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# Contraindications



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# Establishing contra-indications

It is important to establish any contra-indications prior to carrying out a facial massage treatment which will prevent the treatment being carried out and may require medical advice.

- All skin therapists offering facial treatments should be aware of the most common type of skin disorders and diseases which they may come across, and be able to make a decision as to whether the treatment is contra-indicated or not and therefore may or may not be carried out.
- You must always inspect the area to be treated and check that there is no infection or disease present, which could contra-indicate the treatment.

# Diseases and disorders

- An infectious disease can be passed on from one person to the other by air droplets, for example coughing and sneezing.
- Contagious diseases are passed on through direct or indirect contact, for example touching the infected area or using materials.
- Not all disorders are contra-indicated, and it is therefore vital that that the therapist is familiar with the diseases and disorders that they may come into contact with in the workplace.

# Contraindications preventing treatment

If the client has any of the following conditions, the facial massage treatment should **not** be carried out.

- Swelling
- Undiagnosed lumps and bumps
- Skin disorders such as recent haemorrhaging and bruising
- Recent scar tissue
- Diabetes
- Loss of skin sensation
- Fractures or sprains
- Defective circulation



# Contra-indications that restrict (adapt) treatment

Contra-indications **restrict** the treatment, for example the treatment may have to be adapted for the client, eg if the client had a small localised bruise, the area would need to be avoided.

- Cuts and abrasions
- Heat rash
- Sunburn
- Warts
- Hairy moles
- Bruises



# Definitions

- **Disease:** An infectious transferable, pathogenic condition.
- **Disorder:** A non-infectious, non-pathogenic condition of the skin, hair and scalp, involving formation, for example skin tags, coloration (eg strawberry marks) and hereditary conditions such as psoriasis.
- **Allergen:** A substance which causes an allergic reaction on hypersensitive skins to which most people do not react. They are usually proteins which are ingested or chemicals which come into contact with the skin's surface.
- **Parasite:** A living plant or animal that survives by feeding off its host, such as a plant, animal, or human.
- **Infestation:** An invasion of small animal parasites which live in the folds of the skin or any of the hairy areas of the body.

## More definitions

- **Naevus:** Abnormal skin pigmentation eg a birthmark.
- **Sterilisation:** Destruction of bacteria and their cause.
- **Sanitise:** To make clean.
- **Bacteria:** These are found almost everywhere, minute unicellular micro-organisms. Two general types: non-pathogenic and pathogenic.
- **Virus:** Smaller micro-organism than bacteria. They cause diseases such as the common cold, measles, chicken pox and herpes simplex. They can only live and reproduce within living cells.
- **Fungi:** These include moulds, yeasts and mushrooms. They are simple vegetable life eg ringworm.

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# Bacterial infections



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# Bacterial infections

- These are minute single-celled organisms of varied shapes. Large numbers of harmless bacteria inhabit the skin's surface. These are non-pathogenic, and play a major role in keeping the skin healthy. Others include pathogenic which can cause skin diseases.
- Bacteria can enter the body in several ways:
  - Touching an infected person
  - Unsterilised equipment, therapist working unhygienically.
  - Objects that have become contaminated by the handling of them by the infected person.
- The therapist must not carry out any massage treatments on anyone that has any visible signs of infection.
- Usually it presents itself as being pus-forming (staphylococci is the most common pus-forming bacteria), which is usually present in abscesses, boils and pustules.

## Examples of bacterial infections

An example of a bacteria infection is:

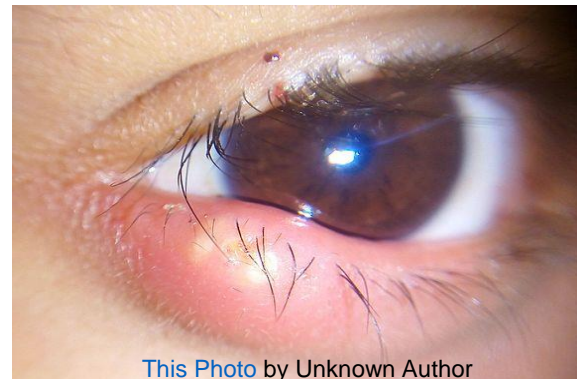
- **Impetigo:** This is an infectious disorder that affects the epidermis. It is most commonly found on the face where pus filled blisters form. When they burst the infection spreads and yellow crusts are formed. It requires medical treatment.



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## Examples of bacterial infections

- **Conjunctivitis:** This is the inflammation of the lining of the eyelid, and the mucous membrane that covers the eye. The eye becomes red, itchy and exudes pus. **This is infectious and contagious**
- **Styes:** Again affects the eye, small adhesions on the lash line in which pus is filled therefore resulting in an infected hair follicle. **This is infectious**



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# Viral Infections



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# Viral infections

These are minute in size and cannot be seen by the human eye. They are considered to be parasites as they require living tissue in order to live. These parasites invade the healthy body and multiply within the cell which then breaks down and new viral parasites then attack other cells, therefore resulting in an infection that spreads.

**An example of a viral infection is:**

- **Herpes simplex (cold sore):** Small blisters that burst forming a crust, usually occurring around the mouth area.
- **Warts:** Common warts appear on the hands and face as a result of abnormal reproduction of the cells in the germinative layer of the epidermis. Warts are infectious and should be referred to a doctor.



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# Fungal Infections



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# Fungal infections

- These are microscopic plants. They are parasites and like the viral infection require a host in order to survive. Fungal diseases that are on the skin's surface feed off the waste products that the skin produces.
- Some fungi can be found just on the skin's surface whilst others attack the deeper tissues. The fungi reproduce by means of simple cell division or the production of spores.

# Fungal infections

Examples of fungal infections are:

- **Ringworm or Tinea corporis:** This is when ringworm affects the whole body. Red pimples appear and spread at the edges, leaving a red ring with a normal colour in the middle. Pustules and scales usually develop over the rings.
- This fungal disease is highly infectious and must not be treated by the therapist, and the client should be encouraged to seek medical advice.



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# Parasitic Infections



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# Animal parasite infestations

## Scabies

- These are disorders involving the invasion of the skin by tiny animal parasites which live off human blood.
- They are highly contagious and secondary infection often occurs as a result of breaking the skin through scratching. Tiny mites burrow through the outside layer of the epidermis and lay eggs under the skin's surface.
- It is most commonly situated between the fingers, inside of the wrist, palms of hands and soles of feet.
- Characteristic greyish ridges which track the route of the burrows in the skin, accompanied with itchy pimples that appear as an allergic reaction - rash and swelling occurs to the mite, eggs and larvae.



# Animal parasite infestations

## Pediculosis Corporis

- This condition occurs when small parasites feed and live on the body's skin. It is very infectious.
- The lice cling to the hair of the body; eggs are laid, attached to the hair close to the skin. The lice bite the skin and suck out the blood to feed on, this therefore causes irritation and itching of the skin, which could lead to secondary bacterial infection.
- In the areas that the lice bite the skin, tiny red marks can be observed.



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# Skin Disorders



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# Skin disorders

## Psoriasis

- The cause of this condition is unknown, although it can be inherited and is aggravated by stress.
- Patches of red, flaky skin, covered in silvery waxy scales, which tend to bleed if scratched, it is usually situated on the elbows, knees, scalp and lower back.
- This condition is not infectious and treatment can go ahead but with restrictions, if the condition is severe or open, cracked as in some instances a secondary infection can occur if the skin becomes broken and dirt enters into the skin. It is therefore wise to encourage the client to seek medical advice



## Skin disorders continued

### Eczema

- This condition tends to be stress-related or the result of an allergy, for example nail polish, metals, drugs or clothing.
- The appearance of this skin condition is a red, swollen area and the skin tends to be cracked and in some instances weeping may occur from the blisters that can be present, which then later form hardened scabs.
- If the condition is severe or has open sores, medical referral is needed and treatment must be contra-indicated. If the condition is mild, treatment can go ahead but avoid the affected areas.



## Skin disorders continued

### Erythema:

- This is an area of the skin in which the blood vessels have dilated due to either injury or inflammation. It is not infectious; the area appears red and it may affect one area locally or generally all over the skin.
- The cause of the condition needs to be identified, as it may be an allergic reaction. If the cause is unknown the client should be referred to the doctor.



## Skin disorders continued

### Dermatitis

- This is an inflammatory skin disorder in which the skin becomes itchy, swollen and red.

There are two types of dermatitis: primary and allergic.

- **Primary:** This is when the skin is irritated by an action of a substance on the skin that results in the skin becoming inflamed.
- **Allergic:** This is caused by an intolerance of the skin to a particular substance, which results in the skin becoming red, swollen and sometimes blisters may occur. If the skin reacts to an irritant outside the body the reaction is localised. If the irritant gains entry to the body it can be transported by the bloodstream and may cause a general skin reaction.



# Allergies

## History of allergic reaction to massage products or other known allergies

- Client has already experienced an allergic reaction to facial products.
- Client is allergic to other things, eg nickel, certain fruits, certain adhesives.

## Medical advice or instructions

- Advice given by a doctor or other medical professional.
- Advice enclosed in the packaging of medicines.
- You must make sure that the client is not allergic to any of the massage products used and that no medical advice has been given that would suggest that a massage treatment should not be carried out.
- One of the best ways of finding out about these things is to ask direct questions such as:
- 'What may happen if a therapist went ahead with a facial treatment knowing that the client was contra-indicated to the products used?'

# Pigmentation disorders

- Pigmentation of the skin tends to vary according to the person's genetic characteristics. Generally the darker the skin, the more pigmentation is present. Abnormal changes in the skin can cause the pigmentation to occur.
- Hypo-pigmentation is loss of pigmentation in the skin
- Hyper-pigmentation is increased pigment production

## Vascular naevi

- This is a skin condition in which small or large areas of skin pigmentation are caused by the permanent dilation of blood capillaries.



## Spider naevi (stellate haemangiomas)

- Dilated blood vessels forming a star shape or spider pattern. These can occur on the cheek area, upper body, the arms and neck. Usually caused by an injury to the skin and can be treated by diathermy.



## Pigmentation disorders continued

### Port wine stains

- Dilated capillaries appear in large areas, the naevus is flat and smooth. Usually found on the face and neck area. Camouflage creams are usually effective to disguise these.



### Strawberry marks (naevi vasculosis)

- Red or purplish raised marks, which appear from birth, can be of any size and located anywhere on the skin. Concealing preparations may be used to cover the condition.



## Pigmentation disorders continued

### Chloasma (liver spots)

- Non-infectious condition. Increased skin pigmentation in specific areas of the body, the most common sites being upper chest, forearms, backs of hands, temples and the forehead. Their appearance is usually flat, smooth, with an irregular shape. They tend to be from a light tan colour to a dark brown. Usually occurs during pregnancy, and can also be the result of taking the contraceptive pill as oestrogen, the female hormone, is thought to stimulate melanin production. Chloasma are best kept out of the sun, as the condition will worsen.



# Pigmentation disorders continued

## Freckles or Ephelides

- Non-infectious condition. These are multiple small-pigmented areas of the skin. Exposure to ultra violet light stimulates the production of melanin which tends to intensify their appearance. They are small, flat, pigmented areas which are darker than the surrounding skin and are usually situated on the cheeks and noses, but can also occur on the arms, shoulders, hands and backs of fair skinned people.
- Freckles can be concealed with cosmetics, but a sun block should be used to prevent them intensifying in colour.

## Cellular naevi (moles)

- Non infectious condition.



# Pigmentation disorders continued

## Vitiligo (leucoderma)

- Non-infectious condition.
- Areas of the skin that have lost their pigmentation and are completely white in colour.
- Their appearance is symmetrically shaped patches of skin, usually situated on the thigh area, lower abdomen, face, and neck area. If Vitiligo occurs over hairy areas, eg eyebrows, the hairs will also lose their pigmentation.
- This type of condition must avoid ultraviolet light as the skin does not have the same protection.



# Pigmentation disorders continued

## Albinism

- Non infectious condition. The skin cannot produce the melanin pigment, therefore the hair and skin lack colour. The skin tends to be very pink, the eyes are pink and extremely sensitive to light, and the hair is white. This condition can occur on the entire skin.
- The skin should not be exposed to ultraviolet light, and sunglasses should be worn to protect the eyes.



## Common skin disorders



### Comedones (blackhead)

- A comedone is a blockage of sebum in the follicle caused by excess sebum, which mixes with dead skin cells at the top of the follicle forming a hard plug. The hard plug at the surface darkens as it becomes exposed to the air (oxidises). They are most commonly found on the chin, nose and forehead.

### Milia

- Commonly known as whiteheads, these are plugs of sebum trapped in a covered follicle. They are characteristic of dry skin. Often found around the eye area and along the cheekbone area.



## Common skin disorders continued

### Dilated Capillaries (broken capillaries)

- These are minute thin-walled blood vessels which remain permanently dilated close to the surface of the skin .They are often caused by extremes of temperature or over stimulation of the tissues.
- The cheeks and the nose are usually the most affected areas, but people with extremely fine, dry or sensitive skin or are prone to sensitivity may have a widespread condition.
- The condition often appears blue because of the congestion in the area and the transparent skin.



## Common skin disorders continued

### Pustules

- Small raised area of the skin which develops at the mouth of the hair follicle and appears red and inflamed. They contain pus (containing dead skin cells, white blood cells and bacteria) the surrounding area is usually red and inflamed.



### Papules

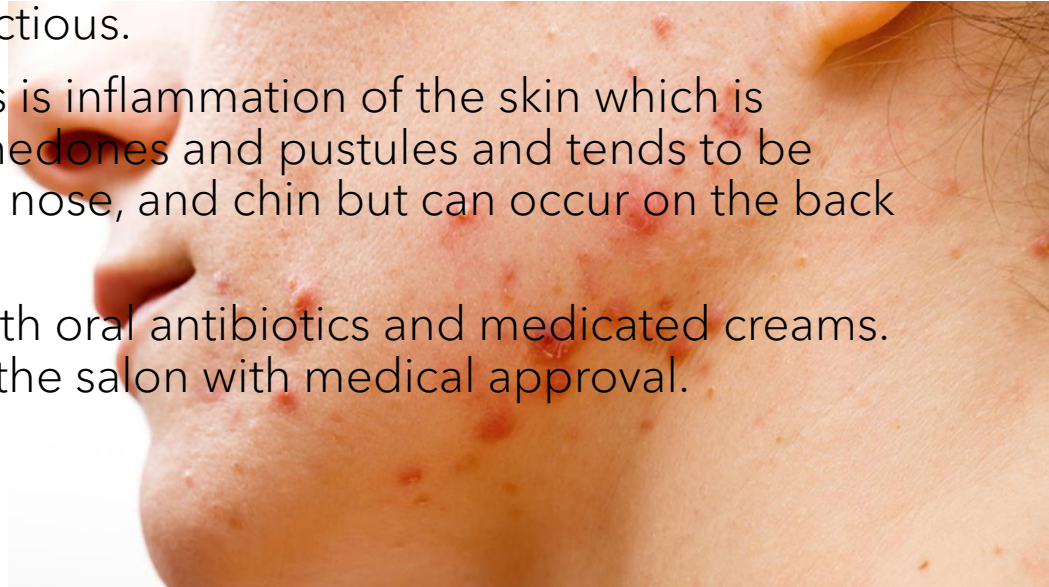
- A small raised area of skin, which may appear red and inflamed.
- It is usually solid and lacking in fluid.



## Common skin disorders continued

### Acne vulgaris

- This is usually caused by a hormone imbalance in the body which tends to occur at puberty, when the sebaceous glands cause an increase in the production of sebum. The sebum may then be retained in the sebaceous ducts which cause congestion and a bacterial infection of the surrounding tissues. The condition is not infectious.
- The appearance of acne vulgaris is inflammation of the skin which is accompanied with papules, comedones and pustules and tends to be more common on the forehead, nose, and chin but can occur on the back and chest.
- The condition is often treated with oral antibiotics and medicated creams. The condition can be treated in the salon with medical approval.



## Common skin disorders continued

### Acne rosacea

- This condition is usually caused by excessive sebum secretion which is combined with a chronic inflammatory condition caused by dilation of the blood capillaries.
- The skin becomes coarse, the pores enlarge and the client's nose area becomes inflamed, which sometimes swells and produces a butterfly pattern. Due to the blood circulation slowing down in the dilated capillaries a purplish appearance is created.
- The condition is not infectious, but is treated as a medical condition and is usually treated with antibiotics.



## Common skin disorders continued

### Keloids

- Non-infectious condition.
- Keloids occur following a skin injury and are overgrown abnormal scar tissue which spreads and are characterised by excess deposits of collagen.
- The keloids must be protected from UV light otherwise the skin will become discoloured. The keloids tend to be red, raised and ridged, and are located over an area of a wound or another lesion.
- Keloids can be treated by drug therapy or surgery.

