

## V - Les différentes thématiques du programme

### 1. *The Beautician / The beauty therapist*

#### a) 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 (coupe), 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 (trempier) 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 moisturize 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.