptosis – an ingrown nail that affects the fingers, but is most common on the big toe. It occurs when the nail plate grows into the flesh at the side of the nail into the nail wall. The cause may be incorrect cutting and filing, pressure from ill fitting shoes or neglect.

Onychogryphosis – an enlarged nail with an increased curve caused by an increase in the production of horny cells of the nail plate leading to curvature of the free edge which resembles a ram's horn. It is more common in older people and may be caused through neglect, age or ill fitting shoes.

Onycholysis – a gradual separation of the nail plate from the nail bed when the nail loosens but does not come away completely. It may be caused by eczema or psoriasis on the nail bed, internal disorders, or rough treatment such as, poking a sharp object under the free edge.

Onychomadesis – complete loss of nails

Onychomalacia – soft nails

Onychomycosis – a fungal infection of the nails. Also known as tinea unguium, usually results from the spread of a fungal infection of the skin. Usually painless and may be ignored for years, the nail progressively changes in colour and quality and affects all layers of the nail plate, beneath and on top

Onychophagy – a technical term for bitten nails and in some cases the cuticle around the nail. Nail biting is a nervous habit which eventually exposes the hyponychium and causes very weak or deformed nails. The only cure is to stop biting but regular manicures with moisturising treatments will greatly improve the condition.

Onychophyma – painful swelling of the nails

Onychoptosis – periodic shedding of part or all of the nail

Onychorrhhexis – dry, brittle nails which split or peel

Onychosis – any disease or disorder of the nail

Onychotillomania – compulsive picking at the nail

Orange flower water – a natural extract made from the distillation of orange blossoms and used in skin toner

Orange stick – a thin wooden stick used in manicure to push back the cuticles and to remove small amounts of product from applicators to apply to the nail or cuticle.

Organisational requirements – beauty therapy procedures, rules, or regulations issued by the salon management

susancressy

spa & beauty therapy in practice

Origin – the fixed attachment of a muscle to bone.

Osmoregulation – the body's method of controlling the levels of water and mineral salts in the blood

Osmosis – is the passage of dissolved substances through a semi permeable membrane.

Ossification – is the process of bone formation

Osteoblast – a cell that makes bone

Osteoclast – a cell that breaks down bone and is responsible for bone resorption

Osteocyte – a mature bone cell

Osteoporosis – a disease which causes the bones to become fragile and more likely to break, it can progress painlessly and only become evident when a bone breaks, common in post menopausal women.

Outcomes – results of effort, goals attained, or tasks completed

Outer root sheath –the layer situated between the inner root sheath and the connective tissue sheath of the hair follicle. It varies in thickness depending on the size of the follicle.

Ovaries – female sexual glands, egg producing reproductive organs (exocrine function), they also secrete the hormones oestrogen and progesterone (endocrine function).

Overheads – the operating expenses of running a business, such as; rent, rates, heating, lighting, laundry, telephone, wages, equipment, products, consumables

Overlay – a thin coating applied to the natural nail or an application over a plastic nail tip. Strengthening overlays or wraps are made from silk or fibreglass

Overtrading – when a business spends more cash than it has coming in.

Oxidisation – the combination of a substance with oxygen, it involves the loss of electrons from atoms, also known as oxidative stress, it is the process of oxidising (an apple when cut turning brown, our body's cellular degeneration) it causes free radical damage in the body which contributes to premature ageing. Anti oxidants, in particular vitamins A, C and E, help counteract the oxidisation process.

Oxygen – is a colourless, odourless tasteless gas, essential for the respiration of all animals and plants

Oxytocin – a hormone produced by the posterior lobe of the pituitary gland it stimulates the contraction of the smooth muscle of the uterus in order to deliver the foetus and stimulates milk flow after the birth.

susancressy

spa & beauty therapy in practice

Ozone – condensed oxygen, a trio of oxygen atoms formed by electrical discharges in the air and it has a characteristic odour. It is found in abundance in the upper layers of the atmosphere, it is a powerful oxidant and damaging to cell structure. It is used as a disinfectant and is produced in a direct high frequency treatment when the high frequency current mixes with oxygen.