

JOB ROLE – BEAUTY THERAPIST

Sector – Beauty & Wellness

(Qualification Pack Code: BWS/Q 0102)

Class XI



PSS Central Institute of Vocational Education

Shyamla Hills, Bhopal – 462 013 , Madhya Pradesh, India

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Unit 1: Beauty and Wellness Industry and Beauty Therapy

Session 3: Preparing and Maintaining the Work Area

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Session Objectives

The students will be able to:

- ❑ Prepare and maintain the work area;
- ❑ Prepare a client for treatment;
- ❑ Identify the equipment and tools used to carry out various beauty services;
- ❑ Sterilise and disinfect equipment and tools; and
- ❑ Segregate and dispose of the waste appropriately.

Introduction

A salon must be kept clean and disinfected. A suitable temperature and adequate lighting facility must be maintained. Hygiene is of utmost importance in the Beauty and Wellness sector. Record cards are to be maintained, which provide information of the history of the client, products to be used, skin type, and to know whether the person is allergic to any product or not before beginning the treatment.

Maintenance of Record Cards

A record card is an important document, which contains the following information:

- ❑ Previous treatments taken by a client.
- ❑ Treatment that the client has been called or booked for.
- ❑ History of the client about the products to be used, skin type, and to know whether the person is allergic to any product or not.



Essentials of the Work Area

A work area is used for providing multiple services. So, it must have the following:

- ❑ Clean and disinfected couch, chairs, towels, aprons, etc.
- ❑ Adequate ventilation, lights, ambient temperature, etc. for providing a comfortable environment to the clients.
- ❑ A quiet atmosphere with soft and soothing music helps in relaxation.
- ❑ Tools and products in a trolley for performing various beauty and therapy treatments
- ❑ Pen and record cards of clients.

Sterilisation and Disinfection Methods

- ❑ Cleaning, **sterilisation** and disinfection of tools and equipment are ways to prevent contamination and infections.
- ❑ ‘**Sterilisation**’ is a method that destroys or eliminates all forms of microbial life with the help of heat or chemicals to prevent health hazards.
- ❑ **Disinfection** describes a process that eliminates many or all pathogenic microorganisms, except bacterial spores, on inanimate objects.



Sterilisation of equipment

Equipment and Materials used for Beauty Services

Equipment and material commonly used in a beauty salon are as follows:



Tweezers



Scissors



Pumice stone



Metal scrapper

Equipment and Materials used for Beauty Services

Equipment and material commonly used in a beauty salon are as follows:



Cuticle nipper



Cuticle trimmer



Comedone extractor



Facial sponge



Face pack brush

Equipment and Materials used for Beauty Services

Equipment and material commonly used in a beauty salon are as follows:



Loofa



Cuticle cutter

Personal Presentation and Behaviour

A Beauty Therapist must:

- ❑ Wear the salon uniform and make sure that it is clean, neat and ironed.
- ❑ Wash hands every time before starting a beauty or therapy procedure.
- ❑ Maintain high level of personal hygiene, as s/he will be working closely with customers or clients.
- ❑ Speak politely and always greet the clients.



Safe Disposal of Wastes

Safe disposal of waste is done for preventing contamination and **infections**. The **following practices** must be adopted to dispose of the waste:

- ❑ Throw disposable items, like cotton, tissues, wax strips, etc., in a covered bin immediately after use.
- ❑ All cleaning activity must be done quietly without causing inconvenience to the clients.



Responsibilities of Beauty Therapist

- ❑ Ask relevant questions to the clients to identify contra-indications to the skin and make-up products, if any.
- ❑ Prepare the client for a treatment and provide the person with a suitable protective apparel.
- ❑ Sanitise the hands prior to the commencement of a service.
- ❑ Discontinue a service immediately and provide advice and recommendations to the client in case of contra-indications.



Responsibilities of Beauty Therapist

- ❑ Provide specific post-procedure, home care advice and recommendations for product use and further services to the client.
- ❑ Report health and safety risks or hazards to the concerned personnel.
- ❑ Report to the supervisor in case of work issues and unruly behaviour of clients.
- ❑ Minimise the wastage of products by using them economically.
- ❑ Ensure the safe disposal of waste material.
- ❑ Thank the customers for post-service feedback.

Compliance of Rules and Norms

The **rules and regulations** for setting up a beauty salon vary in different States and Union Territories of India. A salon needs to be registered and must have a licence to operate.

Summary

In this session, you have learnt how to prepare and maintain the work area and prepare a client for treatment. You have also learnt about the role and responsibilities of a Beauty Therapist with regard to preparation of work area, safe disposal of waste and dealing with clients in a responsible and polite manner.

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