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spa & beauty therapy in practice

R

Radiation – ray-dee-ay-shon **electromagnetic** waves, a form of energy transmission that requires no conductive medium (something that encourages the passage of electricity or radiation)

Radiotherapy – ray-dee-oh-th-er-ap-ee treatment of disease by means of x rays or of radioactive substances. Would contraindicate treatment

Radius – ray-dee-us the bone of the forearm on the side of the thumb[see diagram p]

Rash – ra-sh an eruption on the skin, characterised by redness, small **papules** and **vesicles**, occurs as a result of contact with an external irritant, an illness or disease

Rassul – ras-ool a popular spa treatment, it is a deep cleansing ritual of ancient origins, using micronised (pulverise finely) mud from Morocco and containing essential mineral such as; silicium, magnesium, iron, calcium potassium and sodium. The spa treatment combines steam, heat and water therapy with the application of mud. The Rassul chamber is tiled and domed with a Moorish colour scheme of burnt orange and blue, steam is infused with herbs such as lemongrass, chamomile and lavender, benefiting the skin, the respiratory system and detoxifying the body. There are usually several differently coloured muds that may be applied to the body and rubbed in whilst enjoying the heat treatment. After a certain length of time a tropical rain shower falls from the roof of the dome to gently wash away the mud

Reception – re-sep-shon an area in a salon, the first point of contact, set aside for greeting clients, as a waiting area and for taking payment. The reception is also an ideal retail and display area. It is the first impression of the salon and it should reflect the salon image, be inviting and put the client or visitor at ease.

Receptionist – re-sep-shon-is-t a person employed to receive and assist visitors to a business. Their duties will include; answering the telephone, booking appointments, welcoming clients and visitors, dealing with problems, processing payments and often promoting retail sales.

[Receptionists answering the phone and providing retail advice Reflexology page 176]

Record cards – re-k-or-d k-ar-d-s a method of storing relevant information and data

Records – re-k-or-d-s information or data collected and recorded in written format or in a computer

Rectifier – rek-t-if-eye-er an electrical device that converts **alternating current** to **direct current**

Rectus abdominis – rek-t-us ab-dom-in-is a large muscle of the anterior abdominal wall, divided into two parts on either side of the linea alba (thin line of connective tissue), it flexes the vertebral column and draws the chest down. Often referred to as the 'six pack'

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Reflexology – **ree-flex-oi-o-jee** a therapy using ancient Chinese techniques stimulating specific reflex points on the feet, hands and ears to restore the flow of energy through the body. It reduces stress, promotes relaxation, improves circulation, revitalises and contributes to **homeostasis**

Refund – **ree-fun-d** to make a repayment of funds for a purchase

Regrowth – **ree-gr-oh-th** hair that grows back **after depilation or** electrical epilation has been carried out.

Regulations – **reg-you-lay-shon-s** principles, rules or laws which are made to direct and influence behaviour, conduct and other activities.

Relevant person – **re-lev-ant** the most appropriate individual

Repair – **re-per** to strengthen, mend or restore to a good condition.

Reproductive system – **r-ee-pr-oh-duk-tiv sis-t-m** a group of organs glands and hormones in the male and female that contribute to the creation of a new life. The structure of the female reproductive system consists of; ovaries, ova, fallopian tubes, uterus, cervix, endometrium and vagina. The structure of the male reproductive system consists of; urethra, glands, scrotum, testes, spermatozoa, vas deferens and penis.

Resin – **re-s-in** a viscous fluid, a natural secretion of trees used in varnishes, adhesives, depilatory wax, essential oil, incense or perfume. Some resins are extracted for their fragrance and used in essential oil blends

Resin activator – **re-sin ak-tiv-ay-tor** contains special ingredients that set the glue in the application of false nail extensions, to make it strong and non porous (**not able to absorb fluid**).

Resin glue – **re-sin gl-oo** used to fix a nail extension or fabric overlay to the natural nail.

Resistance – **re-sis-tan-s** opposition to something, electrical resistance is the opposition to the flow of current

Resistor – **re-is-tor** an electrical device to reduce current flow.

Resort spa – **re-sor-t sp-ar** a spa establishment offering treatments at a vacation destination that also has other facilities such as water sports, golf, tennis and children's activities.

[Resort spa BABOR cd pg 43 Ritz Carlton San Juan Puerto Rico]

Resources – **re-sor-ses** the total means available to increase profit e.g. equipment, products, time, assets and people

Respiration – **res-pi-ray-shon** the process of breathing in and out, which allows the exchange of gases in the body, taking in oxygen and releasing carbon dioxide

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Respiratory system – res-pir-at-or-ee sis-t-em the airways, lungs, and respiratory muscles that work together to move air in and out of the body, it also helps to oxygenate the blood and remove carbon dioxide and metabolic waste from the circulation. Respiration is achieved through; the mouth, nose, trachea, lungs, bronchial tubes a, alveoli and diaphragm. [see diagram p]

Retail – r-ee-tay-l to sell goods, in small quantities directly to the consumer or client

Retailer – ree-tay-ler a person or business that sells goods directly to the consumer or client

Retinoic acid – ret-in-oh-ik as-id derived from vitamin A and incorporated into skin care products, it is used to treat acne and lessen the appearance of fine lines and wrinkles, hyper pigmentation and roughness of facial skin. The side effects are extreme sensitivity to sunlight, increased reddening of the skin and peeling.

Review – re-v-you it is a critical article, survey or report, an inspection or examination, to look at something for a second time, to look back on something, to repeat or summarise.

Rheostat – ree-oh-st-at regulates electrical current

Rhinestones – r-eye-n-st-oh-n-s used for nail art design they are tiny, metallic, flat backed, multi coloured crystals, they have been cut on the upper surface like a gem stone, with many sides, to add sparkle to the nails.

Rhomboid major – rom-boy-d may-jor a diamond shaped muscle beneath the trapezius in the upper back, attaching the scapula to the spinal vertebrae. It is the larger of the two rhomboid muscles and it retracts and rotates the scapula. The rhomboid minor is situated above and very close to the major muscle and has the same actions. [see diagram p]

Ribs – ri-b-s the long curved bones that form the rib cage surrounding the chest (thorax), they protect the lungs, heart and other internal organs in the thoracic cavity[see diagram p]

Ringworm – rin-g-wer-m a highly contagious fungal infection of the body, the fungus produces enzymes that break down the keratin in the skin causing the characteristic circular scaly, itching patches in the skin, the ring shape spreads outwards and the centre gradually heals returning to normal skin colour. It is usually caused by a group of fungi called dermatophytes, spores from the fungus may be picked up from another person, the soil or the environment, from an animal or from household objects. The technical term is *tinea* and this is followed by the latin term to describe the part of the body affected e.g. *tinea corporis* – body, *tinea capitis* - scalp, *tinea unguium* - skin, *tinea pedis* – feet.

Risk – ri-s-k possibility of suffering harm or danger

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Risorius – **ri-sor-ee-as** a facial muscle that originates from the **masseter** muscle and inserts into the **orbicularis oris** muscle surrounding the mouth, it pulls the corners of the mouth outwards. [see diagram p]

Roman bath – **r-oh-man ba-th** based on the ancient Roman baths they have a series of hot, warm and cold pools, they are available in some of the spa towns in the UK in their original form. Many of the new spas have adapted the principles and updated them to fit in with latest trends.

[Roman Bath fig. 13.2 BTFF pg. 191]

Rosacea – **r-oh-say-sha** - a skin disease affecting the middle of the face, it causes persistent redness over the cheeks and nose, dilated (enlarged) capillaries forming fine red lines (telangiectasias) in the skin, and small spots. It occurs most commonly in adults between 30 and 50 years of age and is aggravated by stress, extremes of temperature and sun exposure. The *heliobacter pylori* bacteria present in the follicles is thought to contribute to the development of rosacea. In extreme cases rhinophyma (enlarged nose and puffy cheeks) may occur and it affects more men than women.

Rosacea keratitis – **r-oh-say-sha ker-at-eye-t-is** a complication of **rosacea**, that affects the eyes, it begins with a burning and gritty sensation and if left untreated will damage the cornea and impair vision.

Rosewater – **r-oh-s-w-or-ter** a facial toning lotion obtained by steam distilling (extracting essential elements from something) the petals of roses

Rotator cuff muscles – **r-oh-tay-tor-kuf mu-sel-s** they are a group of four muscles situated around the shoulder joint and consisting of; subscapularis, teres minor, infraspinatus and supraspinatus. Their function is to keep the shoulder joint stable during movements of the arm. [see diagram p]

Rules – **r-ool-s** principles or regulations provided to guide the individual in procedures, conduct and actions