

A-Z of Special Treatments

London Local Authorities Act 1991

Part II section 4 of the London Local Authorities Act 1991 defines a special treatment as follows:

Massage, manicure, acupuncture, tattooing, cosmetic piercing, chiropody, light, electric, vapour, sauna or other baths or treatments of a like kind.

This guidance lists special treatments, other treatments that are not licensable and some which are exempt from licensing, including those that must be carried out by a registered medical practitioner or a registered general nurse. Please note that this is not a definitive list; it is provided by way of guidance only. The fact that a treatment does not feature on the list does not automatically mean that it can be provided without a licence. Please contact special-treatment@royalgreenwich.gov.uk for advice on any treatment not included in this list.

Therapists who carry out some of the treatments listed may be exempt from Special Treatment Licensing. For details of exempted organisations reference should be made to the separate list of 'Exempted Organisations'.

The treatment descriptions are commercial descriptions by health and beauty industry. The Royal Borough of Greenwich does not endorse any of the health and/or beauty claims made.

Acupressure (massage)

Acupressure is based on Chinese beliefs that energy flows through invisible channels in the body called meridians, and that illness arises from blockages of or imbalances in this energy flow. It uses precise finger placement and pressure over specific points along the meridians - the same channels used in acupuncture. The body is divided into 12 meridians, which correspond to different areas of the body, after a detailed consultation with the client the operative will apply pressure to the points that they believe to be causing the blockages. The client generally remains clothed in non-restrictive garments. Some practitioners will tap the points instead or press and release the points. It purports that by restoring the flow of energy it thereby alleviates disease and promotes health, promotes a speedy recovery from injuries and relieves pain

Acupuncture (acupuncture)

Acupuncture is based on the same beliefs as acupressure. After the initial acupuncture consultation and comprehensive health history assessment, the needles are placed in very specific locations along any number of the 12 meridians. The acupuncture needles may then be gently manipulated, and some practitioners may use heat or electricity with the needles. The depth to which the acupuncture needles are inserted varies according to the treatment and the practitioner. The needles are usually left in place for 5 to 20 minutes, usually no longer than 60 minutes, and then removed. Following an acupuncture treatment, practitioners will usually reassess the client and often give suggestions for home care. It is also typical to suggest supplemental Chinese herbs to enhance the achievement of energetic balance.

Alexander Technique

(This does not require a licence)

The Alexander technique is taught by a qualified teacher and aims to improve posture and movement. The teacher will observe the client's movements and show them how to move, sit, etc with better balance and

less strain and ensure correct breathing. They'll use their hands to gently guide the client in their movements and spine, and to release muscle tension.

Anthroposophical Medicine

(Exempt from licensing as this must be carried out by a registered medical practitioner or a registered general nurse)

In 1900 an Austrian called Rudolf Steiner developed various remedies derived from minerals, plants or the animal kingdom to be prepared homoeopathically, alchemically or as a whole substance which are then administered orally, injected or applied externally. Practitioners are fully qualified Doctors who use this form of therapy when conventional cures cannot be achieved. The therapy combines the use of therapeutic eurythmy, rhythmical massage, clay modelling, painting and music.

Aromatherapy (with massage) (massage)

(Not licensable if massage not applied as part of treatment)

After a detailed consultation with the client concerning medical history and current symptoms the practitioner will mix one or more oils with a base-oil which will then be massaged into the client's skin or put them in diffusers so that clients can inhale the vapours. Used to relieve stress, tension, aches and pains, premenstrual syndrome etc. Some therapies only require clients smelling the oils and these would not require licence as no message involved.

Auricular Acupuncture (acupuncture)

Auricular acupuncture is the insertion of needles into the ear. See Acupuncture.

Autogenic Training

(This does not require a licence)

Autogenic Training was developed by Dr J.Shultz, a psychoanalyst and neurologist, who believed that by simple verbal exercises a person can induce a state of relaxation and well-being on themselves which could help alleviate both mental and physical ailments. It is self-guided, similar to meditation, and does not involve contact with another person or practitioner.

Ayurvedic Medicine (massage)

(Not licensable if massage not applied as part of treatment)

Ayurvedic Medicine is a traditional form of Indian medicine. Initial treatment plans will often focus on rebalancing the doshas or unique pattern of living force and energy that controls various activities of the body, eliminating toxins, improving digestion and addressing lifestyle habits including diet, activity, levels of stress, relationships and coping strategies. Herbal and other formulations are often recommended, along with aromatherapy, various forms of massage, enemas and supervised fasting, yoga exercises, meditation and counselling. These therapies are often recommended in the form of a program known as panchakarma that occurs over a series of days. Ayurvedic medicine is not in itself a Special Treatment, but Ayurvedic massage and aromatherapy (applying massage) are. Practitioners should be licenced and appropriately qualified in full body massage and aromatherapy (as relevant) along with having Ayurvedic training.

Bach Flower Remedies

(This does not require a licence)

Harmful emotions are classified into 7 main categories and then sub divided into 38 negative feelings. Each feeling is associated with a particular plant; a combination of 5 of these flowers has been called the Rescue Remedy which is used in times of extreme trauma or shock. The essences are liquid preparations created by boiling parts of plants in spring water; the water is then preserved in brandy and sold in concentrated form. The remedies are usually self-administered by placing drops directly on the tongue or by diluting them. Developed by Dr Edward Bach a bacteriologist and homeopath who believed that illness was a result of mental or emotional imbalance and that the energetic properties of plants could be used to rectify these imbalances.

Bates Method

(This does not require a licence)

Bates Method was devised by US Ophthalmologist Dr William Bates who believes that the use of glasses can imprison the eyes. He believed that natural use and relaxation of the eyes can enhance vision that has been affected by a pattern of misuse of the eyes. The practitioner will assess the eyesight and teach a series of simple exercises that should be practised daily.

Beading (cosmetic piercing)

Also known as 'pearling', a subsection of piercing. This is the practice of permanently inserting small beads made of various materials beneath the skin, usually of the genitals. There are two common procedures, one being very similar to a frenum piercing and the other being similar to inserting subdermal implants and requiring more medical knowledge and specialized tools. Either procedure is relatively safe with risks and healing much like a subdermal implant in any other part of the body, although, like many genital piercings, the generous blood flow to the genitals can reduce healing times considerably. Inflammation is very common, during and after healing. Rejection is rare but can occur.

A wide variety of inert implant materials can be used for this implant. Teflon, silicone, surgical steel or titanium are commonly used materials. Prior to the availability of modern materials, there is a long history of pearls being used in this implant, hence the name pearling. There is an alternative form of this implant, where short curved "ribs" are inserted, rather than pearls. For Special Treatment purposes it would be suitable to treat it as a sub-section of piercing.

Bi-Aura Therapy

(This does not require a licence)

In Bi-Aura Therapy, the patient remains fully clothed often standing, and the practitioner mentally tunes into the blockages in the bio field without any physical contact with the patient. Bi-Aura is an advanced system of bio-energy healing which works through balancing the human bio -field. If the bio-field, which surrounds the body becomes overly stressed then this can lead to a reduction in the energy flowing into the organs, which over time may cause illness. Due to the very minimal physical contact between practitioner and patient, it is not considered a special treatment.

Bioresonance Therapy

(This does not require a licence)

Bioresonance Therapy is based on the theory that everything in the universe including our bodies is made of energy. It uses a machine to detect and treat disturbances in the natural frequency range of the body, and is based on the idea that unhealthy cells or organs emit altered electromagnetic waves due to DNA damage. Proponents of bioresonance believe that detection of these waves can be used to diagnose disease, while changing these waves back to their normal frequency will treat disease. To use bioresonance, electrodes are placed on the skin and hooked up to a machine that "reads" the energy wavelengths coming from the body. This is process of diagnosis. Then, those energy frequencies can be manipulated by the machine to allow the body's cells to vibrate at their "natural frequency," which purportedly treats the condition.

BioSkin Jetting (cosmetic piercing)

Bio skin jetting is where an electrical microprobe is used to separate the wrinkle from the underlying skin. By creating a controlled injury into the wrinkle, upon removal from the skin the tissues are stimulated to form new collagen fibres plumping and firming the skin to create a smoother looking complexion. Used on similar areas to Botox i.e., those above the nose and at the sides of the eyes, the treatment takes approximately half an hour and is recommended as a course of 5-7 treatments, for fine wrinkles one to 3 treatments may be sufficient. Purports to last for up to 2 years.

BioSkin Smoothing (electric)

As above, however, for deeper wrinkles, this delivers a special electrical micro-current which is administered via a sterile, disposable, 24 carat gold tipped wand. This adds heat to the area, aiding the circulation and augmenting the healing response initiated by the subscision.

Bleaching

(This does not require a licence)

Bleaching treatment is used to disguise facial hair and can also be applied to the underarms and legs. The bleach solution used, usually hydrogen peroxide, effects the cortex (the inner layer of the hair follicle), the melanin (brown pigment) and the pheomelanin (red/yellow pigment) are oxidised and become colourless, thus disguising the hair.

Body Massage (massage)

Body massage is to massage part or all the body using different kinds of physical contact, including the hands or knuckles or tools. Massage can be carried out with or without oils. Massage is the stroking, kneading, warming, rolling and pressing of skin and muscles to manipulate the client's muscles and soft tissues. Swedish Massage using a base oil is a popular form widely found in the beauty industry. For Special Treatment purposes it would be suitable to treat it as a sub-section of massage.

Body Piercing (cosmetic piercing)

Body piercing is when a hole is made in your body so you can add a piece of jewellery for decoration. The earlobe is the most common body piercing. Some people also pierce their ear cartilage (the hard part of the outer ear). Other places to pierce include the eyebrow, nose, tongue, lip, belly button, nipples, and genitals. There are several methods for piercing: -

Canular Piercing: This method of piercing is used mainly in European studios by means of a pre-sterilised fully disposable canular/needle which has a plastic sleeve. The needle is removed, and the jewellery is inserted into the plastic, which is then removed.

Blade Piercing: This method is used mainly in American studios using a 'blade' which is a straight hollow needle with no attachment. The blade is left in the piercing and the jewellery passed through behind it as it is pushed through the piercing. Some blades allow jewellery to be attached to the end, so it is pulled through with the blade. This type of piercing poses a much higher risk of needle-stick injury.

Gun Piercing: This method is used with pre-sterilised studs to pierce ears and can be used on noses. Ear piercings should be carried out by the use of an approved gun, e.g., Inverness, Caflon, Studex etc who supply pre-sterilised studs which do not come into contact with the operative's skin during the procedure. The modern designs of these guns use hand pressure and there is sharp needle tip on the end of the stud to ensure ease of piercing and that crushing of the cartilage is avoided (with proper training).

Nose piercing can be carried out by a gun or a pre-sterilised medical canular. Studex have produced a nose piercing gun for use in the beauty industry similar to the ear-piercing system but the stud which is used is not fitted with a butterfly clip as this would cause the nose to swell.

Body Talk (massage)

BodyTalk uses a number of techniques, all of which are non-invasive, to help those in treatment tap into the body's natural system of healing. For Body Talk, the practitioner uses a yes/no response by "asking" the body questions and getting answers by observing how various muscles tense and relax e.g. lightly pressing or lifting of the arm to discover which systems are not functioning properly. The balance will be restored by a light tapping of particular points and deep breathing. Developed in the 1990's by Australian acupuncturist Dr Veltheim, who carried out extensive studies of different healing systems and took the most fundamental principles from each to create a holistic all-encompassing system capable of treating a large range of conditions. Purported to relieve various conditions e.g., depression, allergies, back pain etc.

Body Wraps & Envelopment

(This does not require a licence)

A type of beauty treatment intended to result in a reduction in body measurements and/or enhancing the health and appearance of skin. Treatment involves the application of skin-cleansing ingredients such as algae, mud, clay, seaweed, oil etc to the body, which is then wrapped in cotton bandages, plastic film or a thermal blanket.

Botox

(This does not require a licence)

Botox is a protein made from Botulinum toxin, which is produced by Clostridium Botulinum. As a cosmetic treatment, Botox injections relaxes the facial muscles and can reduce the appearance of skin wrinkles or lines. Botox can be used in combination with dermal fillers. The effect of the treatment lasts approximately 3-6 months. It is a Prescription Only Medicine (POM) and should therefore be administered by a registered medical practitioner or a registered general nurse.

Botox can only be prescribed in a face-to-face meeting by a qualified medical practitioner, such as a doctor, dentist, pharmacist prescriber or nurse prescriber. They may not give the injections, but they should make sure it is administered by a qualified and experienced practitioner.

The Botulinum Toxin and Cosmetic Fillers (Children) Act 2021 safeguards children from the potential health risks of Botox and cosmetic fillers. The Act makes it:

1. a criminal offence to administer botulinum toxin, or a filler, by way of injection, for a cosmetic purpose to a person under-18
2. an offence to make arrangements for, or book an appointment to provide, these treatments to any person under-18

A parent or guardian cannot give consent for a person under 18 to have the procedure.

Under the Act, the treatments can still be approved for use on persons under-18 by a registered medical practitioner (doctor). Doctors should, as per their usual practice, follow guidance and standards issued by their regulator, the General Medical Council, when considering the use of either products on under-18s.

Following the ban on procedures for cosmetic purposes on under 18s, in May 2022 amendments were made to the Health and Care Bill to introduce a national licensing regime for non-surgical cosmetic procedures such as Botox and fillers. This will ensure consistent standards that individuals administering non-surgical cosmetic procedures will have to meet as well as hygiene and safety standards for premises. The scope and details of regulations to be determined after a public consultation.

Further advice and guidance on Botox is available on www.jccp.org.uk.

Bowen Technique (massage)

The Bowen technique is an alternative type of physical manipulation named after Australian Thomas Ambrose Bowen. Recipients are generally fully clothed. This is a gentle therapy that is applied to areas of the body, using thumbs and fingers in a specific process or order. The move is a rolling-type move of the thumbs and forefingers, and is designed to stimulate nerve pathways which allow a 'conversation' to take place between different nervous systems of the body.

Branding

(This does not require a licence)

Branding is a body modification that permanently transforms the surface of the skin by causing a visible scar. The process involves burning the skin with hot or cold instruments by a variety of methods to produce a permanent design.

Be Set Free Fast (BSSF)

(This does not require a licence)

Be Set Free Fast (BSSF) Treatment consists of light tapping of meridian points whilst repeating a number of statements similar to TAT treatment. Muscle testing is used extensively for precision diagnosis of emotionally based problems. Clients are taught to muscle test themselves, to recognize and eliminate their psychological problems as well as numerous physical symptoms that are emotionally based.

Developed in America in 1990 by clinical psychologist Larry Nims, it is a highly focused Energy Therapy method for eliminating the emotional roots and self-limiting belief systems that are embedded in the subconscious mind, and which automatically determine and control most of our experience, self-

expression and behaviour. These unresolved negative emotions and beliefs create and maintain psychological and physical symptoms, which automatically result in mental, emotional, physical, spiritual and life adjustment problems, including many medical, and health problems.

Buteyko

(This does not require a licence)

In Buteyko a set of exercises are taught to the patient in which the patient takes in small breaths through the nose and lets out the air slowly and gently through the mouth. Buteyko works according to the principle that certain conditions are caused or at the very least aggravated by over breathing i.e., breathing heavily and rapidly through the mouth. Over breathing is thought to be harmful to the body because it depletes the bloodstream of carbon dioxide, thus causing blood vessel spasms and oxygen starvation which can cause asthma attacks, headaches etc.

Cavitation (Fat Loss/Lipo)

(This does not require a licence)

Cavitation (Fat Loss/Lipo) treatment uses a handheld instrument that produces what is claimed to be 'low frequency ultrasound'. However, the stated frequency is usually around 40KHz. It is stated that: 'the ultrasound field creates bubbles in the fat, which gradually grow, and implode. Energy in the form of heat (minor effect) and pressure wave (major effect) is released. As the membranes of fat cells do not have the structural capacity to withstand the vibrations, the effect of cavitation easily breaks them, while sparing the vascular, nervous and muscular tissue. It is reported that the result is instant fat loss. After disruption of adipose cells, the fat in the form of triglycerides is released into the interstitial fluid between the cells, where they are enzymatically metabolized to glycerol and free fatty acids. Water soluble glycerol is absorbed by the circulatory system and used as the energy source, whereas the insoluble free fatty acids are transported to the liver and processed as fatty acids from food'. Main risks – overextended session resulting in skin damage (maximum 15 minutes per site and 30 minutes total across whole body in one session. 72 hrs between sessions).

Champissage (massage)

For Champissage see Indian Head Massage

Chemical/Fruit Peels

(This does not require a licence)

For Chemical/Fruit peels, see skin peels

Chiropody & Podiatry

(Exempt when carried out by a therapist who is a member of an exempt body)

Chiropodists/Podiatrists specialise in assessing, diagnosing and treating abnormalities and diseases of the lower limb. They are trained to alleviate, prevent and correct these disorders and provide professional advice on proper foot care to patient of all ages and walks of life. Treatments include, corns, verruca's, problems caused by deformities or diseases such as rheumatoid arthritis, diabetes etc. The LLAA91 gives exemptions to 'any premises used by a person registered under the Professions Supplementary to Medicine Act 1960'. This has been replaced by the Health Professions Order 2001, which set up the Health and Care Professions Council (HCPC), formerly called the Health Professions Council (HPC).

Chiropody and Podiatry are listed by the HCPC, and members are therefore exempt.

Chiropody and Podiatry are 'protected titles', meaning that you must be registered with the HCPC to use these titles. However, if the person is NOT a member, then they are NOT exempt (they should also be reported to the HCPC who can prosecute).

Chiropractic

(Exempt when carried out by a therapist who is a member of an exempt body)

A chiropractor aims to maintain the spine and nervous system in good health through neuro-musculoskeletal manipulation. The chiropractic will assess the client whilst sitting, standing and lying down for alignment, reflexes will be tested, and muscles palpated for signs of tension. Manipulation may be carried out by stretching muscles and short controlled thrusts against a joint, may also include massage,

application of heat or ice and kneading. Different versions of the treatment may be found e.g., McTimoney Chiropractic. Chiropractors are exempt under the London Local Authorities Act 2000 amendment (Sec. 27 (2) (b) (v)). The Chiropractors Act 1994 set up the General Chiropractic Council and Chiropractors MUST be registered to use the title. If they are not a member, they are NOT exempt and they should be reported to the GCC.

Cholesterol Testing

(This does not require a licence)

To measure the levels of good and bad cholesterol a blood test is carried out after fasting for 12 hours prior to the test. The optimum level is below 5mmol/litre. Home testing kits are also available but will not give very accurate results. Cholesterol is a fat manufactured by the liver from fatty foods that we eat. Cholesterol insulates nerve fibres and is an essential building block for hormones.

There are good and bad types of cholesterol:

Low density lipoprotein (LDL) - this is the bad cholesterol which caused a harmful build up in the arteries.

High density lipoprotein (HDL) - this is the good cholesterol and is thought to prevent arterial disease. It takes cholesterol away from the cells and back to the liver where it is broken down and passed by the body.

Collagen Implants (Cosmetic Fillers)

(This does not require a licence)

Collagen is a naturally occurring substance present in the deepest layer of the skin called the dermis. These injections were commonly used on the forehead furrows and around the lip and mouth area, they give temporary results. Collagen is responsible for producing the elasticity of the skin and as the skin ages the levels of collagen naturally fall, making the skin dryer and commonly wrinkles appear. The replacement of collagen into the dermis can be done by implants or the application of facemasks or creams, the collagen fills out the vacant spaces in the dermis and thus reduces the wrinkles on the skin. This has largely been taken over by dermal fillers. See Hyaluronic Acid (Cosmetic Fillers/Dermal Fillers).

Colonic Irrigation

(This does not require a licence)

Colonic Irrigation involves a rubber tube is inserted into the colon via the rectum; the practitioner stimulates the abdomen which releases the stored matter. A constant flow of water washes the whole colon. During a 45-minute session up to 15 gallons of water may be used. This treatment dates back to 1500 B.C and is based on the principle that the colon gets clogged up with impacted faecal matter, gases and mucus products. This leads to a build-up of toxins, which inhibit the natural movement leading to constipation. Therapists claim that it will:

Cleanse the Colon- toxic material is broken down so that it can no longer harm the body.

Exercise the Colon – the gentle filling and emptying of the colon improves muscular contraction activity.

Reshapes the Colon - elimination of bulging pockets of waste enabling the colon to resume its natural state.

Colour Therapy (Chromatherapy) (light)

For Colour Therapy the practitioner will identify the colour frequencies that are needed and then apply coloured light to parts of the body or simply use appropriately coloured water, silk scarves or crystals. Advice would be given on how to make the best use of colour in the diet, clothes, home and work environment. Therapy based on ancient healing systems which recognise the qualities of different colours and their effect on us. Each colour in the spectrum has a frequency, wavelength and energy associated with it. The body absorbs colours which can affect the nervous system, endocrine system and subsequently the release of hormones and other organic substances within the body. It is believed that the symptoms of disease are a sign that there is a shortage of or improper utilization of colour and light in the cells and organs of the body. As light is used this is classed as a special treatment.

Coolsculpting/Fat Freezing

(This does not require a licence)

The cosmetic treatment is based on a technique called cryolipolysis, where fat cells are destroyed by cooling them to very low temperatures. Fatty bulges, which can't be got rid of through diet or exercise alone, are the target. They tend to be located under the chin, around the thighs, the abdomen, back or upper arms. When placed in a clamp, attached to a machine and cooled, the fat in these areas becomes damaged and over a few weeks the body absorbs the damaged cells, reducing the fat.

Cosmetic Fillers

(This does not require a licence)

For Cosmetic Fillers see Hyaluronic Fillers (Cosmetic Fillers/Dermal Fillers)

Craniosacral Therapy

(This does not require a licence)

Craniosacral Therapy involves the practitioner using tiny, gentle manipulations of the skull, and spinal column to restore the balance. Craniosacral Therapy developed from this treatment and the main differences are that it focuses on the treatment of the soft tissues, fluid and membrane of the cranio-sacral system rather than the bones. Cranial Osteopathy was developed in the early 20th Century by an osteopath called William Sutherland. He recognised that there is a regular pulse in the cerebrospinal fluid which surrounds the brain and any disturbance to the rhythm would result in an imbalance somewhere in the body.

Cryolipolysis

(This does not require a licence)

Cryolipolysis is similar to laser lipolysis in that the aim is breaking up of subcutaneous fat cells. However, this treatment uses cold temperatures to achieve this. Instead of breaking the cells down directly the cool temperatures cause apoptosis (cell death) which occurs over a period of time. A hand piece has a suction cup that pulls skin into it. The inside of the cup is cooled using recirculated liquid nitrogen.

Cryotherapy (Cryogenic Chamber Therapy)

(This does not require a licence)

In Cryotherapy (Cryogenic Chamber Therapy) the chamber is cooled with liquid nitrogen to a temperature of -110°C . The patient is protected from frostbite with socks gloves and mouth and ear protection but other than that wears only a bathing suit. The patient spends a few minutes in the chamber during which time the average skin temperature drops to between 5 and 12°C . The core body temperature remains unchanged during the treatment. Release of endorphins occurs resulting in immediate pain relief. Patients report improvement to a variety of conditions, including muscle and joint pain, psoriasis, insomnia. The immediate effect of skin cooling and analgesia lasts for 5 minutes, but the release of endorphins can have a lasting effect, where the pains and signs of inflammation as found in blood tests remain suppressed for weeks. Whole body cryotherapy initially originated in Japan in 1978. A group of Polish scientists took the idea and opened the Olympic rehabilitation centre in Poland in 2000 where the treatment has been used ever since.

Cryosauna (sauna)

Cryosauna treatment uses a stand-alone chamber that the client stands in. An internal lift mechanism lifts them, so their head is free of the chamber then liquid nitrogen is released forming a cloud of gas in the chamber, which cools the surface of the body to 0°C . There follows a period of heating where the surface temperature reaches 35°C before returning to normal 32.5°C . Treatments last for around 3 minutes. In the Cryosauna, clients are protected with socks, gloves, and slippers. Main risks – over-cooling of the body and subsequent shock. Uncontrolled release of Nitrogen, which may lead to asphyxiation if it displaces too much air in the room.

Crystal/Electro Crystal Healing

(This does not require a licence)

Crystals can focus the electromagnetic fields that surround cell membranes. During crystal healing placing the crystals on nerve clusters could lead to significant alterations in the traffic of neurochemical messengers within the nervous system and thus affect body wide chemistry. A tube of crystals is placed

over the area to be treated and then the healing qualities of the crystals are magnified thousands of times by pulsing particular electrical signals through them.

Cupping (can be massage and/or acupuncture)

(This does not require a licence unless performed with massage or acupuncture)

Cupping focuses on the movement of blood, energy and body fluids around the body. It is believed that pain is due to the stagnation of these systems which may be because of injury or stress. Special cups which may be made of glass/bamboo/earthenware/plastic are used. There are four types of cupping, dry cupping, wet cupping, running cupping and flash cupping.

Dry cupping: In the traditional method, a flammable substance inside the cups such as paper, alcohol, or herbs and is ignited briefly with a naked flame. As the fire fades, the cup is placed upside down on the skin. The cup cools, creating a vacuum that raises your skin up into the cup. The cups may also be heated in a bath of hot scented oils or a more modern version of cupping uses a rubber pump instead of fire to create the vacuum. The cups are in place for a few minutes and an area of skin covered is drawn up a few millimetres into the cup moving the energy. Skin marking is common after the cups are removed this may vary from a simple red ring to deeper bruising.

Wet cupping: (also known as Hijama or bleeding cupping) – an incision is made in the skin prior to the cupping. The cup is usually attached to a vacuum pump rather than being heated and blood is then extracted and contained within the cups and may follow on from dry cupping. There is a risk of infection associated with this practice if not done hygienically.

Running cupping: involves moving suctioned cups around from place to place on the skin with a massage like effect.

Flash cupping: this involves quick repeated suction and release of cups on an area of the body.

More information can be found on the British Cupping Society website:

<https://www.britishcuppingsociety.org/about2/>

Dermabrasion

Not to be confused with Microdermabrasion.

Exempt from licensing as this must be carried out by a registered medical practitioner or a registered general nurse.

Dermabrasion uses a power-driven handheld device with a rotating metal wheel or wire brush to peel off the skin. Carried out by a trained cosmetic surgeon under general or local anaesthetic, the procedure will leave the skin red, swollen and sensitive to sun exposure etc. Several days after the procedure the outer layer of the skin falls off leaving a fresh layer of pink skin. This procedure is carried out in 1 session and the full recovery time is approximately 2-3 months.

Dermal Anchors

See Microdermal anchors.

Dermal Fillers

(This does not require a licence)

For Dermal Fillers see Hyaluronic Fillers (Cosmetic Fillers/Dermal Fillers)

Dermaplaning

(This does not require a licence)

Dermaplaning is a medical procedure that exfoliates the skin (or epidermis) by removing dead skin and vellus hair (peach fuzz). The procedure is performed by an aesthetician, who will gently glide a scalpel across the skin, removing the outermost layer of skin cells and hair from the face. As a by-product, it also shaves off the vellus hair. The procedure involves the use of a 25-centimetre (10 in) scalpel which curves into a sharp point. In most cases, the blade is used on clean dry skin on the forehead, cheeks, chin, nose and neck.

Dermaroller

(This does not require a licence)

Dermaroller equipment used is a roller containing hundreds of micro needles on a handle. There are 2 types of rollers, the first contains longer single use needles which penetrate deeper into the dermis and should only be used by a medical practitioner. The second roller has shorter re-useable needles designed for personal home use only. It purports to stimulate the skin to regenerate and repair itself naturally and safely, creating smoother, brighter, healthier, younger-looking skin.

Detox Box (sauna)

For Detox Box see Infrared sauna

Do In

(This does not require a licence)

A self-help therapy which combines some of the principles of Shiatsu and Acupressure with stretches, exercises, breathing and meditation techniques. Do In means self-stimulation in Japanese and refers to the various methods used to gather and strengthen energy in the meridian systems of the body especially in the abdominal area. The shiatsu massage is self-administered rather than by a practitioner.

Dracula Therapy (Stimulated Self Serum Therapy)

Exempt from licensing as this must be carried out by a registered medical practitioner or a registered general nurse

The doctor draws vials of the patients own blood from the face then separates it into the red blood cells, the clear serum and the platelets. Then, after vitamins and amino acids have been added the enriched serum is injected back into the face. This purports to stimulate DNA repair, heal scars and makes dry wizened, wrinkled and lacklustre skin look and feel younger naturally.

N.B. Other names for Dracula Therapy include, Platelet Rich Plasma, PRP therapy, S3, Self-Stimulated Serum or Vampire therapy.

Dry Needling (acupuncture)

Dry needling uses a solid filament needle up to 10cm in length which is inserted into trigger points in much the same way as acupuncture needles. However, unlike acupuncture it is only used to treat pain and no other conditions. It only uses myofascial (muscular) trigger points and none of the other 'meridian' points of acupuncture. The needling of such a trigger point has been shown to relieve the symptoms of the pain. The points used, and the effect appear to be the same as those used in acupuncture, but therapists argue that it is not acupuncture, whilst acupuncturists argue that it is just a limited form of acupuncture. Often practiced by physiotherapists.

Electrocautery (electric)

Electrocautery is a method of removing a range of skin lesions using heat energy. A small handheld tool produces a tiny electric current, and the generated heat is used to 'cauterise', or remove, the unwanted growth. Electrocautery is used to remove skin tags, small cysts, brown spots, warts, verrucae and milia in just one efficient treatment.

Electrolysis (Hair Removal) (electric)

Electrolysis is a method of removal of unwanted hair on the face or body, there are 3 popular methods used:

Needle method: A needle is inserted into the skin and either a faradic or galvanic current passed through it, which reaches the hair follicle and kills it.

Blend Method: A combination of faradic and galvanic current is passed through the needle to kill the hair follicle.

Trans dermal (TE) method: The client holds an electrode in one hand the therapist has another electrode with a cotton wool tip, gel is applied to the skin and the electrode is passed over the gel, the electric current forces the gel down through the skin and it crystallises the salt & water solution surrounding the hair follicle which in turn kills the follicle.

More than one treatment is necessary due to the fact that hair follicles have a specific growth cycle. After each treatment it is claimed that the hair follicle grows weaker and hair re-growth lessens until eventually after several treatments the hair ceases to appear on the skin surface (this could take several years of

treatment). As well as a purely cosmetic treatment some operatives treat clients who have been referred to them by doctors because of excessive hair growth, which may be caused by hormone problems or genetic abnormalities.

Advanced Electrolysis & Thermology (Moles, Warts, Skin Tags) (electric)

Advanced Electrolysis and Thermology is a similar technique to electrolysis for the treatment of skin tags, thread veins, moles, warts and other skin blemishes. A Thermolysis current and a very fine needle is used to either cauterise or lift away the superficial epidermis, depending on the type of blemish that is being treated. For example:

Skin Tags are brown or flesh coloured flaps of skin which are harmless. These are usually found in areas where the flesh rubs together e.g., groin and armpits. These small blemishes are cauterised and removed instantly, with small red marks or scabbing appearing after treatment. These will disappear after 7-10 days. **Thread veins** are tiny red veins which occur in the cheeks, nose and legs, caused by over exposure to the sun or the reduction of elasticity in the skin by natural ageing. The effect is to cauterise the blood vessel and remove it, simply by the application of heat. Thermolysis tends to produce the best results on the nose and cheek area. Fading begins about three weeks after treatment, with the broken capillaries beginning to disappear. Typically up to three treatments may be required, although there may be a noticeable difference after just one treatment.

Larger areas to be treated e.g., in the legs are usually treated in hospital by Sclerotherapy; smaller areas e.g., on the face can be treated by electrolysis.

Electro Myo Stimulation (EMS) (electric)

See Manu Miha Body Tec

Emotional Freedom Technique (EFT) (massage)

Emotional Freedom Technique employs tapping on or the light massaging of various meridian acupuncture points. The technique is often taught to the client for future use. EFT is about returning the mind, body and feelings to a state of balance and harmony, so you are not limited by negative emotions. Developed in America in 1990 by Gary Craig an engineer, described as acupuncture without needles.

Endermologie (electric)

Endermologie is a lipomassage technique more commonly known as LPG. It consists of improving the areas with accumulated fat by stimulating the circulation and reducing the adipose tissue. In Endermologie the client wears a body stocking and the mild suction from the machine pulls the skin into a small chamber in which it is gently pinched and rolled. This intensive massage of the skin breaks down subcutaneous fat, water retention and toxins allowing the body's lymphatic system to drain it all away. It purports to temporarily disperse cellulite by the use of a deep tissue massage machine. Endermologie was developed in France in the 1990's as a deep tissue massage for injured horses which had the unexpected side effect of smooth skin. It purports to temporarily disperse cellulite by the use of a deep tissue massage machine. This is a non-invasive and safe technique that helps to reshape the more 'rebellious' areas of the body that often do not respond to diet or exercise. These areas are usually the thighs, hips and buttocks, where cellulite is more noticeable or where there is more build up compared to the rest of the body. This treatment is specifically indicated for people with fluid retention or circulation problems (provided that there are no underlying circulatory issues caused by varicose veins or phlebitis).

Eyebrow Embroidery

See also Micropigmentation & Tattooing

Eyebrow Embroidery is the technique where the brow artist implants colour pigment beneath the surface of the skin with tiny disposable needles. This helps to create fuller-looking brows, shape the eyebrows to the perfect design that fits individual face shapes. There are two main types of Eyebrow Embroidery techniques to create different effects; the shading technique creates a misty or powdery effect and the microblading technique creates hair-like strokes that resemble your natural brow hairs.

Eyebrow Shaping (using tweezers or wax)

(This does not require a licence)

Eyebrow shaping: Re-shaping of brows by plucking with tweezers or application of wax. The alteration in the shape of the brow usually to accentuate the natural arch. If client has over plucked the natural line, then the therapist will fill in the gaps with an eyebrow pencil of a similar colour to the clients existing brow.

Eyelash Treatments

(These do not require a licence)

Eyelash Tinting: The application of a liquid, jelly or cream which will change the colour of the eyelash for approximately 6 weeks. It is used by clients who do not wish to apply mascara on a daily basis.

Eyelash Perming: The application of a solution which will curl the lashes.

Eyelash Extensions: The application of synthetic eyelashes which are bonded into the existing eyelashes to create thickness and length.

Facial (can be massage and/or vapour)

(If a massage takes place (or facial steamer is used as below) then this is licensable)

Facials can include, deep cleansing, exfoliation, application of a mask and massage, a variety of products may be used. A facial steamer may also be used (see below). There are a number of different peels, exfoliants and washes used by practitioners combined in most instances by a facial massage.

Facial Steamers (vapour)

Steamers can be bench mounted or free-standing electrical devices which cover the face. Steam is released into the cover which opens the pores allowing the practitioner to carry out a deep cleanse as part of a full facial treatment.

Fairbane Method/Tangent Method (massage)

The Fairbane Method/Tangent Method treatment combines hands on bodywork with a psychological workout. Some sessions may concentrate on the mind, discussions on nutrition, and detoxification information. Other sessions may involve a very deep strong massage using aromatherapy oils and finger pressure work. A relatively new treatment named after Eileen Fairbane who has spent 20 years researching the mind and body. It is claimed to ease back conditions, give relief from migraine, ease anxiety and depression.

Faradism (electric)

Faradism is a form of massage using an interrupted direct electric current, which produces groups of short pulses of current. These pass through a system of electrode pads, placed on the face or body. The current makes the muscles twitch, and it is claimed that this exercises the muscles and produces the toning effects. The passive electrode should be covered with damp lint or sponge material and placed between the shoulder blades on the lower cervical vertebrae, or this electrode may be handheld by the client. The active electrode is covered with damp lint and then applied to different muscles whilst the current is passed through it. It is thought to be beneficial for toning up the muscles of the face, sagging contours will be improved and sluggish skin will appear tauter. The effects of ageing may be delayed due to the improved blood circulation and increased cellular function. Arches of the feet may be improved and swelling around the ankles may be reduced.

Fat dissolving Injections

(This does not require a licence)

Adipocytes or fat cells are broken down with the use of sodium deoxycholate solution. This causes a localised inflammatory response from the body. The inflammatory response is vital and allows the destroyed fat cells to be removed and excreted via the kidneys. Once the fat cells have been destroyed by the solution the effect is permanent. This treatment should only be administered by a medical professional. Fat dissolving injections carry the CE mark, and have a strong safety record

Fat Freezing

See cryolipolysis.

Feldenkrais

(This does not require a licence)

Feldenkrais is a preventative therapy rather than a treatment and is similar in its approach to the Alexander Technique. It uses movement and awareness to improve flexibility and functioning of the body. Named after its originator Russian Doctor, Moshe Feldenkrais in the 1940's. Awareness is developed through experience and developed methods using movement to re-educate the body and to help to break down established patterns of behaviour. This can develop into a greater ease of movement, an increase in vitality and well-being.

Fibroblast

See Plasma Fibroblast/Plasma Pen

Fillers

(This does not require a licence)

For Fillers see Hyaluronic Acid (Cosmetic Fillers/Dermal Fillers)

Fire Therapy - Huo Liao

(This does not require a licence)

Fire Therapy (Huo Liao) involves putting several layers of damp towels on the subject onto a body part, such as the face back, or other body area. Alcohol is then applied to another towel (top layer) and ignited. The treatment claims to remove blockages in one's chi/qi energy and open the pores etc. Herbs may also be used in this treatment.

Fish Therapy (bath)

In Fish Therapy feet are placed in a foot bath which contains approximately 70 fish that eat the hard skin in around 10 minutes leaving the skin feeling soft. The fish used are Garra Rufa which originate from the Far East where the treatment has been available for a number of years. The quality of the water in which the fish are stored should be monitored and tested for ammonia and nitrate levels daily. N.B. This has become very rare due to the animal welfare and maintenance issues.

Flotation Tank (bath)

A Flotation Tank is an enclosed tank or capsule usually made of fibreglass contains a very high concentration of Epsom Salts and the water is at body temperature. The high salt levels create a zero-gravity environment in which the body and head can float. Earplugs are normally worn as the ears are normally below the level of the solution, but low-level relaxing music is played through underwater speakers. The mind and body are shielded from all external stimulation and the brain's normal workload is reduced by up to 90%. In this situation the body conserves energy and has a chance to heal and rejuvenate itself.

Foot Detox (bath and electric)

In a Foot Detox the feet are immersed in an electrically operated unit similar to a foot spa which is fitted with 2 stainless steel electrodes. The water becomes charged with electrons which impart to the water a bio-energetic field which corresponds to that of the user. It is believed that a person's health suffers because of imbalances in the body, which can be redressed by the process of detoxification. In some circumstances the whole body can be immersed in a bathtub similarly charged. A gentle bio-energetic resonance travels through the body which encourages a rebalance within the user. The water turns shades of brown or orange as the toxins are supposedly released.

Fractional Laser for Skin Rejuvenation (CO2) (light)

CO2 fractional laser is a powerful laser skin resurfacing, used to improve the appearance of wrinkles, scars, and skin discolouration. The treatment involves using a laser to create tiny holes in the skin. It is thought that this allows the CO2 laser to penetrate deeper into the skin than other lasers.

It is thought that there are already treatments nowadays that can eliminate them, leaving your face pimple-free and flawless. One of these safe and effective procedures is the Fractional CO2 Laser. It involves the removal of the outer layers of the skin through laser which reveals the fresh and glowing skin underneath. Skin Care after CO2 Laser Treatment. After CO2 laser treatment, it is thought that it usually takes about 1 to 2 weeks for your skin to heal. The skin will be very sensitive during this time. Follow the guidelines below to help your skin heal and prevent infection. It was purported that the two most notable and well documented side effects of CO2 laser resurfacing are scarring and delayed onset hypopigmentation.

Freeway – CER (massage)

Freeway – CER differs from the other meridian techniques (TFT, TAT) because it uses only 8 meridian points. It incorporates several yawns, a new type of affirmation and takes approximately 1 minute per round. It can be used for tapping, rubbing, pressing and releasing, or it can be used internally and silently without any of these. It also incorporates a way of invoicing a completion statement at the end of each treatment. This treatment was developed by a British Couple Tom Bolton and Beverley Anderson in 1990. Contains elements of elements of meditation, nutrition, healing, energy exercises, sound healing protocols and breathing techniques. It is a treatment for the relief of painful and severe mental and physical disorders, illness and conditions. This technique can be used in conjunction to with Hypnotherapy, cognitive forms of therapy, counselling and healing.

Frotox - Cryotherapy Facial

(This does not require a licence)

Frotox is billed as an alternative to Botox, otherwise known as Cryotherapy Facial. This uses a closed end needle/tube filled with liquid Nitrogen. This is inserted into the same areas as Botox, and the 'Cryoneuromodulation' effect freezes the nerve for up to 3 months, thus eliminating wrinkles. No substance is actually injected. This can be done on the whole body, known as Whole-body cryotherapy.

Galvanism (electric)

A form of massage using a constant uninterrupted direct current, galvanic current penetrates through to the 3rd layer of skin, into the dermis. Moisturising gels or liquids are applied to a piece of lint, which is then placed under the pad of the negative electrode which is then held by the client. A piece of lint soaked in warm water is placed under the pad of the positive electrode which is then secured to the body with straps. The intensity of the current is set and the 2 rollers which have a gel applied to them are moved across the area to be treated. The products used will combine and a chemical change occurs.

Performs a deep cleansing of the skin. This is used to rejuvenates the skin and improve appearance. It is also beneficial to remove blackheads, clean pores and rejuvenates the eye contour area. This can also be used to remove or reduce eye bags.

Glucose Testing

(This does not require a licence)

High levels of glucose/sugar in the body could give rise to diabetes. A blood test is taken following 8-10 hours fast to determine the levels of glucose present in the body. Diabetics must monitor their own blood glucose levels on a daily basis, often several times a day, by means of the finger prick test. The result of these tests will determine the amount of insulin which may need to be injected or tablets taken.

Grinberg Method (massage)

The Grinberg Method incorporates the Feldenkrais method and acupressure techniques by means of touch, breath, movement, physical exercises, tools and techniques to increase one's ability to pay attention. To define what needs to be learned, the method combines each person's past experience with their present. The Grinberg method was developed in 1980 by an Israeli reflexologist Avi Grinberg, Grinberg worked as a nurse and paramedic and his experience of the plight of sick people and especially those suffering from chronic health problems inspired him to search out and develop various complementary and alternative therapies.

Gua Sha (massage)

This is a treatment that involves scraping a flat jade or rose quartz stone over the skin in upward strokes to relax stiff muscles and promote tissue drainage. The treatment is traditionally used in East Asian and Chinese medicine. Some might be familiar with the Gua Sha massage, which treats muscle pain and tight muscles by applying pressure with the Gua Sha tool. The results don't exactly look pretty, as you can end up with redness and bruising as you heal. However, the results are dramatic, and some have called it the best massage of their life. There's also the newer trend of the facial Gua Sha treatment, which uses a similar technique. And while it's been used for thousands of years, it became popular on Instagram in 2022 as an aesthetic treatment to improve the look and feel of your skin.

Gyratory Massage (massage)

Gyratory Massage is a deep invigorating massage via a handheld device which is applied to the body and thought to promote the breakdown of cellulite in the hips, legs or arms. The device is operated electrically but does not pass a current into the body. May improve blood circulation, lymph drainage and muscle relaxation.

Halotherapy & Speliotherapy (vapour)

These treatments are available in a number of forms, i.e., salt pipes and salt lamps for home use and salt caves/chambers where a number of patients can receive treatment at the same time. Inside the salt cave/chamber patients can experience the following conditions: humidity of 40-50%, temperature of 20-24°C and an aerosol concentration of 0, 5-15 mg/m³. The patients sit in relaxed positions on the comfortable deck chairs and take sessions of 30-40 minutes. The diffused light and calming music are adding to help the patient relax. It is recommended that a treatment is taken for 10 consecutive days and repeated 2-3 times a year. 4000 patients were first treated in Hungary over a 10-year period for breathing conditions, bronchitis, allergies etc. Patients found they were able to breathe easier and reduce their medication. A special treatment as light is used.

Hellerwork

(This does not require a licence)

In Hellerwork the entire musculo-skeletal structure of the body is considered and related to the individual's well-being. Clients are taught to use their bodies in ways that minimize effort and tension. This is paralleled psychologically as clients explore how their thoughts attitudes and feelings have an impact in and through their bodies. Practitioners believe that from the beginning of our lives we accumulate tension and over the years this can manifest itself in chronic tension in various parts of the body.

Henna Tattoos

(This does not require a licence)

Originating in India Henna Tattoos is a treatment which is now very popular in the UK. There are 2 types of henna widely used:

Pure henna - a mix of brown henna with essential oils and lemon juice, which is harmless to the skin. After the paste is applied and subsequently removed it leaves an orange stain which turns brown. The pattern will normally last approximately 1-3 weeks.

Black henna – henna mixed with a chemical called Para – Phenylene diamore (PPD) to form a black paste which when applied to the skin leaves a black stain lasting approximately 1 week. This mix can cause an allergic reaction on the skin and subsequent sensitisation to any product containing PPD.

Herbal Medicine

(This does not require a licence)

The use of herbs in medicines to maintain harmony and balance within the body has been practised for hundreds of years in different cultures but are usually associated with the Chinese community. Today 25% of prescriptions contain active ingredients of plants.

High Frequency (electric)

High frequency electricity (200,000 hertz) sometimes known as oscillating current, is applied to the client's skin via glass electrodes (saturators).

There are 2 types of treatment given:

Indirect or Viennese massage: The client holds the saturator in one hand and then the current flows through the surface of the skin. The practitioner will then carry out a physical massage on the client. This method claims to have a stimulating anti-congestive effect.

Direct: The skin is massaged by a glass plate at the end of the saturator, which is controlled by the therapist. The plate is usually in contact with the skin, which is treated with talcum powder in order to reduce friction between the plate and the skin. This method produces a small quantity of ozone in the vicinity of the glass plate, which has a germicidal effect. By moving the glass plate away from the skin, sparks can be produced which when directed at spots are claimed to be an effective treatment by drying them out.

High Intensity Focused Ultrasound (HIFU)

(This does not require a licence)

Non-Surgical face treatment benefits; effectively tighten, lift and contour problem areas on the aged face or body working deep with the skin. It is a non-invasive alternative to a face or body lift. Rejuvenates the collagen levels, tightens loose skin and greatly reduces wrinkles and the signs of aging. Last between 12-18 months from a single session. Other areas include the reducing of fat and aid prostate cancer. Can be followed with Botox for the face. HIFU uses a handpiece that produces ultrasound energy to target layers of the skin, causing them to heat up rapidly. One of the most important sided effects of HIFU treatment is cause by local heat delivered deep into the superficial musculoaponeurotic system, areas where the facial nerve branches lie superficially are at higher risk of nerve injury. There may be some swelling for a period of time after the procedure, in some cases up to two weeks after the procedure. Some can suffer a first-degree skin burn. HIFU goes a little deeper than that of micro-needling and is deemed as the layer a surgeon physically lifts in a facelift.

Holistic Massage (massage)

See Therapeutic Massage

Homeopathy

(This does not require a licence)

Homeopathy is gentle holistic system of healing. It focuses on the person as an individual, concentrating on treating the specific physical and emotional symptoms, to give long lasting benefits. Homeopathic remedies are a unique potentised energy medicine, drawn from the plant, mineral and animal worlds. They work by gently boosting the natural energy of the body; there is no danger of addiction or toxicity. The treatment is used to treat everything from acute fevers, sore throats and toothache to chronic illnesses such as arthritis, eczema, anxiety and insomnia.

Hopi Ear Candles (can be massage)

Only licensable if massage involved.

See Thermoauricular

Hot Air Massage (massage)

Air massage combines the powers of air, heat and massage. The working principle of air massage therapy is based on a massage action of strong heated air. There is no contact between a client and practitioner; warm air is directed onto the body. The air unit used is bulky and would normally sit under the treatment couch.

Huo Liao

(This does not require a licence)

For Huo Liao see Fire Therapy.

Hyaluronic Acid aka Cosmetic Fillers or Dermal Fillers

(This does not require a licence)

Hyaluronic Acid (Cosmetic Fillers/Dermal Fillers) involves an inert polysaccharide which is used for facial line and wrinkle correction. It binds with water to form a cosmetic filler material which can be injected

subcutaneously into the area under treatment. It may be combined with Botox to provide a non-surgical face-lift'. Manufactured under brand names Restylane, Perlane or Hylaform. The effects may last for approximately 3-6 months, some will last longer depending on the product used, between 6 – 18 months. The Botulinum Toxin and Cosmetic Fillers (Children) Act 2021 safeguards children from the potential health risks of Botox and cosmetic fillers. The Act makes it:

1. a criminal offence to administer botulinum toxin, or a filler, by way of injection, for a cosmetic purpose to a person under-18
2. an offence to make arrangements for, or book an appointment to provide, these treatments to any person under-18

A parent or guardian cannot give consent for a person under 18 to have the procedure.

Under the Act, the treatments can still be approved for use on persons under-18 by a registered medical practitioner (doctor). Doctors should, as per their usual practice, follow guidance and standards issued by their regulator, the General Medical Council, when considering the use of either products on under-18s.

Following the ban on procedures for cosmetic purposes on under 18s, in May 2022 amendments were made to the Health and Care Bill to introduce a national licensing regime for non-surgical cosmetic procedures such as Botox and fillers. This will ensure consistent standards that individuals administering non-surgical cosmetic procedures will have to meet as well as hygiene and safety standards for premises. The scope and details of regulations to be determined after a public consultation.

This amendment is in addition to ongoing work with the Medicines and Healthcare Products Regulatory Agency (MHRA) on the potential to bring certain devices, such as dermal fillers without a medical purpose, in scope of medical device regulations. The government are currently analysing responses from a public consultation in November 2021 and will publish a formal response in due course.

There is no legal requirement for a face to face consultation with a prescriber as this is not a prescription only medicine, however, considering the potential risks, Health Education England (HEE) and consequently JCCP have subjected dermal fillers to the same process as prescription medicines. As such face to face consultations are expected practice for all their registrants. This is because the management of dermal filler complications require timely access to prescription medicines.

Further advice and guidance on fillers is available on www.jccp.org.uk.

Hyaluron pen treatment

(This does not require a licence)

A treatment that pushes hyaluronic acid filler into the face under pressure—without a needle. The Hyaluron Pen (also known as hyaluronic acid pen) is a small handheld medical device. This “pen” was originally created for diabetic patients to offer a needle-free, pain-free way to deliver insulin into the subcutaneous tissue. The pen is available to buy online.

Hydrafacial/Hydra Dermabrasion

(This does not require a licence)

The Hydra Dermabrasion, also called Fusion Facial, Aqua Dermabrasion, Wet Microdermabrasion, Hydra Facial or Aqua Facial is the same process of exfoliation. The machine uses special serums that are pushed into the deeper layers of the skin while the exfoliation process is going on. The technician is able to choose specific serums that address Acne, Hyperpigmentation, and Anti-aging or hydration.

Hydrotherapy (bath)

Hydrotherapy uses water either internally or externally to maintain health and prevent disease. According to its mineral content, water taken internally can have laxative, diuretic, and phlegm producing or perspiration inducing effects. Used externally in a bath, water has the power to improve blood and lymph circulation, relax tension in the tissues, alleviate pain and calm the nervous system. There are different types of hydrotherapy, but one example is Balsam. Bath water is heated to 40°C and oxygen is introduced into it. Several sessions lasting up to 15 minutes each are recommended.

Hyperbaric Oxygen Chamber

(This does not require a licence)

This is used as a medical treatment for carbon monoxide, radiation, and cyanide poisoning. It is also used to treat scuba divers (suffering the benz), pilots (suffering hypoxia), firefighters, and miners (suffering inhalation of carbon monoxide as well as inhalation of fire). It's a medical treatment for body tissue that has been starved of oxygen (such as crush injuries). In a hospital setting, the oxygen is usually piped directly into the chamber and the patient inhales pure oxygen, whilst lying in a highly pressurised chamber. If used incorrectly, it can cause oxygen poisoning, lung damage, ruptured ear drums, or permanent damage to eyesight, therefore only a qualified medical practitioner to administer use of this equipment.

Hypnotherapy

(This does not require a licence)

A technique using hypnosis that reaches into the subconscious mind for solutions to problems which the conscious mind has been unable to deal with. The altered state occurring under hypnosis is akin to a state of deep meditation, where the recuperative abilities of the psyche are allowed to flow more freely.

Hypnosis is a 'waking state', the hypnotized person remains in full control of their behaviour and is usually able to recall the whole experience. Hypnotherapy has been used to treat addictions, relieve stress and help individuals develop a more positive attitude in general.

Indian Head Massage (massage)

Indian Head Massage is a form of massage used on the head, face, neck and shoulders, originating in India. The massage involves working on the acupressure points and energy centres (Chakras). The therapy is used to relieve stress, stiffness in the neck and shoulders, headaches and general tension.

Also known as Champissage.

Infrared (light)

Infrared lamps make use of radiant energy, which is absorbed by the tissues of the body, creating heat at the point of entry.

In beauty salons there are 2 types commonly used:

Non-luminous: Pure long wave radiation also called black heat. The lamp is a coil of wire embedded in a heat retaining clay core, which gives maximum reflection of rays. The lamp takes approximately 10 minutes to heat up. The glass of the lamps should be protected by mesh to prevent burns

Luminous: Short wave radiation. The lamp is a coil of tungsten wire in a specially designed glass-bowl. It is claimed that by producing a sedative effect on sensory nerve endings it can relieve pain, stiff muscles and joints.

It is claimed that by producing a sedative effect on sensory nerve endings it can relieve pain, stiff muscles and joints. It also purports to dilate blood vessels and increases lymph flow. Increases sweat thus aiding elimination of waste products.

Infrared Sauna (light/sauna)

Infrared saunas use infrared light to produce a gentle and deep penetrating heat to the body to induce a high volume of sweat. This is at a comfortable level of around 40-50°C which induces 2-3 times the sweat volume of a regular sauna. Also called Detox Box, the treatment uses naturally occurring Far Infrared rays that purport to safely and effectively detoxify the body of toxins and lifelong accumulated metals.

Far infrared is the most healing and beneficial part of the sun's energy. The treatment purports to alleviate cellulite, improve skin tone and induce weight loss.

Intra-Venous Nutritional Therapy (IVNT)

(This does not require a licence)

Intra-Venous Nutritional Therapy (IVNT) is where a number of vitamins and minerals are given by intravenous administration/injection, for example Vitamin B injections.

When used for a medical reason e.g., Vitamin B deficiency, it is a medicinal product which should be licensed and can only be administered by a medical practitioner or registered general nurse.

Inversion Therapy

(This does not require a licence)

Inversion Therapy involves the client being inverted or 'hung' upside down. This is usually achieved by using an inversion table. The client is strapped to the table, and it is rotated through 180 degrees. The weight of the body is supported by the feet, thus exerting less stress on the other joints. It is claimed that this therapy can improve back pain and realigns the skeleton.

Iridology

(This does not require a licence)

Developed in Hungary in the 19th Century, Iridology involves the examination of the Iris of the eye and the Pupil with an ophthalmoscope which may identify weaknesses in the body. A practitioner will recommend appropriate treatment for disorders that are identified during the examination. It is considered a valuable addition to orthodox medicine and is taught to many medical students.

Ken Eyerman Technique (massage)

The Ken Eyerman technique involves a variety of different massage techniques - Feldenkrais and Yoga. The focus lies on understanding the body and its structure.

Emphasis is placed on the connection between breath and movement, developing intuitive and observation skills, sensing the clients' blockages in body and mind and learning ways of releasing those blockages.

Kinesiology

(This does not require a licence)

Kinesiology involves the study of the mechanics of body movements. A non-invasive holistic energy therapy that combines some of the principles of Traditional Chinese Medicine (TCM) with modern muscle monitoring techniques to determine areas of stress and imbalance within this energy system. Generally, the Kinesiologist will position a limb so that one of the muscles is in a contracted position and will then apply gentle pressure, which the client is asked to match, to determine how responsive, the muscle is to the additional pressure. A treatment, which was devised in the 1960's by an American chiropractor. He developed a series of muscle tests based on the muscle/meridian connection. Instead of acupuncture needles he used touch. It works on the same concept as Acupuncture that disease results from blocked or unbalanced energy channels. Practitioners claim to evaluate the energy in the meridians and therefore in the organs.

Kirlian Photography (electric)

Kirlian photography is a photographic technique used to reveal visible 'auras' around the objects photographed. The patient places the hand on a machine with a flat surface made of glass or metal. The plate is charged with electricity as the photograph is being taken, so a slight tingling may occur. The practitioner will look at the photograph and analyse any problems that may exist. Referral may then be made to a therapist in a specialist field.

The principle is that the body has an energy field that can be photographed and that any irregularities in the energy field recorded by this technique denote potential health hazards. A Russian technician called Semyon Kirlian discovered the Kirlian effect in 1939 which was developed into Kirlian Photography.

Korean Hand Therapy (acupuncture)

Korean Hand Therapy is a treatment which is performed on the hands, based on the principle that different parts of the hands represent areas of the body. The little finger represents the foot, the ring finger represents the hand, and the palms relate to internal organs. Specific points on the hands are stimulated using miniature needles and various non-needle techniques such as electronic stimulation, press pellets/magnetic pellets and moxibustion. This is to stimulate or sedate the flow of energy to achieve a healthy balance. It is claimed that the balance in the body is restored in much the same way as Reflexology and Acupuncture work. Thought to help with the relief of asthma, allergies, diabetes, epilepsy, stroke symptoms, migraines and stress.

Lasers/Intense Pulse Light (IPL) (light)

Involves the use of Class 3b and 4 lasers to carry out a variety of cosmetic procedures including: hair removal; tattoo removal; spider/ thread vein and red spot treatment; vascular blemish treatments; port wine stain removal; photo rejuvenation treatments; skin resurfacing and blemish removal. This is not an

exhaustive list and new types of treatment are being developed all the time. Lasers use a single wavelength of light and hence are only used on one condition. IPL uses a broad spectrum that when used with filters, allows it to be used against several conditions.

Laser hair removal: This works by a short burst of light being directed into the hair follicle. This energy converts into heat which damages the follicle.

IPL / Laser Resurfacing: A hand-held, computer-controlled flashgun is used to deliver short pulsating beams of intense, visible, broad-spectrum light to remove skin layer by layer.

This is generally a cosmetic treatment, but some clients may be referred by a Doctor (E.g., for dense hair growth caused by a medical condition, severe skin blemishes etc.).

Main risk involved is skin burns, which is normally down to poor understanding of the process by the operator and treating dark skin with the wrong type of laser/IPL.

Laser Lipolysis (Laser Lipo) (light)

Laser lipolysis involves a cold laser procedure that uses low level, laser-based light to heat the fat layer of the skin and break down the fat molecules, which are then passed into the lymph system either by massage or, more usually, by exercise after treatment. The treatment also increases collagen growth, and causes existing collagen to contract, thus tightening the skin. Body pads incorporating the lights are strapped to the body where the fat is to be broken down. A typical session lasts 20 mins. Although the IPL used is classed as a 3B laser, it is very low level and normally in a range that has been used by physiotherapists for many years. There is usually no way of altering the fluence settings and so usually there is little risk of injury and hence treatment protocols and local rules do not need to be as detailed as for Laser/ IPL.

Trade names include Lumislim, vaser, laser lipo, strawberry laser.

Lumi Lift/Lumi Facials (electric/light)

Lumi Lift/Lumi Facials use a combination of micro-current and light energy to treat conditions in the epidermis, dermis, and muscular regions.

Lumi Lift – 2 electrodes from a machine called Solitone are attached to the face, a pulsating light is directed at the skin surface, the light purports to stimulate the fibroblast cell to produce more collagen, this smooth's and softens the appearance of wrinkles.

Lumi Facial – targets common skin problems such as acne, redness and uneven pigmentation. A wrap around facial panel is positioned in front of the face and the machine selects the specific light energy for the skin type and condition.

Marma Therapy (massage)

Marma Therapy is the art of massaging very special vital, the marmas, on the human body. This treatment, a component of Ayurvedic healing, has been practised in India for centuries but there are very few practitioners in the UK. In Indian traditional medicine, the marmas are 107 points or areas where the nerves and muscles meet and if these become clogged or unbalanced then emotional and physiological functions may become impaired. The marma points lie deeper in the body than the Acupuncture points. If these points are blocked, the nervous system cannot send clear messages to the brain.

This massage is carried out with the clothes on. Before treatment begins the therapist will take the various pulses and ask to see the tongue, which gives an indication as to the level of acidity. Muscle and nerve reflexes are also checked. The pressure from the massage is intense and may cause pain in less fleshy areas of the body. Therapists claim it gives relief to those suffering from Neuro-muscular disease, strokes, multiple sclerosis, asthma, arthritis and epilepsy.

Manicures (manicure)

Manicures are a cosmetic treatment involving the care and treatment of a person's hands and nails, and can include cutting, smoothing, filing, shaping, treatment/removal of the cuticle, and softening of the skin.

Painting the nail can be done with or without manicure.

Manual Lymphatic Drainage (massage)

Manual Lymphatic Drainage is a type of gentle massage using light repetitive and continuous hand movements; pressure and sequences to move the skin in the direction of the lymph flow.

Dr Emil Vodder in the 1930's created this range of gentle rhythmic pumping techniques to move the skin in this direction. This stimulates the lymphatic vessels which carry substances vital to the defence of the body and removes waste products. Therapists may wrap areas of the body in supporting bandages which will stay in place for a few days to encourage drainage. It is thought to promote the healing of fractures, strengthen the immune system and relieve fluid congestion etc.

Manu Miha Body-Tec (EMS type treatment) (electric)

It is a device / equipment used by a Trainer. By placing electrodes on the various parts of the body, using an i-body vest or strapping, if on the thighs or around the abdomen

It is electro myo stimulation – (EMS) – the muscles are stimulated by electrical pulses and reacts as a complete body training that address all muscle groups.

Meridian Therapies (massage)

For Meridian Therapies, see EFT , TAT & Freeway – CER.

Mesotherapy (can be electric and/or vapour)

(This type of treatment is a Special Treatment where electric pulses are used, if it is injections only with no electric pulses this treatment is not licensable. Facial steaming if combined with this is licensable)

Mesotherapy works on the principle of delivering ingredients into the mesoderm — the middle layer of the skin — using needles or electric pulses. Numerous injections of microscopic quantities of vitamins, homeopathic medications, plant extracts, amino acids, minerals are injected just under the skin's surface where cell repair and growth occurs. It purports to help improve dull, tired looking skin; dry, lifeless skin, superficial wrinkles and is ideal for pre- or post-operative skin conditioning. Contraindications: Known allergy to components in the proposed mesotherapy cocktail, pregnancy, breastfeeding, keloid scarring, active infection or malignancy. This treatment has also now done as a facial where the substances are placed into a pouch and combined with facial steaming.

Meta Aromatherapy (massage)

Meta-aromatherapy combines aromatherapy with other holistic therapies, bodywork and psychotherapy. It is a combination of olfactory stimulation through essential oils used during an aromatherapy massage, and also incorporates counselling and hypnotherapy techniques, depending on the client's specific needs.

Metamorphic Technique (massage)

Metamorphic Technique involves the practitioner using a gentle feather-like touch to massage specific points on the feet, hands and head. These points correspond to the prenatal time and works on the principle that there is a psychological map of the body (in the same way that reflexology works on a physical map of the body). Practitioners believe that the bodies' energy or life force can get stuck in patterns, every cell that develops holds memories as far back as the womb and a person can become stuck with emotions and beliefs from the past. These can be manifested in physical or mental illness or emotional patterns of behaviour. A metamorphosis within the individual brings about a movement out of old patterns of illness both physical and psychological and promotes growth within the individual.

Microblading aka semi-permanent makeup (tattooing)

See also Eyebrow Embroidery, Micropigmentation and Tattooing.

Microblading is a tattooing technique in which a small handheld tool made of several tiny needles, or a blade is used to add pigment to the skin. Microblading differs from standard eyebrow tattooing because each hair stroke is created by hand using a blade which creates fine slices in the skin, whereas eyebrow tattoos are done with a machine and single needle. Microblading is typically used on eyebrows to create, enhance or reshape their appearance in terms of both shape and colour. It deposits pigment into the upper region of the dermis, so it fades more rapidly than traditional tattooing techniques, which deposit pigment deeper. There is a risk that it will not fade and will be permanent.

Microcurrent Therapy/Non-Surgical Face Lifts (electric)

Microcurrent treatment consists of gentle electric stimulation of muscles and tissue by a machine that sends weak electrical currents into the skin. The strength of the current is so minute that in most cases, the patient won't even feel it. The theory is that when the electrical pulses are delivered, it stimulates the skin, tones the muscles and boosts collagen production to tighten skin. An electro-therapy treatment for long lasting pain control and accelerated healing. MCT emits negative charges which can painlessly penetrate the skin to surround the damaged cells and stimulate the body's natural healing process, reducing pain and swelling.

Microdermabrasion (can be light and/or massage)

(Special treatment only if laser or massage involved)

Microdermabrasion involves the use of a handheld spray device which sprays micro crystals onto the face which gently exfoliate the outermost layer of the skin. A course of treatments is needed before the effects can be noticed. The skin appears red immediately after the treatment which fades after a few hours. The treatment would usually be followed by a facial. It is thought to stimulate the production of new cells and collagen, over a period of time the appearance of fine wrinkles, spots and scars may be reduced.

Microdermal Anchors (cosmetic piercing)

Microdermal Anchors are single point piercings carried out with an ordinary piercing needle that places a little 'foot' with a post under the skin. Into the post can then be screwed a variety of accessories including balls, spikes, flat jewelled and picture discs. This form of piercing should only be undertaken by an experienced piercer as the placing of the anchor is a delicate procedure to ensure that it will sit level under the skin, the anchors are intended to be permanent as removal of them will cause scarring. There is a greater risk of tissue damage with this procedure.

Microneedling (can be electric)

(This does not require a licence unless combined with Radio Frequency)

Microneedling uses a medical microneedle that causes micro-injuries which in turn stimulates the healing response of the body. The microneedle device contains fine needles that work to eliminate scarring, marks and lesions on the face and body. Microneedling treatment penetrates micro areas of the skin and creates controlled wounds. The skin responds by filling the wounds with collagen and elastin, which are natural proteins that can effectively strengthen the skin and reduce the appearance of scarring. The needle length varies, and this variation has an impact on the benefits and risks of the treatment. Microneedling and mesotherapy are often combined.

Micropigmentation aka semi-permanent makeup (tattooing)

Micropigmentation is where minute particles of coloured pigments are placed into the upper dermis of the skin via disposable needles. The shadow of colour shows through the skin and is used as a semi-permanent make up. Common cosmetic applications are eyeliner, lip liner, eyebrows and beauty spots, however it can also be used for corrective and remedial procedures i.e., camouflage of scars, burns, cleft lip, vitiligo and alopecia. The effects last approximately 3 years. This treatment is the same as tattooing, regardless of whether it is or is not permanent. Not all practitioners use 'herbal' inks. There is a large variety of equipment used. There is no guarantee it will fade – in many cases it won't.

Moxibustion (can be acupuncture)

(Where Moxibustion is used with acupuncture it requires a licence)

Moxibustion is a form of heat therapy in which dried plant materials called 'moxa' or artemisia vulgaris are burned on or very near the surface of the skin. Moxa comes in many forms – loose, tightly packed into cigar shapes, cones for burning on acupuncture needles, smoking or smokeless. The moxa is placed either directly on the skin or held just above it, over specific acupuncture points. The herb is lit and as it smoulders slowly, a therapeutic heat permeates the skin. It is very useful technique if the patient has poor circulation or is generally a cold person. Moxa can be applied to the end of an acupuncture needle and the heat travels down the needle and into the acupuncture channel. Moxa can also be applied in a moxa box, the moxa is burned on a metal grid inside the box and the heat penetrates over a larger area, applied to the abdomen it is useful for women who have painful periods.

Myofascial Release (massage)

Myofascial Release is a form of gentle manipulative massage using a sustained gentle pressure to release muscular tightness and pain. The process is repeated multiple times on the same trigger point and on other trigger points until the practitioner feels the tension is fully released.

'Myo' means muscle and 'fascia' means band. Fascia, an embryological connective tissue, is a 3D continuous web of elastin and collagen fibers surrounded by a viscous fluid called the ground substance. Fascia, like muscle, has the ability to contract and relax and plays a major role in mobility and stability of joints.

Rolfing is a form of myofascial release that has developed separately.

N.A.E.T Nambudripad Allergy Elimination Technique (acupuncture)

A non-invasive holistic treatment to desensitise allergies. One allergen is treated at a time. The treatment uses a blend of energy balancing, testing and treatment procedures from acupuncture/acupressure, allopathy, chiropractic, nutritional, and kinesiological disciplines of medicine. Named after Dr Nambudripad who suffered from a number of allergies and found that a combination of Acupuncture/Acupressure, Kinesiology and Nutrition relieved her of her symptoms. They say that allergies are caused by an imbalance of energy within the body which leads to a diminished state of health in one or more organs of the body.

Nail Extensions (manicure)

Nail extensions are a cosmetic treatment to improve the appearance of the nails, it may also be beneficial to persons who bite their nails. The application of false plastic tips as an extension to the person's own nails or where a nail has broken, these are then overlaid with either acrylic powder mixed with liquid monomer or fiber gel or silkwrap. The nails are then buffed and filed either with hand files or by the use of electric drills. The overlaying of the client's own nails plus buffing and filing. After overlaying the nails can be left with a natural finish or a nail varnish may be applied with a pattern, which can be, hand painted or applied by an airbrush.

Nanoblading (tattooing)

Nanoblading is a semi-permanent cosmetic tattoo technique that uses a fine nano needle. The purpose of nanoblading differs depending on whether a makeup technician performs the treatment on your eyebrows or your lips. Nanoblading is also known as Nanoblading Hairstroke, nano needling, digital hair stroke, 9D eyebrow embroidery or simply nano brows. Using a tiny nanoneedle with a high-performance semi-permanent makeup tool, pigments are injected into the skin's outermost surface. The treatment is carried out to resemble natural hair in both length and diameter. One significant distinction between Nanoblading and cosmetic tattooing is that nano needles only penetrate the upper dermis rather than the entire skin surface and inject the pigment into that layer of the skin. The needles size is 0.18mm to be exact and cause the hair stroke created with them appears like natural hair growing from the skin. The artist is required to apply accurate pressure for this technique and generate perfect strokes via a high-performance needle device causing it to be less invasive than the microblading blades. Recovery is also of a lesser time.

Naturopathy (can be acupuncture)

(This does not require a licence unless acupuncture is used as well. Where acupuncture is also used, this does require a licence, unless the practitioner is covered by an exemption through being a member of an exempt organisation.)

Naturopathy is a complete system of natural healthcare that believes the body had the knowledge to heal itself. Symptoms are viewed as signs that the body is attempting to heal itself and the treatment addresses the underlying causes of illness, primarily unfavourable habits of lifestyle. It is based on the theory that disease can be successfully treated or prevented without the use of drugs by techniques such as control of diet, exercise, and massage. A Naturopath will ask questions about the person's condition, medical history, diet and lifestyle, etc. The consulting Naturopath may then use Iridology (looking into the iris), or tongue and nail diagnosis to get a better picture of their client's complete health state. A treatment plan is formulated that addresses all areas of the person's life. The plan may include advice on diet, lifestyle,

exercise, herbal medicine, homeopathic treatments, or other suitable remedies. The aim is to induce health by making the individual, more resilient and the immune system stronger. The first stage being to prevent the development of disease through a variety of natural health care methods. It can be used to treat a wide variety of illnesses and complaint, however, treatment is often dictated by the patient's willingness to change or participate.

Neuroskeletal Re-Alignment (massage)

For Neuroskeletal Re-alignment, the practitioner uses only their middle fingers to apply gentle and controlled pressure to specific nerve points for treatment of pain, limited movement associated with injury, misalignment and bad posture.

No Hands Massage (massage)

No hands massage is a form of oil-based massage that uses the strength of the practitioner's whole body to induce a state of relaxation in the recipient. The practitioner mainly uses their forearms to deliver the massage, but other parts of the body are also used, depending on the recipient's individual needs.

Developed by Gerry Pyves.

Norris Technique

(This does not require a licence)

Norris Technique is a technique that concentrates on aligning the feet, knees, pelvis, shoulders, and head to correct posture. There is no manipulation from anyone else; it is a 'do-it-yourself' treatment.

Patricia Norris a former classically trained dancer studied many methods of body alignment such as yoga, Pilates etc. before developing her own method. This technique is not simply an exercise programme, it is a pre-conditioning through which all physical activity becomes body – benefiting exercise.

Osteomyology (massage)

A form of spinal manipulation loosely based on chiropractic and osteopathy. Osteomyologists have usually been trained in osteopathy or chiropractic but refuse to be regulated for philosophical reasons or cannot join as they have not submitted the required papers to the governing bodies or achieved training standards necessary to satisfy the terms of the acts of parliament. Practitioners are encouraged to blend other treatments such as aromatherapy, reflexology etc. into their work. They are not registered by the HCPC or the GOC and are not exempt unless they are a member of another exempt body.

Osteopathy

In Osteopathy a mixture of massage, stretching and manipulation are used to re-establish the normal functioning of the body's activities/internal organs. Osteopaths are exempt under the London Local Authorities Act 2000 amendment (Sec. 27 (2) (b) (iv)). The Osteopaths Act 1993 set up the General Osteopathic Council and Osteopaths MUST be registered to use the title. If they are not a member, then they are NOT exempt and they should be reported to the GOC.

Oxygen Therapy (Oxygen Bars only) (vapour)

In Oxygen Therapy customers breathe in pure oxygen through small tubes hooked over the ears and under the nose for up to 20 minutes. Oxygen bars may be installed in gyms, night clubs etc. where customers sit at bar stools and inhale either pure oxygen or oxygen mixed with a variety of aromas.

Ozone Sauna (vapour/sauna)

An ozone sauna is where the client sits in a special steam cabinet that covers the body and limbs only. Ozone or 'activated oxygen' is introduced into the 'steam' mixture which is circulated around the body. The heat helps to open the pores, which allows the Ozone to enter the body. Also has a disinfectant effect on the skin.

Ozone Therapy

(This does not require a licence)

Ozone Therapy is a form of alternative medicine treatment that purports to increase the amount of oxygen in the body through the introduction of ozone. Ozone (O₃) has been used as a disinfectant since

the 1850s. Treatments vary in terms of either using the disinfectant qualities of Ozone, or as a way to increase Oxygen levels in the Blood. Oxygen is used on the 'theory' that bacteria and other microbes 'prefer an oxygen poor environment'. O₂ is therefore used to increase Oxygen levels.

Treatments are available in the following forms:

Ozone therapy: Blood is taken from the patient and is mixed with Ozone via a variety of methods. The treated blood is then returned to the patient.

Ozone is mixed with a gas or liquid: This is then injected into the body either intramuscularly, subcutaneously or direct into the bloodstream. These mixtures may also be introduced to the body as an enema or vaginal douche.

Oxygen therapy: Blood is taken from the patient and mixed with Oxygen before being returned to the patient.

Hydrogen Peroxide: This may also be injected directly into the blood stream or taken orally.

Pedicure (pedicure)

A pedicure treatment is the care of the toenails, feet and legs up to the knee. The practitioner will wash the feet, remove rough areas of skin, trim and shape toenails. They may cut back the cuticles and may apply nail varnish. A massage of the feet and lower leg is usually incorporated into the treatment.

A pedicure improves the appearance of the feet and if incorporated with a massage may increase the supply of blood to the legs and feet thus helping with circulatory disorders.

Physiotherapy

Exempt when carried out by a therapist who is a member of an exempt body.

Physiotherapists may undertake physical manipulation or massage of the injured body part, together with the recommendation for exercises for the client to undertake on their own. Friction massage, ultrasound, infrared and low-level laser treatments on the area may also be carried out. The laser used is a class 3B, but it is extremely low wattage and is generally agreed not to fall under the need for a licence, although it is technically a light treatment. The LLAA91 gives exemptions to 'any premises used by a person registered under the Professions Supplementary to Medicine Act 1960. This has been replaced by the Health Professions Order 2001, which set up the Health and Care Professions Council (HCPC), (formerly called the Health Professions Council HPC). Physiotherapist and Physical Therapist are listed by the HCPC, and members are therefore exempt. Physiotherapist and Physical Therapist are 'protected titles', meaning that you must be registered with the HCPC to use these titles. However, if the person is NOT a member, then they are NOT exempt (they should also be reported to the HCPC). The professional body for Physiotherapists is The Chartered Society of Physiotherapists (CSP). Physios do not have to be a member of this, but if they are they can call themselves Chartered. Many Physiotherapists also use Acupuncture for pain relief as part of their treatments. The CSP have also set up the Acupuncture Association of Chartered physiotherapists AACP. Chartered Physios who are members of the AACP have been specifically trained (with the BAC) in acupuncture for pain relief only. The AACP are an exempt body, but only for pain relief acupuncture. If a physiotherapist is doing full acupuncture, then they are NOT exempt. Dry needling is also used by some physiotherapists, but they have NO exemption for this.

Plasma Fibroblast/Plasma Pen (electric)

Plasma Fibroblast/Plasma Pen is a cosmetic treatment which offers an alternative to invasive surgical procedures. Treatment is delivered using an electronic handpiece, (the plasma pen). The device uses a small metal probe to ionize atmospheric gas, producing a tiny plasma flash between the device tip and the patient's skin. This superficial trauma causes the skin in its vicinity to tighten and lift.

Podiatry

For podiatry see Chiropody.

Polarity Therapy (massage)

Polarity Therapy involves practitioners rebalancing energy in the body through a combination of massage, meditation, exercise and diet.

Developed by Dr Randolph Stone who was an osteopath and chiropractor. A therapy based on the principle that illness is caused by imbalance or block in the bipolar energy field.

Pressotherapy

(This does not require a licence)

The client puts on a 'suit' and is connected to a machine. The machine pumps air into the suit via tubes thereby applying pressure to the limbs and trunk. In effect squeezing them. It supposedly detoxifies the body through lymphatic drainage. There are contra indications if clients suffer deep vein thrombosis, have infection in the areas to be treated, have recently had surgery, are pregnant or have other health conditions including heart disease, diabetes, or fever, renal or liver failure, fractures and electronic medical implants, or if the client has recently broken a bone or have osteoporosis or another bone condition. The advice of a doctor should be sought before getting pressotherapy if there are any such contraindications or concerns relating to the treatment for a particular client.

Qi Gong (massage)

Qi Gong is an oriental therapy which combines gentle massage with breathing techniques, meditation and visualisation to improve the circulation of Qi (life energy) in the body.

Qigong emphasises the need for harmony between Yin and Yang and the free flow of Qi in the meridians. An imbalance between a person's Qi and the Qi of the environment can also create disharmony. The simple techniques used in Qigong may help to improve the flow of Qi and therefore maintain or restore physical and mental health to optimum levels.

Radio Frequency (electric)

Radio Frequency treatment uses a machine that produces radio waves at the hand piece, which is rotated over the area to be treated. The radio waves meet resistance in the skin which heats the dermis (lower skin layer) to between 40-45° C without burning the surface. Some systems use one hand piece (Mono or uni-polar) where the electrical current flows through the body. Others use 2 hand pieces (Bi-Polar) where the current only flows between the electrodes. The localised heat causes contraction in the skin collagen resulting in 'immediate' tightening. It also stimulates new collagen growth and improves circulation. Trade names include Thermage, Accent and tripolar. Main risks - Overheating of the dermal layer can result in fat atrophy or excessive tightening. This causes a depression to appear in the skin. This has been attributed to operators using frequencies above the manufacturers guidelines and has mainly occurred with the Thermacool system.

Radionics

(This does not require a licence)

Radionics involves a view that the living body has a subtle energy field which sustains and vitalises it. If the field is weakened by stress or pollution etc. then eventually the physical body also becomes weak, leaving it susceptible to illness. The aim of radionics is to identify the weaknesses and to correct them. Radionics is a method of method of diagnosing and healing at a distance using a specially designed electrical Radionic instrument. According to radionics practitioners, a healthy person will have certain energy frequencies, while an unhealthy person will exhibit different energy frequencies.

Radionic devices diagnose and heal by applying appropriate frequencies to instill balance. Clients can send a snippet of hair or a blood spot (known as the patient's 'witness') The practitioner interrogates the 'witness' by asking questions and once the problem has been identified, enters a code into a black-box-like radionics instrument, followed by the relevant treatment instruction (restore, rejuvenate, for example). Treatment is by means of the projection of healing energy patterns.

Reflexology (massage)

In Reflexology pressure is applied to the part of the foot, which relates to the organ where a problem is thought to exist. Powders, creams or essential oils may also be used. This treatment often accompanies an Aromatherapy massage. Originates in the early 20th Century. Similar Chinese theory to Acupuncture and Acupressure where it is believed that disease/disorders stem from blockages in the meridians/zones. The body is divided into 10 zones, and these are identified on the soles of the feet. There is a corresponding reflex in the foot for every part of the body, so it is claimed that all disorders can be treated.

It is claimed that it can be used as a replacement to anesthetic during minor surgery. May improve the efficiency of the nervous system, the lymphatic system, kidneys, colon, and the skin. May help alleviate migraines, headaches, and stress-related conditions.

Reiki (can be massage)

(Where a massage is involved, this is licensable. Where no massage is involved, this does not require a licence)

Reiki is a healing technique based on the principle that the practitioner can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being. Developed in the early 1900's in Japan, the words rei and ki mean universal life energy. The practitioner holds their hands over parts of the clients fully clothed body for a few minutes and then moves to a different area imparting energy into the client's body restoring any imbalances present. The treatment is the placing of hands on the body rather than a massage, but some practitioners may give massage in conjunction with the treatment.

Remedial Massage (massage)

See Sports Massage.

Rolfing (can be massage)

Where no massage is involved, this does not require a licence.

Rolfing is a combination of deep tissue manipulation and improving body alignment. The treatment can be painful due to the intensity of the manipulation and is not suitable for people who bruise easily. Rolfing is very hands-on, but unlike most massage, it uses no oils, just skin and pressure against muscles and connective tissue. Named after its inventor Dr Ida Rolf from America. It is a form of myofascial release that has been developed By Dr Rolf. It is believed that chronic long-term tension eventually causes shortening of the network of fibrous connective tissue (fascia) covering and linking the muscles. The treatment is designed to lengthen and release the fascia, which in turn improves the blood flow. A combination of physical manipulation and postural release aims to loosen up the body and re-align it. The treatment can be painful due to the intensity of the manipulation it is not suitable for people who bruise easily. It may alleviate musculo-skeletal problems, back problems, relief from constipation, period pains, anxiety and stress and improve flexibility in joints.

Roll Shaper (massage)

Roll Shaper treatment involves the client sitting and leaning in different positions on a machine that is made up of rotating shaped wooden rollers that are mechanically moved. It claims to give a Lymphatic style massage.

Sauna (sauna)

A sauna involves a small room used as a hot-air bath for cleaning and refreshing the body. The heated air within the sauna is between 60 - 90°C and is dry heat, but ladling water onto the stones can produce humidity.

Scarification

(This does not require a licence)

Scarifying (also known as scarification modification) involves scratching, etching, burning/ branding, or superficially cutting designs, pictures, or words into the skin as a permanent body modification.

Scarification as a cultural activity is widely performed across Africa. In the process scars are formed by cutting or branding the skin by varying methods (sometimes using further sequential aggravating wound healing methods at timed intervals, like irritation), to purposely influence wound healing to scar more and not scar less. This treatment is also carried out by tattooists, piercers and other body modifiers using scalpels. In some cases, skin is removed rather than just an incision being made.

Scenar Therapy (electric)

Self Controlled Energo Neuro Adaptive Regulator (SCENAR) (pronounced Skenar) Therapy was invented by Russian scientists in the 70's. The area to be treated is shaved and the SCENAR machine is held against the body and emits short electromagnetic pulses or waves, which travel along the central nervous system to the brain. The pulses are very similar to the body's nerve signals so the brain reacts by producing neuropeptides and endorphins, which reduce the sensation of pain.

The electric impulses applied to the skin are purported to trigger the central nervous system into the powerful self healing process. It is thought to help conditions such as sciatica, migraines, digestive complaints muscular pain, spasm etc.

Schmaizing

(This does not require a licence)

Schmaizing (the Yiddish word for 'whipping away') is carried out in a communal bath environment which is heated to 60°C. The naked body is gently flayed with a 'Basuam' (made from treated raffia grass in a metre long bundle). The Basuam is dipped into a bucket of hot water, soap and lather are applied to the body by a fellow bather who then swings the Basuam high over the body several times to collect the heat which is then waved over any injured or bruised muscles. The Basuam is then vigorously rubbed over the body several times. This treatment is carried out purely by bathers on each other.

Sclerotherapy

Exempt from licensing as this must be carried out by a registered medical practitioner or a registered general nurse.

This treatment is used in hospitals for treating varicose veins and haemorrhoids. There are two types of Sclerotherapy: Foam Sclerotherapy for treating varicose veins and Microsclerotherapy for treating 'spider veins' also known as Red veins and Broken Veins. The treatment is similar but there are some differences. Foam Sclerotherapy treatment is reserved mostly for larger varicose veins. It involves injecting a harmless foam solution into the varicose vein, blocking off blood flow to the vein and collapsing it. This allows the vein to be naturally absorbed into the body, effectively removing it. Treatment usually lasts around 30 minutes but is usually dependent on the patient. No hospital stay is required, and recovery time is relatively short. Microsclerotherapy is used in the treatment of smaller spider veins, using a simple liquid saline solution rather than foam. There is no known specific cause for Thread Veins but there are associations. Some of these associations include a skin condition called Acne Rosacea, hormonal changes in women such as in pregnancy or the menopause, sun damage or too much sun exposure, trauma to various parts of the body, legs and face or any form of facial or leg surgery. Causes of varicose veins include- Genetic, hormonal – during pregnancy, adolescence, physical trauma- falls, cuts or surgical procedures.

Semi-permanent Makeup (tattooing)

See micropigmentation.

Shiatsu (massage)

Shiatsu is a non-invasive therapy originating from Japan. The word shiatsu is derived from two Japanese characters signifying 'finger' and 'pressure'. The treatment has been used for centuries in the Far East but has become popular in the UK since the 1970's. Shiatsu works with the body's energy flow, known as Ki or Qi (pronounced Chee). Like acupuncture, shiatsu claims to free blockages to the Ki flow and restore energy to areas where it is low. A series of movements will be carried out pressing with the fingers, thumbs, palms knees and feet on the 'pressure points' along the body that lie along the meridians. The therapist will also use techniques including stretching, holding and most commonly leaning their body weight into various points along key channels. Unlike massage it is not necessary to disrobe, the classic treatment is given fully clothed on a futon on the floor. Shiatsu massage may help relieve headaches, lower back pain, fatigue and more

Skin Peels

(This does not require a licence)

Skin peels involve the use of a serum, often made up of several medical compounds, that is applied to the surface of the skin. The intent is to intensively exfoliate the skin by removing the outer dead skin to unveil a fresh layer of new skin. Skin peels predominantly target the facial area but can be used on the body. Chemical peeling is a procedure wherein a chemical agent of a defined strength is applied to the skin, which causes a controlled destruction of the layers of the skin, and is followed by regeneration and remodeling, with improvement of texture and surface abnormality. Products such as an Alpha Hydroxy Peel which is made up of glycolic, lactic, malic, tartaric and citric acids are applied to the skin and then some hours later

the top layer of the skin is peeled away. This treatment may be repeated monthly to reduce pigmentation etc. Other products such as Glycolic peels, lactic acid peels, alkaline washes, pomegranate peels and herbal peels, fruit juice etc. are applied and then washed off within minutes, these are usually applied in a course of 10 at regular intervals to exfoliate the skin and improve the texture.

Spa (bath)

Dating back to ancient Greece and Rome where there were naturally occurring mineral spas. Spa baths can be found in hospitals, leisure centres, hotels and health clubs. In Spas water is heated to 30-40°C and released via jets into a bath. The spa is normally fitted with a pump which operates the jets for approximately 15 minutes, then rests for 5 minutes. The water is recirculated through a holding tank and sand filters automatically dosed with bromine/chlorine etc. to prevent the growth of legionella bacteria. The spa should be tested 3 times a day to ascertain the levels of bromine/chlorine and the pH level. The benefits of using a spa may be the stimulation of blood flow, relaxes the muscles, and eases pain. Trade name also used Jacuzzi or referred to as hot tubs.

Sports/Remedial Massage (massage)

Sports/remedial massage is a form of massage used to prevent injuries or promote recovery from stresses and strains during sport, but also purported to increase flexibility, strength etc. in non-active clients. It combines a classic Swedish massage with trigger points, compression and neuro muscular techniques to reduce soreness and encourage muscular alignment.

Spray Tanning

(This does not require a licence)

Spray tanning is a form of sunless tanning where a fine mist is sprayed onto the body. This mist has an ingredient in it called Dihydroxyacetone (DHA), this is a colourless sugar that interacts with dead skin cells causing a colour change to occur but without the damage caused by tanning from UV rays. The DHA mist can be applied in a specially designed booth that has several nozzles or jets that spray the entire body, or it can be administered with an airbrush or air gun by a practitioner within a well-ventilated shower type cubicle. DHA has been an active ingredient in tanning lotions for over 50 years. The treatment takes a matter of minutes and may last up to a week.

Steam Room/Bath (vapour)

A steam room/bath involves a cabinet or bath which is filled with steam and is a similar system to a sauna. Clients usually sit on benches within the cabinet for a maximum of 15 minutes. It is thought that the vapour opens the pores and cleanses the skin thus removing impurities.

Stone Therapy (massage)

Stone therapy is where warm basalt stones are applied to the body and combined with a massage. The stones are usually heated in a microwave oven or pressure cooker. The warm stones are applied to the body and combined with a massage. The warmth from the stones penetrates muscles and balances the nervous system. Crystals can be used to help balance the body's energy centres.

Sugaring

(This does not require a licence)

Sugaring is a form of hair removal that involves sugar, water and lemon juice being cooked together to form a caramel. The mixture is then rolled into balls which are pressed into the skin and pulled off quickly which removes the hair. Originates in the Middle East and is purely a cosmetic treatment used to remove hair.

Super Hair Removal (SHR) (light)

SHR stands for SUPER HAIR REMOVAL. With this technology it does not require as high an energy level as with IPL systems, but rather the skin is heated gently through the melanin and the stem cells with a lower energy of 48 degrees but with a higher frequency of rapid pulsating light. This procedure is referred to as the "in- Motion" methodology, because the hand piece is moved quickly over the treated area in

sliding movements. This method achieves clinically effective and practically painless results. With this method, even lighter and finer hair can be treated and removed permanently in a more effective way. A special feature of the SHR-Technology: Sun-tanned skin can also be treated and all skin types from I to V. Treatment with SHR technology is fast, very effective and almost painless.

Tapas Acupressure Technique (TAT) (massage)

Tapas Acupressure Technique uses acupressure on the body's meridians in conjunction with specific statements. No needles are used. The fingers of one hand are placed on or over certain acupressure points, while the other hand gently holds the back of the head. While the client is holding this posture, he/she is guided to put their attention on a series of statements related to the problem. Developed in America by acupuncturist Tapas Fleming, a simple, technique that purports to resolve emotional issues. The TAT pose purports to open up the internal channels of communication by unblocking energy so that the brain can process all the aspects of the traumatic event and integrate any positive learnings that need to be taken from it, this creates a feeling of calm where turmoil existed previously and a sense of wholeness and balance returns.

Tattoo Removal Using a Laser (light)

Laser tattoo removal involves the laser emitting a pulse of light that is preferentially absorbed into certain colours of ink. The light enters the skin at a speed that is too fast to heat the tissues and instead produces a 'shock wave' effect which breaks up the ink particles into smaller pieces. The body recognises these particles as something that shouldn't be there and attacks them. The particles are then removed naturally via the body's own elimination system.

Tattoo Removal Using Chemicals or Saline (This does not require a licence)

Tattoo removal using E-raze Rejuvi system: A removal formula (a powder mixed with water consisting of alkaline earth metal oxides such as Calcium Oxide, Zinc Oxide, Magnesium Oxide) is tattooed into the skin using a tattoo or permanent make-up machine. Any excess paste is wiped off after 1 – 2 minutes, a further thin layer of paste is applied over the treated area and left to penetrate the tattoo. The area is covered with a sterile dressing and left on for 48 hours. A yellow crust will form as the pigment is drawn to the surface and gradually peels off within 10 – 20 days, taking some or all of the pigment with it, leaving redness on the skin which may remain for several weeks. A number of treatments are normally required to completely remove a tattoo.

Tattoo removal using saline solution: Usually a tattoo machine is used for saline tattoo removal, although some cosmetic artists may use microblading pens. Tattoo ink has remained in liquid form after being deposited into the skin, and saline tattoo removal uses an osmosis effect to draw it out. Through osmosis, saline removal persuades the cells to release the ink or pigment. Osmosis relies on the principle of equalization. When there is a semipermeable membrane that has a more highly concentrated solution on one side, water tends to move across the membrane toward that concentrated solution in an attempt to create equal conditions on each side. When saline is injected into the skin, water is pulled up from the cells of the dermis, and some of the pigment comes along for the ride. A scab forms on the open wound created by the saline injection, and the pigment becomes part of the scab. New cell growth begins below, and the scab eventually falls off. Saline solution can be used to lighten or fully remove tattoos, although it is not the most efficient method of removal.

Tattooing (tattooing)

Tattooing is where a pattern is chosen by the client, a transfer of the pattern is applied to the skin and then disposed of. The area to be tattooed is then shaved and then needles containing coloured pigment are inserted into the dermis of the skin leaving behind the colour. The needles are single use disposable; the tattoo is a permanent scarring of the skin and can only be removed by specialist laser treatment.

Teeth Whitening

This can only be performed by registered dentists, dental therapists, dental hygienists and clinical dental technicians, working to the prescription of a dentist. Others carrying out such treatments will be reported to General Dental Council.

Temptooing (tattooing)

A Temptoo is a type of tattoo using ink which is supposed to rise to the top of the skin and vanish after 3-5 years because the needles do not breach the epidermis.

This is a controversial type of tattoo as it is sold as temporary tattoos, but evidence suggests they are permanent.

Thai Massage (massage)

Thai massage is a combination of rhythmic acupressure, body rocking and deep assisted stretches. It is essentially a form of assisted yoga performed by the giver, with the receiver completely passive throughout. The recipient remains clothed. Rather than rubbing on muscles, the body is compressed, pulled, stretched and rocked. This may include pulling fingers, toes, ears, cracking knuckles, walking on the recipient's back, and moving the recipient's body into many different positions. Traditional Thai medicine is based on the concept of an energy system comprising 72,000 'sen' lines through which energy is transformed and distributed in the human body. Thai massage works to stimulate, open and balance the flow of energy through the sen lines to assist the body in its natural tendency towards self-healing.

Thalassotherapy (bath)

Thalassotherapy is the therapeutic use of seawater and marine products like algae, seaweed, and marine mud. There are different forms of thalassotherapy: seaweed wrap; repeated immersion in warm seawater, marine mud, and protein-rich algae; use of a thalassotherapy pool in which you wade against a gentle current of seawater; jet pools; showers of warmed seawater, application of marine mud or algae paste, and sea fog inhalation. Derived from the Greek word 'Thalasso' meaning Sea, it is believed that seawater has healing properties because it is rich in minerals and vitamins. It is thought to be beneficial for circulatory disorders and skin problems.

Therapeutic & Holistic Massage (massage)

Therapeutic & Holistic Massage is a firm massage which has a set routine of techniques that vary from deep pressure to stimulate the body's systems, to a slower more superficial movement to assist relaxation.

There are 4 basic movements used:

Effleurage: Relaxes and stretches the superficial muscles of the body

Petrissage: Kneading and squeezing of superficial and deeper muscles and soft tissue

Friction: Breaks down adhesions between tissues and relaxes muscle fibres

Tapotement: A variety of percussive strokes to stimulate skin and muscles to increase blood flow.

Thermavein (electric)

Thermavein treatment uses a very fine disposable needle attached to a machine that delivers a 0.2 second pulse of 'very high frequency' current (microwave energy). The needle is placed into the skin, but above the vein, then the current is applied. The heat energy created locally seals the vein. The process is repeated along the length of the vein. It is used to treat thread veins, spider veins, spider naevi, red spot and rosacea. It is designed for use on facial veins in particular, including intra-nasal veins. Main risks – cross contamination and poor hygiene.

Thermo Auricular Hopi Ear Candles (can be massage)

(Thermo Auricular Hopi Ear Candles does not require a licence if no massage is involved)

Thermo Auricular Hopi Ear Candles is also called ear candling or ear coning. It is a technique that involves placing a hollow, cone-shaped tube (or 'candle') made of cotton flax, soaked in beeswax, honey and herbs about a quarter inch deep into the ear canal. The tube/candle is then ignited. As it burns it produces a gentle heat, the warm air combined with the oil and herbs softens the ear wax and draws it into the base of the candle. When the other ear has been treated a complete facial massage is often carried out paying

particular attention to the sinus area. It is thought to benefit those suffering from sinusitis, rhinitis, earache, tinnitus, migraine and headaches.

Thought Field Therapy (TFT)

(This does not require a licence)

A Thought Field Therapy/TFT practitioner diagnoses which of the body's energy meridians are out of balance. Once diagnosed, the client taps on a precise sequence of meridian points (derived from acupuncture) on their body in a specific order, to eliminate emotional upset. Developed by psychologist Dr Roger Callaghan, it is a similar treatment to EFT and BSFF but rather than learning one tapping routine for all problems TFT involves up to 15 tapping routines called algorithms each related to a specific problem.

Threading

(This does not require a licence)

Threading is a method of hair removal in which unwanted hairs are plucked out using a twisted cotton thread. Pieces of cotton are wrapped tightly around the fingers and then twisted or rolled over the skin. The hair is caught up and pulled out. This is a method of hair removal which is popular in the Mediterranean and amongst the Asian communities. Some of the hairs may break off at the skin's surface. This is purely a cosmetic treatment used to remove hair.

Thread Lift

(This does not require a licence)

KT Training - The PDO (Polydioxanone) thread lift courses are for clinicians who have completed the advanced dermal filler and botox training courses. It is also recommended that you have experience using cannula before attending stage 1 of the PDO Thread Lift Training. The PDO thread course is in 2 stages Stage one will teach you how to lift the lower and mid face. This is recommended for clinicians who are new to thread lifting. Stage two will teach lifting the neck and upper face. Stage 2 is more advanced and for practitioners who have completed Stage 1 with us or have experience with providing the thread treatments. Each stage is a one day course. The PDO thread can be inserted into the sub-dermal tissue for temporary support of the face and body. The threads create a lifting effect that will reduce lines and enhance the shape. It is a less invasive treatment than surgical methods used to lift the face. Needles used are the Mono, cog, double needle and barbed threads used. The PDO mono sutures are slowly reabsorbed over time with complete absorption after 200 days. Results are seen immediately after, plus improvement over the following 3 to 4 months, depending upon the health of the skin. Providing a touch-up after 9 months can increase the longevity of the correction. The PDO cog and barb treatment can last 2-3 years. **This does not require a licence, however, recommendation that only experienced cosmetic practitioners can carry out the treatment; nurses, doctors, dentists and surgeons.**

Tongue Splitting

(This does not require a licence but must only be performed by a doctor)

Tongue Splitting is a body modification that involves forking the end of the tongue. The tongue is divided from the tip towards the back of the tongue for about 1-2 inches. This surgical procedure should only be performed by a doctor. After the procedure, each side of the split should be sutured to prevent it healing back together again. The procedure will result in slurring and lisps and the tongue must be retrained to perform tasks such as eating and drinking successfully. The tongue is 'cut' rather than pierced so is not classed as a special treatment.

Toning Beds

(This does not require a licence)

Toning beds work by isolating certain muscles, which is similar to the techniques used in exercise programs such as Pilates or yoga. Toning beds are motorized, but some effort is required by the user. Each bed is designed to exercise a different part of the body, parts of the bed move up and down or side to side automatically whilst the client relaxes and listens to music etc. A specified number of minutes are spent on each bed and the client moves through a series of beds which purport to tone up the different muscle groups. The beds are not so popular now as they take up a lot of room and more modern methods of massage/toning are now available such as G5 and Endermologie etc.

Trichology (can be massage)

(Trichology does not require a licence if no massage is involved)

Trichology is the study of the hair (and scalp) and all problems related to them, such as baldness, hair breakage, itchy/flaking scalp and alopecia. During consultation the client's health, lifestyle, family history, diet will be considered. It is believed that stress plays a part in hair loss and scalp problems etc. advice will be given on lifestyle changes as well as shampoos and other creams which may improve texture etc. Referrals may be made for hair restoration via grafting and transplanting.

Tui – Na (massage)

Tui Na (pronounced 'tweenah') is a form of deep tissue Chinese massage. 'Tui' meaning to push and 'na' to 'grasp'. It is often used alongside acupuncture and herbal prescription. This massage is usually performed through clothing but sometimes herbs and other applications are used on the skin. The massage is usually done using gentle to quite firm pressure using palms, thumbs, fingers, and elbows, added to this are various stretches. It can be more vigorous than other forms of massage.

It is thought to help with joint problems, irritable bowel syndrome, stress-related asthma and insomnia. It has been used to treat hyperactive children.

Ultrasonic (electric)

Ultrasonic involves a machine that emits a series of non-abrasive ultra-sonic vibrations onto the surface of the face, which causes the epidermis to peel. It is used for removing dead cells, blackheads, etc. and also to stimulate circulation. It can be used in conjunction with microcurrent or on its own mostly in facial treatments.

Ultrasound Therapy

(This does not require a licence)

Ultrasound therapy is the use of sound waves above the range of human hearing to treat musculoskeletal problems, especially inflammation (tendinitis, bursitis). The treatment head of an ultrasound machine is moved over the surface of the skin. A special ultrasound gel is placed on the skin to ensure maximal contact between the treatment head and the surface of the skin and to provide a medium through which the sound waves can travel. Often combined with sports massage.

It is also purported to break down fatty deposits and fat cells which are then eliminated naturally from the body.

Ultraviolet (UV) Tanning (light)

UV Tanning equipment consists of a number of ultraviolet light tubes packed closely together, usually contained in a booth and can be vertical or horizontal. The client lies on the bed of tubes or stands upright in a booth. The tubes are available in different strengths and the client will be exposed from 3 minutes to 10 minutes depending on their skin type and the strength of the light. The equipment can be operated by a token which regulates the time of exposure or may be operated manually by the staff/via a computer.

This treatment is purely cosmetic, a tan enhancer is sometimes applied to the body prior to use of the equipment which is thought to speed up the process. Clients would usually have a course of treatments over a period of weeks. There are known cancer risks with exposure to UV.

Vacuum Suction

(This does not require a licence)

Vacuum Suction facial is the mechanical method of lymphatic drainage, removing waste products and toxins from the skin, and effectively deep cleansing the skin.

It is thought to be used to stimulate the lymphatic system and aids: removal of waste products, draining lymph from the tissues. improves the colour and appearance of the skin. Vacuum suction treatment is very gentle but effective, and very relaxing. Vacuum therapy is a non-invasive treatment to combat severe cellulite. It is carried out using suction devices that drain the adipose tissue and move the fat towards the lymphatic system. Vacuum therapy also helps to eliminate fat, it has an exfoliating effect, provides elasticity to the skin, and relaxes the muscles. It is thought that the effects are decreasing muscle tension. increasing

lymphatic flow to remove toxins and water retention. exfoliating the skin, thereby making it smoother and more toned in appearance. stimulating the middle layers of skin for increased toning effects.

Venik

(This does not require a licence)

Part of the Russian bath – Venik bundles (fragrant bundles of leafy silver birch or oak tree twigs) are struck against the body, invigorating the skin and improving blood circulation. It claims to help with muscle and joint pain and respiration. The essential oils released by the Venik are said to improve metabolism and prevent premature aging of the skin.

Vitamin B injections

(This does not require a licence)

For Vitamin B injections see Intra-Venous Nutritional Therapy (IVNT).

Waxing

(This does not require a licence)

Waxing is the process of hair removal from the root by using a covering of a sticky substance, such as wax, to adhere to body hair, and then removing this covering and pulling out the hair from the follicle.

New hair will not grow back in the previously waxed area for four to six weeks, although some people will start to see regrowth in only a week due to some of their hair being on a different human hair growth cycle. Almost any area of the body can be waxed, including eyebrows, face, pubic hair (called bikini waxing or intimate waxing), legs, arms, back, abdomen, chest, knuckles, and feet. There are many types of waxing suitable for removing unwanted hair.

Types of waxing –

Strip waxing (soft wax) is accomplished by spreading a wax thinly over the skin. A cloth or paper strip is applied and pressed firmly, adhering the strip to the wax and the wax to the skin. The strip is then quickly ripped against the direction of hair growth, as parallel as possible to the skin to avoid trauma to the skin. This removes the wax along with the hair.

Stripless wax (as opposed to strip wax) comprises both hard wax and film wax.[2] Hard wax is applied somewhat thickly and with no cloth or paper strips. Film wax similarly so but is spread in a thin film. The wax then hardens when it cools, thus allowing the easy removal by a therapist without the aid of cloths or strips. This waxing method is very beneficial to people who have sensitive skin.

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