



**BODY BRUSHING, BODY EXFOLIATION,
BODY WRAPS AND WRAPS PRACTITIONER**



Introduction

Thank you for your booking and welcome to The School of Fine Tuning. I am delighted that you have chosen to train with me and I can assure you that I will offer you the very highest standard of training. At the School, we offer a wide range of accredited CPD courses to enhance your existing practice and inspire you to be the best and most creative therapist you can be, so do have a look around my website for any others that capture your interest.

This course is amazing, in that you get to workso enjoy the journey and let's get started.

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This training course has been designed to suit salons where no shower facility is available. They are easy to use and very popular with clients.

Commercially, this treatment can be an important addition to a therapist's skills as you can carry out other small treatments can be given while the client relaxes in the wrap ie, a facial treatment.

During the training day you will study -

Body Brushing, Body Exfoliation and Body Wrapping using a body mask and full body wrapping using foil blankets.

What is Body Brushing?

Using the gentle massaging action of a dry natural sisal brush stimulating the circulation and lymphatic system, helping to eliminate toxins from the client's body. The elimination process of the body and becomes more effective, improves blood circulation and enhances the immune system, improves the appearance of cellulite and reduces water retention leaving the skin firmer and smoother. Dry Body brushing is often done in spas as part of detoxification and slimming treatments.

Dry skin brushing is one of the healthier self-help methods available to us today. Stimulation of the skin sets in motion natural healing pathways within the body. Additionally, it encourages nerve beds within its structure that in turn increases normal healing processes throughout the body.

There are several automatic systems contained by the body including healing processes. The heart beats by design—you breathe automatically—and your body's "automatic healing process", is another. It is set in motion when your body generates an itching response to the required areas. You will obviously scratch that area, and in turn, the area turns red with a fresh blood supply and the natural healing process has now been set in motion. This is the same healing process that will follow a skin brushing session.

Your skin is the primary sign of an internally toxic body. As soon as your internal body becomes toxic, it will spread out into your skin causing your skin to become irritated and itchy. There are numerous ports of elimination of the skin including your mouth, face, and arm pits, the inside of your upper thigh region, feet, and toe nails. Did you know that body odour is also an additional indicator of toxic build-up and is eradicated through the same channels. Let's not forget your tongue, which builds up a plaque and is yet another gauge of toxins in the body.

Our skin is permeable or porous, and can absorb toxins directly from the environment. According to Jacqueline Krohn, MD, "Caustic chemicals, such as alkaline solutions, can also penetrate the skin. Once a chemical has penetrated the stratum corneum (the most superficial layer of the skin), it moves through the epidermis and into the dermis. Skin brushing will enhance your health significantly. You may wonder how this is accomplished using, "skin brushing". It is a fact that the skin is one of the optimal ways to getting to the endocrine system and all the glands

it reaches very quickly. In addition, at the same time, it triggers them to react successfully. The instantaneous result from a brushing session is a feeling of increased physical well being.

Benefits of Body Brushing

- Dry skin brushing helps to shed dead skin cells, which can help improve skin texture and cell renewal.
- Dry skin brushing increases circulation to skin, encouraging your body's discharge of metabolic wastes, which greatly aids the lymphatic drainage of the entire body. When the body rids itself of toxins, it is able to run more efficiently in all areas.
- Dry skin brushing also helps to tighten the skin because it increases the flow of blood. Increasing the circulation to the skin can also help lessen the appearance of cellulite.
- Dry skin brushing stimulates the lymph canals to drain toxic mucoid matter into the colon, thereby purifying the entire system. This enables the lymph to perform its house-cleaning duties by keeping the blood and other vital tissues detoxified. After several days of dry brushing, you may notice the gelatinous mucoid material in your stools.
- Dry skin brushing helps with muscle tone and more even distribution of fat deposits.
- Dry skin brushing also rejuvenates the nervous system by stimulating nerve endings in the skin.
- Dry skin brushing helps your skin to absorb nutrients by eliminating clogged pores. Healthy, breathing skin contributes to overall body health.
- Individuals who sit at a computer screen all day long will particularly take pleasure in the benefits of skin brushing. People who have inactive lifestyles or jobs usually experience stiff and sore necks and shoulders that reach even into their arms and down their spines and into their lower backs. Increased blood flow begins entering the areas brushed and you will experience an increase in electromagnetic energy that permits you to feel energized and invigorated.
- Cellulite is toxic materials that are accumulated in your body's fat cells as they are unable to be eliminated. So, rather than liposuction surgery, how about utilizing the "dry skin brushing" techniques coupled with an alkaline diet program and a great exercising routine. It will break down the unwelcome toxic body deposits and send them scurrying out of your body through the elimination channels we discussed above.

Important Hygiene & Client instructions for Body Brushing

Ensure that the brush is hygienic before treatment, various companies provide sprays for this purpose. Also always explain to client that at first it may feel slightly uncomfortable because of the firm bristles.

What is Body Exfoliation?

These products are used to remove dead cells from the surface of the skin and stimulate blood and lymph circulation in the area that has been treated. Products applied to the skin after exfoliations are more easily absorbed in the dermal layers. The course day includes a deep cleansing Body treatment- (like giving the body a facial) demonstration will include the use of cleansers, exfoliators, steam (over the back), toners, masks, massage and a deep cleansing mask and the application of hydrating lotions to the body.

Benefits of Body Exfoliation

- Removes dead skin cells – desquamation.
- Cleanses the skin
- Stimulates blood circulation, increases cell regeneration
- Skin colour is improved – the skin appears brighter and more radiant
- Skin texture is improved – feels smoother, softer and silky
- Moisturiser can more readily be absorbed after an exfoliation treatment.
- Excellent for sun damage skin
- Very good treatment before a ‘self-tanning’ application, as it ensures a more even absorption of the product.

Contra-indications to Exfoliation

- Skin diseases
- Sensitive skin
- Dilated capillaries
- Eczema
- Psoriasis
- Bruising
- Recent scar tissue
- Skin diseases
- Blood/circulation disorders

Main Exfoliation treatments

There are many products that can be used to 'scrub' the body. It may be a simple combination of sea salt and oil, or a more fragrant exotic blend, e.g. papaya body scrub, coconut body scrub or honey and seed scrub.

What are Body Wraps?

A popular treatment at most Salons and Spas. There are many types of spa body wrap treatments can be used for to help clients to tone and soften the skin to remove toxins, excess inches and water in the body. The products are generally made from a combination of natural minerals and herbs. The benefits are noticed right away and offer you repeat business.

There are a variety of envelope and wrap treatments available, each with specific products and active ingredients. Some procedures involve applying the product directly onto the skin, then wrapping the client. Others instruct the therapist to soak bandages in the product, then wrap the client with the damp material. Depending on the product and technique used, the 'wrapping' could be with linen bandages, plastic sheeting, foil or blankets, while a variety of products are used on the skin, commonly using clay, seaweed or essential oils as active ingredients. Most systems suggest body brushing at the start of the treatment, and involve covering the client up snugly to keep them warm and maintain the heat within the 'wrap'.

Benefits of Wraps

- Temporary inch loss, due to physical pressure from the bandages.
- Relaxation
- To improve skin appearance – active ingredients are absorbed
- Improves non-medical swelling (oedema) such as that caused by gravity
- Helps improve cellulite
- Re-mineralises the body – active ingredients are absorbed into a warm moist skin.
- Increase in blood circulation – improves nourishment to the cells of the body.
- Increase in lymphatic circulation – excess fluid, waste products and toxins are removed
- Increase in circulation to the skin – improves function and appearance of the skin.
- Warm skin more readily absorbs active ingredients
- The warmth created helps muscles to relax

Range of active ingredients and products used for wraps:-

Chalk	Finer than mud, and very absorbing, making it ideal for oilier skins
Silt	Inland Lakes provide silt that is rich in salts and minerals, especially beneficial for skin conditions e.g. psoriasis
Peat	Very high in amino acids, stimulates autonomic nervous system and regenerates the skin
Dead Sea Mud	Mineral content increases energy, improves gland functions and detoxifies and relaxes the body
Fango Mud	High mineral, vitamin and trace element content. Nourishing healing and detoxifying
Algae/Seaweed	Deep cleansing and detoxifying – see section below for more information on Seaweed.
Herbs and Flowers	Revitalising and soothing
Hay	Cleansing, and gently stimulates blood circulation. Benefits rheumatic conditions and improves immune system
Wine	Grape polyphenols counteract free radicals, stimulating circulation and improving the immune system
Coconut	Rich in vitamins, very cleansing and moisturising. Ideal ingredient to combine with fragrant oils, flowers and herbs.
Milk Products	Very rich in vitamins, and contains calcium, magnesium, potassium and sodium. Can improve sensitive, dry and stressed skins.

Seaweed

The sea is a rich source of nutrients that have a beneficial effect on the body. There are over 20,000 different types of seaweed. Most contain proteins, minerals and trace elements that can be used in a variety of treatments. The seaweed releases the active ingredients into the water or product and this in turn is absorbed by the body.

CONTRAINDICATIONS TO TREATMENT

Body Brushing/Exfoliation Contraindications

- Contagious Skin diseases
- Sensitive skin
- Dilated capillaries
- Eczema or Psoriasis
- Bruising
- Recent scar tissue
- Sunburn
- Blood/Circulation disorders
- Broken capillaries
- Redness or localised swelling
- Pustule acne
- Open cuts or wounds, grazes, stings, bites or burns
- Varicose viens

Body Wrap Contraindications

- Pregnancy
- History of Thrombosis
- History of Phlebitis
- Heart problems
- Diabetes
- Medical oedema
- Osteoporosis
- Arthritis
- Epilepsy
- Cancer
- Undiagnosed lumps and bumps
- Varicose veins
- Open cuts or wounds, grazes, stings, bites or burns

If any of the above medical conditions are present, seek a GP's approval in writing. The client may request this from their medical practitioner, alternatively, you may contact the GP in writing, clearly stating the treatment requested by your client to ensure they have the GP's permission and enclosing a stamped addressed envelope.

Total contraindications – not suitable to treatment at all

- Fever
- Contagious or infectious diseases
- Under the influence of drugs or alcohol
- Recent operations
- Neuritis
- Contagious Skin diseases
- Thyroid problems
- Allergies to seafood/iodine
- Undesirable character or anyone whom you may feel threatened by

Always check contraindications before commencing, health issues may change between treatments. **Remember the safest course of action, if in doubt, refer to a GP. This information is intended for your general knowledge and is not a substitute for medical advice or treatment for specific conditions.**

Contagious conditions

These come under four different categories:

Viruses, Bacterial infections, Fungal infections and Infestations.

Examples of viruses are: colds and flu, herpes simplex, shingles and chicken pox, hepatitis, and AIDS, warts and verrucae.



cold sore or herpes simplex



warts on a hand

Examples of **bacterial infections** are:

Impetigo, conjunctivitis, sty, whitlow- which is an infection at the side of the nail plate.



impetigo is highly contagious and spreads rapidly to any part of the body.



A sty on the eye can be very painful and again can spread. If it bursts into the eye it can lead to further problems.



A whitlow at the base of the nail plate

Fungal infections:

Ringworm (tinea corporis), Athlete's foot (tinea pedis), ringworm of the nail (tinea unguium or onychomycosis) .

These are yeasts and moulds that feed off the waste products of the skin. Ringworm is generally recognised by its redness that spreads outwards to form clean centre creating a ring. It also very itchy. Ringworm of the nail is recognised by white patches on the nail plate that can be scraped off, not to mistaken as white marks in the nail plate that is growing out.



ringworm



ringworm of the nail



athlete's foot

Infestations

These are scabies



These are little 'mites' that burrow under the skin causing tracks up the skin generally between the fingers and toes, causing itching and swelling.

Head lice



or pediculosos capitis.

These little creatures are not fussy about where they live, clean or dirty. They lay their eggs or nits on the hair shaft. These requires very effective and scrutinizing regularly to have effective treatment.

Non Contagious Conditions

Psoriasis



These are examples of nail and skin psoriasis which is a skin condition that is not contagious. It is thought to be hereditary and can be a sign or condition of the body's imbalance and stress.

Eczema



Again a non-contagious skin condition usually a nervous condition akin to asthma sufferers and allergic type people.

Dermatitis



Any type of eczema that develops on the hands can be classified as “hand dermatitis.” Hand dermatitis often has unique causes — frequently job- related — and can require special treatment considerations

CONSULTATION FORM

The following information is required for your safety and to benefit your health. Whilst this treatment is very safe, there are certain conditions which may require special attention. Please note that all information will be treated in the strictest confidence and it may be necessary for you to consult your GP before treatment is given.

Name.....DOB.....

Address.....

Tel Home.....Mobile.....

Occupation.....

Do you or have you ever suffered with:-

- | | |
|---|-----|
| • High temperature or fever | Y/N |
| • Infection | Y/N |
| • Acute infectious disease | Y/N |
| • Migraine or headaches | Y/N |
| • Skin infections | Y/N |
| • Allergies | Y/N |
| • Recent haemorrhage | Y/N |
| • Recent surgery | Y/N |
| • Heart condition | Y/N |
| • Recent injury | Y/N |
| • High or low blood pressure | Y/N |
| • Recent scar tissue | Y/N |
| • Epilepsy | Y/N |
| • Diabetes | Y/N |
| • Neuritis | Y/N |
| • Thrombosis/embolism | Y/N |
| • Severe circulatory disorder | Y/N |
| • Severe bruising, open cuts or abrasions | Y/N |
| • Dysfunction of the nervous system | Y/N |
| • Undiagnosed, bumps, lumps or swellings | Y/N |
| • Currently under the influence of drugs or alcohol | Y/N |
| • Are you or could you be pregnant | Y/N |
| • Do you have any conditions which may affect treatment | Y/N |
| • Do you have a Seafood or Iodine allergy | Y/N |

If the answer to any of the above is Yes, please give dates and details:-

.....
.....
.....

CONSULTATION FORM CONTINUED

Are you currently taking any medication Y/N

Details (including dosages):-

.....
.....
.....

Is GP referral required Y/N

Clearance form sent (Date) Y/N

Clearance form received (Date) Y/N

Name of Doctor.....

Address.....

Telephone number.....

Is your general health Good Average Poor

Are your stress levels High Medium Low

Are your energy levels High Medium Low

Do you find time for relaxation/hobbies:- Y/N

Details:-

.....
.....

Client Declaration

I declare that the information I have given is correct and, as far as I am aware, I can undertake treatments without any adverse effects. I have been fully informed about contra-indications and am, therefore, willing to proceed with treatment.

I understand that this treatment does not substitute medical treatment.

Client Signature.....Date.....

TREATMENT REACTIONS & AFTER CARE ADVICE

To enable you to gain maximum benefit from your treatment the following advice is recommended:-

- Please do not leave the treatment room until you feel “grounded”.
- It is advisable not to drive straight away following treatment, but if you do have to drive, make sure that you stay alert and keep the windows open.
- Increase fluids. Drink plenty of water to assist the detoxification process.
- Reduce stimulants. Avoid alcohol, coffee, tea or cola following treatment, as these dehydrate.
- Avoid smoking.
- Eat a light, healthy diet to encourage healing.

Please make a note of any reactions you have experienced in between treatments and let your therapist know on your next visit.

HYGIENE & PROFESSIONALISM

Hygiene is of the utmost importance – it must be carried out regularly and be visible to the client. It also creates the right image and increases the client's confidence in the therapist and establishment. When carrying out a treatment, we need to achieve a high standard of hygiene to reduce the risk of cross-infection to a minimum. The following are measures to assist:-

Towels:- Always use paper to cover the towels, pillows and table/trolley. All towels should be changed between clients and any dirty linen to be placed in a covered laundry bin and washed regularly in a non-biological detergent.

Floors:- Must be cleaned regularly – use anti-bacterial wipes in between clients to prevent the spread of infections. Mop or wash daily with disinfectant.

Sinks, Worktops & Toilets:- These must be cleaned regularly and kept scrupulously clean with appropriate chemicals/toilet cleaners.

Waste Disposal:- Any tissue and paper roll waste must be disposed of immediately in a covered bin. The waste container should be emptied and disinfected daily.

Personal Hygiene:-

- Always remove jewellery before a treatment.
- Have clean hair and keep it off the face.
- Dress cleanly, appropriately and professionally.
- Short, clean fingernails (preferably no varnish)
- Use anti-perspirants/deodorants (wash and reapply between clients)
- No strong perfumes
- Common sense....shower, bath and change underwear daily.....

Client Records:- Always keep client consultation forms/record cards up to date and both stored and treated with confidentiality, so no-one else has access. Remember, if stored on a computer, then the establishment must be registered under the Data Protection Act of 1984.

PROFESSIONAL ETHICS AND CONDUCT

Therapists shall:-

- Demonstrate commitment to provide the highest quality treatment to those who seek their professional service.
- Not discriminate or behave in any prejudicial manner with clients and colleagues.
- Demonstrate professional excellence through regular self-assessment of strengths, weaknesses, limitations and effectiveness by continued professional development in education and training.
- Respect the confidential nature of the professional relationship with clients and acknowledge each clients right to privacy.
- Conduct all business activities within the law and project a professional image for yourself, your business and the profession in general.
- Accept responsibility to refrain from or do any harm to the physical, mental and emotional well-being of clients, self or associates.
- Refrain from engaging in any sexual conduct or sexual activities involving their clients.
- Practice honesty in advertising and promote any services ethically and only for those which you have received adequate training. To ensure that you do not make false or dishonest claims regarding the potential benefits of the service(s) offered.

INSURANCE AND OTHER INFORMATION

Once you have completed your course, you will need to hold adequate insurance cover before you put your new skills into practice, or if you are thinking of changing your insurance policy, please note the following:-

We work in partnership with Westminster Insurance, please see our homepage for the link.

Data Protection Information:-

http://www.ico.gov.uk/for_organisations/data_protection/the_guide.aspx

HEALTH AND SAFETY LAWS

As a therapist certain Health and Safety issues must be noted and adhered to in your place of work:

- The Health and Safety at Work Act 1974 must be adhered to at all times.
- Therapists should contact their local council to see if they need a licence to practice.

If an employer has more than five employees, the workplace must have a health and safety policy, of which all staff must be aware.

Employers and employees have responsibilities under this Act. **Employers must ensure that:**

- The workplace does not pose a risk to the health and safety of employees and clients
- All equipment is safe and is regularly checked
- There is a safe system for handling cash, e.g. when taking

money to the bank

- Staff are aware of safety procedures in the workplace and have the necessary information, instruction and training.

Employee's responsibilities include:

- Following the health and safety policy
- Reading the hazards warning labels on containers and following the advice given
- Reporting and potential hazard such as glass breakage or spillage of chemicals to the relevant person in the workplace.

You need to ensure that your therapy or treatment room is safe and hygienic:

- Make sure you have room to move about your client when your room is set up and that you have room to store your products.
- Ensure a clean floor that is not slippery, noisy or cold for your client to walk on.
- Keep the room warm and well ventilated.
- Check the laws for hygiene and sanitation are being explicitly followed
- Use clean towels and bedding for each new client.
- Always talk through aftercare with all clients.

The Health and Safety (First Aid) Regulations 1981

A place of work must have a first aid box containing: plasters, bandages, wound dressings, safety pins, eye pads, and cleaning wipes.

When first aid is carried out, information such as the patient's name, date, time, events, any injury and treatment/advice given must be recorded.

Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) 1995

Minor accidents should be entered into a record book, stating what occurred and what action was taken. Ideally all concerned should sign. If as a result of an accident at work anyone is off work for more than 3 days, or someone is seriously injured, has a type of occupational disease certified by the doctor, or even dies, a report should be sent to the local authority Environmental Health Department as soon as possible.

The Employers Liability Act 1969

Employers must take out insurance policies in case of claims by employees for injury, disease or illness related to the workplace. A certificate must be displayed at work to show that the employer has the insurance

The Local Government Act 1982

Bylaws are laws made by your local council. Workplace bylaws are primarily concerned with hygiene and different councils around the country have different ones. You will probably find that there is no bylaw in your area relating to Indian Head Massage. However, advice can be sought from your local Environmental Health Officer.

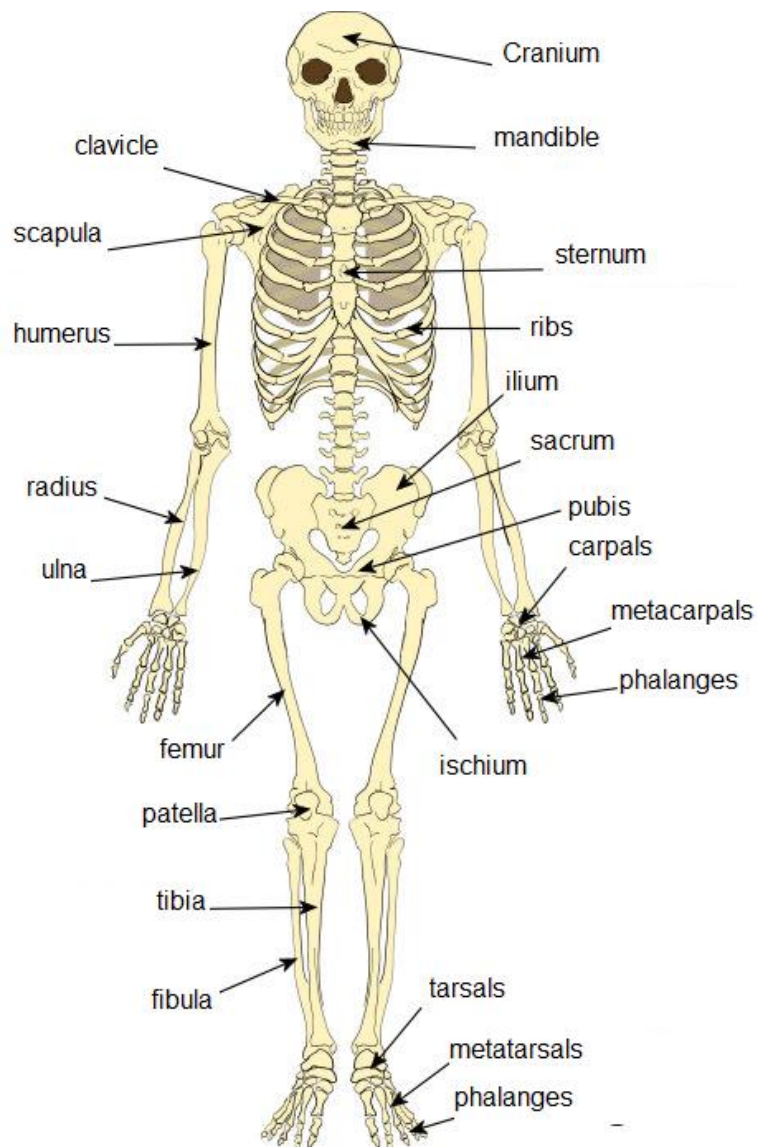
Industry codes of practice for hygiene in salons and clients

The Vocational Training Charitable Trust, in association with the Federation of Holistic Therapists, publishes code of practice. This is concerned with hygiene in the salon and gives guidelines for the therapist. Local bylaws also contain these guidelines to ensure good hygienic practice and avoid cross-infection.

Performing Rights

Some therapists like to play relaxing music while giving a treatment. Any music played in waiting or treatment rooms is considered to be a public performance. If you play music you may need to purchase a license from Phonographic Performance Ltd. These organizations collect the performance fees and give the money to performers and record companies. If you do not buy a license, legal action may be taken against you.

The Skeletal System

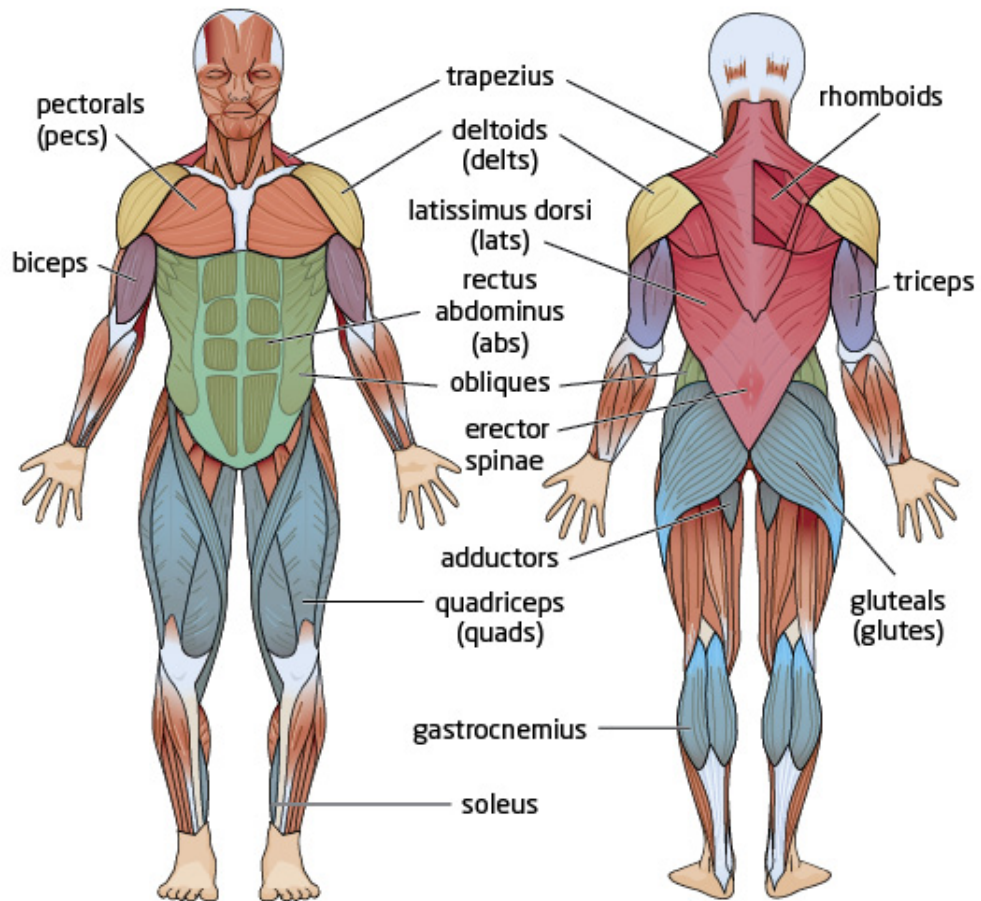


Functions of the skeleton

- Support – bears weight of all other body tissues
- Attachment for muscles and tendons
- Protection of vital organs
- Development of red blood cells in bone marrow
- Mineral reservoir
- Movement of the body

The Muscular System

- The muscular system moves the body
- The body has more than 600 muscles
- Muscle tissue makes up 40 – 50% of body weight



The Cardio-Vascular System

The cardiovascular system is made up of Blood, Blood Vessels and the Heart.

Blood

Blood is made up of 55% fluid - plasma, which is 91% water and 9% waste and hormones. The remaining 45% is blood cells which are subdivided into:

Erythrocytes

- About 5.5million per drop of blood
- Formed in the red bone marrow
- Live for 3-4 months then broken down in the liver and spleen
- Contain the pigment haemoglobin
- Function is to transport oxygen around the body

Leucocytes

- Larger than red blood cells
- 10,000 in a drop of blood
- Can change their shape in order to squeeze through small spaces and reach any part of the body
- Function is to protect us from disease

Thrombocytes

- Tiny fragments of cells
- 200,000 in a drop of blood
- Produced in the bone marrow
- Live for up to 2 weeks
- Function is to release an enzyme in the clotting process
- Therefore help prevent loss of blood

Functions of Blood

- Transport of oxygen and carbon dioxide, nutrients waste and hormones.
- Defence using white cells.
- Regulation of heat
- Clotting

Blood Vessels

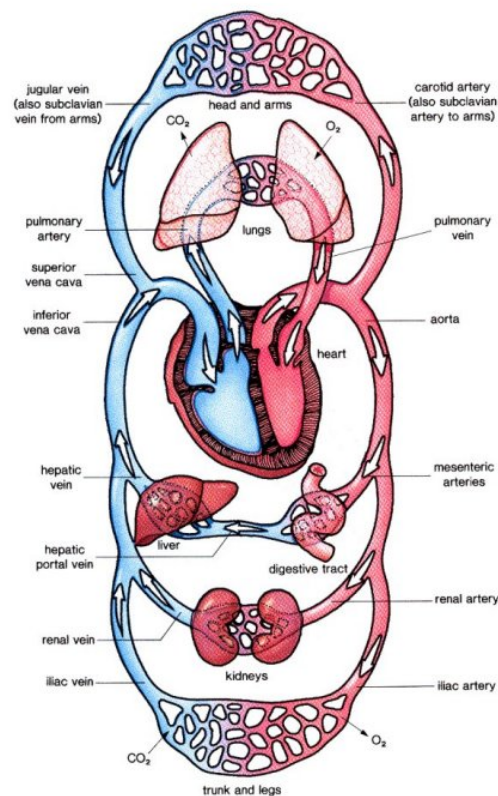
- Arteries - High pressure and take blood away from the heart and carry oxygenated blood to the lungs.

- Veins - Low pressure, return blood to the heart and carry deoxygenated blood from the lungs.
- Capillaries - These are the smallest vessels and have intermediate pressure and they supply cells and tissues with nutrients.

The Heart

The heart is the pump in the vascular system and maintains a constant circulation of blood throughout the body. Pulmonary circulation is the flow of blood from the lungs to the heart and back again.

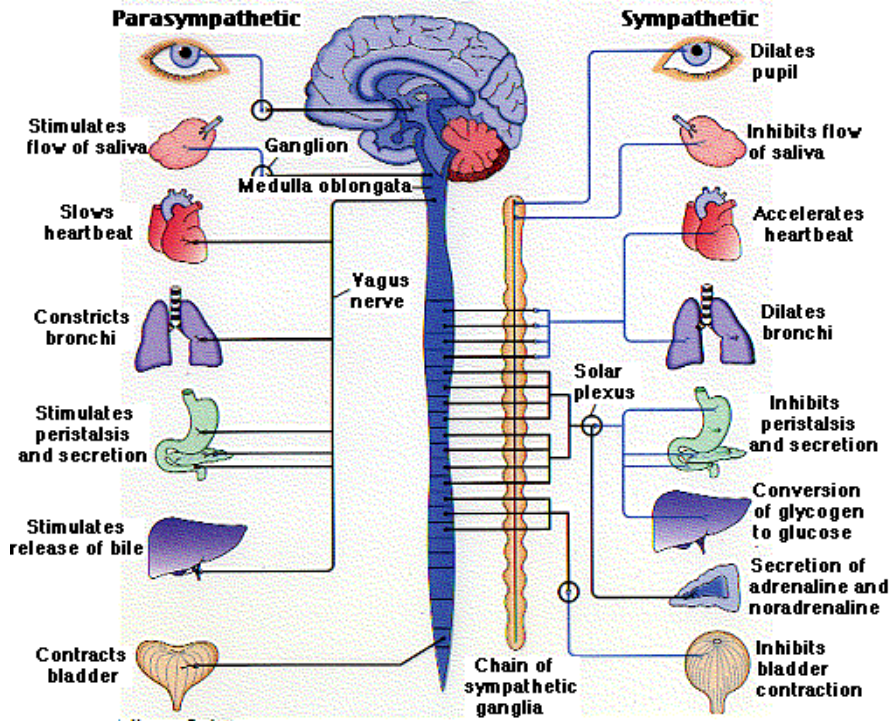
Systemic circulation is the flow of blood from the heart to the rest of the body and back again. Blood pressure is affected by age, weight, exercise, stress, gender and diet. Massage can assist with alleviating blood pressure based problems especially stress.



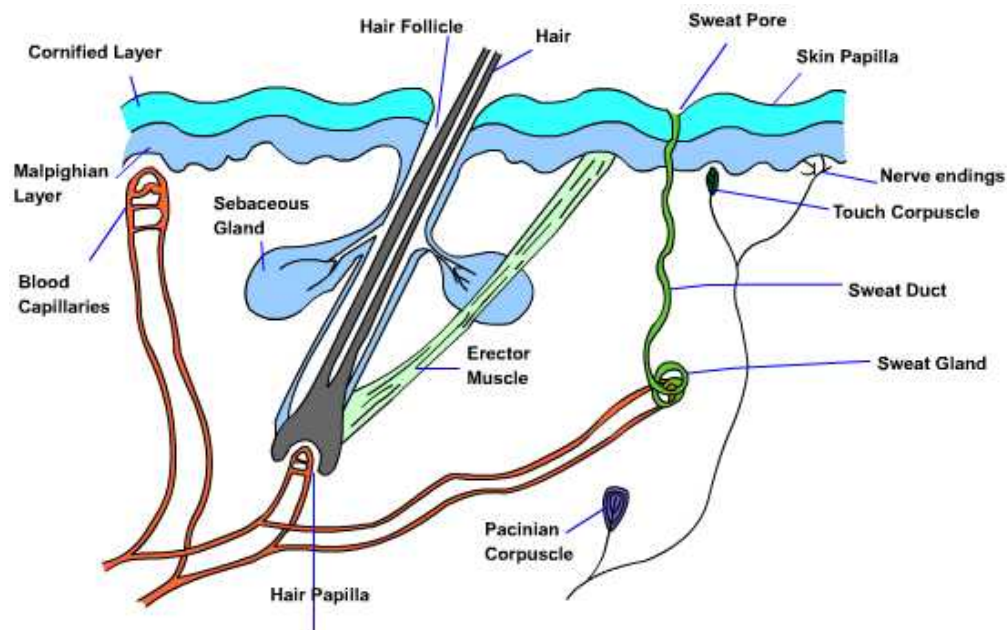
The Nervous System

The nervous system senses, analyses and responds to stimuli in the body. The basic structure of the nervous system is as follows

	NERVOUS SYSTEM			
CENTRAL NERVOUS SYSTEM	Splits into	PERIPHERAL NERVOUS SYSTEM		
	SOMATIC NERVOUS SYSTEM	Splits into	AUTONOMIC NERVOUS SYSTEM	
	Has 31 pairs of spinal nerves and 12 pairs of cranial nerves		Supplies impulses to smooth muscles, cardiac muscles and skin	
		Sympathetic Division = Fight or flight	Splits into	Parasympathetic Division = Rest & repose



The Skin



The skin is the largest organ of the body. An average adult has 19,000 square cm of skin – it is thinnest on the eyelids and thickest on the feet. It forms a waterproof, protective layer over the entire body and is continually shedding and renewing itself

Functions of the skin

- Sensitivity – Many sensory nerve endings found just under the skin. These detect, heat, cold, pain, pressure – Pacinian corpuscles, touch – Meissner's corpus
- Heat Regulation - Skin is cooled by evaporation of sweat, vasodilation – allows heat to be lost through radiation, vasoconstriction – retains heat in the body, contraction of erector pili muscle – goose bumps
- Protection – waterproof layer, also protects the body from physical damage, bacterial invasion, dehydration, UV radiation
- Excretion through sweat
- Production of vitamin D from sunlight
- Secretion of sebum

Layers of the skin

The skin consists of:

1. Epidermis, made up of 5 layers
2. Dermis, made up of the papillary and reticular layers
3. Subcutaneous fatty layer.

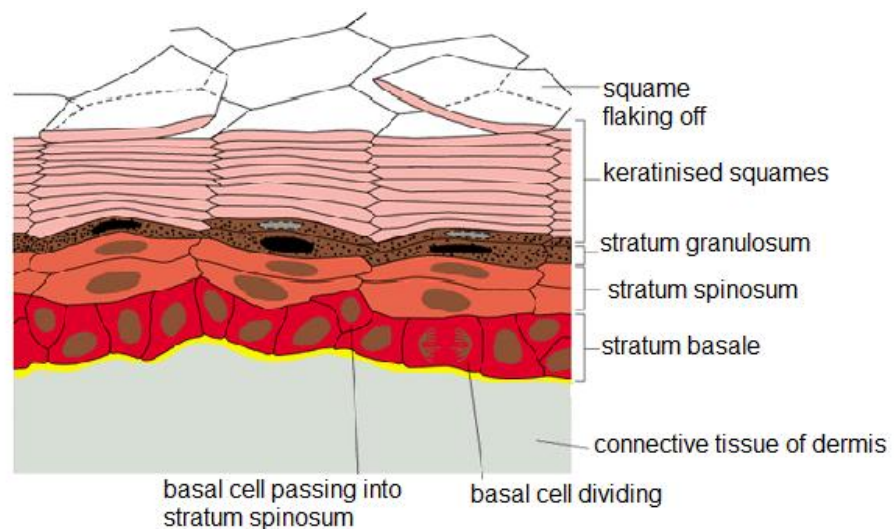
The epidermis is the top layer of the skin. It consists of stratified epithelial tissue. It constantly renews itself and is organised into 5 layers:

- Stratum basale (basal layer, or stratum germinativum)
 - Stratum spinosum (prickle cell layer)
 - Stratum granulosum (granular cell layer)
 - Stratum lucidum (clear cell layer)
 - stratum corneum (horny layer)
1. Stratum basale
 - Deepest layer in the epidermis
 - Very active layer – one cell thick
 - Living cells which are continually dividing (process called mitosis)
 - Melanocytes – pigment producing cells found here
 2. Stratum spinosum
 - Also called prickle cell layer
 - Consists of living cells which have moved up from the stratum basale
 - Interlock by arm-like fine threads – give the cells a prickly appearance
 - Melanin (pigment granules) found here
 3. Stratum granulosum
 - Also known as the granular layer
 - Contains living and dead cells
 - The cells are starting to die as their nuclei break down
 - Cells become flattened in shape
 - They contain granules of keratin (protein)
 - Process of keratinisation starts here
 4. Stratum lucidum
 - Clear cell layer
 - Consists of dead cells without a nucleus
 - Cells are transparent, allows passage of light to deeper layers
 - Found only where there is friction
 - eg soles of the feet, palms of hands and fingertips
 5. stratum corneum

- This top layer forms an effective barrier
- It consists of dead, flat, keratinised cells
- Keratin is responsible for hardening process that cells undergo when they lose their nucleus
- Each cell is called a 'squame'
- They continually shed from the surface
- This process is called desquamation

Mitosis or cell division

The stratum basale is one cell thick. The cells constantly divide, this process is called 'mitosis'. The cells get sick as they are pushed away from the dermis. They move into the stratum granulosum where some die and fill with keratin. In the stratum corneum cells are all dead keratinised cells (squames) Squames are shed- this is known as desquamation.



Preparation of the Client

If the body wrap contains Iodine, it is important to perform a skin test on the client using some of the product/active ingredient 24 hours before the wrap.

How to perform a skin test

Cleanse a small area –in the crook of the elbow – with surgical spirit. Apply a small amount of the ingredients that are used in the wrap and ask client to inform you if they have an allergic reaction within the next 24 hours.

An allergic reaction will be redness or tenderness of the skin, any swelling or itching.

HOW TO PERFORM BODY BRUSHING

1. With client laying in Prone position (face down)
2. Using your body brush – **starting at the ankles, brush in a circular motion up the ankle and the leg towards the heart**, brush vigorously but not so much as to damage the skin. Pay special attention to the Cellulite areas.
3. Then brush in a circular motion **covering the back** in upwards direction and then **up the arms**.
4. Turn your client over
5. Repeat No 1 to **the front of the body**
6. Brush the **abdomen** in a circular motion always **in a clockwise direction** around the colons
7. Brush the **chest area** in circular motions
8. Lastly brush the **arms in upwards direction**.

HOW TO PERFORM BODY EXFOLIATION

1. With client laying in Supine position (face up)
2. Wash the feet with warm mitts
4. – remove the exfoliating product from the container with a spatula and place in the middle of hand add a little water to form a paste.
5. **Exfoliate feet** – begin by wiping the feet with warmed mitts and then use the scrub on each foot, remove the scrub with the mitts.
6. **Slowly raise client in sitting position** – exfoliate the back and remove the remaining scrub with mitts then lower client back down.
7. **Bend the right leg** – exfoliate both the top and bottom of the leg using a criss-cross motion, remove excess with mitts – straighten and cover leg.
8. **Repeat on left leg**
9. **Exfoliate abdomen** – in clockwise direction, remove the scrub with mitts.
10. **Exfoliate the arms up to the shoulders** – remove the scrub with mitts
11. **Exfoliate décolleté (and bust optional)** – remove the scrub with mitts
12. **Exfoliate neck and face** – with gentle circling movements and remove the scrub with mitts

HOW TO PERFORM A BODY WRAP

A Note about different body wrap formulas and body wrapping options:

Sea Clay or Sea Mud can be used alone with either plastic wrap or cotton/elastic wraps. If using the cotton/elastic wraps, you can soak them in plain hot water or an herbal formula to enhance inch loss. You can also perform a wrap without the clay or the mud. Simply soak the cotton/elastic wraps in the hot solution of either the herbal or dry mineral formulas for a no-mess option!

DETOX WRAP

1. **Cover the couch** with a **thermal foil sheet** and then lay **plastic sheets** on top it
2. **Mix the Clay or Mud or use pre bought Mask**
3. With client laying in Prone position (face down)
4. **Apply** the mixture to the **back of the body starting from soles of the feet – applying upwards over the body**
5. Turn the client over
6. **Apply** the mixture to the **front of the body – from feet upwards**
7. Wrap the client in the plastic sheets followed by the thermal foil sheet
8. Place towels and blankets over the client
9. Leave for recommended time according to manufacturers instructions for product
10. Scalp and face massage whilst product is on (optional)
11. Take off product once it has been on for recommended time
12. If shower facilities – the client can take a shower
13. If no-shower facilities you can remove the product with warm water and hand mitts
14. Apply the appropriate oil or cream into the skin (whole body).

INCH LOSS WRAP

1. **Take clients measurements with measuring tape**
2. **Cover the couch** with a **thermal foil sheet**
3. With client standing
4. **Apply** the active gel liberally to the areas being treated, stage by stage, make sure that the gel does not dry out before wrapping.
5. Each pass of the bandages should overlap by 5cm. Pull the bandages firmly whilst supporting the client with one hand and maintaining an even tension.
6. **Applying to Legs** – commence wrapping from above the ankle joint towards the knee – bandage the knee area loosely – then with legs apart wrap upwards toward the groin – pull the bandages firmly keeping an even pressure - repeat on other leg
7. **Hips and buttocks** – with legs at hip width apart, secure the bandage at the top of the thigh – continuing bandaging firmly around the buttocks, shaping and lifting as you work
8. **Waist** – take an unrolled bandage , approximately 1m in length, and pass around the back of the waist with about equal length on each side. With the client holding one end at hip height – smooth the bandage over the waist – passing across the stomach –pull the end down towards the hips, taking it around under the buttocks – secure with a clip to the bandage at the tip of the thigh
9. **Stomach** – attach a bandage to the hip area – continue wrapping upwards as firmly as is comfortable for the client, overlapping the bandages and covering the waist – continue over the rib cage without restricting breathing – finishing under the bust
10. **Arms** – using gentle pressure – commence wrapping upwards from above the wrist stopping just below the shoulder joint – repeat on other arm.
11. **Bust (optional)** – clip a bandage to the back of the left arm and take the bandage under the right arm, bring it around the front – using light pressure lift and mould the bust, bring the bandage up between the cleavage and over the opposite shoulder – attach the bandage to the back at shoulder level with a clip –repeat for other breast
12. Cover any remaining area of the skin that are showing
13. **Assist the client to lie down on the couch**
14. **Keep the client warm and comfortable**
15. **Cover the client** with sufficient blankets to maintain warmth for a period of 60 minutes. (It is important to check that the bandages are not too tight around the joints and are not causing a restriction to the circulation.
16. While the client is resting a further treatment may be offered, for example a facial, lash tint, etc

17. **NEVER LEAVE THE CLIENT UNATTENDED**

18. Remove the bandages after allotted time

TEST PAPER

1. There are two types of exfoliation. These are:-
 - a) Assisted and releasing
 - b) Cleansing and scraping
 - c) Biology and assisted

2. Exfoliation treatments are indicated for what of the following situations
 - a) Skin disorders
 - b) Freshly shaved skin
 - c) Sunburn

3. What is body brushing
 - a) Gentle massaging action with brush
 - b) Vigorous massaging action with brush
 - c) Tapping the body gently with brush to increase lymph flow and circulation

4. Body brushing is performed on
 - a) Wet skin
 - b) Skin that has just been moisturized with cream
 - c) Dry skin

5. What is cellulite
 - a) Disorder of the blood
 - b) toxic materials that are accumulated in your body's fat cells
 - c) toxic materials that are accumulated in the lymphatic system

6. Name two benefits of Body brushing
7. Name two benefits of Exfoliation

8. Name two benefits of Inch Loss Body Wrap

9. Name one contraindication of Body brushing

10. Name one contraindication of Exfoliation

11. Name one contraindication of Detox Wrap

12. Can you only perform this treatment if you have shower facilities at your place of work?
 - a) Yes
 - b) No