



# Cosmetology

**Higher Education** Catalog 2021–22

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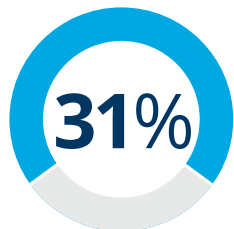


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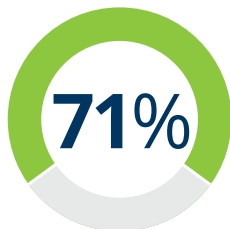


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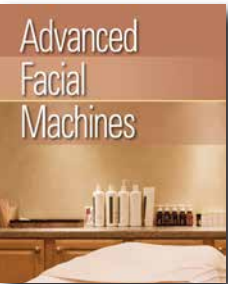
Prices are subject to change without prior notice.

# BEAUTY & WELLNESS

## AUDIO, VIDEO, AND DVD

### ADVANCED FACIAL MACHINES

Milady  
© 2012, NonBook-Disk, 9781111544492



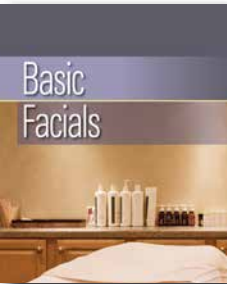
Advanced Facial Machines demonstrates how to use three popular facial devices that skin care professionals will encounter in today's treatment environment – Ultrasound, LED, and IPL. This video will reveal common skin conditions that can be treated, contraindications to screen for in clients and what clients can expect from the therapy. Additionally, it provides you with step-by-step treatment guidelines, which will help to enhance the goals of your current treatments and promote improvement in the skin tone and texture of your clients. This is a must-have resource for any professional looking to increase his or her knowledge of current technology.

#### CONTENTS

- 1. Ultrasound Facial.
- 2. LED Skin Treatment.
- 3. IP Photorejuvenation.

### BASIC FACIALS

Milady  
© 2012, NonBook-Disk, 9781111544461



The basic facial is the staple service an esthetician is requested to perform. Basic Facials offers esthetics professionals the hands-on visualization necessary to master the basic facial principles commonly needed to perform this service. You will learn everything from the initial consultation through the final clean up from the service. Special attention is paid to providing a welcoming and professional atmosphere for your client, and providing a high-quality service from analyzing your client's skin to using deep cleansing, massage, masks, and other products to help stimulate and clarify your clients skin.

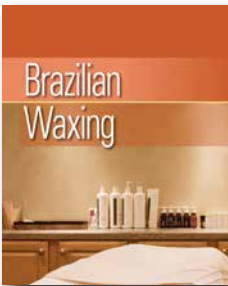
#### CONTENTS

- 1. Client Greetings.
- 2. Treatment Room Prep.
- 3. Analysis of a Clients Skin.
- 4. Cleansing.
- 5. Exfoliation.
- 6. Extractions.
- 7. Facial Massage.
- 8. Masks.
- 9. Clean-up.

BRAZILIAN WAXING

Milady

© 2012, NonBook-Disk, 9781111541347



Brazilian Waxing DVD shows the technician how to perform this advanced service safely and effectively. Learn how to prepare the treatment room, the implements necessary for the service, a walk-through of the client consultation, the procedure and proper clean-up and disinfection techniques as well as post-treatment tips for your client. The Brazilian Waxing DVD is an essential instructional tool for keeping new and seasoned skin care professionals up-to-date on the latest techniques offered to clients across the beauty and wellness industry, while enhancing your skills to maintain a competitive edge.

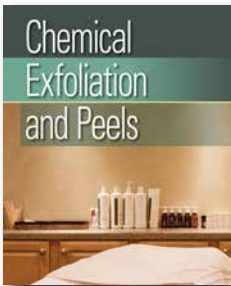
CONTENTS

- 1. Brazilian Waxing
- 

CHEMICAL EXFOLIATION & PEELS

Milady

© 2012, NonBook-Disk, 9781111544485



Chemical Exfoliation and Peels is essential to meet the demand for advanced education for aesthetics professionals in all aspects of skin care. This instructional DVD demonstrates how to properly administer peels in a variety of strengths for spa use. You will learn how to safely apply and remove peels which are appropriate for acne-prone skin, mature skin, sensitive skin, and rosacea. Whether you are looking to strengthen your knowledge of peels or learn how to work with different skin types, this DVD will help you to confidently provide new and advanced services to your clients.

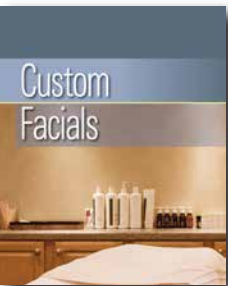
CONTENTS

- 1. Introduction to Chemical Exfoliation. 2. Acne Peel (Salicylic). 3. Mature or Anti-Aging Peel (Glycolic). 4. Sensitive Skin & Rosacea Peel (Lactic). 5. Jessner's Peel.
- 

CUSTOM FACIALS

Milady

© 2012, NonBook-Disk, 9781111544478



The facial is the most requested and commonly practiced service an esthetician will perform. This DVD offers a look at an advanced set of facial treatments. The esthetician will acquire the appropriate facial practices for oily or acneic skin, dry skin, mature or sun damaged skin, sensitive skin and rosacea. There is also a section on men's skin treatments. This DVD contains everything you need to know about creating a custom facial treatment for your clients.

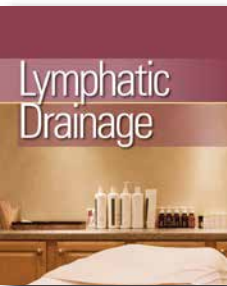
CONTENTS

- 1. Oily or Acneic Skin. 2. Dry Skin. 3. Mature or Sun Damaged Skin. 4. Sensitive Skin and Rosacea. 5. Treatments for Men's Skin.
- 

LYMPHATIC DRAINAGE

Milady

© 2012, NonBook-Disk, 9781111544508



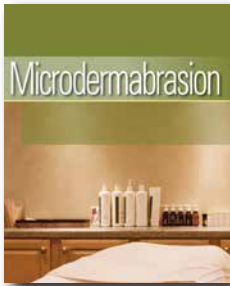
Lymphatic Drainage introduces you to the simple-to-learn techniques of lymph drainage massage in two phases, starting with treating the neck and then the face. Covering both manual and machine-aided lymphatic drainage massage, this DVD is designed to walk you step-by-step through the entire service from indications and contraindications, set-up, the service, and post-procedure steps, helping you to become proficient with this highly sought after procedure.

CONTENTS

- 1. Manual Lymphatic Drainage Massage. 2. Machine-Aided Lymphatic Drainage Massage.
-

MICRODERMABRASION

Milady  
© 2012, NonBook-Disk, 9781111544447



Microdermabrasion is designed to support your career by showing you step-by-step both a manual microdermabrasion treatment and a machine-aided microdermabrasion. The content covers an overview of treatments and characteristics of ideal candidates as well as contraindications that would prevent you from servicing a client. Additionally, you will learn proper room set-up and outlining of all supplies required to perform the procedure. Special attention is paid to proper infection control and safety measures, including post-procedure steps and precautions for clients immediately following treatment. Microdermabrasion is an essential instructional tool for keeping new and seasoned skin care professionals up-to-date on the latest techniques offered to clients across the beauty and wellness industry, while enhancing your skills to maintain a competitive edge.

CONTENTS

- 1. Manual Microdermabrasion. 2. Machine-Aided Microdermabrasion.

BARBERING

PROFESSIONAL HAIRDRESSING & BARBERING, 2E

Australian and New Zealand Edition  
Karen Roemuss, *Mane Solutions*; Martin Green, *Author*; Leo Palladino, *Deceased UK*  
© 2019, 672pp, Paperback, 9780170415927

ebook



Professional Hairdressing and Barbering addresses the essential knowledge and skills of all core units of competency and the most highly subscribed electives of both the Certificate III in Hairdressing and the Certificate III in Barbering. This edition also includes a new chapter on Special Event and Session Styling. This text combines practical skills, theory and professional attitudes, Professional Hairdressing and Barbering is packed with current photos and illustrations that are easy to understand, and offers a realistic approach to hairdressing that leaves a strong impression of what to expect from working in the industry.

CONTENTS

- Part 1 Salon work practices 1 Workplace rights and responsibilities 2 Salon hygiene and safety 3 Environmentally sustainable work practice 4 Maintain and organise tools, equipment and work areas
- Part 2 Merchandising and point-of-sale 5 Visual merchandising 6 Handling retail stock 7 Conduct financial transactions
- Part 3 Communication and working effectively in the industry 8 Research and updating industry knowledge 9 Communication 10 Recommending products and services
- Part 4 Science and chemical reactions and processes 11 Science of hair and skin
- Part 5 Foundations of creative hairdressing 12 Basin services and treatments 13 Hair and scalp treatments 14 Styling 15 Up-styling and braiding 16 Hair extensions 17 Colouring and correcting hair colour 18 Bleaching

and highlighting hair 19 Chemical straightening and curling 20 Hair cutting including fashion and advanced cuts

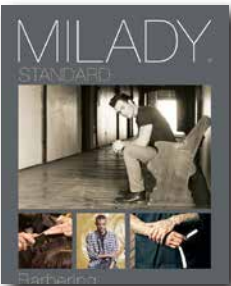
Part 6 Teamwork and styling for special events 21 Special event and session styling

Part 7 Barbering 22 Traditional men's styling 23 Beards and moustache design 24 Head and face shaving 25 Hair art

MILADY STANDARD BARBERING, 6E

Milady  
© 2017, 829pp, Hardback, 9781305100558

CENGAGE | MINDTAP ebook



Milady Standard Barbering, 6th edition, continues to be the leading resource in barbering education, providing the foundational principles and techniques needed to be successful while in school, pass the licensing exam, and launch yourself into a thriving career. Incorporating new photography, artwork and overall layout, the look and feel of this edition has been transformed, resulting in a sleek and clean design. Content has been updated within each chapter with a major focus on the procedures, infection control, life skills and business chapters, just to name a few. In addition, classic techniques have been paired with contemporary looks to ensure success both while in school and beyond to employment. As the only textbook that provides an integrated set of resources to enhance the learning process, this new edition continues its long history of setting the standard in barbering education.

CONTENTS

- Chapter 1: The History of Barbering. Chapter 2: Life Skills. Chapter 3: Professional Image. Chapter 4: Infection Control: Principles and Practices. Chapter 5: Implements, Tools, and Equipment. Chapter 6: General Anatomy and Physiology. Chapter 7:

Basics of Chemistry. Chapter 8: Basics of Electricity. Chapter 9: The Skin- Structure, Disorders, and Diseases. Chapter 10: Properties and Disorders of the Hair and Scalp. Chapter 11: Treatment of the Hair and Scalp. Chapter 12: Men's Facial Massage and Treatments. Chapter 13: Shaving and Facial Hair Design. Chapter 14: Men's Haircutting and Styling. Chapter 15: Men's Hair Replacement. Chapter 16: Women's Haircutting and Styling. Chapter 17: Chemical Texture Services. Chapter 18: Haircoloring and Lightening. Chapter 19: Preparing for Licensure and Employment. Chapter 20: Working Behind the Chair. Chapter 21: The Business of Barbering. Appendix: Nail Care.



MILADY STANDARD BARBERING: DVD SERIES, 6E

Milady

© 2017, NonBook-Disk, 9781305100565



Enhance the classroom experience with this DVD that includes 2 hours of content and showcases 29 step-by-step procedures to keep students engaged throughout the lessons.

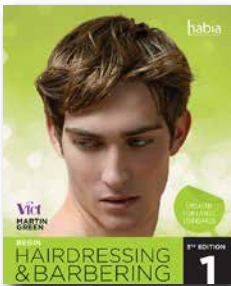
BEGIN HAIRDRESSING AND BARBERING, 3E

The Official Guide to Level 1 NVQ & VRQ

Martin Green, Author

© 2015, 256pp, Paperback, 9781408075081

ebook



Completely revised to map to the recently-updated Hairdressing and Barbering Level 1 National Occupational Standards, this new edition of Martin Green's bestselling textbook is the only book needed to succeed in a Hairdressing or Barbering

Level 1 VRQ or NVQ qualification. This is the only Level 1 guide to be endorsed by both Habia and VTCT and is trusted by students and trainers. This book is suitable for those studying for NVQ and VRQ Level 1 qualifications with all awarding associations, including VTCT, City & Guilds, ITEC and other providers. It has been developed to equip learners with everything they need to gain their qualification and provide a handy reference throughout their career.

CONTENTS

Part I. 1. Introduction to Hairdressing and Barbering. 2. Preparing for Work. 3. Health and Safety. 4. Working Together. 5. Reception. Part II. 6. Shampoo and Condition Hair. 7. Styling and Finishing Hair. 8. Dressing, Plaiting and Twisting Hair. 9. Assist with Hair Extensions. 10. Assist with Colouring Services. 11. Assist with Perming Services. 12. Assist with Shaving Services.

HAIRDRESSING AND BARBERING, THE FOUNDATIONS, 7E

The Official Guide to Level 2

Leo Palladino, Deceased UK; Martin Green, Author

© 2015, 496pp, Paperback, 9781473718784

ebook



This revised 7th edition of Martin Green and Leo Palladino's bestselling textbook, Hairdressing and Barbering: The Official Guide to Level 2, contains everything today's student needs to succeed in their Level 2 qualification. From understanding salon basics,

achieving an effective colour and cut, to developing a career portfolio; this book has been updated with the latest knowledge to bring it bang up to date with current hairdressing and barbering industry requirements. Written in an engaging style, this updated edition combines the latest industry expertise with practical advice and information that will continue to inform and inspire the hairdressers and barbers of tomorrow.

CONTENTS

Part 1: GENERIC SALON SKILLS. 1. Health and Safety. 2. Professional Development. 3. Professional Client Care. 4. Reception. 5. Promote Services and Products. Part 2: TECHNICAL SERVICES. 6. Consultation and Advice. 7. Shampooing and Conditioning Hair. 8. Style and Finish Hair. 9. Men's Styling and Finishing. 10. Setting and Dressing Hair. 11. Adding and Extending Hair. 12. Cutting Hair. 13. Cutting Men's Hair. 14. Trimming Beards, Moustaches and Sideburns. 15. Basic Hair Patterns and Designs. 16. Colouring Hair. 17. Perming and Neutralizing Hair. APPENDIX 1: Health and Safety Legislation. APPENDIX 2: Infections, Accidents and Emergencies. APPENDIX 3: Enviromental and sustainable working practices Useful Addresses and Websites. Glossary. Index.

HAIRDRESSING FOR AFRICAN AND CURLY HAIR TYPES FROM A CROSS-CULTURAL PERSPECTIVE, 3E

Sandra Gittens, South Thames College

© 2014, 426pp, Paperback, 9781408074336

ebook



This new edition of the highly successful and much loved Hairdressing for African and Curly Hair Types from a Cross-Cultural Perspective is now fully revised and updated to cover everything students need to know for NVQ and VRQ Level 2 and Level 3

African Type Hairdressing and Combined Hair Types courses. This book is endorsed by Habia and is full of inspirational looks and new professional, step-by-step images covering key techniques and processes. This book is suitable for those studying for vocational qualifications with all awarding associations, including VTCT, City & Guilds, ITEC and other providers. It has been developed to equip learners with everything they need to gain their qualification and provide a handy reference throughout their career.

CONTENTS

Part I: SALON SKILLS. 1. Health and Safety. 2. Hair Characteristics. 3. Client Consultation. 4. The Successful Salon. 5. Shampooing and Conditioning. Part II: STYLING. 6. Blow-Drying. 7. Setting Hair. 8. Styling and Finishing. 9. Thermal Styling. 10. Hair Extensions. Part III: CHEMICALLY PROCESSING HAIR. 11. Perming. 12. Relaxing Hair. Part IV: COLOURING AND CUTTING. 13. Cutting Hair Using Basic Techniques. 14. Colouring Hair Using Basic Techniques. 15. Creatively Colouring and Cutting. Part V: NATURAL HAIR. 16. Maintaining and Styling Natural Hair. 17. Cultivating and Maintaining Locks. Part VI: BARBERING. 18. Men's Hairdressing.

**MEN'S HAIRDRESSING, 3E**  
Traditional and Modern Barbering  
*Maurice Lister, City & Guilds National Chief Verifier for the hair and beauty sector.*  
© 2014, 280pp, Paperback, 9781408077429

ebook



Now in its third edition, Maurice Lister's Men's Hairdressing is essential reading for existing practitioners as well as those studying towards barbering and men's hairdressing qualifications with all awarding organisations, including City & Guilds, VTCT and ITEC. This book has been developed to equip you with everything that you need in order to plan a career in barbering, gain qualifications as well as continue as a comprehensive guide throughout your career.

**CONTENTS**

PART ONE: WORKING IN THE BARBER'S SHOP

1. Barbering – from its origins to the present day

2. Health and safety in the barber's shop

3. Working effectively in the barber's shop

PART TWO: MENSWORK

4. Client care for men

5. Shampooing and conditioning men's hair

6. Cutting facial hair using basic techniques

7. Cutting men's hair using basic techniques

8. Drying and finishing men's hair

9. Colouring men's hair

10. Creating basic patterns in hair

PART THREE: ADVANCED MENSWORK

11. Advanced men's hair cutting

12. Shaving services

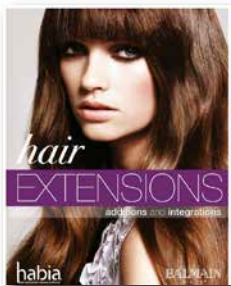
13. Face massage services

14. Designing facial hair shapes

15. Design and create patterns in hair

**HAIR EXTENSIONS**  
Additions and Integrations  
*Kirja Balmain*  
© 2013, 64pp, Paperback, 9781408065549

ebook



Written by Balmain, a global leading hair extensions supplier, and endorsed by Habia, this inspirational workbook is a must-have for anyone learning about hair extensions. The workbook covers the latest product information, industry tips and vital skills along with cutting edge looks and the latest information on how to apply, remove and maintain hair extensions.

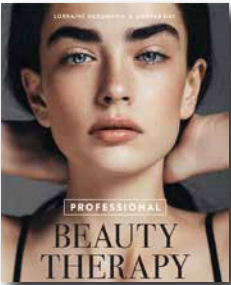
**CONTENTS**

Contents Introduction – Foreword History & Source & Supply of Hair Extensions Extensions, Integrations, Hair Additions – Today's marketplace Consultation – The key to Success Practical Application – Cold Techniques Practical Application – Warm Techniques Cutting & Finishing Techniques Styling Techniques Removal Methods Rebonding & Refitting Aftercare Guidelines & Troubleshooting Pricing Matrix & Marketing Advice Style File Placement, planning, head plans & work book Glossary

**COSMETOLOGY**

**PROFESSIONAL BEAUTY THERAPY, 3E**  
Australia and New Zealand Edition  
*Lorraine Nordmann, Hugh Baird College; Andrea Day, Victoria University of Technology*  
© 2018, 936pp, Paperback, 9780170386272

CENGAGE | MINDTAP ebook



The toolkit with the knowledge and skills you need to successfully practice beauty therapy. Professional Beauty Therapy is the industry bestseller. This third Australian edition now addresses significant changes to help you achieve your qualification. Professional Beauty Therapy provides you with the specialist skills, knowledge and current trends you need to give you that professional edge. This title covers the common core competencies of the Certificate IV and Diploma and an additional 23 competencies.

**CONTENTS**

PART 1: THE BUSINESS OF BEAUTY SECTION 1 THE BEAUTY PROFESSIONAL

1. Comply with organisational requirements within a personal services environment

2. Provide salon services to clients

3. Advise on beauty products and services

4. Research and apply beauty industry information

5. Conduct salon financial transactions

SECTION 2 HEALTH AND SAFETY

6. Apply safe hygiene, health and work practices

7. Maintain infection control standards

PART 2: THE PRACTICE OF BEAUTY

SECTION 3 NAIL TREATMENTS

8. Manicure and pedicare services

9. Nail enhancements and electric file equipment

10. Nail art and advanced nail art

SECTION 4 HAIR TREATMENT AND REMOVAL

11. Waxing services

12. Lash and brow services

13. Eyelash extensions

14. Permanent hair reduction

Online 1 Provide female intimate waxing services

Online 2 Provide male intimate waxing services

15. Design and apply make-up

16. Remedial camouflage make-up

SECTION 6 FACIAL TREATMENTS

17. Provide facial treatments and skincare recommendations

18. Specialised facial treatments

19. Provide micro-dermabrasion treatments

Online 3 Provide diathermy treatments

SECTION 7 BODY TREATMENTS

20. Provide body massages

21. Provide body treatments

22. Cosmetic tanning

23. Provide superficial lymph drainage massages

Online 4 Piercing ear lobes

Online 5 Upper body piercings

SECTION 8 SPA

24. Work in a spa therapies framework

25. Provide spa therapies

26. Stone therapy massages

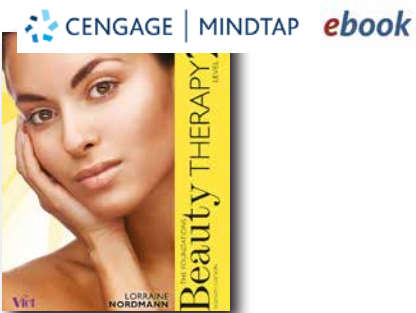
27. Indian head massages for relaxation

28. Aromatherapy massages

Online 6 Aromatic plant oil blends

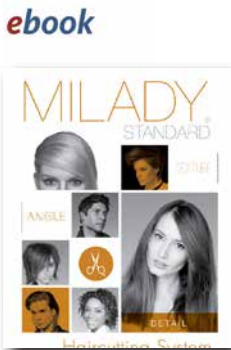
Online 7 Reflexology

BEAUTY THERAPY, 7E  
The Foundations, Level 2  
Lorraine Nordmann, Hugh Baird College  
© 2017, 680pp, Paperback, 9781473734562



**CONTENTS**  
1 The Business of Beauty Therapy 2 The Science of Beauty Therapy 3 Consultation Practice and Techniques 4 Facials 5 Eyelash and Eyebrow Treatments 6 Make-up 7 Hand and Foot Services 8 Wax Depilation

MILADY STANDARD HAIRCUTTING SYSTEM, SPIRAL BOUND VERSION  
Milady  
© 2016, 201pp, Spiral, 9781285769707



**ebook**  
The Milady Standard Haircutting System is a formalized system designed to make learning the foundational principles of haircutting easier, while ensuring a solid understanding of the technical and creative aspects of haircutting that will set students up for success throughout their career. The system teaches fifteen haircuts, each delivered via brief, segmented pieces of content, that allow for the information to be easily understood and retained. It then builds and strengthens the skills that are presented by means of repetition, revision, and exploration. The system also provides students with a conceptual understanding of the components involved, teaching them to clearly communicate their creative ideas to their guests and the ability to adapt the learned techniques to ensure their approach to each individual patron will yield equally successful results.

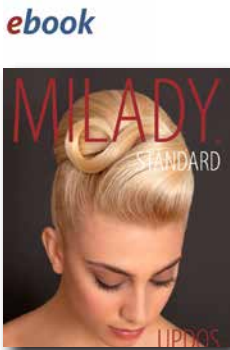
**CONTENTS**  
OVERVIEW. WOMEN'S HAIRCUTS. LONG HAIRCUTS. Blunt Haircut. Long-Layered Haircut. Perimeter Graduation. Long-Layered Overcut. MEDIUM HAIRCUTS. A-Line. Layered Bob. Textured Graduation. Mid-Length Layers. SHORT HAIRCUTS. Graduated Haircut. Uniform Layered Haircut. Graduated Undercut. Disconnected Layers. MEN'S HAIRCUTS. Short Texture. Square Layers. Versatile Movement. HEADSHEETS FOR WOMEN. HEADSHEETS FOR MEN.

PROFESSIONAL BEAUTY THERAPY, 5E  
Level 3  
Lorraine Nordmann, Hugh Baird College  
© 2016, Paperback, 9781473734777



**CONTENTS**  
1 The Business of Beauty Therapy 2 The Science of Beauty Therapy 3 Consultation Practice and Techniques 4 Facial and Body Electrical Treatments 5 Electrical epilation 6 Body Massage: Manual and Gyratory Techniques 7 Massage Using Pre-blended Aromatherapy Oils 8 Stone Therapy Treatments 9 Indian Head Massage 10 Self-tanning 11 Male and Female Intimate Waxing

MILADY STANDARD UPDOS, SPIRAL BOUND  
Timothy C. Johnson  
© 2015, 176pp, Spiral, 9781285444499



**ebook**  
Milady Standard Updos teaches the essential steps necessary to design and create updos inspired by looks on the red carpet. Photo-driven, step-by-step instructions clearly demonstrate twenty-five different hairstyles, all of which are based on classic techniques and fashion-forward looks. Each procedure provides the opportunity to master a different set of skills that will increase confidence and the ability to provide future clients with wearable looks suitable for any occasion.

**CONTENTS**  
1. Tools. 2. Preparation. 3. Half Up. Classic Half Up. Sideswept Half Up. Faux Hawk Half Up. 4. Ponytail. Ponytail with volume. Ponytail with detail. Ponytail Hawk. 5. Chignon. Classic Chignon. Messy Chignon. Side Chignon. 6. Bun on Top. Classic Bun on Top. Messy Bun on Top. Braided Bun on Top. 7. French Twist. Classic French Twist. Low French Twist. Messy French Twist. Curly French Twist. 8. Faux Bob. Classic Faux Bob. Faux Bob with a Braid. Asymmetrical Faux Bob. 9. Up in Pieces. Low in Pieces. Fallen Pieces. Curly Pieces. 10. Tousled Up. Tousled Pieces. Piled Up. Bardot.

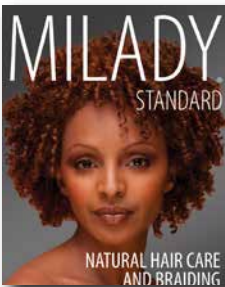


MILADY STANDARD NATURAL HAIR CARE & BRAIDING

Diane Carol Bailey, Tendrils Hair Spa; Diane Da Costa

© 2014, 304pp, Paperback, 9781133693680

ebook



Milady Standard Natural Hair Care and Braiding is designed to be the training resource of choice for individuals committed to nurturing textured hair and providing excellent natural hair care services. This book introduces the technical and creative aspects of braiding, styling, and grooming hair that is naturally curly, kinky, or multi-textured. Also included, are 17 procedures with step-by-step photos and detailed instructions in techniques for styling and grooming natural hair and natural hair additions. This is a “must have” for those who are serious about developing a wide range of services and building a broad, diverse client base--crucial elements for success in the flourishing hair care industry.

CONTENTS

- 1. History and Career Opportunities. 2. Infection Control Principles and Practices. 3. Basic Principles for Personal and Professional Success. 4. The Professional Consultation. 5. Hair Types, Structure, and Textural Differences. 6. Hair and Scalp Diseases and Disorders. 7. Basic Anatomy, Physiology, and Nutrition. 8. Shampoos, Conditioners, Herbal Treatments, and Rinses. 9. Textured Hair Is Manageable. 10. Natural Hair and Braid-Sculpting Techniques

SUCCESSFUL SALON AND SPA MANAGEMENT, 6E

Edward Tezak; Terry Folawn

© 2012, 256pp, Paperback, 9781435482463

ebook



Creating a salon or spa from scratch can be a daunting task. Successful Salon and Spa Management, Sixth Edition cuts through the confusion and provides you with a clear understanding of what it takes to run a salon or spa. From understanding the differences in what type of salon or spa you want to open, all the way through financing and operating for profit, you will learn the ins and outs of building a business and keeping it productive. Whether you are a student or a practicing professional, Successful Salon Management, Sixth Edition will put your on the right track to salon ownership and profitability.

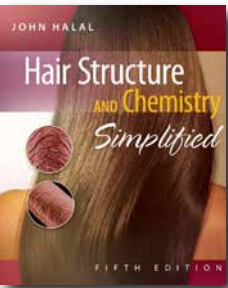
CONTENTS

- 1. Salon and Spa Types and Their Locations. 2. Financing the New Business. 3. Salon and Spa Operating Costs. 4. Permits, Public Utilities and Insurance. 5. Types of Leases and Rent Agreements. 6. Decorating and Arranging the Salon and Spa 7. Salon and Spa Business Tools. 8. Salon and Spa Advertising. 9. Merchandising In Your Salon and Spa. 10. Use of Cosmetology Schools by Salons and Spas. 11. Labor-Related Laws. 12. Salon and Spa Personnel. 13. Salon and Spa Forms and Items for Record Keeping.

HAIR STRUCTURE AND CHEMISTRY SIMPLIFIED, 5E

John Halal

© 2009, 304pp, Paperback, 9781428335585



Hair Structure and Chemistry Simplified, Fifth Edition is the most current, comprehensive and straightforward textbook of its kind. This new edition thoroughly explains the theory and application of the essential concepts of hair chemistry that are simply not covered in other texts. Material unique to this text boldly presents the concept, importance and relevance of pH in cosmetics. Hair Structure and Chemistry Simplified is the essential chemistry textbook for cosmetology students and even the most experienced hairstylist will gain confidence and control as they learn the dynamics of the chemical services they perform everyday in the salon. Consumers will find this reference invaluable in making intelligent, informed decisions about the effectiveness, safety, and value of the hair care services they receive and the products they buy and use.

CONTENTS

- 1. Science and Cosmetology 2. The Structure of Life 3. Microbiology 4. The Structure of Skin 5. Understanding Skin Disease 6. The Growth and Structure of Hair 7. The Properties of Hair 8. General Chemistry 9. Advanced Chemistry 10. Shampoos, Conditioners, and Styling Aids 11. Color and Hair Lightening 12. Haircoloring 13. Permanent Waving 14. Chemical Hair Relaxers and Soft Curl Permanents 15. Salon Health and Safety Appendix A: Safety Information Appendix B: Common Irritants and Allergens Appendix C: Patch Testing Directions Appendix D: Science, Lab Equipment, and Industry Resources Appendix E: Material Safety Data Sheets (MSDS) Appendix F: Product Ingredients Index and Glossary

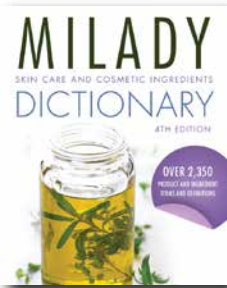
ESTHETICS

SKIN CARE AND COSMETIC INGREDIENTS DICTIONARY, 4E

M. Varinia Michalun; Joseph C. DiNardo

© 2015, 339pp, Paperback, 9781285060798

ebook



Milady’s Skin Care and Cosmetic Ingredients Dictionary, 4th Edition is more than just a dictionary of cosmetic ingredients; it is a guide to understanding skin types and skin physiology, product formulation and how cosmetic products interact with the skin. For ease of use, this book is split into three parts. Part 1 includes a basic explanation of skin anatomy and physiology, including skin types, conditions and problems. This knowledge is critical for understanding product performance. Definitions of common terms used in skin care formulation are also provided. Part 2 contains an alphabetical listing of more than 2,300 cosmetic ingredients with accompanying definitions that help identify the function and purpose of each ingredient with Part 3 offering a reference of Botanical Latin names for commonly used ingredients. This is an invaluable resource that will assist in making well-informed decisions regarding skin care ingredients and cosmetic products.

CONTENTS

- Part I: SKINCARE AND COSMETICS. Introduction. 1. Skin Anatomy & Physiology. 2. Skin Types, Conditions & Problems. 3. How Products Work. 4. Definition of Terms. Part II: PRODUCT INGREDIENTS. Part III: BOTANICAL LATIN NAMES

CLEARING CONCEPTS

A Guide to Acne Treatment  
Mark Lees

© 2014, 239pp, Paperback, 9781133280316

ebook



Acne is not just an adolescent concern; problem skin can continue into adulthood. Clearing Concepts: A Guide to Acne Treatment is a science-based practical guide for treating clients of all ages who are suffering from acne and other skin problems.

The text is presented in an easy-to-read format that educates as it makes concepts clear and simple to implement. Sections on “treatment” demonstrate analysis techniques and clinical hands-on treatment methods. While there is no cure, acne and other skin problems can be brought under control through diligent topical esthetic care.

CONTENTS

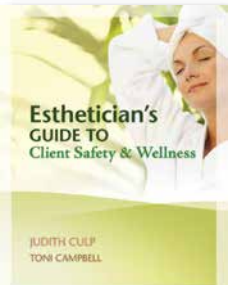
- 1. Acne Anatomy and Physiology. 2. Genetics and Heredity. 3. Hormones. 4. Environmental Factors. 5. Dietary Factors. 6. Cosmetic factors. 7. Myths and Facts. 8. Analysis/History/Consultation. 9. Clearing Concepts. 10. Clinic Treatments. 11. Referring Esthetic Clients For Medical Care.

ESTHETICIAN’S GUIDE TO CLIENT SAFETY AND WELLNESS

Judith Culp; Toni Campbell

© 2013, 160pp, Spiral, 9781439057452

ebook



Accidents happen, even in the structured, pampering environment of a professionally-run salon or spa. How often have you asked yourself “What would I do if...?” What would you do if a client had a heart attack or suddenly stopped breathing? What should you

do if your client is burned or breaks out in a strange rash during treatment? The Esthetician’s Guide to Client Safety and Wellness is designed to offer practical, safety-based information and tips to decrease the possibility of infection, as well as accidents or injuries during treatment or service. An entire section is dedicated to cautions and contraindications relating to medications that can affect treatment choices, especially for clients dealing with health conditions. Considering the many inherent exposures – not only to the client but to those actually working in the spa, clinic and salon environment – the Estheticians Guide to Client Safety and Wellness is an essential tool and an invaluable resource for esthetic and cosmetology professionals.

CONTENTS

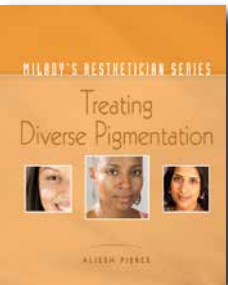
- 1. General Safety. 2. Infection Control. 3. Workplace Safety. 4. Equipment Safety. 5. Product Safety. 6. Cautions and Contraindications. 7. Emergency and Non-Emergency Situations. 8. Situations in the Treatment Room. 9. First Aid and Emergency Situations. 10. Nutrition, Wellness and Stress Management. Appendix A: Medical information. Appendix B: Safety and Esthetic Related Contacts.

MILADY’S AESTHETICIAN SERIES: TREATING DIVERSE PIGMENTATION

Aliesh Pierce

© 2013, 320pp, Paperback, 9781111318291

ebook



Any successful business has to keep an ear to the ground and remain one step ahead of competitors. Savvy professionals recognize an expanding market and develop the products and services to tap into it. For the aesthetician, that expanding market

segment is the multi-ethnic clientele and the tool to help achieve success in this segment is Milady’s Aesthetician Series: Treating Diverse Pigmentation. Building a successful career in aesthetics hinges on the ability to identify and treat the skin concerns of this diverse population. Treating Diverse Pigmentation teaches treatments for skin of color that include: the causes of aging and how it affects each race’s unique facial anatomy; a guide through several different skin analysis classification systems; review studies analyzing the racial differences in the anatomy, physiology, and histology of pigmented skin; and case-by-case studies that help the reader recognize skin diseases and disorders common to people of color. The text was created for licensed aestheticians and other professionals working in skincare, including RNs and dermatologists, as well as students. Considering that the majority of the world’s population is ethnically diverse, the aesthetic professional with an eye on the future will not hesitate to take advantage of Treating Diverse Pigmentation.

CONTENTS

- Table of Contents: 1. History of Self Care. 2. The Ethnicity, Structure and Function of Pigmented Skin. 3. Aging: Pigmented Skin. 4. Common Conditions, Diseases, & Disorders of Pigmented Skin. 5. Skin Typing. 6. Client Consultation. 7. Skin Analysis. 8. Customized Day Spa Treatments. 9. Advanced

Treatments for the Medical Spa. 10. Ethnic Makeup Application Techniques. 11. Multi-Ethnic Marketing.

SKIN CARE PRACTICES AND CLINICAL PROTOCOLS

A Professional’s Guide to Success in Any Environment  
Sallie Deitz

© 2013, 323pp, Paperback, 9781111542399

ebook



Skin Care Practices and Clinical Protocols is a critical resource for skin care professionals interested in expanding their current knowledge and technical skills, whether a long-term practitioner learning new techniques and technologies, or students

learning beyond the fundamentals. This text includes interviews with professionals spanning four decades of esthetic education and experiences in a variety of settings ranging from travel and tourism, salons and spas to the medical office. The global population’s interest in appearance continues to drive the skin care market. As a result, the demand for highly trained skin care professionals serving in a variety of environments has increased. Skin Care Practices and Clinical Protocols serves as an invaluable working resource in the classroom, the treatment room and the meeting room.

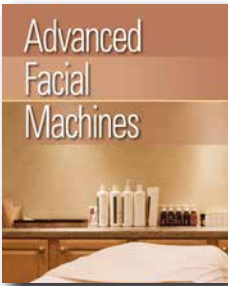
CONTENTS

- 1. Self-Care. 2. Education: The Foundation of Esthetics. 3. Infection Prevention Guidelines for Estheticians: The CDC, OSHA, and HIPAA 4. Enzyme, Chemical, and Layering Peels. 5. Technology-Focused Facials and Treatments. 6. Medical Practices. 7. The Business of Esthetics 8. Products and Positioning Products in your Business.



ADVANCED FACIAL MACHINES

Milady  
© 2012, NonBook-Disk, 9781111544492



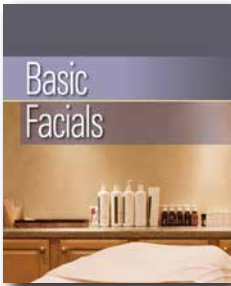
Advanced Facial Machines demonstrates how to use three popular facial devices that skin care professionals will encounter in today's treatment environment – Ultrasound, LED, and IPL. This video will reveal common skin conditions that can be treated, contraindications to screen for in clients and what clients can expect from the therapy. Additionally, it provides you with step-by-step treatment guidelines, which will help to enhance the goals of your current treatments and promote improvement in the skin tone and texture of your clients. This is a must-have resource for any professional looking to increase his or her knowledge of current technology.

CONTENTS

- 1. Ultrasound Facial. 2. LED Skin Treatment. 3. IP Photorejuvenation.

BASIC FACIALS

Milady  
© 2012, NonBook-Disk, 9781111544461



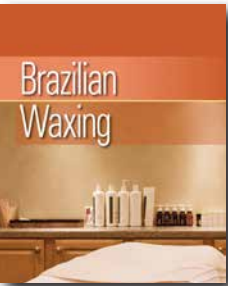
The basic facial is the staple service an esthetician is requested to perform. Basic Facials offers esthetics professionals the hands-on visualization necessary to master the basic facial principles commonly needed to perform this service. You will learn everything from the initial consultation through the final clean up from the service. Special attention is paid to providing a welcoming and professional atmosphere for your client, and providing a high-quality service from analyzing your client's skin to using deep cleansing, massage, masks, and other products to help stimulate and clarify your clients skin.

CONTENTS

- 1. Client Greetings. 2. Treatment Room Prep. 3. Analysis of a Clients Skin. 4. Cleansing. 5. Exfoliation. 6. Extractions. 7. Facial Massage. 8. Masks. 9. Clean-up.

BRAZILIAN WAXING

Milady  
© 2012, NonBook-Disk, 9781111541347



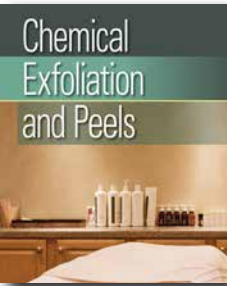
Brazilian Waxing DVD shows the technician how to perform this advanced service safely and effectively. Learn how to prepare the treatment room, the implements necessary for the service, a walk-through of the client consultation, the procedure and proper clean-up and disinfection techniques as well as post-treatment tips for your client. The Brazilian Waxing DVD is an essential instructional tool for keeping new and seasoned skin care professionals up-to-date on the latest techniques offered to clients across the beauty and wellness industry, while enhancing your skills to maintain a competitive edge.

CONTENTS

- 1. Brazilian Waxing

CHEMICAL EXFOLIATION & PEELS

Milady  
© 2012, NonBook-Disk, 9781111544485



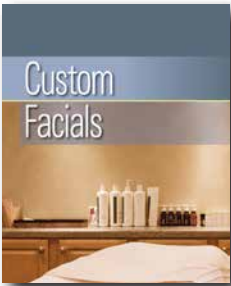
Chemical Exfoliation and Peels is essential to meet the demand for advanced education for aesthetics professionals in all aspects of skin care. This instructional DVD demonstrates how to properly administer peels in a variety of strengths for spa use. You will learn how to safely apply and remove peels which are appropriate for acne-prone skin, mature skin, sensitive skin, and rosacea. Whether you are looking to strengthen your knowledge of peels or learn how to work with different skin types, this DVD will help you to confidently provide new and advanced services to your clients.

CONTENTS

- 1. Introduction to Chemical Exfoliation. 2. Acne Peel (Salicylic). 3. Mature or Anti-Aging Peel (Glycolic). 4. Sensitive Skin & Rosacea Peel (Lactic). 5. Jessner's Peel.

CUSTOM FACIALS

Milady  
© 2012, NonBook-Disk, 9781111544478



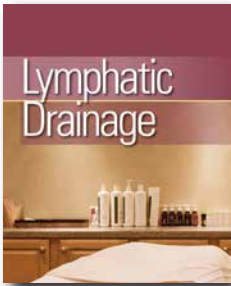
The facial is the most requested and commonly practiced service an esthetician will perform. This DVD offers a look at an advanced set of facial treatments. The esthetician will acquire the appropriate facial practices for oily or acneic skin, dry skin, mature or sun damaged skin, sensitive skin and rosacea. There is also a section on men’s skin treatments. This DVD contains everything you need to know about creating a custom facial treatment for your clients.

CONTENTS

- 1. Oily or Acneic Skin. 2. Dry Skin. 3. Mature or Sun Damaged Skin. 4. Sensitive Skin and Rosacea. 5. Treatments for Men’s Skin.

LYMPHATIC DRAINAGE

Milady  
© 2012, NonBook-Disk, 9781111544508



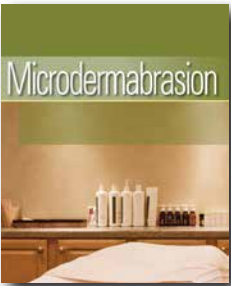
Lymphatic Drainage introduces you to the simple-to-learn techniques of lymph drainage massage in two phases, starting with treating the neck and then the face. Covering both manual and machine-aided lymphatic drainage massage, this DVD is designed to walk you step-by-step through the entire service from indications and contraindications, set-up, the service, and post-procedure steps, helping you to become proficient with this highly sought after procedure.

CONTENTS

- 1. Manual Lymphatic Drainage Massage. 2. Machine-Aided Lymphatic Drainage Massage.

MICRODERMABRASION

Milady  
© 2012, NonBook-Disk, 9781111544447



Microdermabrasion is designed to support your career by showing you step-by-step both a manual microdermabrasion treatment and a machine-aided microdermabrasion. The content covers an overview of treatments and characteristics of ideal candidates as well as contraindications that would prevent you from servicing a client. Additionally, you will learn proper room set-up and outlining of all supplies required to perform the procedure. Special attention is paid to proper infection control and safety measures, including post-procedure steps and precautions for clients immediately following treatment. Microdermabrasion is an essential instructional tool for keeping new and seasoned skin care professionals up-to-date on the latest techniques offered to clients across the beauty and wellness industry, while enhancing your skills to maintain a competitive edge.

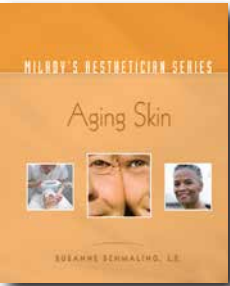
CONTENTS

- 1. Manual Microdermabrasion. 2. Machine-Aided Microdermabrasion.

MILADY’S AESTHETICIAN SERIES

Aging Skin  
Susanne Schmaling, Founder/Director Pacific Institute of Esthetics  
© 2012, 286pp, Paperback, 9781435496149

ebook



Aging Skin, part of Milady’s Aesthetician Series, delves into one of the most popular areas of client concern today. This practical guide offers advice on a range of topics including the science and treatment of aging skin as well as how to address the lifestyle factors which affect it. The text includes case studies which will lead you through real-life situations and provide clear and simple guidelines for creating an effective treatment plan for clients that aims at both reducing the effects of aging through aesthetic treatments as well as through appropriate home care. You will know how to create a healthy aging plan as well as understand the basics of cosmetic chemistry and organic skin care applied to aging skin, leading to a higher level of service for future clients.

CONTENTS

- SECTION I: BASICS OF AGING. 1. Estheticians and the Holistic Approach to Aging. 2. Working with a Healthy Aging Client. 3. Creating a Healthy Aging Plan. SECTION II: WHAT HAPPENS WHEN WE AGE? 4. Basics of Aging. 5. The Healthy Skin Treatment Program. SECTION III: ESTHETICS TREATMENT OPTIONS. 6. Esthetic Treatments. 7. Professional Products. SECTION IV: NUTRITION, SUPPLEMENTS & FITNESS. 8. Esthetic Medical Treatment Options. 9. Lifestyle Choices. 10. Nutrition for the Skin. 11. Fitness – The True Healthy Aging Cure. SECTION V: THE GREEN APPROACH TO HEALTHY AGING. 12. Organic Skin Care.

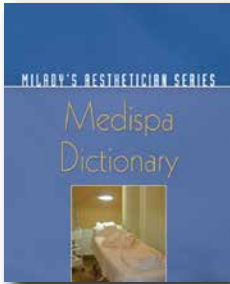


# MILADY'S MEDISPA DICTIONARY

Pamela Hill

© 2012, 252pp, Paperback, 9781439060285

ebook



Milady's Medispa Dictionary is a convenient reference which provides you with clear and concise definitions to the terminology you will use every day in lecture and in the treatment room. An alphabetical dictionary, along with anatomy and physiology and medical

terminology information help you better understand and apply your skills.

## CONTENTS

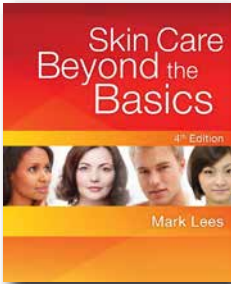
1. Successful Communication in the Medispa.
2. The Importance of Understanding Anatomy and Physiology.
3. Medical Terminology. Dictionary of Terms.

# SKIN CARE: BEYOND THE BASICS, 4E

Mark Lees

© 2012, 514pp, Paperback, 9781435487451

ebook



This all new edition of Skin Care: Beyond the Basics builds upon the strong reputation of its predecessors as an outstanding resource for the advanced esthetics student and professional. Using plain language, it explains real-world scenarios and profiles what estheticians

will experience when they are practicing in the clinic environment. Detailed information on subjects such as acne, sensitive skin, cosmetic ingredients and clinical management of aging skin is included. The subject matter is presented in a direct manner which leads to proven understanding in the classroom and positive client outcomes in the student clinic. This book is a must-have resource for future and existing professional estheticians, and will remain a trusted reference tool throughout your career.

## CONTENTS

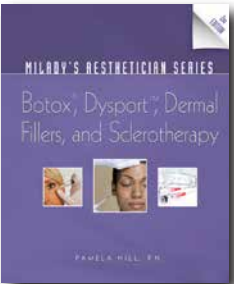
1. Advanced Anatomy & Physiology of the Skin.
2. Hygiene and Sterilization Techniques.
3. The Immune System.
4. Communicable Diseases.
5. Hormones.
6. Skin Analysis.
7. Recognize and Refer Medical Conditions.
8. Essential Knowledge of Chemistry.
9. Cosmetic Chemistry and Functional Ingredients.
10. Performance Ingredients and Active Ingredients.
11. Skin Care Products.
12. Claims in Cosmetics.
13. Sensitive Skin, Allergies, and Irritants.
14. Rosacea.
15. Acne and the Esthetician.
16. Cosmodogenicity.
17. Extraction.
18. The Intrinsic Aging Process.
19. Sun and Sun Damage.
20. The New Science of Aging Skin Treatment.
21. Chemical Peeling and Exfoliation Procedures.
22. Plastic and Cosmetic Surgery: Treating the Patient.
23. Cosmetic Medicine and Medical Relations.
24. The Scientific Approach.

# MILADY'S AESTHETICIAN SERIES, 2E

Botox, Dysport, Dermal Fillers and Sclerotherapy

Pamela Hill

© 2011, 304pp, Paperback, 9781435438644



Botox, Dysport, Dermal Fillers and Sclerotherapy, part of Milady's Aesthetician Series, discusses the hottest procedures in the non-surgical aesthetics industry today. This resource looks into each and every aspect of these exciting procedures,

including patient selection, patient satisfaction, and recovery time. All the aesthetics student's questions will be answered and deep discussion of the differences and unique qualities of each procedure will lead to a complete understanding of these cutting edge processes. Many thorough case studies are included, as well as invaluable before and after photos that will allow the student to see actual results, leading to an enhanced understanding of the material. Facial anatomy is also covered in the book, leading to an understanding of how the facial muscles interact and how the face ages. The student will be able to determine the best course of action for each patient, how these techniques are better than surgery, and what the results will be. Chapters include the popular "Top Ten Tips to Take to the Clinic" feature, which offers professional aestheticians quick content review.

## CONTENTS

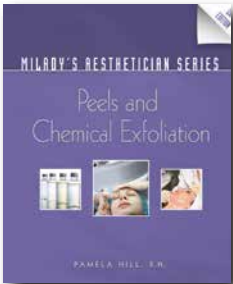
1. Introduction to Botox and Dermal Fillers.
2. Anatomy and Physiology of the Face.
3. Communication and Consultations.
4. Botox: Everything You Need to Know.
5. Botox: Techniques and Results.
6. Dermal Fillers: Everything You Need to Know.
7. Dermal Fillers: Techniques and Results.
8. Introduction to Sclerotherapy.
9. Anatomy and Physiology of Veins and Arteries.
10. Options for Vein Treatment.

# MILADY'S AESTHETICIAN SERIES, 2E

Peels and Chemical Exfoliation

Pamela Hill

© 2011, 332pp, Paperback, 9781435438668



Peels and Chemical Exfoliation, from Milady's Aesthetician Series, successfully exposes the reader to a broad understanding of the use of specific peeling agents and how they react on the skin. In this text, the author addresses the advanced

educational needs of aestheticians and nurses in such settings as medical skin care facilities, day spas and resort spas. Through specific case studies, clinicians will improve their knowledge of the peeling process. These studies validate and underscore the clinical information. Unique to this publication is an expanded chapter dedicated to peeling agents, indications for use and predictable outcomes. Finally, policy and procedure guides show the clinician, physician or facility how to implement ideas and programs.

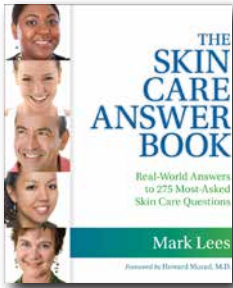
## CONTENTS

1. Introduction to Peels and Peeling.
2. Anatomy and Physiology of Aging and Solar Damaged Skin.
3. Healing Peeled Skin.
4. Fundamentals of Skin Care.
5. Assessing Patient's Suitability And Predicting Peel Efficacy.
6. Understanding Chemical Peeling.
7. Glycolic Peels.
8. Jessner's Peels.
9. Trichloroacetic Acid Peels.
10. Salicylic Acid and Designer Peels.
11. Peels in Your Practice.

THE SKIN CARE ANSWER BOOK

Mark Lees

© 2011, 256pp, Paperback, 9781435482258



The Skin Care Answer Book provides estheticians and students with answers to their most-often-asked skin care questions. Written in nontechnical language and organized by subject into chapters, this book is easy to navigate. The Q & A format provides concise, quick answers to questions about skin care and individual skin types.

CONTENTS

1. Understanding the Skin. 2. Aging and Photo-Aging Skin. 3. Acne and Acne-Prone Skin. 4. Sensitive, Redness & Allergy-Prone Skin. 5. Dry Skin. 6. Sun Care. 7. Dark Spots/Pigment Problems. 8. Skin Care Products and Ingredients. 9. Your Personal Skin Analysis. 10. Problems That Need A Doctor.

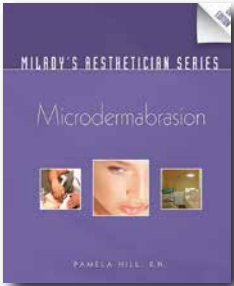
MILADY’S AESTHETICIAN SERIES, 2E

Microdermabrasion

Pamela Hill

© 2010, 350pp, Paperback, 9781435438651

ebook



The second edition of Microdermabrasion, from Milady's Aesthetician Series, takes a unique and highly effective approach in addressing the advanced training needs of aestheticians working in medical skin care facilities, day spas and resort spas. Individuals will begin to understand the indications, contraindications and significant medical information necessary for clinical microdermabrasion. A host of case studies helps the reader evaluate and interpret the material. Clinicians will be able to work through specific case histories to improve their knowledge based on their own relevant experiences. Specific instructions for procedures are outlined in working documents, making the implementation process easy for the clinician, physician or facility. The approach used in this book is unique, using policy and procedure guides as well as case studies to create a real-life study of microdermabrasion.

CONTENTS

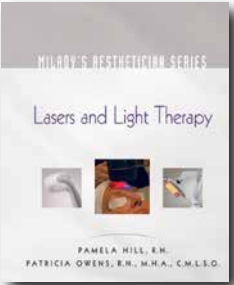
1: Introduction to Microdermabrasion. 2: Anatomy and Physiology of the Skin. 3: Wound Healing. 4: Skin Typing. 5: Fundamentals of Skin Care. 6: Consultations. 7: Indications and Contraindications for Microdermabrasion. 8: Pretreatment for Microdermabrasion. 9: Microdermabrasion Treatments. 10: Creating Unique Treatments. 11: The Business of Microdermabrasion.

MILADY’S AESTHETICIAN SERIES

Lasers and Light Therapy

Pamela Hill

© 2010, 360pp, Paperback, 9781428399631



Lasers and Light Therapy is the first of its kind, offering a unique approach into the science and technology of laser and light systems. The reader will be exposed to all aspects of this specialized field whether one is working in a medical spa, day spa, or medical clinic. This book is designed to address areas of hair removal and facial / body rejuvenation from a beginning conceptual level into practical hands-on application. Detailed information of treatment protocols is explored starting with the initial consultation and skin care, to the selection of the appropriate cosmetic device, to the delivery of the laser/light technology. The management of the client's goals and maximization of each treatment's outcome is also emphasized for the reader. As one gains knowledge of this exciting new specialty, the selection and acquisition of the appropriate cosmetic device is also thoroughly examined. Business management and marketing strategies are provided to guide the reader into creating an exciting, revenue generating opportunity.

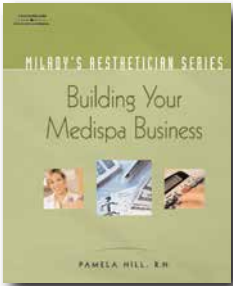
CONTENTS

1. Introduction to Lasers and Light Therapy. 2. Anatomy and Physiology of the Skin. 3. Healing the Skin from Laser Injury. 4. Laser, Light, and Radiofrequency Devices. 5. Consultations. 6. Skin Typing and Laser Treatments. 7. Fundamentals of Skin Care. 8. Pre-Treatment for Lasers and Light Therapy. 9. Indications and Contraindications for Laser and Light Therapy. 10. Laser, Light, and Radiofrequency Treatments. 11. Laser and Light Safety. 12. The Business of Laser and Light Therapy.

MILADY’S AESTHETICIAN SERIES:  
BUILDING YOUR MEDISPA BUSINESS

Pamela Hill

© 2009, 191pp, Paperback, 9781401881672



Building Your Medispa Business, part of Milady's Aesthetician Series, focuses on the planning process of owning and operating a spa business. This book emphasizes the key components an individual will need when developing their business plan, beginning with what type of spa they envision. This comprehensive book includes new cutting edge information on operating a profitable spa with topics on employee hiring, training, employee management, customer service, and overall operations. In addition to the above topics, it focuses on developing marketing plans, setting quality standards, and understanding spa operations and legal issues. This unique reference will provide aestheticians who are considering opening a spa with the information they need to make informed choices giving them the greatest chance of seeing their business last and be successful.

CONTENTS

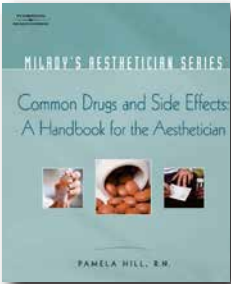
Chapter 1: Introduction Chapter 2: Creating Your Venture with a Business Plan Chapter 3: Financing Your Business Chapter 4: The Financials Chapter 5: The Spa Operations Chapter 6: 10 Rules for Customer Service Chapter 7: Services and Retail in the Medical Spa Chapter 8: Hiring, Training and Staffing Chapter 9: Marketing, Advertising and Promotions



MILADY'S AESTHETICIAN SERIES:  
COMMON DRUGS AND SIDE  
EFFECTS: A HANDBOOK FOR THE  
AESTHETICIAN

Pamela Hill

© 2008, 287pp, Paperback, 9781401881726



This guide is designed to act as a quick drug reference for the aesthetician who requires information on drugs, their purpose, drug interactions, and potential effects and side effects, especially as they pertain to skin conditions. This unique resource highlights drugs that will impact the skin, and as such, the ability to treat the skin with traditional topical or clinical treatments familiar in the spa or medical spa. Designed to increase knowledge in specific categories that are beneficial to patient care, the guide is organized to include coverage of common drugs for women; drugs used in the aging process; drugs used for autoimmune diseases; drugs for bacterial infections, viral infections, and fungal infections; drugs that affect the skin; drugs used for skin therapies; illegal drugs; and over-the-counter drugs. Special features of this reference guide include charts and illustrations for visual learning and a dictionary of drugs, their purpose and possible reactions.

CONTENTS

Chapter 1: Introduction Chapter 2: Anti-Parkinson and Anti-Alzheimer's Drugs Chapter 3: Drugs That Affect the Blood:Lipid Lowering Agents, Thrombolytics, Anticoagulants and Antiplatelets Chapter 4: Drugs That Affect the Heart:Antianginals and Antiarrythmics Chapter 5: Drugs for Hypertension:Antihypertensives, Diuretics, Beta Blockers and Calcium Channel Blockers Chapter 6: Antihistamines, Antiasthmatics, and Bronchodialators Chapter 7: Drugs Use to Treat Gastrointestinal and Urinary Disorders Chapter

8: Psychotropic Drugs Chapter 9: Antidiabetics Chapter 10: Antibiotics Chapter 11: Antivirals and Antiretrovirals Chapter 12: Antifungals Chapter 13: Antineoplastics Chapter 14: Bone Reabsorbtion and Antirheumatics Chapter 15: Corticosteroids Chapter 16: Hormones Chapter 17: Drugs Used to Treat Pain Chapter 18: Herbs, Vitamins, and Weight Control Drugs Chapter 19: Drugs Used On and for the Skin

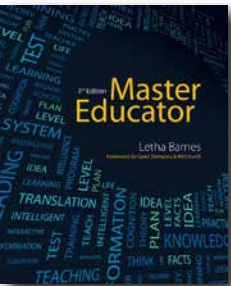
INSTRUCTOR TRAINING

MASTER EDUCATOR, 3E

Letha Barnes

© 2014, 474pp, Paperback, 9781133693697

CENGAGE | MINDTAP ebook



Milady's Master Educator, Third Edition provides the backbone of the instructor theory for the beauty and wellness educator. The text presents educators with the teaching skills and educational judgments necessary to become an effective and successful instructor. The content in Master Educator is designed for flexibility, being used in programs ranging from a basic overview of instructor training to programs that require more advanced teaching techniques. Presented in a conversational, easy-to-understand style, it uses many pedagogical features to emphasize important information and powerful teaching techniques. Master Educator serves the future instructor as a valuable, fundamental learning tool, and the seasoned instructor with the strategies needed to adapt to the changing landscape of classroom learning.

CONTENTS

PART I. BASIC TEACHING SKILLS FOR CAREER EDUCATION INSTRUCTORS. 1. The Career Education Instructor. 2. The Teaching Plan and Learning Environment. 3. Teaching Study and

Testing Skills. 4. Basic Learning Styles and Principles. 5. Basic Methods of Teaching and Learning. 6. Communicating Confidently. 7. Effective Presentations. 8. Effective Classroom Management and Supervision. 9. Achieving Learner Results. 10. Program Development, and Lesson Planning. 11. Educational Aids and Technology in the Classroom. 12. Assessing Progress and Advising Students. PART II. BASIC TEACHING SKILLS FOR CAREER EDUCATION IN THE BEAUTY AND WELLNESS DISCIPLINES 13. Making the Student Salon an Adventure. 14. Career and Employment Preparation. 15. The Art of Retaining Students. PART III. PROFESSIONAL DEVELOPMENT FOR CAREER EDUCATION INSTRUCTORS. 16. Educator Relationships. 17. Learning Is a Laughing Matter. 18. Teaching Success Strategies for a Winning Career. 19. Teams at Work. 20. Evaluating Professional Performance.

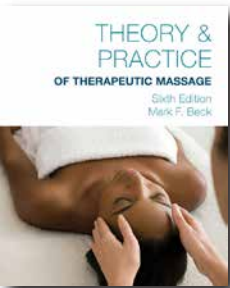
MASSAGE

THEORY & PRACTICE OF  
THERAPEUTIC MASSAGE, 6E

Mark F. Beck, American Massage Therapy Association

© 2017, 956pp, Hardback, 9781285187556

CENGAGE | MINDTAP ebook



Theory & Practice of Therapeutic Massage, Sixth Edition, comprehensively provides the foundation of knowledge required to become a massage professional. It delves into several areas within the profession, with chapters devoted to spa massage, lymph massage, clinical massage techniques, therapeutic procedure, athletic massage, massage in medicine, and more. Providing a fresh new design, updated terminology and expanded content on topics such as research literacy and business administration, this new edition provides the essential knowledge and skills needed to become a successful massage therapist and will be a reference that users can count on throughout their careers.

CONTENTS

PART I: The History and Advancement of Therapeutic Massage. 1. Historical Overview of Massage. 2. Requirements for the Practice of Therapeutic Massage. 3. Professional Ethics for Massage Practitioners. PART II: Human Anatomy and Physiology. 4. Overview of Human Anatomy and Physiology and Medical Terminology. 5. Human Anatomy and Physiology. PART III: Massage Practice. 6. Effects, Benefits, Indications, and Contraindications of Massage. 7. Equipment and Products. 8. Infection Control and Safety Practices. 9. Consultation and Documentation. 10. Classification of Massage Movements. 11. Preparations for the Practitioner. 12. Procedures for Complete Body Massages. 13. Cold, Heat, and

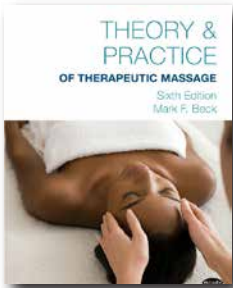
Hydrotherapies. 14. Massage in the Spa Setting by Steve Capellini. 15. Clinical Massage Techniques. 16. Lymph Massage. 17. Therapeutic Procedures. 18. Athletic/Sports Massage. 19. Massage for Special Populations. 20. Massage in Medicine. 21. Other Therapeutic Techniques. PART IV: Massage Business Administration. 22. Business Practices. Answers. Bibliography. Glossary. Index.

THEORY & PRACTICE OF THERAPEUTIC MASSAGE, 6TH EDITION (SOFTCOVER), 6E

Mark F. Beck, American Massage Therapy Association

© 2017, 1008pp, Paperback, 9781285187587

ebook



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BODY THERAPY AND FACIAL WORK, 4E

Electrical Treatments for Beauty Therapists

COULDRIDGE/ROSSER/ROSSER

© 2012, 0pp, Paperback, 9781444137453



Mo Rosser's unique, bestselling text has been fully updated to reflect the 2010 standards in Beauty Therapy, with new photographs and a wealth of learning features to reinforce study and place the theory in the context of the salon. In order to provide

the most effective treatments for their clients, students and practitioners of beauty therapy need to fully comprehend the science that underpins each treatment. This book enables you to understand the scientific aspects of both body and facial therapy, explaining the theory in an accessible yet comprehensive manner. Therapies covered include: mechanical massage, vacuum suction, galvanic treatment, muscle stimulation, microcurrent treatments, microdermabrasion, infra-red and ultraviolet, and heat therapy treatments.

CONTENTS

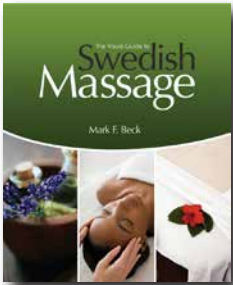
Introduction Learning and assessment guidance Section 1 Underpinning Knowledge Chapter 1 – Health, Safety and Welfare Chapter 2 – Hygiene Section 2 – Ethics, Consultation and Care of the Client Chapter 3 – Ethics, Planning, Preparation and Client Consultation Section 3 – Underpinning Science Chapter 4 – Basic Science Section 4 – Treatments Chapter 5 – High Frequency Treatment Chapter 6 – Mechanical Massage Chapter 7 – Vacuum Suction Chapter 8 – Galvanic Treatment Chapter 9 – Muscle Stimulation Chapter 10 – Microcurrent Treatments Chapter 11 – Microdermabrasion Chapter 12 – Infra-Red and Ultraviolet Chapter 13 – Heat Therapy Treatments Case Studies Glossary Appendix – Underpinning Science Index

THE VISUAL GUIDE TO SWEDISH MASSAGE, SPIRAL BOUND VERSION

Mark F. Beck, American Massage Therapy Association

© 2014, 147pp, Spiral, 9781133600954

ebook



The Visual Guide to Swedish Massage clearly illustrates the practical methods for performing foundational massage therapy techniques. Readers will find this handy reference tool to be an important supplement to their massage therapy

curriculum and a helpful review of the proper movements to ensure the client experience is second to none.

CONTENTS

I. GETTING STARTED. 1. Classification of the Basic Swedish Massage Strokes. 2. Application of Massage Movements. 3. Draping Procedures. 4. Pre-Service Procedure. II. BASIC GENERAL MASSAGE. 5. General Arm Massage. 6. General Massage for the Foot and Leg. 7. General Massage for the Anterior Torso and Neck. 8. Changing Position from Supine to Prone. 9. General Massage for the Back of the Legs. 10. General Massage for the Back of the Body. 11. Post-Service: Completing the General Massage Session. III. FULL BODY RELAXATION MASSAGE. 12. Massage the Face. 13. Massage the Scalp. 14. Massage the Ear. 15. Massage the Neck. 16. Massage the Arms. 17. Massage the Hand and Joint Movements for the Hands and Arms. 18. Massage the Feet. 19. Massage the Front of the Legs. 20. Massaging the Abdomen and Chest. 21. Massage the Back of the Legs. 22. Massage the Back.



ANATOMY & PHYSIOLOGY  
REFERENCE FOR MASSAGE  
THERAPISTS, SPIRAL BOUND  
VERSION

Milady  
© 2013, 33pp, Spiral, 9781133704126

ebook



Milady is proud to introduce an all-new Anatomy and Physiology reference designed specifically for the massage therapist and massage therapy student. This reference includes comprehensive coverage of the various body systems as well as brief descriptions

of each system to increase understanding of the system's function. This must-have reference for the beauty and wellness student includes cross sections and multiple views of eleven main body systems.

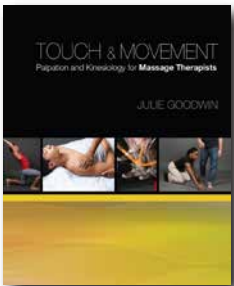
CONTENTS

Levels of Organization. Cell Structure. Tissues. Epithelial Tissue. Muscle Tissue. Nervous and Connective Tissue. Systems of the Body. Integumentary System. Integumentary System: Accessory Structures. Skeletal System: Divisions of the Skeleton. Skeletal System: Bone Landmarks. Skeletal System Joints and Joint Types. Muscular System. Nervous System. Nervous System:Nerve Classification. Nervous System:Central Nervous System. Nervous System:Peripheral Nervous System. The Circulatory System. Circulatory System: Blood Vessels. Circulatory System: The Heart. Lymphatic System. Lymphatic System: Lymph Flow. Endocrine System. Endocrine System: Glands and Hormones. Respiratory System Respiratory System: Muscles of Respiration. Digestive System. Urinary System. Reproductive System.

TOUCH & MOVEMENT  
Palpation and Kinesiology for Massage Therapists  
Julie Goodwin

© 2013, 576pp, Spiral, 9781439056578

ebook



TOUCH & MOVEMENT: PALPATION AND KINESIOLOGY FOR MASSAGE THERAPISTS leads step-by-step through the client assessment process, from analysis of posture and gait through application of the principles of complex movement to

palpation of the skeletal and soft tissue structures of the body. Extensive instruction in palpation and kinesiology techniques including focus on endangerment zones, cautions and contraindications, and an array of palpation practice exercises, encourages true mastery of this crucial assessment tool. The text engages all learning styles with a range of hands-on exercises. Students can apply new concepts and techniques right there in the classroom or reinforce those skills in the treatment room. They learn why and how they should palpate bony landmarks, soft tissue attachments, and muscles. It grounds the reader in the fundamentals of joint and muscle anatomy and physiology. It also fills in potential educational gaps for those massage therapists whose initial training took place prior to classes that incorporated in-depth palpation and kinesiology techniques. With TOUCH & MOVEMENT: PALPATION AND KINESIOLOGY FOR MASSAGE THERAPISTS, established professionals and massage therapy students alike will find a visual and comprehensive tool created for and dedicated to their specific practical and educational needs and career growth.

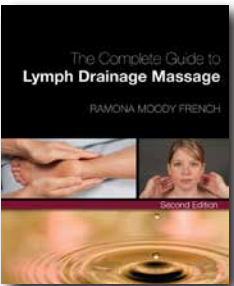
CONTENTS

1. Introduction to Palpation and Kinesiology. 2. Posture Assessment. 3. Gait Assessment. 4. Deconstructing Complex Movements. 5. The Science of Palpation. 6. The Art of Palpation. 7. Palpating Bony Landmarks and Connective Tissue Structures. 8. Palpating Superficial Muscles of the Axial Skeleton. 9. Palpating Superficial Muscles of the Extremities. 10. Palpating Deeper Muscles and Muscle Groups.

THE COMPLETE GUIDE TO LYMPH  
DRAINAGE MASSAGE, 2E

Ramona Moody French  
© 2012, 288pp, Paperback, 9781439056714

ebook



Lymph drainage massage is a technique utilized by massage therapists to provide relief from edema, an accumulation of fluids in the tissues that causes swelling. This book provides a scientifically-accurate explanation of the lymphatic system, the theory behind

lymph drainage massage, and explains when it should be performed. Also provided is an explanation of the application of lymph drainage massage to the needs of well clients, rather than focusing on pathology, since most massage therapists and estheticians will not be treating lymph edema disease in their work. The book offers step-by-step procedures for facial and upper and lower body massage, giving you practical information that can be applied immediately. With an aging baby boomer generation and the population at large increasingly focused on well-being, technicians – whether beginners or those looking to review and broaden their skills – are increasingly interested in learning about lymph drainage massage and how it can enhance their clients' experience as well as their own careers. Milady's Guide to Lymph Drainage Massage can play a vital role in accomplishing all of these goals.

CONTENTS

1. Understanding Lymph Drainage Massage. 2. Tissues and Organs of the Lymphatic System. 3. Lymph Circulation. 4. Functions of the Lymphatic System. 5. Immunity. 6. Edema. 7. Lymph Drainage Massage: Indications and Contraindications. 8. Principles of Lymph Drainage Massage. 9. The Lymph Drainage Massage Session. 10. Face and Neck Treatment Sequence. 11. Lymph Drainage Massage of the Upper Extremities and Trunk. 12. Lymph Drainage Massage of the Lower Extremities and Trunk. 13. Visceral massage: Stimulating the Deep Circulation of Lymph. 14. Energetic and mind-Body Effects of Lymph Drainage Massage. 15. Using Lymph Drainage Massage with Other Treatments. 16. Self-Massage Using Lymph Drainage Massage Techniques. 17. Healing Crisis.



# THE COMPLETE SPA BOOK FOR MASSAGE THERAPISTS

Steve Capellini

© 2010, 718pp, Paperback, 9781418000141

ebook



The Complete Spa Book for Massage Therapists is specifically for massage therapy students who want to succeed in the spa industry, whether as an employee or an owner of their own spa. It is the only book that includes extensive information about real-world

working conditions in actual spas, with an enormous amount of feedback from working spa directors and owners regarding what they are looking for in employees. Beyond giving explanations and step-by-step instructions regarding a wide range of spa modalities, the book offers an in-depth look at topics that many other resources do not cover.

## CONTENTS

Part I. Spa History and Development. 1. Spa History. 2. Spas in the Modern Age. 3. Spa Equipment, Facilities and Procedures. Part II. Hydrotherapy for the 21st Century: Water-Based Spa Treatments. 4. Bath and Shower Techniques. 5. Heat and Cold Applications. 6. Exfoliation. 7. Thalassotherapy. PART III. Body Wraps, Esthetic Treatments, Advanced Modalities and Spa Massage. 8. Body Wraps, Mud, Clay and Herbal Remedies. 9. Spa Massage. 10. Stone Therapy. 11. Aromatherapy. 12. Advanced Modalities. 13. Esthetic Modalities for Spa Therapists. PART IV. Spa Careers. 14. Finding Spa Work. 15. Becoming a Valuable Spa Employee. 16. Spa Retailing for Massage Therapists. 17. Opening a Therapeutic Spa. 18. Spa Operations.

# NAIL TECHNOLOGY

## MILADY'S STANDARD NAIL TECHNOLOGY

Australia New Zealand Edition

Karen Murray; Milady

© 2011, 432pp, Paperback, 9780170187671

ebook



Milady Standard Nail Technology equips you as a trainee nail technician with all the basic skills you will require to work in the industry. This Australian adaptation addresses the essential skills and knowledge required for the SIB20210 Certificate II in

Nail Technology qualification. This book covers technical skills for manicuring, pedicure, nail tips and electric filing. The basics of anatomy, physiology, chemistry and electricity are also covered, alongside life and business skills essential for getting ahead in the nail industry.

## CONTENTS

Part 1 Orientation 1. Your Nail Technology Career 2. Communicating for Success Part 2 Sciences 3. Infection Control: Principles and Practice 4. General Anatomy and Physiology 5. Skin Structure and Growth 6. Nail Structure and Growth 7. Nail Diseases and Disorders 8. Basics of Chemistry 9. Nail Product Chemistry 10. Basics of Electricity Part 3 Nail Care 11. Manicuring 12. Pedicure 13. Nail Tipping 14. Applying Acrylic Nail Enhancements 15. Applying ultraviolet gel nail enhancements 16. Using electric file equipment for nails 17. Nail Art Part 4 Business Skills 18. Seeking Employment 19. Retail Services 20. Salon Business

# REFERENCE

## PROFESSIONAL HAIRDRESSING & BARBERING, 7E

The Official Guide to Level 3

Martin Green, Author; Leo Palladino, Deceased UK

© 2015, 480pp, Paperback, 9781408073384

ebook



Completely revised to map to the recently-updated Professional Hairdressing and Barbering Level 3 National Occupational Standards, this new edition of Martin Green's bestselling textbook is the only book needed to successfully complete a Hairdressing or

Barbering Level 3 NVQ qualification. This is the only Level 3 guide to be endorsed by both Habia and VTCT and is trusted by students and trainers. This book is suitable for those studying for NVQ Level 3 qualifications with all awarding associations, including VTCT, City & Guilds, ITEC and other providers. It has been developed to equip learners with everything they need to gain their qualification and provide a handy reference throughout their career.

## CONTENTS

PART I: CUSTOMER-CENTRED SERVICES. 1. Consultation and Advice. 2. Promote Services and Products. 3. Customer Service. PART II: HAIRDRESSING TECHNICAL SERVICES. 4. Creative Cutting. 5. Creative Barbering. 6. Styling Beards and Moustaches. 7. Shaving. 8. Creatively Style and Dress Hair. 9. Creatively Dress Long Hair. 10. Hair Extensions. 11. Colouring Hair. 12. Colour Correction. 13. Perming Hair. 14. Develop Your Creativity. PART III: SUPPORTING MANAGEMENT. 15. Health and Safety. 16. Efficiency and Effectiveness at Work. 17. Planning Promotional Activities. 18. ONLINE ONLY Facial Massage. 19. ONLINE ONLY Hair Pattern Design.

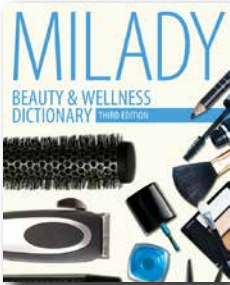
# BEAUTY & WELLNESS DICTIONARY, 3E

for Cosmetologists, Barbers, Estheticians and Nail Technicians

Milady

© 2014, 360pp, Paperback, 9781133686989

ebook



The Beauty & Wellness Dictionary for Cosmetologists, Barbers, Estheticians, and Nail Technicians is a comprehensive, easy-to-use, A to Z reference of beauty and wellness-related terms.

MATHS & ENGLISH FOR BEAUTY THERAPY

Functional Skills

Andrew Spencer, teaches secondary education in New South Wales and South Australia.; Habia

© 2013, 64pp, Paperback, 9781408072684

ebook



Written by Habia, the Hair and Beauty Industry Authority, this write-in workbook is an invaluable resource to help learners improve their Maths and English skills and prepare for Level 1 and Level 2 Functional Skills exams.

The workbook format

enables learners to practice and improve their maths and English skills and the real-life questions, exercises and scenarios are all written with a beauty therapy context to help students find essential Maths and English theory understandable, engaging and achievable. This workbook is an invaluable resource to support Maths and English learning in the classroom, at work and for personal study at home.

CONTENTS

Chapter Title English Unit 1 Spelling Unit 2 Alphabetising Unit 3 Comprehension Unit 4 Homophones Unit 5 Writing Letters and Emails Unit 6 Format, Style and Interpreting Data Unit 7 Grammar and Punctuation Maths Unit 8 General mathematics Unit 9 Basic operations Unit 10 Decimals Unit 11 Fractions Unit 12 Percentages Unit 13 Measurement conversions Unit 14 Earning wages Unit 15 Squaring numbers Unit 16 Vouchers Unit 17 Deals Unit 18 Industry related maths Unit 19 Practice written exam for the Beauty Therapy industry

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THE OFFICIAL GUIDE TO EFFECTIVE TEACHING AND LEARNING IN HAIRDRESSING

Elaine White, Training and Educational Consultant; Jane Goldsbro, Director of Standards and Qualifications at the Hairdressing and Beauty Industry Authority (Habia)

© 2013, 128pp, Paperback, 9781408072660

ebook



This essential timesaving tool is fully endorsed by Habia and offers Trainee Hairdressers and Fulltime Practitioners advice on ensuring their teaching is interesting, inspiring and motivational for all hairdressing learners. This book motivates readers to

question the teaching and learning techniques they currently use and offers new, constructive ways for the educator to improve the quality of their teaching to hairdressing students. Readers will learn how to deliver a range of different teaching methods that can be used for starter activities and main programme content, all in the context of hairdressing learning and mapped to the hairdressing curriculum. Readers will also have access to a free online companion website offering downloadable templates and text to help prepare for lessons and plan the delivery of the hairdressing curriculum to learners of all ages in any learning environment. This book is suitable for all awarding associations, ensuring students have everything they need to pass their course.

CONTENTS

1. Introduction to teaching and learning in the hairdressing industry Communication skills for teachers Professionalism in the learning environment Safeguarding for children and learners Dealing with learner disruptions Mentoring and being mentored Continuing professional development requirements for hairdressing Development checklist 2. How learners learn Learning theories Applying the theories Using the theory of behaviourism Using the theory of

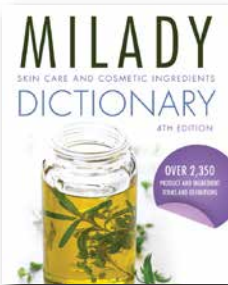
cognitivism Using the theory of constructivism Using the theory of humanism Preferred learning Learning styles Applying Gardner's separate intelligences for hairdressing Impact of learning psychologies and learning styles Dyslexia in the hairdressing industry Teaching and learning for learners with dyslexia Development checklist 3. How to plan for teaching and learning in hairdressing The planning process Curriculum planning Completing a scheme of work Lesson planning Development checklist 4. Teaching and learning strategies and methods Teaching and learning strategies and methods Teaching strategies Teaching and learning methods Using experimental learning Using relating theory to practice and practice to theory Using multi-sensory learning Using modelling Using learning conversations Using e-learning and technology Teaching and learning activities A menu for teaching and learning Embedding differentiated learning Differentiation and learning outcomes Development checklist 5. Assessment methods and techniques Why assess? Recording the results of assessment Initial assessment Formative assessment and assessment for learning Applying assessment for learning techniques Taking assessment for learning further Summative assessment and assessment of learning Qualifications for the hairdressing industry Realistic Learning Environment (RLE) criteria for VRQ delivery NVQ/SVQ delivery Development checklist 6. Successful starts and evaluative ends The importance of successful starts for teaching and learning The importance of evaluative plenaries for teaching and learning Periodic plenaries Benefits of using activities as session starters and for evaluation Starter and plenary activities Teacher or self-evaluation

SKIN CARE AND COSMETIC  
INGREDIENTS DICTIONARY, 4E

M. Varinia Michalun; Joseph C. DiNardo

© 2015, 339pp, Paperback, 9781285060798

ebook



Milady's Skin Care and Cosmetic Ingredients Dictionary, 4th Edition is more than just a dictionary of cosmetic ingredients; it is a guide to understanding skin types and skin physiology, product formulation and how cosmetic products interact with the skin. For ease of use, this book is split into three parts. Part 1 includes a basic explanation of skin anatomy and physiology, including skin types, conditions and problems. This knowledge is critical for understanding product performance. Definitions of common terms used in skin care formulation are also provided. Part 2 contains an alphabetical listing of more than 2,300 cosmetic ingredients with accompanying definitions that help identify the function and purpose of each ingredient with Part 3 offering a reference of Botanical Latin names for commonly used ingredients. This is an invaluable resource that will assist in making well-informed decisions regarding skin care ingredients and cosmetic products.

CONTENTS

Part I: SKINCARE AND COSMETICS. Introduction. 1. Skin Anatomy & Physiology. 2. Skin Types, Conditions & Problems. 3. How Products Work. 4. Definition of Terms. Part II: PRODUCT INGREDIENTS. Part III: BOTANICAL LATIN NAMES

BEAUTY & WELLNESS DICTIONARY,  
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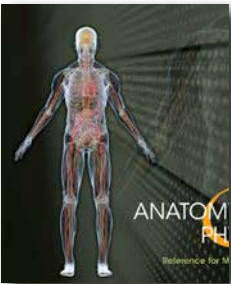
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REFERENCE FOR MASSAGE  
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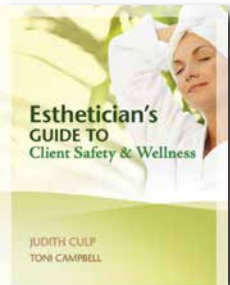
Levels of Organization. Cell Structure. Tissues. Epithelial Tissue. Muscle Tissue. Nervous and Connective Tissue. Systems of the Body. Integumentary System. Integumentary System: Accessory Structures. Skeletal System: Divisions of the Skeleton. Skeletal System: Bone Landmarks. Skeletal System Joints and Joint Types. Muscular System. Nervous System. Nervous System: Nerve Classification. Nervous System: Central Nervous System. Nervous System: Peripheral Nervous System. The Circulatory System. Circulatory System: Blood Vessels. Circulatory System: The Heart. Lymphatic System. Lymphatic System: Lymph Flow. Endocrine System. Endocrine System: Glands and Hormones. Respiratory System. Respiratory System: Muscles of Respiration. Digestive System. Urinary System. Reproductive System.

ESTHETICIAN'S GUIDE TO CLIENT  
SAFETY AND WELLNESS

Judith Culp; Toni Campbell

© 2013, 160pp, Spiral, 9781439057452

ebook



Accidents happen, even in the structured, pampering environment of a professionally-run salon or spa. How often have you asked yourself "What would I do if...?" What would you do if a client had a heart attack or suddenly stopped breathing? What should you do if your client is burned or breaks out in a strange rash during treatment? The Esthetician's Guide to Client Safety and Wellness is designed to offer practical, safety-based information and tips to decrease the possibility of infection, as well as accidents or injuries during treatment or service. An entire section is dedicated to cautions and contraindications relating to medications that can affect treatment choices, especially for clients dealing with health conditions. Considering the many inherent exposures – not only to the client but to those actually working in the spa, clinic and salon environment – the Estheticians Guide to Client Safety and Wellness is an essential tool and an invaluable resource for esthetic and cosmetology professionals.

CONTENTS

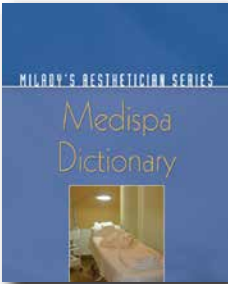
1. General Safety. 2. Infection Control. 3. Workplace Safety. 4. Equipment Safety. 5. Product Safety. 6. Cautions and Contraindications. 7. Emergency and Non-Emergency Situations. 8. Situations in the Treatment Room. 9. First Aid and Emergency Situations. 10. Nutrition, Wellness and Stress Management. Appendix A: Medical information. Appendix B: Safety and Esthetic Related Contacts.



MILADY’S MEDISPA DICTIONARY

Pamela Hill  
© 2012, 252pp, Paperback, 9781439060285

ebook



Milady’s Medispa Dictionary is a convenient reference which provides you with clear and concise definitions to the terminology you will use every day in lecture and in the treatment room. An alphabetical dictionary, along with anatomy and physiology and medical terminology information help you better understand and apply your skills.

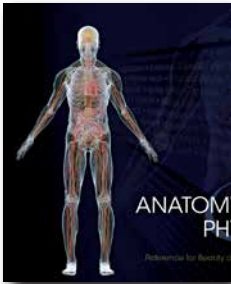
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- 1. Successful Communication in the Medispa.
- 2. The Importance of Understanding Anatomy and Physiology.
- 3. Medical Terminology. Dictionary of Terms.

STUDENT REFERENCE FOR ANATOMY & PHYSIOLOGY, SPIRAL BOUND VERSION, 2E

Milady  
© 2012, 36pp, Spiral, 97811111642112

ebook



Milady’s best-selling Student Reference for Anatomy and Physiology has been revised and expanded. This all-new edition includes more comprehensive coverage of the various body systems as well as brief descriptions of each system to increase understanding of the system’s function. This must-have reference for the beauty and wellness student includes cross sections and multiple views of eleven main body systems. This is the perfect addition to any cosmetology, barbering, nail technology, esthetics or massage therapy student’s study materials.

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- 1. Skeletal System.
- 2. Muscular System.
- 3. Nervous System.
- 4. Circulatory System.
- 5. Lymphatic/Immune System.
- 6. Endocrine System.
- 7. Digestive System.
- 8. Excretory System.
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- 10. Integumentary System.
- 11. Female Reproductive System.
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- 13. Bones of the Head and Face.
- 14. Bones of the Neck, Shoulders, Back, Arms and Hands.
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- 16. Superficial Muscles of the Body.
- 17. Muscles of the Head, Face and Neck.
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- 30. Structures of the Skin.
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- 34. Motor Points of Massage.
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- 36. Hand and Foot Reflexology.
- 37. Reflexology Points of the Feet.

SALON & SPA OWNERS

CLEARING CONCEPTS

A Guide to Acne Treatment  
Mark Lees  
© 2014, 239pp, Paperback, 9781133280316

ebook



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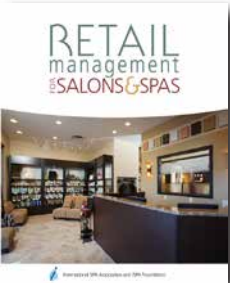
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- 9. Clearing Concepts.
- 10. Clinic Treatments.
- 11. Referring Esthetic Clients For Medical Care.

RETAIL MANAGEMENT FOR SALONS AND SPAS

Milady  
© 2013, 341pp, Paperback, 97811111540777

ebook



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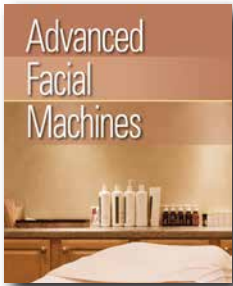
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ADVANCED FACIAL MACHINES

Milady

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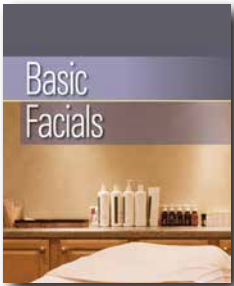
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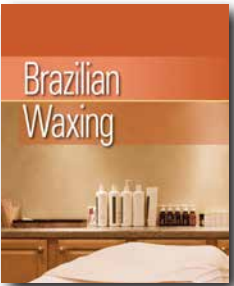
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BRAZILIAN WAXING

Milady

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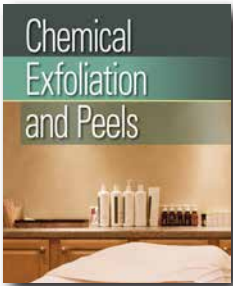
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CHEMICAL EXFOLIATION & PEELS

Milady

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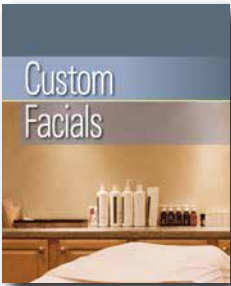
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CUSTOM FACIALS

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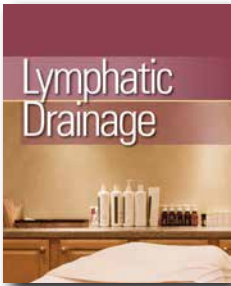
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LYMPHATIC DRAINAGE

Milady  
© 2012, NonBook-Disk, 9781111544508



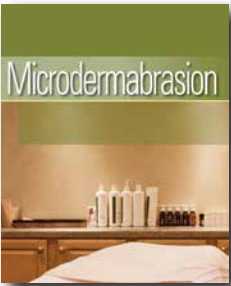
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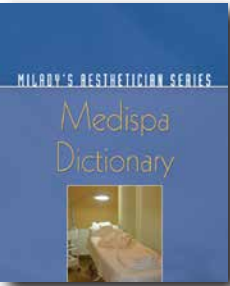
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Edward Tezak; Terry Folawn  
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SALON & SPA TECHNICIANS

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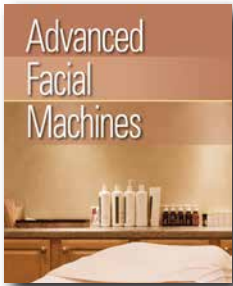
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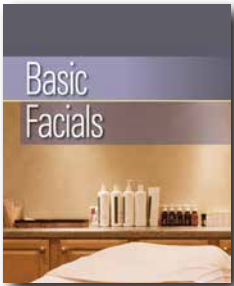
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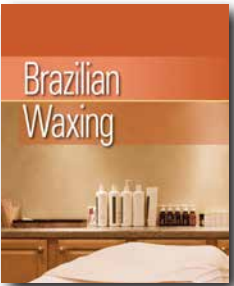
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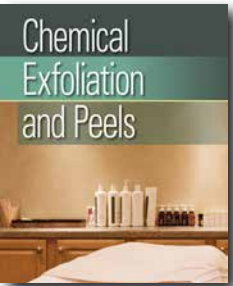
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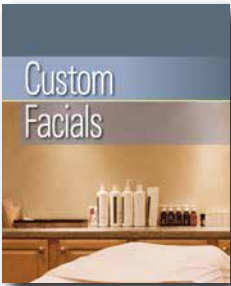
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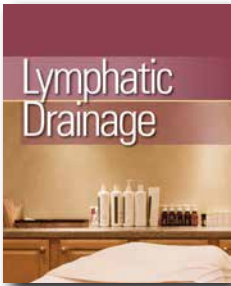
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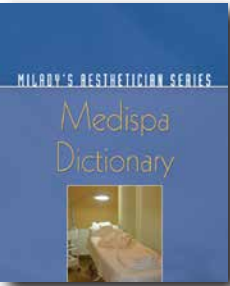
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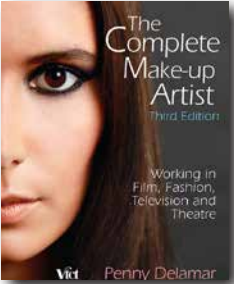
STANDARD COSMETOLOGY

THE COMPLETE MAKE-UP ARTIST, 3E

Penny Delamar, Founder, The Delamar Academy, Ealing Film Studios, London

© 2016, 352pp, Paperback, 9781473703711

ebook



This new edition of The Complete Make-up Artist offers a personal, in-depth insight into the exciting work of media make-up. Written for all media make-up students, in particular those studying a VRQ at Levels 2 and 3, this new edition has been updated in accordance with the new NOS. The only media make-up book to be endorsed by Habia and VTCT, The Complete Make-up Artist will build skills and experience and help students become a qualified, professional make-up artist.

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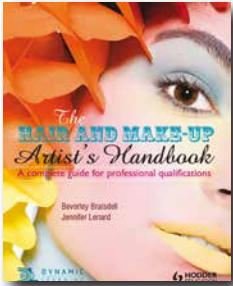
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- 2 Basic beauty make-up
- 3 Working in beauty and fashion
- 4 Contemporary hair
- 5 Body art and airbrushing
- 6 Working in theatre
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- 13 Character make-up
- 14 Launching your career

THE HAIR & MAKE UP ARTIST'S  
HANDBOOK:

A Complete Guide to Professional Qualifications

Beverley Braisdell, Wigan and Leigh College; Jennifer Lenard, The Biz Media Make-up and Hair Academy

© 2012, 0pp, Paperback, 9781444138382



Written by leading figures in the hair and make-up industry and education, The Hair and Make-up Artist's Handbook is the first book to give you all the information you need for courses in theatrical and media hair and make-up and the NVQ Diploma in Beauty Therapy at Levels 2 and 3. Whether you are starting a new course, going back to refresh your skills, or are a practising make-up artist needing a comprehensive reference, this book tells you everything you need to know to succeed in this exciting industry. The authors cover all of the essential knowledge on the industry with a fully comprehensive anatomy and physiology chapter, and go on to describe the techniques involved in theatrical and media hair and make-up, who you'll meet, how to work in a team, and what it's really like working behind the scenes on a fashion shoot or film set.

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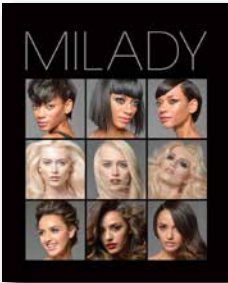
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MILADY STANDARD COSMETOLOGY, 13E

Milady

© 2016, 1129pp, Hardback, 9781285769417

CENGAGE | MINDTAP ebook



Milady has evolved for over 85 years to become what it is today, the cornerstone of beauty and wellness education. We are very excited and proud to announce the latest edition of Milady Standard Cosmetology, the most commonly used resource in cosmetology education. For decades since our first textbook published, it has been our commitment to provide students with the foundation in the principles and skills needed to master the science and art of cosmetology, and with this latest version that commitment has not waived. For the new edition, celebrity stylist Ted Gibson served as Creative Director on the project. The result is a brilliant new design with over 750 new photos and a gorgeous layout, providing a visually stunning resource to engage today's learner. We also recruited a team of twelve authors, made up of top professionals and educators in the industry, to provide the most current information on concepts and techniques. During our extensive peer review and development process, we were asked for a resource that placed emphasis on essential content needed for licensure success, and we feel confident that we delivered. Milady Standard Cosmetology will continue to be a source of education that students can count on, not only while in school, but throughout their careers.

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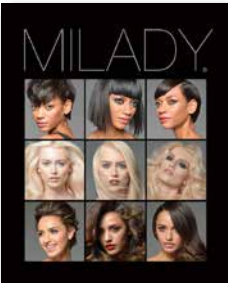
Structure and Growth. 10. Nail Disorders and Diseases. 11. Properties of the Hair and Scalp. 12. Basics of Chemistry. 13. Basics of Electricity. Part III: HAIR CARE. 14. Principles of Hair Design. 15. Scalp Care, Shampooing, and Conditioning. 16. Haircutting. 17. Hairstyling. 18. Braiding and Braid Extensions. 19. Wigs and Hair Additions. 20. Chemical Texture Services. 21. Haircoloring. Part IV: SKIN CARE. 22. Hair Removal. 23. Facials. 24. Facial Makeup. 25. Part V: NAIL CARE. 26. Manicuring. 27. Pedicuring. 28. Nail Tips and Wraps. 29. Monomer Liquid and Polymer Powder Nail Enhancements. 30. Light Cured Gels. Part VI: BUSINESS SKILLS. 31. Preparing for Licensure and Employment. 32. On the Job. 33. The Salon Business.

MILADY STANDARD COSMETOLOGY, 13E

Milady

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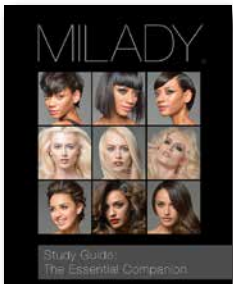
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STUDY GUIDE: THE ESSENTIAL  
COMPANION FOR MILADY STANDARD  
COSMETOLOGY, 13E

Milady

© 2016, 576pp, Paperback, 9781285769639



This full color study guide will help you recognize, understand, and retain the key concepts presented in each chapter of MILADY STANDARD COSMETOLOGY 2016. Self-lead exercises minimize assistance from the educator. The Essential

Companion provides six easy-to-follow features- Essential Objectives, Essential Subjects, Essential Concepts, Essential Exercises, Essential Review, and Essential Notes- that enables you to identify, comprehend, and retain the key concepts necessary for success in licensure and the professional environment.

BODY THERAPY AND FACIAL WORK,  
4E

Electrical Treatments for Beauty Therapists  
COULDRIDGE/ROSSER/ROSSER

© 2012, 0pp, Paperback, 9781444137453



Mo Rosser's unique, bestselling text has been fully updated to reflect the 2010 standards in Beauty Therapy, with new photographs and a wealth of learning features to reinforce study and place the theory in the context of the salon. In order to provide

the most effective treatments for their clients, students and practitioners of beauty therapy need to fully comprehend the science that underpins each treatment. This book enables you to understand the scientific aspects of both body and facial therapy, explaining the theory in an accessible yet comprehensive manner. Therapies covered include: mechanical massage, vacuum suction, galvanic treatment, muscle stimulation, microcurrent treatments, microdermabrasion, infra-red and ultraviolet, and heat therapy treatments.

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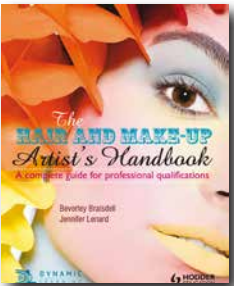
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THE HAIR & MAKE UP ARTIST'S  
HANDBOOK:

A Complete Guide to Professional Qualifications

Beverley Braisdell, Wigan and Leigh College; Jennifer Lenard,  
The Biz Media Make-up and Hair Academy

© 2012, 0pp, Paperback, 9781444138382



Written by leading figures in the hair and make-up industry and education, The Hair and Make-up Artist's Handbook is the first book to give you all the information you need for courses in theatrical and media hair and make-up and the NVQ Diploma in Beauty Therapy at Levels 2 and 3.

Whether you are starting a new course, going back to refresh your skills, or are a practising make-up artist needing a comprehensive reference, this book tells you everything you need to know to succeed in this exciting industry. The authors cover all of the essential knowledge on the industry with a fully comprehensive anatomy and physiology chapter, and go on to describe the techniques involved in theatrical and media hair and make-up, who you'll meet, how to work in a team, and what it's really like working behind the scenes on a fashion shoot or film set.

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Chapter 1: Working in the beauty industry Chapter 2: Health and safety practice in the salon Chapter 3: Client care and communication in beauty-related industries Chapter 4: Anatomy and physiology Chapter 5: Provide eyelash and brow services Chapter 6: Skincare Chapter 7: Apply make-up Chapter 8: Create an image based on a theme within the hair and beauty sector Chapter 9: The art of hairdressing design Chapter 10: Apply airbrush make-up to the face Chapter 11: The art of fashion and photographic make-up Chapter 12: Design and apply face and body art design Chapter 13: Camouflage make-up Chapter 14: Media make-up Chapter 15: Theatrical/ stage make-up Chapter 16: Provide self tanning and apply skin tanning techniques

STANDARD ESTHETICS  
ADVANCED

MILADY STANDARD ESTHETICS, 2E  
Advanced

Milady

© 2013, 980pp, Hardback, 9781111139094

CENGAGE | MINDTAP ebook



MILADY STANDARD ESTHETICS: ADVANCED, SECOND EDITION is an essential tool for students enrolled in advanced esthetics programs and critical for anyone serious about achieving a higher level of success in the beauty and wellness field.

This new edition demonstrates Milady's commitment to providing the most current, cutting-edge educational resources to esthetic students and professionals anxious to expand and perfect their skills in one of the fastest growing industries of the day. It responds to the increasing demand for a more robust knowledge of skin care principles and techniques resulting from trends in medical esthetics as well as in hospitality and tourism. MILADY STANDARD ESTHETICS: ADVANCED encompasses the broad areas of advanced skin sciences, including skin disorders and the updated ABC's of skin cancer; advanced esthetic techniques and devices; spa and alternative therapies; and working in a medical setting, including plastic surgery procedures and pre- and post-medical treatments. An introductory section addresses changes in esthetics to keep the student up-to-date on the newest technology and products, plus the final two chapters delve into financial business and marketing skills vital for rounding out success in the world of esthetics.



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STANDARD ESTHETICS  
FUNDAMENTALS

BEAUTY BASICS, 3E  
The Official Guide to Level 1 (Revised Edition)  
Lorraine Nordmann, Hugh Baird College  
© 2014, 248pp, Paperback, 9781473710603

ebook



Lorraine Nordmann's leading textbook, Beauty Basics: The Official Guide to Level 1 has been fully revised to provide everything today's beginner Beauty Therapist requires to pass their Level 1 qualification. Written in Nordmann's trademark engaging and down-to-earth style, this well-trusted book will appeal to a whole new generation of beauty students by equipping learners with everything they need to gain their qualification and provide a handy reference throughout their career. In addition to being endorsed by VTCT, this is the only official guide for Beauty Therapy at Level 1 endorsed by Habia and is a must for any Beauty Therapy student. This book is suitable for all beginners studying Beauty Therapy at Level 1 with all awarding association, including VTCT, City & Guilds, ITEC and other providers. This new edition is also available with CourseMate online teaching and learning resource, which offers engaging and interactive resources such as an integrated eBook, videos, step-by-step, images, activities and games, all aligned to the content of the textbook for a fully integrated learning experience.

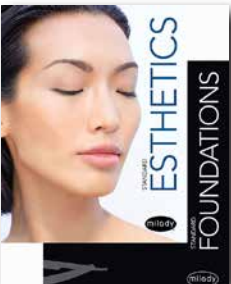
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MILADY STANDARD FOUNDATIONS  
WITH STANDARD ESTHETICS:  
FUNDAMENTALS

Milady  
© 2020, Hardback, 9780357263792

CENGAGE | MINDTAP ebook



Milady Standard Foundations with Standard Esthetics: Fundamentals, 12th edition, addresses everything a student must learn to become an esthetician. Packaged together for a complete curriculum, Milady Standard Foundations focuses on introductory topics including science basics, infection control and the importance of soft/business skills while Milady Standard Esthetics: Fundamentals, 12th Edition focuses on the esthetics-specific content essential to becoming a licensed professional. Available in digital and print forms, this product provides the basics of an esthetics curriculum for every state.

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Standard Foundations. 1. Life Skills. 2. Professional Image. 3. Communicating for Success. 4. The Healthy Professional. 5. Infection Control. 6. Chemistry and Chemical Safety. 7. Electricity and Electrical Safety. 8. Career Planning. 9. On the Job. 10. The Beauty Business. Standard Esthetics: Fundamentals. 1. Career Opportunities & History of Esthetics. 2. General Anatomy and Physiology. 3. Physiology and Histology of the Skin. 4. Disorders and Diseases of the Skin. 5. Skin Analysis. 6. Skin Care Products: Chemistry, Ingredients, and Selection. 7. The Treatment Room. 8. Facial Treatments. 9. Facial Massage. 10. Facial Devices and Technology. 11. Hair Removal. 12. Makeup Essentials. 13. Advanced Topics and Treatments.

MILADY STANDARD ESTHETICS, 11E  
Fundamentals  
Milady

© 2013, 758pp, Hardback, 9781111306892

CENGAGE | MINDTAP ebook



Milady Standard Esthetics Fundamentals, 11th edition, is the essential source for basic esthetics training. This new edition builds upon Milady's strong tradition of providing students and instructors with the best beauty and wellness education tools for their future. The rapidly expanding field of esthetics has taken a dramatic leap forward in the past decade, and this up-to-date text plays a critical role in creating a strong foundation for the esthetics student. Focusing on introductory topics, including history and opportunities in skin care, anatomy and physiology, and infection control and disorders, it lays the groundwork for the future professional to build their knowledge. The reader can then explore the practical skills of a skin care professional, introducing them to the treatment environment, basic facial treatments, hair removal, and the technology likely to be performed in the salon or spa setting.

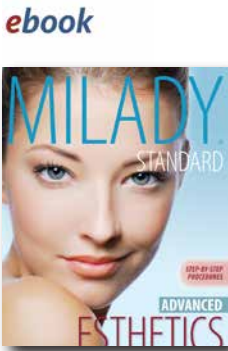
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The World of Makeup. PART V: BUSINESS SKILLS. 21. Career Planning. 22. The Skin Care Business. 23. Selling Products and Services.

MILADY'S STANDARD ESTHETICS, 2E  
Advanced Step-by-Step Procedures, Spiral bound  
Version

Milady  
© 2013, 256pp, Spiral, 9781133013495



This spiral full-color supplement to Milady Standard Esthetics: Advanced can be used in conjunction with the textbook or on its own to brush up on key procedures. Each step is clearly explained and is accompanied by full-color photos. At the end of each chapter you will find a rubric, to note, organize and interpret data gathered from observations of student or professional performance. The Step-By-Step Procedures has been updated to match the contents of Milady Standard Esthetics: Advanced, 2e.

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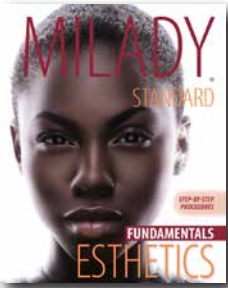
Proper Hand Washing Technique. Preparing Tools and Implements for Sterilization. Policy and Procedure for Operating Autoclaves. Thermotherapy for Clogged Pores. Manual Microdermabrasion. Alpha Hydroxy Acid (AHA) Treatment. Jessner's Solution or 20 Percent BHA Treatment. Application and Removal of a Powder Aliginat Mask. Shiatsu Massage for the Head and Neck. Ear Reflexology Massage. Stone Massage for the Face. Manual Lymph Drainage Massage. Machine-Aided Lymph Drainage Massage. IPL Photorejuvenation. Performing Laser or IPL Hair Removal Treatments. LED Skin Treatment. Machine-Aided Microdermabrasion. Ultrasonic Facial. Handheld Ultrasonic and Microcurrent

Service. Microcurrent Lift and Firm Facial and Hand Treatment. Electrodesiccation Treatment for Skin Tag. Brazilian Bikini Wax. Maximum-Coverage Airbrushing. Eyelash Perming. Applying Semipermanent Eyelash Extensions. Lash Extension Removal. Steps for a Body Scrub with Hydrating Pack/Mask. Applying and Removing Seaweed Wrap. Herbal Body Wrap. Soothing Leg Treatment. 30-Minute Mini-Wellness Procedure. Basic Marma Point Massage. Shirodhara Treatment.

STEP-BY-STEP PROCEDURES FOR  
MILADY STANDARD ESTHETICS:  
FUNDAMENTALS, SPIRAL BOUND  
VERSION, 11E

Milady  
© 2013, 144pp, Spiral, 9781111307097

ebook



This spiral full-color supplement to Milady Standard Esthetics: Fundamentals can be used in conjunction with the textbook or on its own to brush up on key procedures. Each step is clearly explained and is accompanied by full-color photos. At the end of each chapter you will find a rubric, to note, organize and interpret data gathered from observations of student or professional performance. The Step-By-Step Procedures has been updated to match the contents of Milady Standard Esthetics: Fundamentals, 11e.

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Disinfecting Nonelectrical Tools and Implements. Aseptic Procedure. Proper Hand Washing. Performing a Skin Analysis: Step by Step. Pre-Service Procedure. Post-Service Procedure. Making Cleansing Pads. Making Butterfly Eye Pads. Eye Makeup and Lipstick Removal. Applying a Cleansing Product. Removing Products. The Basic Step-by-Step Facial. Applying the Cotton Compress. Removing the Cotton Compress. Extractions. Applying the Paraffin Mask. The Facial Massage. Eyebrow Tweezing. Eyebrow Waxing with Soft Wax. Lip Waxing with Hard Wax. Chin Waxing with Hard Wax. Leg Waxing with Soft Wax. Underarm Waxing with Hard Wax. Bikini Waxing with Hard Wax. Men's Waxing with Soft Wax. Professional Makeup Application. Applying Artificial Lashes. Lash and Brow Tinting Procedure. Thermotherapy for Clogged Pores (Preview of Step-by-Step Procedures for Milady Esthetics: Advanced, 2e).

BODY THERAPY AND FACIAL WORK,  
4E

Electrical Treatments for Beauty Therapists  
COULDRIDGE/ROSSER/ROSSER  
© 2012, 0pp, Paperback, 9781444137453



Mo Rosser's unique, bestselling text has been fully updated to reflect the 2010 standards in Beauty Therapy, with new photographs and a wealth of learning features to reinforce study and place the theory in the context of the salon. In order to provide the most effective treatments for their clients, students and practitioners of beauty therapy need to fully comprehend the science that underpins each treatment. This book enables you to understand the scientific aspects of both body and facial therapy, explaining the theory in an accessible yet comprehensive manner. Therapies covered include: mechanical massage, vacuum suction, galvanic treatment, muscle stimulation, microcurrent treatments, microdermabrasion, infra-red and ultraviolet, and heat therapy treatments.

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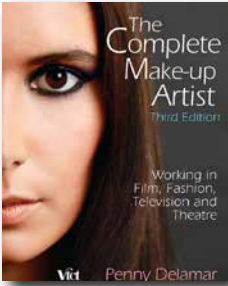
STANDARD MAKEUP

THE COMPLETE MAKE-UP ARTIST, 3E

Penny Delamar, Founder, The Delamar Academy, Ealing Film Studios, London

© 2016, 352pp, Paperback, 9781473703711

ebook



This new edition of The Complete Make-up Artist offers a personal, in-depth insight into the exciting work of media make-up. Written for all media make-up students, in particular those studying a VRQ at Levels 2 and 3, this new edition has been updated in accordance

with the new NOS. The only media make-up book to be endorsed by Habia and VTCT, The Complete Make-up Artist will build skills and experience and help students become a qualified, professional make-up artist.

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- 1 Media make-up as a career
- 2 Basic beauty make-up
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- 6 Working in theatre
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- 8 Wigs and hairpieces
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- 10 Facial hair
- 11 Casualty effects
- 12 Prosthetics
- 13 Character make-up
- 14 Launching your career

MILADY STANDARD MAKEUP

Michelle D'Allaird

© 2013, 530pp, Hardback, 9781111153959

ebook



For decades, Milady has been known as the premier source for beauty and wellness education. Now we have taken that reputation one step further with the brand-new Milady Standard Makeup. This cutting-edge addition to the Milady Standard offerings is

aimed at anyone and everyone with a passion and desire for becoming a makeup artist or working in the world of makeup. Milady Standard Makeup is a full-color text, packed with more than 800 photos and illustrations, covering everything from anatomy and physiology to color theory, product types and tools. Step-by-step procedures lead the reader through various looks including bridal, prom, and high-fashion applications. Readers will also learn how to create natural looks and deal with particular skin types such as mature and acne-prone skin. Milady Standard Makeup is destined to establish itself as the foundational textbook in its field, essential for every makeup artist with an eye towards success in this rapidly expanding and dynamic industry.

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Makeup Techniques. PART V: BUSINESS SKILLS. 19. Your Professional Image. 20. The Business In Makeup.

STANDARD NAIL TECHNOLOGY

NEW EDITION

MILADY STANDARD NAIL TECHNOLOGY WITH STANDARD FOUNDATIONS, 8E

Milady

© 2021, 578pp, Hardback, 9780357446867

CENGAGE | MINDTAP ebook



MILADY STANDARD NAIL TECHNOLOGY, 8th Edition, is the future nail technician's guidebook to success. The new 2-book format includes Standard Foundations and Nail Technology packaged together for a complete curriculum. Standard

Foundations focuses on introductory topics including science basics, infection control and the importance of soft/ business skills; while Nail Technology includes new and updated information on manicuring, pedicuring, gel nail enhancement, nail resin enhancements, and nail art. New procedural photography follows the highest standards in infection control and enhances step-by-step instructions. This edition also features new competency-based learning objectives to emphasize the importance of the concepts presented. This edition offers aspiring nail technicians the tools they need for a rewarding and successful career.

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Electrical Safety. 8. Career Planning. 9. On the Job. 10. The Beauty Business. Nail Technology. Part 1: NAIL TECHNOLOGY FOUNDATIONS. 1. History and Career Opportunities. 2. Anatomy and Physiology. 3. Skin Structure, Disorders, and Diseases. 4. Nail Structure, Disorders, and Diseases. 5. Nail Product Chemistry. Part 2: NAIL SERVICES. 6. Manicuring. 7. Pedicuring. 8. Electric Filing. 9. Nail Tips and Forms. 10. Nail Resin Enhancements. 11. Monomer Liquid and Polymer Powder Nail Enhancements. 12. Gel Nail Enhancements. 13. Nail Art.



THE COMPLETE NAIL TECHNICIAN, 4E

Marian Newman

© 2017, 384pp, Paperback, 9781473748736



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MILADY STANDARD NAIL TECHNOLOGY, 7E

Milady

© 2015, 535pp, Paperback, 9781285080475



Milady Standard Nail Technology, 7th Edition is packed with new and updated information on several important topics including infection control, manicuring, pedicuring, chemistry, UV gels, and the salon business. Brand new procedural photography enhances step-by-step instructions for the student. Also included, is a new “Why Study?” section at the beginning of each chapter, outlining the importance of understanding the concepts presented. Chapter objectives have also been revised to provide students and instructors with measureable, outcomes-based goals that can later be assessed using the end-of-chapter review questions. This latest edition of Milady Standard Nail Technology gives the aspiring nail technician the tools they need to launch themselves into a rewarding and successful career.

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MILADY’S STANDARD NAIL TECHNOLOGY

Australia New Zealand Edition

Karen Murray; Milady

© 2011, 432pp, Paperback, 9780170187671



Milady Standard Nail Technology equips you as a trainee nail technician with all the basic skills you will require to work in the industry. This Australian adaptation addresses the essential skills and knowledge required for the SIB20210 Certificate II in Nail Technology qualification. This book covers technical skills for manicuring, pedicare, nail tips and electric filing. The basics of anatomy, physiology, chemistry and electricity are also covered, alongside life and business skills essential for getting ahead in the nail industry.

CONTENTS

Part 1 Orientation 1. Your Nail Technology Career 2. Communicating for Success Part 2 Sciences 3. Infection Control: Principles and Practice 4. General Anatomy and Physiology 5. Skin Structure and Growth 6. Nail Structure and Growth 7. Nail Diseases and Disorders 8. Basics of Chemistry 9. Nail Product Chemistry 10. Basics of Electricity Part 3 Nail Care 11. Manicuring 12. Pedicare 13. Nail Tipping 14. Applying Acrylic Nail Enhancements 15. Applying ultraviolet gel nail enhancements 16. Using electric file equipment for nails 17. Nail Art Part 4 Business Skills 18. Seeking Employment 19. Retail Services 20. Salon Business

NEW EDITION

MILADY STANDARD NAIL TECHNOLOGY WITH STANDARD FOUNDATIONS, 8E

Milady

© 2021, 578pp, Hardback, 9780357446867



MILADY STANDARD NAIL TECHNOLOGY, 8th Edition, is the future nail technician’s guidebook to success. The new 2-book format includes Standard Foundations and Nail Technology packaged together for a complete curriculum. Standard Foundations focuses on introductory topics including science basics, infection control and the importance of soft/ business skills; while Nail Technology includes new and updated information on manicuring, pedicuring, gel nail enhancement, nail resin enhancements, and nail art. New procedural photography follows the highest standards in infection control and enhances step-by-step instructions. This edition also features new competency-based learning objectives to emphasize the importance of the concepts presented. This edition offers aspiring nail technicians the tools they need for a rewarding and successful career.

CONTENTS

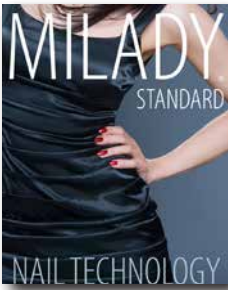
Standard Foundations. 1. Life Skills. 2. Professional Image. 3. Communicating for Success. 4. The Healthy Professional. 5. Infection Control. 6. Chemistry and Chemical Safety. 7. Electricity and Electrical Safety. 8. Career Planning. 9. On the Job. 10. The Beauty Business. Nail Technology. Part 1: NAIL TECHNOLOGY FOUNDATIONS. 1. History and Career Opportunities. 2. Anatomy and Physiology. 3. Skin Structure, Disorders, and Diseases. 4. Nail Structure, Disorders, and Diseases. 5. Nail Product Chemistry. Part 2: NAIL SERVICES. 6. Manicuring. 7. Pedicuring.

8. Electric Filing. 9. Nail Tips and Forms. 10. Nail Resin Enhancements. 11. Monomer Liquid and Polymer Powder Nail Enhancements. 12. Gel Nail Enhancements. 13. Nail Art.

MILADY STANDARD NAIL TECHNOLOGY, 7E

Milady  
© 2015, 535pp, Paperback, 9781285080475

CENGAGE | MINDTAP ebook



Milady Standard Nail Technology, 7th Edition is packed with new and updated information on several important topics including infection control, manicuring, pedicuring, chemistry, UV gels, and the salon business. Brand new procedural photography enhances step-by-step instructions for the student. Also included, is a new “Why Study?” section at the beginning of each chapter, outlining the importance of understanding the concepts presented. Chapter objectives have also been revised to provide students and instructors with measureable, outcomes-based goals that can later be assessed using the end-of-chapter review questions. This latest edition of Milady Standard Nail Technology gives the aspiring nail technician the tools they need to launch themselves into a rewarding and successful career.

CONTENTS

PART I: ORIENTATION. 1. History and Opportunities. 2. Life Skills. 3. Your Professional Image. 4. Communicating for Success. PART II—GENERAL SCIENCES. 5. Infection Control: Principles and Practices. 6. General Anatomy and Physiology. 7. Skin Structure, Growth, and Nutrition. 8. Nail Structure and Growth. 9. Nail Disorders and Diseases. 10. The Basics of Chemistry. 11. Nail

Product Chemistry Simplified. 12. The Basics of Electricity. PART III—NAIL CARE. 13. Manicuring. 14. Pedicuring. 15. Electric Filing. 16. Nail Tips and Wraps. 17. Monomer Liquid and Polymer Powder Nail Enhancements. 18. UV and LED Gels. 19. The Creative Touch. PART IV—BUSINESS SKILLS. 20. Seeking Employment. 21. On the Job. 22. The Salon Business.

MILADY’S STANDARD NAIL TECHNOLOGY

Australia New Zealand Edition  
Karen Murray; Milady  
© 2011, 432pp, Paperback, 9780170187671

ebook



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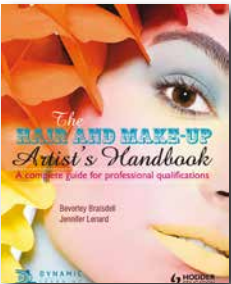
Applying ultraviolet gel nail enhancements 16. Using electric file equipment for nails 17. Nail Art Part 4 Business Skills 18. Seeking Employment 19. Retail Services 20. Salon Business

COSMETOLOGY

COSMETOLOGY

THE HAIR & MAKE UP ARTIST’S HANDBOOK:

A Complete Guide to Professional Qualifications  
Beverley Braisdell, Wigan and Leigh College; Jennifer Lenard, The Biz Media Make-up and Hair Academy  
© 2012, 0pp, Paperback, 9781444138382



Written by leading figures in the hair and make-up industry and education, The Hair and Make-up Artist’s Handbook is the first book to give you all the information you need for courses in theatrical and media hair and make-up and the NVQ Diploma in Beauty Therapy at Levels 2 and 3. Whether you are starting a new course, going back to refresh your skills, or are a practising make-up artist needing a comprehensive reference, this book tells you everything you need to know to succeed in this exciting industry. The authors cover all of the essential knowledge on the industry with a fully comprehensive anatomy and physiology chapter, and go on to describe the techniques involved in theatrical and media hair and make-up, who you’ll meet, how to work in a team, and what it’s really like working behind the scenes on a fashion shoot or film set.

CONTENTS

Chapter 1: Working in the beauty industry Chapter 2: Health and safety practice in the salon Chapter 3: Client care and communication in beauty-related

industries Chapter 4: Anatomy and physiology Chapter 5: Provide eyelash and brow services Chapter 6: Skincare Chapter 7: Apply make-up Chapter 8: Create an image based on a theme within the hair and beauty sector Chapter 9: The art of hairdressing design Chapter 10: Apply airbrush make-up to the face Chapter 11: The art of fashion and photographic make-up Chapter 12: Design and apply face and body art design Chapter 13: Camouflage make-up Chapter 14: Media make-up Chapter 15: Theatrical/stage make-up Chapter 16: Provide self tanning and apply skin tanning techniques



DVD SERIES FOR MILADY'S  
STANDARD ESTHETICS: ADVANCED

Milady  
© 2010, NonBook-Disk, 9781435412880

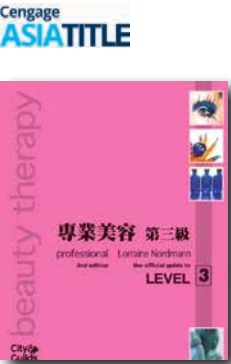


Provides demonstrations of practical applications with the ability to view from multiple angles to ensure no step is missed, and in an easy-to-use manner.

CONTENTS

DISC ONE. Introduction. Jessner's Peel. Manual Microdermabrasion. Machine-Aided Microdermabrasion. LED Skin Treatment. IPL Photorejuvenation. DISC TWO. Manual Lymphatic Drainage. Machine-Aided Lymphatic Drainage. Ultrasonic Facial. Ear Reflexology Massage. Stone Massage for the Face. Shirodhara Treatment. DISC THREE. Brazilian Wax

專業美容 第三級, 2E  
Lorraine Nordmann, Hugh Baird College  
© 2008, 0pp, Paperback, 9789814221825



第二版『專業美容』第三級是國家美容職業證照資格 ( NVQ Level 3 ) 的正式指導手冊,由Lorraine Nordmann 著作,英國美容美髮業管理局 ( Habia ) 與Cengage Learning 出版社聯合出版。經過完整校訂更新的第二版,不僅能幫助學生精進專業,更能應付登上第三級證照資格所需面對的挑戰及要求。本書囊括第三級美容師的一切必備知識,因此無論學生未來將走向何種職涯或求學生涯,只要一書在手,絕對受益無窮。

NAIL TECHNOLOGY

MILADY'S STANDARD NAIL  
TECHNOLOGY

Australia New Zealand Edition  
Karen Murray; Milady  
© 2011, 432pp, Paperback, 9780170187671

ebook



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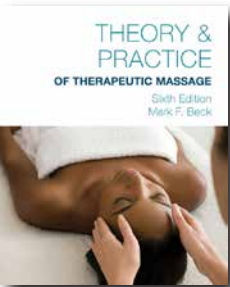
MASSAGE

MASSAGE

THEORY & PRACTICE OF  
THERAPEUTIC MASSAGE, 6E

Mark F. Beck, American Massage Therapy Association  
© 2017, 956pp, Hardback, 9781285187556

CENGAGE | MINDTAP ebook



Theory & Practice of Therapeutic Massage, Sixth Edition, comprehensively provides the foundation of knowledge required to become a massage professional. It delves into several areas within the profession, with chapters devoted to spa massage,

lymph massage, clinical massage techniques, therapeutic procedure, athletic massage, massage in medicine, and more. Providing a fresh new design, updated terminology and expanded content on topics such as research literacy and business administration, this new edition provides the essential knowledge and skills needed to become a successful massage therapist and will be a reference that users can count on throughout their careers.

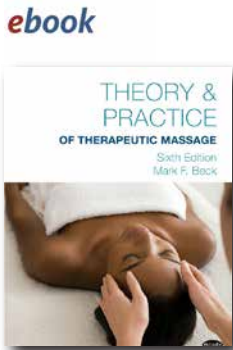
CONTENTS

PART I: The History and Advancement of Therapeutic Massage. 1. Historical Overview of Massage. 2. Requirements for the Practice of Therapeutic Massage. 3. Professional Ethics for Massage Practitioners. PART II: Human Anatomy and Physiology. 4. Overview of Human Anatomy and Physiology and Medical Terminology. 5. Human Anatomy and Physiology. PART III: Massage Practice. 6. Effects, Benefits, Indications, and Contraindications of Massage. 7. Equipment and Products. 8. Infection Control and Safety Practices. 9. Consultation and Documentation. 10. Classification of Massage Movements. 11.



Preparations for the Practitioner. 12. Procedures for Complete Body Massages. 13. Cold, Heat, and Hydrotherapies. 14. Massage in the Spa Setting by Steve Capellini. 15. Clinical Massage Techniques. 16. Lymph Massage. 17. Therapeutic Procedures. 18. Athletic/Sports Massage. 19. Massage for Special Populations. 20. Massage in Medicine. 21. Other Therapeutic Techniques. PART IV: Massage Business Administration. 22. Business Practices. Answers. Bibliography. Glossary. Index.

**THEORY & PRACTICE OF THERAPEUTIC MASSAGE, 6TH EDITION (SOFTCOVER), 6E**  
*Mark F. Beck, American Massage Therapy Association*  
© 2017, 1008pp, Paperback, 9781285187587



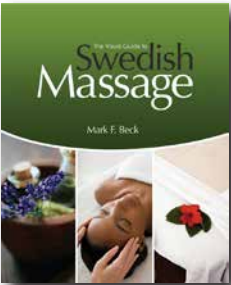
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**THE VISUAL GUIDE TO SWEDISH MASSAGE, SPIRAL BOUND VERSION**  
*Mark F. Beck, American Massage Therapy Association*  
© 2014, 147pp, Spiral, 9781133600954

ebook



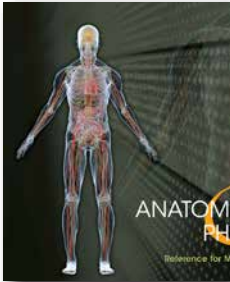
The Visual Guide to Swedish Massage clearly illustrates the practical methods for performing foundational massage therapy techniques. Readers will find this handy reference tool to be an important supplement to their massage therapy curriculum and a helpful review of the proper movements to ensure the client experience is second to none.

**CONTENTS**

I. GETTING STARTED. 1. Classification of the Basic Swedish Massage Strokes. 2. Application of Massage Movements. 3. Draping Procedures. 4. Pre-Service Procedure. II. BASIC GENERAL MASSAGE. 5. General Arm Massage. 6. General Massage for the Foot and Leg. 7. General Massage for the Anterior Torso and Neck. 8. Changing Position from Supine to Prone. 9. General Massage for the Back of the Legs. 10. General Massage for the Back of the Body. 11. Post-Service: Completing the General Massage Session. III. FULL BODY RELAXATION MASSAGE. 12. Massage the Face. 13. Massage the Scalp. 14. Massage the Ear. 15. Massage the Neck. 16. Massage the Arms. 17. Massage the Hand and Joint Movements for the Hands and Arms. 18. Massage the Feet. 19. Massage the Front of the Legs. 20. Massaging the Abdomen and Chest. 21. Massage the Back of the Legs. 22. Massage the Back.

**ANATOMY & PHYSIOLOGY REFERENCE FOR MASSAGE THERAPISTS, SPIRAL BOUND VERSION**  
*Milady*  
© 2013, 33pp, Spiral, 9781133704126

ebook



Milady is proud to introduce an all-new Anatomy and Physiology reference designed specifically for the massage therapist and massage therapy student. This reference includes comprehensive coverage of the various body systems as well as brief descriptions of each system to increase understanding of the system's function. This must-have reference for the beauty and wellness student includes cross sections and multiple views of eleven main body systems.

**CONTENTS**

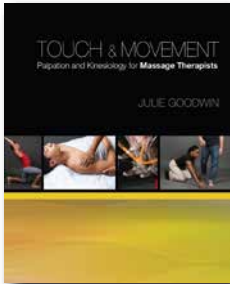
Levels of Organization. Cell Structure. Tissues. Epithelial Tissue. Muscle Tissue. Nervous and Connective Tissue. Systems of the Body. Integumentary System. Integumentary System: Accessory Structures. Skeletal System: Divisions of the Skeleton. Skeletal System: Bone Landmarks. Skeletal System Joints and Joint Types. Muscular System. Nervous System. Nervous System:Nerve Classification. Nervous System:Central Nervous System. Nervous System:Peripheral Nervous System. The Circulatory System. Circulatory System: Blood Vessels. Circulatory System: The Heart. Lymphatic System. Lymphatic System: Lymph Flow. Endocrine System. Endocrine System: Glands and Hormones. Respiratory System Respiratory System: Muscles of Respiration. Digestive System. Urinary System. Reproductive System.

TOUCH & MOVEMENT

Palpation and Kinesiology for Massage Therapists  
Julie Goodwin

© 2013, 576pp, Spiral, 9781439056578

ebook



TOUCH & MOVEMENT: PALPATION AND KINESIOLOGY FOR MASSAGE THERAPISTS leads step-by-step through the client assessment process, from analysis of posture and gait through application of the principles of complex movement to palpation of the skeletal and soft tissue structures of the body. Extensive instruction in palpation and kinesiology techniques including focus on endangerment zones, cautions and contraindications, and an array of palpation practice exercises, encourages true mastery of this crucial assessment tool. The text engages all learning styles with a range of hands-on exercises. Students can apply new concepts and techniques right there in the classroom or reinforce those skills in the treatment room. They learn why and how they should palpate bony landmarks, soft tissue attachments, and muscles. It grounds the reader in the fundamentals of joint and muscle anatomy and physiology. It also fills in potential educational gaps for those massage therapists whose initial training took place prior to classes that incorporated in-depth palpation and kinesiology techniques. With TOUCH & MOVEMENT: PALPATION AND KINESIOLOGY FOR MASSAGE THERAPISTS, established professionals and massage therapy students alike will find a visual and comprehensive tool created for and dedicated to their specific practical and educational needs and career growth.

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- 1. Introduction to Palpation and Kinesiology. 2. Posture Assessment. 3. Gait Assessment. 4. Deconstructing Complex Movements. 5. The Science of Palpation. 6. The Art of Palpation. 7.

Palpating Bony Landmarks and Connective Tissue Structures. 8. Palpating Superficial Muscles of the Axial Skeleton. 9. Palpating Superficial Muscles of the Extremities. 10. Palpating Deeper Muscles and Muscle Groups.

BODY THERAPY AND FACIAL WORK, 4E

Electrical Treatments for Beauty Therapists  
COULDRIDGE/ROSSER/ROSSER

© 2012, 0pp, Paperback, 9781444137453



Mo Rosser's unique, bestselling text has been fully updated to reflect the 2010 standards in Beauty Therapy, with new photographs and a wealth of learning features to reinforce study and place the theory in the context of the salon. In order to provide the most effective treatments for their clients, students and practitioners of beauty therapy need to fully comprehend the science that underpins each treatment. This book enables you to understand the scientific aspects of both body and facial therapy, explaining the theory in an accessible yet comprehensive manner. Therapies covered include: mechanical massage, vacuum suction, galvanic treatment, muscle stimulation, microcurrent treatments, microdermabrasion, infra-red and ultraviolet, and heat therapy treatments.

CONTENTS

- Introduction Learning and assessment guidance Section 1 Underpinning Knowledge Chapter 1 – Health, Safety and Welfare Chapter 2 – Hygiene Section 2 – Ethics, Consultation and Care of the Client Chapter 3 – Ethics, Planning, Preparation and Client Consultation Section 3 – Underpinning Science Chapter 4 – Basic Science Section 4 – Treatments Chapter 5 – High Frequency Treatment Chapter 6 –

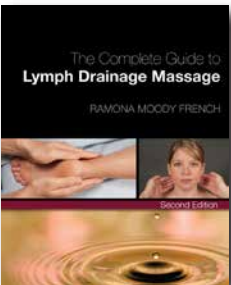
Mechanical Massage Chapter 7 – Vacuum Suction Chapter 8 – Galvanic Treatment Chapter 9 – Muscle Stimulation Chapter 10 – Microcurrent Treatments Chapter 11 – Microdermabrasion Chapter 12 – Infra-Red and Ultraviolet Chapter 13 – Heat Therapy Treatments Case Studies Glossary Appendix – Underpinning Science Index

THE COMPLETE GUIDE TO LYMPH DRAINAGE MASSAGE, 2E

Ramona Moody French

© 2012, 288pp, Paperback, 9781439056714

ebook



Lymph drainage massage is a technique utilized by massage therapists to provide relief from edema, an accumulation of fluids in the tissues that causes swelling. This book provides a scientifically-accurate explanation of the lymphatic system, the theory behind lymph drainage massage, and explains when it should be performed. Also provided is an explanation of the application of lymph drainage massage to the needs of well clients, rather than focusing on pathology, since most massage therapists and estheticians will not be treating lymph edema disease in their work. The book offers step-by-step procedures for facial and upper and lower body massage, giving you practical information that can be applied immediately. With an aging baby boomer generation and the population at large increasingly focused on well-being, technicians – whether beginners or those looking to review and broaden their skills – are increasingly interested in learning about lymph drainage massage and how it can enhance their clients' experience as well as their own careers. Milady's Guide to Lymph Drainage Massage can play a vital role in accomplishing all of these goals.

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- 1. Understanding Lymph Drainage Massage. 2. Tissues and Organs of the Lymphatic System. 3. Lymph Circulation 4. Functions of the Lymphatic System. 5. Immunity. 6. Edema. 7. Lymph Drainage Massage: Indications and Contraindications. 8. Principles of Lymph Drainage Massage. 9. The Lymph Drainage Massage Session. 10. Face and Neck Treatment Sequence. 11. Lymph Drainage Massage of the Upper Extremities and Trunk. 12. Lymph Drainage Massage of the Lower Extremities and Trunk. 13. Visceral massage: Stimulating the Deep Circulation of Lymph. 14. Energetic and mind-Body Effects of Lymph Drainage Massage. 15. Using Lymph Drainage Massage with Other Treatments. 16. Self-Massage Using Lymph Drainage Massage Techniques. 17. Healing Crisis.



THE COMPLETE SPA BOOK FOR MASSAGE THERAPISTS

Steve Capellini

© 2010, 718pp, Paperback, 9781418000141

ebook



The Complete Spa Book for Massage Therapists is specifically for massage therapy students who want to succeed in the spa industry, whether as an employee or an owner of their own spa. It is the only book that includes extensive information about real-world working conditions in actual spas, with an enormous amount of feedback from working spa directors and owners regarding what they are looking for in employees. Beyond giving explanations and step-by-step instructions regarding a wide range of spa modalities, the book offers an in-depth look at topics that many other resources do not cover.

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Part I. Spa History and Development. 1. Spa History. 2. Spas in the Modern Age. 3. Spa Equipment, Facilities and Procedures. Part II. Hydrotherapy for the 21st Century: Water-Based Spa Treatments. 4. Bath and Shower Techniques. 5. Heat and Cold Applications. 6. Exfoliation. 7. Thalassotherapy. PART III. Body Wraps, Esthetic Treatments, Advanced Modalities and Spa Massage. 8. Body Wraps, Mud, Clay and Herbal Remedies. 9. Spa Massage. 10. Stone Therapy. 11. Aromatherapy. 12. Advanced Modalities. 13. Esthetic Modalities for Spa Therapists. PART IV. Spa Careers. 14. Finding Spa Work. 15. Becoming a Valuable Spa Employee. 16. Spa Retailing for Massage Therapists. 17. Opening a Therapeutic Spa. 18. Spa Operations.

REFERENCE

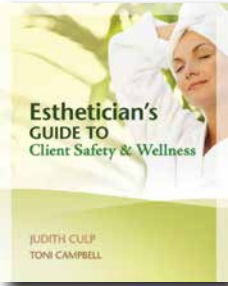
REFERENCE

ESTHETICIAN'S GUIDE TO CLIENT SAFETY AND WELLNESS

Judith Culp; Toni Campbell

© 2013, 160pp, Spiral, 9781439057452

ebook



Accidents happen, even in the structured, pampering environment of a professionally-run salon or spa. How often have you asked yourself "What would I do if...?" What would you do if a client had a heart attack or suddenly stopped breathing? What should you do if your client is burned or breaks out in a strange rash during treatment? The Esthetician's Guide to Client Safety and Wellness is designed to offer practical, safety-based information and tips to decrease the possibility of infection, as well as accidents or injuries during treatment or service. An entire section is dedicated to cautions and contraindications relating to medications that can affect treatment choices, especially for clients dealing with health conditions. Considering the many inherent exposures – not only to the client but to those actually working in the spa, clinic and salon environment – the Estheticians Guide to Client Safety and Wellness is an essential tool and an invaluable resource for esthetic and cosmetology professionals.

CONTENTS

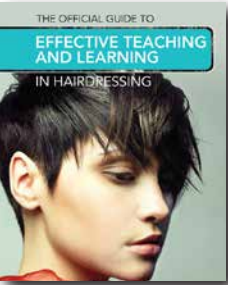
1. General Safety. 2. Infection Control. 3. Workplace Safety. 4. Equipment Safety. 5. Product Safety. 6. Cautions and Contraindications. 7. Emergency and Non-Emergency Situations. 8. Situations in the Treatment Room. 9. First Aid and Emergency Situations. 10. Nutrition, Wellness and Stress Management. Appendix A: Medical information. Appendix B: Safety and Esthetic Related Contacts.

THE OFFICIAL GUIDE TO EFFECTIVE TEACHING AND LEARNING IN HAIRDRESSING

Elaine White, Training and Educational Consultant; Jane Goldsbro, Director of Standards and Qualifications at the Hairdressing and Beauty Industry Authority (Habia)

© 2013, 128pp, Paperback, 9781408072660

ebook



This essential timesaving tool is fully endorsed by Habia and offers Trainee Hairdressers and Fulltime Practitioners advice on ensuring their teaching is interesting, inspiring and motivational for all hairdressing learners. This book motivates readers to question the teaching and learning techniques they currently use and offers new, constructive ways for the educator to improve the quality of their teaching to hairdressing students. Readers will learn how to deliver a range of different teaching methods that can be used for starter activities and main programme content, all in the context of hairdressing learning and mapped to the hairdressing curriculum. Readers will also have access to a free online companion website offering downloadable templates and text to help prepare for lessons and plan the delivery of the hairdressing curriculum to learners of all ages in any learning environment. This book is suitable for all awarding associations, ensuring students have everything they need to pass their course.

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1. Introduction to teaching and learning in the hairdressing industry Communication skills for teachers Professionalism in the learning environment Safeguarding for children and learners Dealing with learner disruptions Mentoring and being mentored Continuing professional development requirements for hairdressing Development checklist 2. How learners learn Learning theories Applying the theories Using the theory of behaviourism Using the theory of

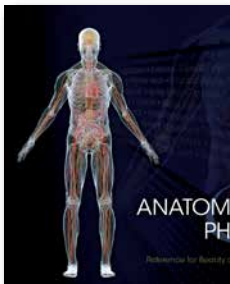
cognitivism Using the theory of constructivism Using the theory of humanism Preferred learning Learning styles Applying Gardner's separate intelligences for hairdressing Impact of learning psychologies and learning styles Dyslexia in the hairdressing industry Teaching and learning for learners with dyslexia Development checklist 3. How to plan for teaching and learning in hairdressing The planning process Curriculum planning Completing a scheme of work Lesson planning Development checklist 4. Teaching and learning strategies and methods Teaching and learning strategies and methods Teaching strategies Teaching and learning methods Using experimental learning Using relating theory to practice and practice to theory Using multi-sensory learning Using modelling Using learning conversations Using e-learning and technology Teaching and learning activities A menu for teaching and learning Embedding differentiated learning Differentiation and learning outcomes Development checklist 5. Assessment methods and techniques Why assess? Recording the results of assessment Initial assessment Formative assessment and assessment for learning Applying assessment for learning techniques Taking assessment for learning further Summative assessment and assessment of learning Qualifications for the hairdressing industry Realistic Learning Environment (RLE) criteria for VRQ delivery NVQ/SVQ delivery Development checklist 6. Successful starts and evaluative ends The importance of successful starts for teaching and learning The importance of evaluative plenaries for teaching and learning Periodic plenaries Benefits of using activities as session starters and for evaluation Starter and plenary activities Teacher or self-evaluation



STUDENT REFERENCE FOR  
ANATOMY & PHYSIOLOGY, SPIRAL  
BOUND VERSION, 2E

Milady  
© 2012, 36pp, Spiral, 9781111642112

ebook



Milady’s best-selling Student Reference for Anatomy and Physiology has been revised and expanded. This all-new edition includes more comprehensive coverage of the various body systems as well as brief descriptions of each system to increase

understanding of the system’s function. This must-have reference for the beauty and wellness student includes cross sections and multiple views of eleven main body systems. This is the perfect addition to any cosmetology, barbering, nail technology, esthetics or massage therapy student’s study materials.

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