

Introduction

In the ever-changing world of beauty therapy, you may be faced with many new words and phrases that are both technical and sometimes difficult to pronounce. These words need to be learned as they are part of the essential knowledge required to reinforce the practical skills in beauty, holistic or spa therapy. As well as being able to pronounce the words correctly in order to sound professional and authoritative, it is also important to be able to spell them correctly for written assessment.

This dictionary provides a comprehensive list of all the terms used in beauty therapy and for all awarding bodies. Although it is intended primarily for students of beauty therapy, it will also be useful for anyone embarking on a course in holistic therapy, spa therapy, reflexology, body massage, aromatherapy, Indian head massage, nail treatments or makeup.

Each entry contains a simple definition and, in some cases, a more detailed explanation or description. This will help you to understand the technical information and to check difficult spellings, while also providing a quick source of reference and a valuable resource for revision.

A feature of the dictionary is that it has been written in clear and concise English without the use of unnecessary technical jargon. It also has a pronunciation guide for each word, making the more difficult words easier to say. Words within an entry that are highlighted in bold italic type are also defined in the dictionary.

The dictionary defines many terms in anatomy and physiology, health and safety practice, all the practical skills for beauty, spa and holistic therapies from level 1 to level 3, the business terminology and the professional vocabulary used by all awarding bodies.

The appendix contains full colour diagrams and charts to provide easy access to some of the essential anatomy and physiology information relating to each skill area.