

susancressy

spa & beauty therapy in practice

Q

Quadriceps – **qw-od-ri-seps** four extensor muscles (**muscles that extend or straighten a limb**) situated in the thigh; rectus femoris, vastus lateralis, vastus intermedius and vastus medialis. They extend the knee joint and are crucial in walking, running, jumping and squatting. The rectus femoris also flexes the hip.

Quaternary ammonium compounds – **qw-or-ter-na-ree am-oh-nee-um kom-pow-n-d-s** a highly potent (**powerful**) disinfectant with germicidal (**kills germs**) properties for sanitising instruments and work surfaces

Questions – **qw-es-t-yons** requests for information, there are several types of questions. *Open questions* are likely to receive a long answer, as they ask the person answering to think and reflect before they provide detailed answers, these questions begin with words such as what, why, how, when or describe. *Closed questions* are answered with yes or no, they provide facts and are easy and quick to answer, these questions usually begin with words such as do, would, will, are, if. *Probing questions* are used when more detail is required, when answers are vague, you need clarification or they have not provided sufficient information.

Quick dry – **kwik dr-eye** a special liquid formulation applied as a final coat over the top coat in a manicure or pedicure to speed up the drying time