



SKIN LAB MEDICAL  
— ACADEMY —

# Hydra Facial

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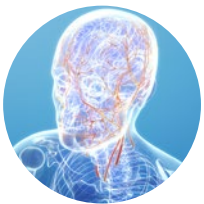
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Your Name:

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# Welcome to your course!

## Aim:

This course is designed to teach you how to successfully complete treatments using the hydra-dermabrasion and oxygen therapy machine. You will become familiar with all its attachments, to carrying out singular treatments or combining several, or all, attachments.

## Objective:

To achieve the aim we will cover the following:

Health and safety

Skin structure and functions

What is hydra facial therapy machine?

What is Hydro-dermabrasion?

What is Skin scrubbing?

What is Radio Frequency?

What is Ultrasonic?

What is Cryotherapy?

What is Oxygen therapy?

Benefits and effects of each element

Contra-indications and Contra-actions

Practical application of each element

Aftercare

Maintenance of the machine

Setting the machine up for a treatment

If you currently perform facial treatments on clients, then the addition of electrical devices can further enhance your treatments and keep existing clients interested. If you lack skin care and facial treatment knowledge, and skills, you may want to build on this first before adding in advanced facial therapies.

Often electrical therapies can affect the relaxation element of a facial treatments. This can be due to additional noise or sensations from the device may produce. Electrical devices are used to further increase the skincare benefits for the client. If the clients main goal/treatment expectation is to improve the condition of their skin then electrical devices will be great. If the clients' main goal/expectation is to relax, then including electrical devices may reduce the relaxation element of the treatment and affect the clients' experience.

If you have a Level 3 beauty therapy that includes electrical facial therapies, then you will require no additional insurance. Anything else you will have to check with your individual insurer as they will all vary. If you have a facial qualification, then you may need to check and add electrical facial therapies to your current cover if they are happy to cover with the accreditation. Electrical therapies have additional contra-indications that may not be a 'normal' contra-indication to a standard facial treatment. This creates an additional level of risk hence the need for extra insurance.

# Hydro-dermabrasion

Simply broken down...

Hydro = Water

Derma = Layers of the skin

Abrasion= Abrasive rubbing or removing (Desquamation)

Hydro-dermabrasion is an advanced form of exfoliation using water.

A clinical procedure that uses a water jet, combined with a variety of applicator heads and a vacuum suction, to remove the outer layers of the epidermis whilst helping to release comedones, every day dirt and grime whilst helping to reduce the appearance of fine lines and wrinkles and scarring. It is a treatment can be performed on a variety of areas on the face and body, including the neck, chest, back and hands.

Hydro-dermabrasion is a deeply effective treatment for renewing a fresh, young-looking glow to your skin. It is one of the simplest and least disruptive skin treatments to have.

# What are the benefits and effects of Hydro-dermabrasion?

There are many benefits of Hydro-dermabrasion. As a non-surgical method of skin rejuvenation, Hydro-dermabrasion is quick, convenient, and painless, immediately restoring younger, smoother looking skin without the need for chemicals, lasers or injectables. Gentler than Microdermabrasion, yet equally as effective, so more versatile, and perfect for those with more sensitive skins. Hydro-dermabrasion encourages cell renewal, which means your skin will benefit from improved elasticity, a smoother texture, and reduced signs of ageing.

We all have days when our skin looks tired, dull, and uneven. Breakouts, blotches, and larger pores can leave anyone feeling self-conscious about their skin, normally skin renews itself approximately every 28 days. By removing dead skin cells from the top layer of the skin, Hydro-dermabrasion speeds up the rate at which the skin would normally renew itself – ridding you of tired and dull patches and revealing new, fresh skin and giving a radiant glow.

It can help with keeping congested skins clear; however, this treatment is not to be done over active acne as it can spread the bacteria. It helps to keep the pores clear so therefore stopping the bacteria from activating.

Whether a person is in business, entertainment, or sales, having silky-smooth bright skin can be vital in making a good impression. A flawless complexion is an accessory you always carry with you and clients are willing to pay a premium for it!





# HEALTH & SAFETY

Before you begin work you will need to be aware of the legislation that you must comply with for the health and safety of yourself and your clients. You will need to understand what is expected of you as a professional. This includes how to conduct yourself in front of clients and interact with fellow professionals.

## **Health and Safety at work Act 1974**

The Health and Safety at Work Act require all employers to provide systems of work that are as far as reasonably practical, safe and without risks to anyone's health. As an employee, you have the responsibility to take care of yourselves and others that may be affected by their work.

As an employee, if you see something which could be potentially harmful, such as a hole in which a person could trip over, it is your immediate responsibility to report this to the management and to take some remedial action such as placing a sign or covering the hole, until a repair can be made.

The act also requires employers to take regular risk assessments to identify potential problems and prevent accidents or injuries from occurring. Health and safety rules and regulations are enforced by Environmental health officers who visit the workplace. Anyone who employs more than 5 people must have written health and safety policies. This should identify how health and safety are managed, including individual roles staff may have, such as first aid or fire safety.

## **Risk Assessments**

Risk Assessments should be carried out to identify what may cause harm in your workplace, who is at risk and how accidents could happen, as well as actions you need to take to prevent them. You should record all the information provided and all staff should then act upon it. You can find templates for risk assessments on the website for Health & Safety Executive at [www.hse.gov.uk](http://www.hse.gov.uk)

## **Management of Health and Safety at Work regulations (1999)**

It is the responsibility of the employer to make formal arrangements for maintaining and improving safe working conditions and practices. This includes any training and risk assessments.



### **Health and Safety (Display Screen Equipment) Regulations (1992)**

This covers the use of display screen equipment and computer screens. This specifies the acceptable levels of radiation emissions from the screen, as well as identifying the correct posture and number of rest periods.

### **Provision and use of Work Equipment Regulations (1998)**

This states any duties for any users of equipment. It identifies the requirements in selecting and maintaining suitable equipment, as well as the training and safe use of it.

### **The Regulatory Reform (Fire Safety) Order (2005)**

All premises must have adequate means of dealing with a fire and all members of staff should know where these are. This can include fire extinguishers and blankets; however, you should only operate a fire extinguisher if you have been properly trained to do so. All equipment should be checked and maintained regularly. Fire drill notices should be clearly displayed and should inform people of what to do in case of a fire. All staff should be trained in location of alarms, exits and meeting points.

### **Manual handling operations Regulations 1992**

The HSE (Health & Safety Executives) have drawn attention to musculoskeletal disorders caused by lifting and handling with an unsuitable posture, causing pain and injury. The regulations require that training in lifting and handling is performed to prevent such injuries from occurring.



## **Cash Handling**

Under the health and safety at work act, failure to provide a safe system of cash handling could lead to prosecution of the employer. For example, employers should consider this before sending a member of staff to the bank with cash as it is putting them in a potentially unsafe situation.

## **PPE – Personal Protective Equipment at Work Regulations 1992**

This act covers equipment and protective clothing to ensure the safety of all in the workplace. This act also states that personnel must have training in the use of such protective measures.

## **RIDDOR - Reporting of Injuries, Diseases or Dangerous Occurrences Regulations 2013**

This regulation states that if anyone dies, is seriously injured in an accident at work, or is off work for longer than 3 days as a result of an accident at work the employer must report it to the local authority environmental health department. Employers must keep a record in an accident book of any accident or disease. For legal reasons, even minor accidents should be recorded so that there can be an agreed record of what occurred and what action was taken.

## **Performing Rights PPL & PRS**

If recorded music is played on the premises, and heard by members of the public, then it is necessary to have a license from the phonographic Performance Ltd (PPL) which like the PRS (Performing Right Society) collects License payments as royalties distribution to certain copyright performers and record companies. This includes music on television channels, radios, CDs, and MP3 Players.

## **COSHH – Control of Substances Hazardous to Health Regulations 2002**

This law requires employers to control exposure to hazardous substances in the workplace. Most products used in the salon are reasonably safe, however, could become hazardous under certain conditions, or if used incorrectly.

Every therapist should be trained on how to use and store these products correctly. It is the Employers responsibility to assess the risk of hazardous substances and decide on any action to reduce the risks.

## **Gas Safety (Installation & Use) Regulations 1998**

This regulation relates to the use of and maintenance of gas supplies. The rights of entry regulations 1996 give GAS and HSE inspectors the right to enter premises and order the disconnection of dangerous and unsafe appliances. All work undertaken on Gas appliances should be done by registered engineers.