

## Health & Safety Practices - Esthetics

### Skin Care & Facials

- Wear protective, vinyl gloves if you are performing a service that exposes you to a client's blood or bodily fluids
- Keep fingernails short and smooth to avoid scratching a client
- Place clean linen or a single use, disposable sheet on the bed for each new client
- Provide a new loofah or sponge for each client, never reuse
- Change water in facial steamers daily
- Remove product from containers using pumps, squeeze bottles with dispenser caps or disposable spatulas
- Discard any unused product that has been removed from its container
- Always check the integrity of the packaging of any item stored in sterile packaging
- Any object that is exposed to blood or bodily fluids must be discarded, properly autoclaved or sterilized
- Discard disposable items, porous implements and sponges immediately following each service
- Sanitize and disinfect all non-porous tools (i.e. brushes, tweezers, comedone extractors) immediately after use, rinse, dry with a disposable towel and store in a covered container, UV Sanitizer or Dry Sanitizer
- Sanitize and disinfect all bowls and multi-use equipment immediately after use, dry with a disposable towel and store properly
- Discard gloves, disposable items and porous implements immediately after each client
- Safely discard lancets, sharps and needles into a clearly identifiable biological hazard puncture proof container immediately after use
- Dispose of this container as a biomedical waste; contact your local waste management authorities for proper disposal direction

### Waxing & Hair Removal

- Wear protective, vinyl gloves if you are performing a service that may expose you to a client's blood or bodily fluids
- Place clean linen or a single use, disposable sheet on the waxing table for each new client
- Examine your client's skin prior to waxing; if skin is irritated, infected or broken do not proceed with service
- Always test the temperature of the heated wax on your forearm before applying the wax to a client's skin
- Sanitize the client's skin prior to a service by using an antiseptic (i.e. witch hazel, toner, astringent)
- Use powder or cornstarch to buffer the skin before applying the hot wax
- Use a new spatula or applicator stick for each client and discard after use
- DO NOT double dip unless you are disposing of the wax pot after treating that particular client
- Use a new spatula or applicator stick every time you dip into the wax pot
- Never reuse wax
- After waxing treatment apply wax remover on the client's skin to remove residual wax
- Apply a soothing lotion to calm the client's skin
- Clean the wax machine after each use; cover and turn off the heat at the end of each day
- Any object that is exposed to blood or bodily fluids must be discarded, autoclaved or sterilized
- Discard any unused product, gloves, disposable items and porous implements immediately after each client

### Make Up

- Keep fingernails short and smooth to avoid scratching a client
- Use a sanitized headband or hair clip on a client during the procedure
- Launder all linens that touch the client after each use
- Only use brushes and implements that have been properly sanitized and disinfected after each use
- Use a disposable spatula to remove product from its container
- Eyeliner and lip liner pencils must be re-sharpened after each client and cleaned properly at the end of each day
- Use antiseptic on tweezed areas of the brow and face to avoid infection

## **Nail Care**

### **Nail Technician & Manicurist**

- Wear protective, vinyl gloves if you are performing a service that may expose you to a client's blood or bodily fluids
- Sanitize all reusable implements after use by rinsing all traces of visible debris, scrub with antibacterial soap and warm water, dry with a disposable towel
- Follow by completely immersing non-disposable, multi-use tools (i.e. cuticle nippers, pushers) in a chemical disinfectant, 70% Ethyl Alcohol or 99% Isopropyl Alcohol
- Always follow the manufacturer's recommendations and time specified on the label
- Rinse with warm water, dry with a disposable towel, and store all implements in a clean container, UV Sanitizer, or Dry Sanitizer
- Sanitize and disinfect finger bowls and other reusable items, dry with a disposable towel and store properly
- Always use brand new porous implements (i.e. nail files, buffers, orange wood sticks) on each client. NEVER reuse
- Clients must wash his/her hands thoroughly prior to service
- Thoroughly assess each client's nails prior to each service, look for unhealthy conditions such as fungus or infection
- If the conditions are deemed unhealthy, do not perform the service
- If the client displays any signs of nail fungus, redness, pus, itching or bacterial infections do not perform the service
- Advise the client to see a physician for appropriate treatment
- When applying nail product (i.e. acrylic, gel) never double dip brush in product's container
- Remove product into a disposable container using a disposable spatula
- Discard gloves, disposable items and porous implements immediately after each client

### **Pedicurist** (also follow Nail Technician & Manicurist)

- After each use all equipment that holds water for pedicures must be thoroughly sanitized by cleaning all areas, including surfaces and walls of the foot spa or basin with a chelating detergent and scrub brush, rinse clear with hot water, dry with a disposable towel
- Clean and disinfect the scrub brush
- Follow with a liquid disinfectant; if a whirlpool spa, circulate water and disinfectant well
- Drain and rinse clear with hot water, dry with a disposable towel
- At the end of each day allow the foot spa to completely dry overnight
- At the end of each week leave the disinfectant solution in foot spa overnight, drain, rinse clear with hot water, dry thoroughly with a disposable towel
- Always follow the manufacturer's recommendations and time specified on the product label