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spa & beauty therapy in practice

T

Tactile skin sensitivity test – **tak-t-eye-l sk-in sen-sit-iv-it-ee tes-t** a safety precaution used before electrical treatments to check the client's skin sensitivity, using a piece of cotton wool and the end of an orange stick, apply alternately to the skin ensuring the client can feel the difference between the two.

Talc – **ta-l-k** a naturally occurring fine mineral powder used as a lubricant on the skin for manual or gyratory vibratory massage

Talus – **tal-us** the second largest **tarsal bone** in the foot connecting the leg to the foot. It articulates (attached at a joint) with the tibia, fibula, calcaneus and navicular bones. [see diagram p]

Tapotement – **tap-oh-t-men-t** a massage technique using rapid stimulating movements of the hands, includes, hacking, clapping, cupping, beating and pounding. It is adapted for facial massage by using the palmar surfaces of the fingertips to perform digital hacking and tapping.

Target cells – **tar-get sels** a cell that responds to a **hormone** because it contains receptors (sensory endings sensitive to a messenger) for that particular hormone

Targets – **tar-get-s** desired goals, may be set to encourage increased production, to provide motivation or to receive a reward.

Tarsal bones – **tar-sal b-oh-n-s** seven bones in the foot: 1 talus, 1 calcaneus (heel), 3 cuneiform, 1 cuboid and 1 navicular[see diagram p]

Tax – **t-ax** a sum of money paid to the government to pay for services, it is paid on income, property, inheritance and business. Tax is also paid indirectly through VAT, excise duty, insurance premium tax, petrol tax and stamp duty when buying a house

Team – **t-ee-m** a group of people working towards a common goal for mutual benefit

Technical skill – **tek-nik-al sk-il-s** a competence relevant to a particular profession which requires special training and experience

Telangiectasia – **tel-an-jee-ek-tay-sh-a** collection of distended (increased in size) blood vessels in the skin usually with a central spot and a spidery like appearance

Telogen – **tel-o-jen** the resting phase in the development of a **follicle**. Telogen hairs have a clubbed or bulbous tip and last for several months before falling out.

Temperature gauge – **tem-pe-rat-your** an implement used to assess, or measure levels of heat

Temporalis – **tem-p-or-ar-lis** facial muscle extending from the temple to the jawbone, its action is to raise the **mandible** and close the jaws. [see diagram p]

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Temporal bone – **tem-p-or-al b-oh-n** situated at the side and base of the skull enclosing the organs of hearing and balance[see diagram p]

Tendon – **ten-don** a band of fibrous **connective tissue** that connects muscle to bone

Tendonitis – **ten-don-eye-t-is** inflammation of a tendon

Tepidarium – **tep-id-er-ee-um** a warm room in the original Roman baths, used to relax and be massaged with oils, before having further heat treatment. In modern spas this room is often the relaxation room used before during and after the treatment.

Terminal hair – **t-er-min-al her** a mature hair which is generally, longer, thicker and coarser than **vellus hair**.

Testes – **tes-tees** the male gonads, part of the male reproductive system they are endocrine glands that secrete androgens, the most important of which is testosterone, that stimulate the development and maintenance of the male sexual characteristics, hair growth on the body, enlargement of the larynx, production of sperm. [see diagram p]

Testosterone – **tes-tos-t-er-oh-n** the principal male sex hormone

Thai massage – **t-eye-mas-ar-j** a massage therapy applied to a client wearing loose fitting clothing, it includes passive, yoga like stretching movements and pressure point massage along the body's major energy channels, to release blocked energy and tension whilst helping to relax.

Thalassotherapy – **th-al-as-oh-th-er-a-pee** a treatment that combines the use of sea water, mineral rich mud and seaweed with hydrotherapy, it is offered in many spas, originally to improve health, digestive problems and muscular disorders, but more recently for modern ailments such as stress, fatigue, joint and back pain. It is believed that all natural elements exist in the sea and the chemical composition of sea water is similar to human plasma. The iodine content is a powerful natural antiseptic and seaweed is a potent detoxifier.

Therapy – **th-e-rap-ee** a curative power or quality, or a treatment that has therapeutic effects

Thermal – **th-er-mal** relating to, caused by or retaining heat

Thermal mask – **th-er-mal m-as-k** a specialised clay mask mixed with warm water which, when applied to the skin heats further to soothe and soften the skin. A special cream is massaged in to the skin before the mask is applied, as the mask hardens a chemical reaction occurs to create the heat and warm the skin, allowing deeper penetration of the cream.

Thermal mittens – **th-er-mal mit-ten-s** heated mittens used in a luxury manicure to apply heat, allow quicker penetration (**depth reached**) of moisturisers and soothe aching joints

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Thermal skin test – **th-er-mal sk-in tes-t** the use of hot and cold to test skin sensitivity to heat. Fill two test tubes one with cold water the other with warm. Place the test tubes alternately on the client's skin and ask the client to specify which one is cold and which one is warm. This test should be used before applying heat to the client's skin.

Thermocoagulation – **th-er-ma-ko-ag-you-lay-shon** coagulation (change from a fluid consistency to a thickened mass) by means of high frequency currents

Thermolysis – **th-er-mol-i-sis** chemical dissociation (the change of a complex substance into simpler constituents) by means of heat, destruction of tissues by means of heat

Thermostat – **th-er-m-oh-st-at** a device for maintaining a constant set temperature

Thoracic duct – **th-or-ass-ik duk-t** a major **lymphatic vessel**, it starts in front of the lower lumbar vertebrae as the cisterna chyli (a large lymph vessel situated in the abdominal cavity it receives and temporarily stores lymph), it collects lymph from the lower limbs, pelvis, abdomen and lower chest. Lymph empties from the duct into a large vein in the chest returning to the bloodstream. [see diagram p]

Threading – **th-red-in-g** a method of temporarily removing superfluous hair, using cotton thread, a skill originating from the Middle East and Asia.

Tinea pedis – **tin-ee-a ped-is** also called athlete's foot, is a fungal infection that affects the spaces between the toes. It looks moist and white in appearance, there may be some degree of scaling of the skin, it is usually itchy and may become inflamed. The fungal spores can persist for months and years in bathrooms and communal areas such as changing rooms or swimming pools. Anyone is susceptible particularly if they are wearing synthetic tight fitting shoes for long periods and sweat excessively. It is highly infectious and may spread to other parts of the body.

Thymus gland – **th-eye-mus gl-and** an **endocrine gland** located in the upper anterior part of the chest cavity, it plays an important role in the development of the immune system. [see diagram p]

Thyroid gland – **th-eye-roy-d gl-and** an endocrine gland located in the middle of the lower neck below the voice box and just above the clavicles (the collar bones which together with the sternum and scapula form the shoulder girdle). It is responsible for regulating the body's metabolic rate and influencing the growth of the body. It secretes thyroxine which if over produced causes **hyperthyroidism** or exophthalmic goitre (the same condition with protrusion of the eyeballs), if there is an under secretion it causes cretinism in children or myxoedema in middle age (characterised by dwarfism, mental retardation, low metabolism and degeneration of the bones). [see diagram p]

Thyroxin – **th-eye-rox-in** a hormone produced by the **thyroid gland**, it acts on the body by increasing the basal metabolic rate

Tibia – **tib-ee-a** the inner of the two bones of the lower leg that extend from the knee to the ankle and articulate with the femur and talus [see diagram p]

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Tibialis anterior – **tib-ee-ay-lis ant-ee-ree-or** muscle on the front of the lower leg, running down the outside of the shin, from just below the knee to the base of the first *metatarsal*. Its action is to **dorsiflex** the ankle and invert the foot. [see diagram p]

Till – **til** a drawer or tray that contains money

Time management – **t-eye-m man-aj-men-t** the process of planning, organising and controlling activities that will allow the most effective use of time

Tint – **tin-t** a commercial dye to change the colour of lashes and brows or a variety of colour

Tissue – **ti-sh-oo** a group of cells, fibres and various cell products that form a structure or substance and perform a similar function. There are four types of tissue in the body; epithelium, connective, muscle and nervous.

Tissue fluid – **ti-sh-oo fl-oo-id** a solution that bathes the cells, also known as interstitial or intercellular fluid.

Tocopherol – **tok-of-er-ol** the technical term for vitamin E, a fat soluble **Capable of being dissolved** vitamin, it is an important antioxidant **(a substance that inhibits oxidation)** it has healing properties and helps to repair sun damaged skin. It is found in nuts, seeds, leafy green vegetables and vegetable oils.

Toe separators – **t-oh sep-a-ray-t-or-s** a disposable implement placed between the toes to separate them and allow enamelling of the toe nails without smudging

Toenail clippers – **t-oh-nay-l k-lip-per-s** metal implement to shorten the toenails

Tone – **t-oh-n** to tighten and firm, to gain strength, the normal state of elastic tension or partial contraction in resting muscles, quality of colour or a distinctive sound or pitch of the voice

Toning lotion – **t-oh-n-in-g** applied to the skin after cleansing to remove excess grease, tighten the pores and refreshes the skin, may also be used as an active ingredient in a clay face mask, mixed with a special powder.

Top coat – **top-k-oh-t** the final coat of enamel applied over base coat and colour to protect and provide a glossy finish to a manicure or pedicure

Toxic – **tok-sik** acting as or having the effect of a poison

Toxin – **tok-sin** a general term to describe any substance that produces varying degrees of toxic effects in the body

Trading Standards Service – **t-ray-din-g st-an-d-ar-d-s ser-vis** a government department whose role is to promote and maintain fair trading, protect consumers and enable reputable businesses to thrive.

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They enforce a wide range of consumer legislation in order to protect consumers and honest businesses. They also provide advice to businesses in order to help them comply with the law.

Training – **tr-ay-nin-g** education and instruction to learn a new skill or increase knowledge

[Electrical facial training session pg.x BTFF]

Transfers – **t-ran-s-fer-s** instant nail art, they includes flat and three dimensional nail designs on a transfer sheet. They are available as a self adhesive design, which are peeled of the backing sheet and applied to the nail, or as a water release 'decal' which may be removed from the backing sheet when wet and then applied to the enamelled nail before applying a top coat.

Transformer – **tr-an-s-for-mer** an electrical device which reduces the voltage (**strength**) of an **alternating** mains current

Transparent layer – **tr-ans-per-ent lay-er** the layer of the **epidermis** immediately below the horny layer. See stratum lucidum. [\[see diagram p\]](#)

Transversus abdominis – **tranz-ver-sus ab-dom-in-is** -deep muscle of the lower abdomen from the iliac crest (**hip bone**) and lower six ribs to the linea alba (**fibrous tissue in a band down the centre of the abdominal wall**) and pubis, its action is to compress the abdomen.

Trapezius – **tr-ap-ee-z-ee-us** a broad flat muscle on each side of the upper back, shoulders and neck. It raises, rotates and draws back the shoulders and pulls the head backward or to one side[\[see diagram p\]](#)

Travellers cheque – **tr-av-e-ler-s ch-ek** a form of currency used mainly when travelling to another country. The cheque must be signed when purchased and it may be offered as payment for goods, it requires presentation of the client's passport and it must be signed in the presence of the acceptor so that the signature may be verified against the original.

Treat – **tr-ee-t** to provide a therapy in order to meet objectives

Treatment – **t-ree-t-men-t** administration or application of facial and body therapies

Treatment advice – **t-ree-t-men-t ad-v-eye-s** recommendations offered as a guide in deciding correct therapies or treatments to meet objectives

Treatment plan – **tr-ee-t-men-t pl-an** a record to show the treatment programme required to achieve agreed objectives. This will include, skin, body, or nail analysis, suggested treatments, frequency of treatment, homecare products and lifestyle advice.

Triceps – **tr-eye-sep-s** muscle on the back of the upper arm, it extends the forearm. [\[see diagram p\]](#)

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Trigeminal nerve – **tr-eye-jem-in-al n-er-v** the 5th facial nerve, it is the largest cranial (located in the cranium) nerve and has three branches, ophthalmic, maxillary and mandibular, it consists of motor (produce movement) fibres that innervate the muscles of mastication and sensory (receive messages) fibres that conduct impulses from the head and face to the brain.

Triiodothyronine – **tr-eye-eye-oh-doh-th-eye-roh-n-eye-n** a thyroid hormone that increases the basal metabolic rate and regulates protein, fat and carbohydrate metabolism.

Tumour – **t-you-mor** a swelling or enlargement, a group of abnormal cells, may be benign (harmless) or malignant (cancerous)

Turban – **ter-ban** a towelling head covering to protect the client's hair during facial treatment

Turnover – **ter-n-oh-ver** the amount of business transacted in a given period

Tweezers – **t-wee-zer-s** small metal pincers used to pluck hairs or to pick up small objects

Tyrosinase – **t-eye-roh-sin-ay-s** an enzyme that stimulates *melanin* production

Tyrosine – **t-eye-r-oh-see-n** an *amino acid* that initiates the production of *melanin* in the skin