



CHAPITRE 5

LES DIFFÉRENTES THÉMATIQUES DU PROGRAMME

THE BEAUTICIAN / THE BEAUTY THERAPIST

1 DEFINITION OF THE PROFESSION

Beauty therapists are professionals who specialize in skincare, manicure and pedicure. They cleanse and beautify the face and body to enhance a person's appearance.

Skincare specialists are responsible for many tasks :

- Evaluate clients' skin condition and appearance
- Discuss available treatments (soins) and determine which products will improve clients' skin quality
- Remove hair (poils), using wax (cire), laser, or other treatments
- Clean the skin before applying makeup
- Recommend skin care products, such as cleansers, lotions, or creams
- Teach and advise clients on how to apply makeup and how to take care of their skin
- Disinfect equipment and clean work areas

Skincare specialists give facials (soins visages), full-body treatments, and head and neck massages to improve the health and appearance of the skin. Some may provide other skin care treatments, such as masks or scrubs (gommages), to remove dead or dry skin.

In addition, a growing number of specialists sell skin care products, such as cleansers, lotions, and creams.

Those who operate their own salons have managerial duties that include hiring, firing, and supervising workers, as well as keeping business and inventory records, ordering supplies, and arranging for advertising.

Skincare specialists usually work in salons, health and beauty spas, or, less frequently, medical offices. The job may involve a lot of standing.

Because skincare specialists must evaluate the condition of the skin, good lighting and clean surroundings are important. Protective clothing and good ventilation also may be necessary, because skincare specialists often use chemicals on the face and body.

Manicurists and pedicurists clean, shape, and beautify fingernails (ongles des mains) and toenails (ongles des orteils).

Manicurists and pedicurists are responsible for :

- Discuss nail treatments and services available
- Remove nail polish (vernis) and rough skin (peaux dures)
- Clean, trim (couper), and file (lime) nails
- Massage and moisturize (hydrate) hands (for a manicure) and feet (for a pedicure)
- Polish / buff (polir) nails
- Advise clients about nail and skin care for hands and feet
- Promote and sell nail and skin care products
- Clean and disinfect their work area and tools

Manicurists and pedicurists work exclusively on the hands and feet, providing treatments for fingernails and toenails. A typical treatment involves soaking (tremper) the customer's hands or feet to soften (adoucir) the skin in order to remove dead skin cells. Manicurists and pedicurists apply lotion to the hands and feet to moisturise the skin. They may also shape and apply polish to artificial fingernails.

Manicurists and pedicurists use a variety of tools, including nail clippers, nail files, and specialized cuticle tools. They must be focused (concentrés) while they perform their duties, because most of the tools they use are sharp. Keeping their tools clean and sanitary is important.

Some manicurists and pedicurists operate their own nail salon business. They manage the daily decision-making tasks, such as keeping inventory records and ordering supplies. They also hire and supervise workers and sell nail care products, such as nail polish and hand or foot cream, to clients. A small, but growing, number of workers make house calls (visites à domicile).

Manicurists and pedicurists usually work in a nail salon, spa, or hair salon. The job involves a lot of sitting.

Manicurists and pedicurists use chemicals when working on fingernails and toenails, so they often wear protective clothing, including protective gloves and masks.

2 WELCOMING AND ADVISING THE CUSTOMER

Welcoming the customer is one of the most important step in any customer-oriented service, and the first impressions the clients have are crucial to develop good relationships and prospect new customers. Therefore, the first contact is valuable and professionals are expected to develop social and communication skills, as well as organisational and technical ones.

The client's arrival at the reception is a key moment in a beauty salon. So, it is important to ensure clients feel welcome, relaxed and at ease.

Beauticians are also expected to show professionalism, giving the clients a first positive feeling and experience of the salon culture. By showing professionalism, beauty therapists are suggesting that the client's experience in the salon will be rewarding and trustful.

Welcoming skills implies to use positive body language :

- Stand up to greet clients.
- Smile and make eye contact.
- Greet (accueillir) all clients warmly.

The first contact should be done in a clear, warm tone, saying : "Good morning. How can I help you?". This invitation should not be aggressive, contrary to a sharp greeting like : "Hello. Have you got an appointment (rendez-vous) ?" As an opening salutation, this is rather cold and abrupt.

Professionals should also show good listening skills to investigate the clients' needs and advise (conseiller) them. They should first ask the clients for their name and be attentive to their demands carefully, so that they can give information and advice which are fitting (correspondent à) their demands.

Simple acts of hospitality and excellent professional skills will ensure the clients feel they are receiving an attentive, professional service.

3 ADVANTAGES AND DIFFICULTIES OF THE PROFESSION

Cosmetology is a customer-oriented profession. Beauticians work one-on-one with customers and help them look more attractive. As well as the job satisfaction of making their clients feel fabulous, beauty therapists are always learning new skills and are the first to know about new products and treatments.

Their therapy will help people feel great both inside and out. The clients will be given confidence, and this improves their feeling of self worth (estime de soi) when dealing with other people. This confidence gained by the clients is a rewarding experience for many cosmetologists.

However, beauticians use their hands a lot in most treatments delivered in their salons, so they sometimes have to deal with carpal tunnel syndrome (le syndrome du canal carpien), a problem caused by repeated use of the hands, wrists (poignets) and arms. Some cosmetologists also have to stand up often while working.

Another disadvantage is the question of salary, depending on the location and cost of living, some people consider this to be a low wage (salaire), but the pay tends to rise with experience.

Besides, this professional sector is very competitive. However, that competition disappears when the beautician has proven her professionalism and gained notoriety.

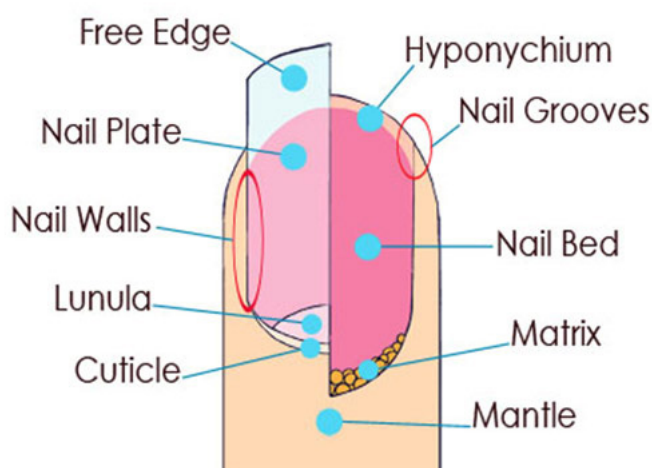


HANDS AND FEET TREATMENTS

1 MANICURE

Nails have an important role to play : They protect tissues, scratch itches (gratte lorsque ça démange) and reflect our overall state (état général). They also give warning signs of malnutrition, infection and serious disease.

Nails are **layers of keratin** (couches de kératine), a protein also present in our skin and hair, and are made up of six parts. The **nail plate** is the hard, protective piece and the most visible part. The skin around the nail plate is called the nail folds, and the nail bed is the skin underneath the nail plate. The whitish crescent moon at the nail base (tâche circulaire blanche en forme de demi lune à la base de l'ongle), under the nail plate, is called the lunula, and the tissue overlapping (couvrant) the nail at the base is the cuticle.



Nails grow from the **matrix**, an area under the protective cuticle at the base of the nail bed. Fingernails grow 2 to 3 millimetres every month and toenails about 1 millimetre, but growth is faster in the summer months.

A regular manicure keeps nails tidy and improves their appearance, the skin is cared for and high quality products are used to promote strength and growth of the nails.

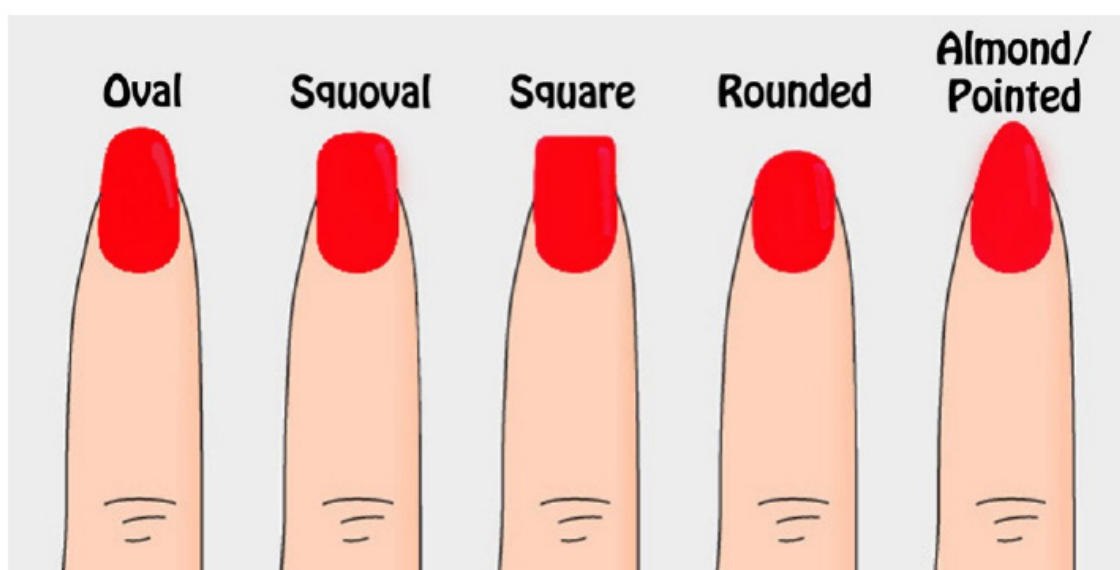
These are some common tools used for a classic manicure :

- cotton balls or pads
- nail polish remover (dissolvant)
- nail trimmers (coupe-ongles)
- nail file (lime à ongles)
- cuticle tool
- cuticle cream
- gentle hand soap
- moisturiser (crème hydratante)
- nail polish (vernis)
- top coat

The different steps of a perfect manicure :

- Remove any old nail polish with polish remover and pads or cotton balls.
- Shape and smooth your Nails. File your nails until a smooth, rounded curve is created. If nails are too long than you want them to be, trim them with nail clippers before you start shaping them.
- Wash and dry your hands to remove dirt, nail dust, grease and polish remover residue. Soak your nails in warm, soapy water for a few minutes. It will soften your cuticles for the next step.
- Apply cuticle cream or oil to your nails regularly. Use a cuticle stick to push the cuticle of each nail back to the base of the nail. Don't ever cut your cuticles. It could cause a nail infection or injury.

- Once you've gently repositioned the cuticle at the base of each nail, moisturise your hands and wipe them dry. Be sure to remove any oil residue. If your clean, dry nails are nice and smooth, you can proceed to the next step. If they're rough or ridged, you may want to buff (polir) them first.
- Nail polishing creams and special polishing boards can smooth out the surface of nails. Nail buffing is actually a handy alternative to a manicure to give a shiny, lustrous and healthy look to your nails.
- Apply a very thin first layer of polish to your nails. Cover each nail three times. Allow the polish to dry completely. Letting nail polish dry is the most important step in any manicure. Some nail polish dries faster under UV light or in sunlight. Additional coats of nail polish will often produce a deeper, richer finished colour. Always let each layer dry completely before proceeding to the next.



Trimmed (coupés) or long, polished (verniss) or plain, healthy nails mean a healthy state.

Every disease has its signature symptoms. For example, thyroid disorders (like hyperthyroidism and hypothyroidism) are most often associated with weight loss and weight gain, respectively. However, doctors frequently link up nail changes with thyroid diseases, too.

Dirt and moisture (sauté et humidité) can easily collect under nails and can easily lead to bacterial and yeast infections (infections de champignons). Therefore, it's important to see a doctor as soon as possible if there is any separation of nails to prevent infection, or to seek treatment for the underlying cause of the condition.

The state of nails can help diagnose many other problems.

Nail-biting (se ronger les ongles) is a nervous habit, like thumb sucking (se sucer le pouce), and people do it when they are stressed or bored. Mild nail-biting won't cause permanent damage, but it does leave hands looking unkempt (négligées) and bloody, and could also lead to a susceptible infection in fingers and mouth. To help quit, there are stress-management methods and physical barriers such as bitter-tasting nail polish (verniss)

amer). Another measure is to keep nails looking nice with frequent manicures.

Sometimes, though, nail-biting is severe enough to be categorized by mental health professionals as an impulse-control disorder. It could indicate an anxiety or compulsive disorder and may require behaviour therapy.

If fingernails tend to have a yellowish hue (teinte jaunâtre) over a period of days, the discolouration could have a more serious cause : diabetes.

Diabetes can lead to yellowing of both the skin and nails, but is usually more evident in nails. The color change is probably caused by glucose connecting with the collagen proteins in the nail.

There can also be some accidents (caught a finger in a door or dropped something heavy on a toe...). Mild trauma (traumatisme léger) to the nail bed can cause small, white spots in the nail plate that are harmless (sans danger). They grow out (ils disparaissent) as the nail grows. A more severe injury to the nail bed can cause dark spots on or under the nail, nail detachment.

Nail injuries (plaies) can also happen during a manicure or pedicure. Nail polish and remover are drying and cause brittleness (fragilité).

To help support healthy hair, skin and nails, healthy nutritional choices include omega-3 fatty acids, lean (maigre) proteins and iron (fer).

Nails can reflect some nutritional deficiencies, such as low levels of iron, biotin and protein. Most nail problems aren't associated with nutrition, but if there is an iron deficiency, nails may show it. Pale, whitish nail beds are a common symptom of anemia. With more severe deficiencies, the fingernail may change shape (the nails are thin and concave with raised vertical ridges).

If the skin around nails is painful, red and itchy, it reveals a problem. Fingernails and toenails are prone to infection, usually occurring in adults and caused by **fungus** (such as yeast), **bacteria** (such as Staphylococcus) and **viral warts (verrues)**. Nail infections don't necessarily indicate larger, systemic health problems but they do need to be treated by a doctor.

Fungus is the most common perpetrator. It can cause nails to become thick and crumbly and change colour, taking on a blue-green hue. Fungus is notoriously difficult to treat, a doctor should be seen for medicine and expect to see results only after nails have gone through a complete growth cycle (a few months).

Bacteria and viruses also both cause changes to nails. Bacterial infections target the skin under and around the nail and can lead to nail loss if not treated. Skin viruses cause warts around and sometimes under the nail, which a doctor can freeze off or chemically treat to remove.

Unkempt artificial nails, unsanitary manicure equipment and vigorous manicuring can increase the chances of infection. It is important to always properly clean nails, fingernails, toenails and artificial nails, and use one's own manicure tools to reduce the spread of bacteria from person to person.

2 PEDICURE

A pedicure starts with warm footbath (bain de pieds) followed by the removal of dead skin from the feet. Cuticles, softened from the bath, are then pushed back from the toenail (ongle d'orteil), usually with a wood stick. The toenails are then trimmed and moisturised with a lotion to massage the feet. Finally, the toenail polish is applied.

The paraffin pedicure, which includes everything in the standard pedicure, plus a paraffin wax dip where warm wax is massaged into toes, feet and lower legs to hydrate the skin. Paraffin wax is oil-based and has some properties which alleviate the pain. The French pedicure is an add-on to the standard pedicure where white polish is applied to the ends of the toenails while the rest of the nail is painted with a sheer polish. Gel pedicures are when a coat of clear or coloured gel is applied to extend the life of a pedicure and prevent the polish from chipping (écaillage).

3 ACCESSORIES AND EQUIPMENT

Nail care requires specific equipment and accessories :

- A jar to contain all the accessories ; cotton pads to remove old nail polish ; a finger bowl to soak fingers in a soapy solution ; a manicure set with all the manicure tools ; a manicure trolley (chariot) to carry all the materials ; a nail buffer (polissoir) to buff nails ; a nail brush ; a spatula to apply cream ; thermal mittens (gants thermiques) ; tissues (mouchoirs) ; a towel (une serviette) ; a trash (une poubelle) ; warm water ; a wood stick / orange stick (bâton de buis) to push back the cuticles.
- A nail clipper ; toe nail scissors ; corn culler cutter (coupe cors) ; cuticle scissors ; nail scissors : trimming tools.
- Nail polish dryer (accélérateur de séchage) ; base coat ; cuticle cream ; hand cream ; nail polish remover ; strengthener (durcisseur) ; cuticle remover ; oxygenated water ; scrub (gommage) ; paraffin wax ; top coat ; nail polish : products to enhance the beauty and care of hands, feet and nails.

4 NAIL TECHNIQUES

Some popular types of manicure treatments are :

- **French Manicure** : a classic manicure treatment where the fingertips are whitened using white colour nail paint. The rest of the nail body will be painted with a clear or ivory colour nail paint shade. The nails are given a square, round or oval shape and are generally cut into short to medium length to make them look very elegant and stylish. This type of manicure can be done on natural or artificial nails.
- **Moon Manicure** : The exact opposite of French manicure is the moon manicure. In this kind of manicure treatment, the tips of the finger nails are painted in a bright colour, while the area near the cuticle is painted in a nude or white nail paint shade.
- **Paraffin Wax Manicure (manucure à base de crème paraffine)** : In this kind of

manicure treatment, warm paraffin wax is used. The hands are dipped (trempées) in warm paraffin wax to moisturise and soften the dry skin of hands. Later on, a stimulating hand massage is done with the help of various oils and creams to give smooth and supple feel to hands and nails. Hot paraffin wax manicure should be done at specialized spas and nail salons. This manicure will offer good results for those having extremely dry hands.

- **Luxury Manicure :** This special kind of manicure treatment includes a hand massage, softening paraffin wax which soothes (apaise) and softens (adoucit) the hands as well as hydrates the fingernails. Paraffin wax is good for dry hands as both these ingredients have moisturising (hydratant) and softening properties. Luxury manicure is often regarded as a complete manicure treatment in order to beautify your hands and nails.
- **American Manicure :** For those who wish to have very natural looking hands and fingernails must opt for American manicure treatment. In this type of manicure treatment no chemical or artificial paints or polish are used. Here the hands and fingernails are soaked in (trempées) a cleansing solution in order to clean them and finally the finger nails are given different shapes with the help of sharp tools. Extra care should be taken during this manicure treatment and so it is advisable to get it done by some professional.

5 CONTRAINDICATIONS

Contraindication is something that stops or alters a treatment. There are several contraindications to manicure and pedicure treatment : Broken bones ; Nail fungus ; Impetigo ; Warts ; Severe nail separation (onycholysis) ; Severe eczema ; Severe psoriasis ; Severe bruising ; Diabetes.

Warts are forms of infectious contraindications and cannot in anyway be worked on because they can contaminate materials and equipment. Bruises, acne and psoriasis on the other hand, are forms of contraindications that can be worked on. Anyway, any suspicion of infection should stop the nail treatment.

FACIALS

Facials are a treatment for the face which purpose is to cleanse, firm, smooth and moisturise the skin. For many people, facials are not only a way to feel relaxed and pampered (dorlotés), but also as a means for making their skin healthier. According to data collected by the International Spa Association, facials are the third most popular spa treatment, right behind massages and manicures or pedicures.

Each person who gets a facial has his own reasons for doing so, including:

- to deeply clean the skin and pores
- to improve skin that is either too dry or too oily (trop sèche ou trop grasse)

- to rejuvenate (rajeunir) skin that has begun to look old or wrinkled (ridée)
- to relax and de-stress

You can have facial treatments at a spa or salon or at home. An aesthetician applies creams, gels, serums, masks, mists (brume) and lotions meant to clean and revitalize the skin.

Facials cannot cure all skin problems. Some skin problems, such as severe acne or skin cancer, require the treatment of a medical specialist, such as a dermatologist. But a facial can help a skin look better and healthier.

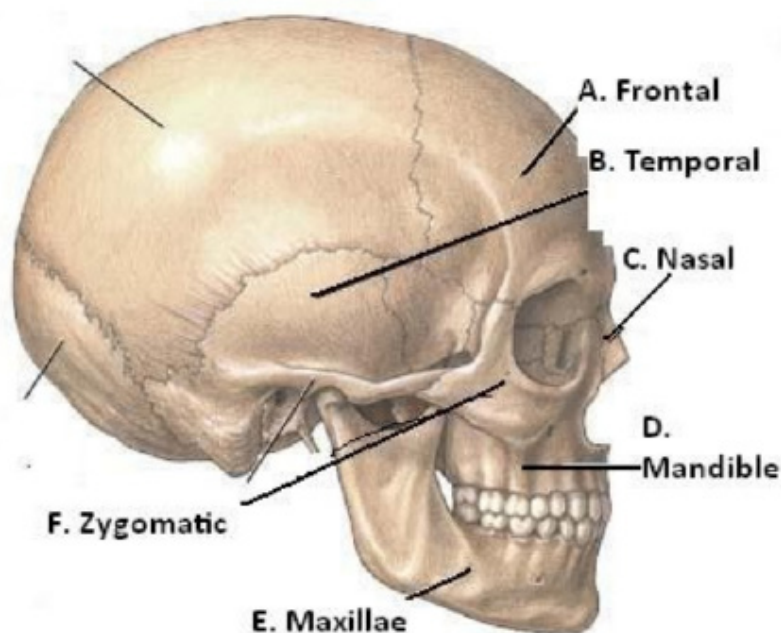
It is possible for a person to have smooth and well-nourished skin without the presence of blackheads (points noirs). One can do this by following simple every day steps.

In order to have a perfect skin, it is important to follow the following 10 steps:

- 1. Nutrition : make sure that your diet is healthy and enriched with vitamins and minerals that are vital for the skin. Vitamins A and C are highly important to keep the skin looking fresh, smooth. Good health is an important part of having beautiful skin.
- 2. Make sure that you consume fruit, vegetables, eggs, cocoa products and rice. In addition, it is important that you avoid stress because it makes a person's skin age faster.
- 3. You should always wear sunscreen cream whenever you are out in the sun.
- 4. It is important that you first find out the type of skin you have, whether it is dry, oily or sensitive (sensible). Each type of skin requires a different type and care.
- 5. The type of soap, moisturiser or cleanser has to be appropriate for your skin.
- 6. You must wash your face and body regularly. It is better if you use some type of cleanser or soap.
- 7. It is not always necessary that you use soap or cleansers when washing your skin. Plain water is a great skin cleanser on its own. Hot water is ideal for oily types of skin whereas warm is good for other types of skin.
- 8. It is important to treat your skin at least once a week using face masks. Steaming (nettoyage à la vapeur) is also a good way of treating your skin. It is however important that you choose skin treatments that best suit your skin type. Natural products offers the best chance of having perfect skin.
- 9. It is important that you exfoliate at least twice a week. Having the perfect skin means exfoliating the dead skin off your face. You can exfoliate your skin using a peel or scrub (gommage).
- 10. Having perfect skin means consuming organic (biologique) food and drinking lots of water.

If you can follow these ten tips, then you can have a perfect skin.

1 MUSCLES AND BONES OF THE FACE



Our face is shaped by the underlying bone and muscle structure. A makeup artist should understand facial anatomy and proportions to be able to enhance a person's features, or to make an actor look like someone else.

A skull is composed of two main parts : the cranium and the mandible. The cranium is a series of joined bones, which allow for very little movement, and the mandible is the moving lower jaw (mâchoire).

Bones of the Face : Nose ; Temple ; Cheeks ; Jaw ; Eye ;

Bones of the Head : Occipital bone ; Parietal bone ; Temporal bone ; Frontal bone (forms the forehead).