
Health Standards and Guidelines for Esthetics

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I. INTRODUCTION

Health Standards and Guidelines for Esthetics outlines the health standards and guidelines for personal services which provide makeup and facials, manicures and pedicures, and body waxing. The document reviews the basic procedures used in esthetics and the infection prevention techniques that are critical in reducing the risk of disease transmission.

Body Waxing

Body waxing is a process that temporarily removes unwanted body hair. It involves applying wax with a spatula to an area of the body and subsequently removing the wax with the hair attached. The peeling of the wax may produce beads of blood or body fluid on the skin surface that presents a risk of infection transmission both to the Esthetician and clients. A few of the waxing materials used in body waxing include:

- hard (no-strip) wax which an Esthetician applies to the skin and then removes with the hair attached;
- soft wax which an Esthetician applies to the skin and covers with cloth strips and subsequently uses to remove both the wax and attached hair; and,
- body sugar, which is a taffy like mixture made with sugar, applied and covered with cloth strips used to remove both the sugar and the attached hair. Body sugar may also be applied and removed with the hands.

Facials and Makeup

Makeup is the temporary application of cosmetics to the facial area. A facial is a procedure to cleanse, massage and treat a facial skin type or condition. These procedures generally involve the intact layer of the epidermis (top layer) of the skin and present a minimal risk of infection. However, some procedures such as the use of a comedone extractor to remove blackheads and the application of alpha hydroxy (i.e. glycolic acid) break the skin barrier. This may present a higher risk of disease transmission.

Facials generally include the following components: cleansing the skin; exfoliation (the removal of the dead layer of skin); mask application, use of red dermal lamp; application of galvanic and high frequency electrical current; steam; facial massage; blackhead extraction; and, alpha hydroxy (i.e. glycolic acid).

Some facial procedures may be done manually and others may be done with the assistance of facial machines. For example, the comedone extractor is used to remove blackheads that are on the surface of the skin and the lancet is used to remove white heads or milia, which are beneath the surface of the skin.

Manicures, Artificial Nails, and Pedicures

A manicure is the treatment and care of hands and nails. A pedicure is the care of the feet and toenails. Many steps in nail and foot care involve only the intact skin and represent a minimal risk of disease transmission.

Artificial nails are an enhancement, or extension of the natural nail. The esthetician applies various products and techniques. Although generally low risk, the procedure required to finish or shape the artificial nails and the techniques required to maintain the artificial nail, may result in the invasion of the soft tissue surrounding the natural nail. This may cause exposure to blood and body fluids, increasing the risk of transmission of infection.

Manicures generally include the following components:

- the nail is filed and the cuticle softened;
- cuticle nippers are used as needed, cuticle oil rubbed in, and the nail buffed;
- the hand is massaged; and,
- oil is removed from the nail and polish applied.

Artificial nail application generally includes the following components:

- the client should wash his or her hands;
- natural nails are prepared by cleaning, buffing and by pushing back cuticle tissue using a cuticle pusher or cuticle remover;
- preparation is finished with a gentle buffing of the nail plate to remove the shine;
- nails are treated with a spray disinfectant;
- a primer or bonding agent is applied to the natural nail and acrylic or gel is applied;
- tips may be glued on; and,
- the seam blended to the natural nail.

Pedicures generally include the following components:

- the foot is inspected for warts, calluses etc.;
- the foot is treated with a foot antiseptic and then soaked in a bowl of warm water for several minutes;
- the toe nails are filed and cut as needed and cuticles pushed back using a plastic or metal instrument;
- if cuticles need to be trimmed, cuticle nippers may be used;
- calluses may be treated using an abrasive file or a credo knife with a disposable blade;
- a foot scrub or exfoliation may be done; and,
- a foot bath in paraffin may be offered where the feet are placed in the wax pot for deep heat treatment.

II. OPERATIONAL REQUIREMENTS

1. Preparation and Handling of Instruments and Equipment

(refer to Appendix 1 on Disinfection Type and Action)

(refer to Appendix 2 on Classification of Items for Disinfection)

2. All Esthetic Procedures

- a. Any instrument, when visibly contaminated with blood products, shall be discarded or cleaned and disinfected in a high level disinfectant.
- b. Single-use, disposable gloves shall be discarded between clients.
- c. Any disposable or single-use equipment shall be discarded between clients.

3. Waxing

- a. Reusable spatulas (e.g., metal, plastic) must be cleaned and disinfected with a low-level disinfectant after each client.
- b. Disposable spatulas (e.g., wood) must be discarded after each client.
- c. Any wax applied to a client shall not be reused and must be discarded. To prevent cross contamination, all wax, body sugar and cloth strips applied to a client must be discarded.
- d. Wax applied on one client with the same spatula must be applied on intact skin. Wax in a common dipping pot may be a vehicle for disease transmission. However, the risk is remote if applied to intact skin.
- e. Personal roller applicators must be cleaned and disinfected with an intermediate level disinfectant between clients. The heads of the personal rollers must be taken apart, cleaned and disinfected with intermediate level disinfectant between clients.
- f. Eye protection, when provided during eyebrow waxing, shall be disposable or reusable. Reusable eye protection must be cleaned and disinfected with a low-level disinfectant after each client. Disposable eye protection shall be discarded between clients.

4. Makeup

- a. Disposable applicators should be used when possible.
- b. A new sponge shall be used for each client.
- c. Skin should be cleansed prior to the application of the makeup.
- d. If makeup is applied to a face with any open lesions or infection, only disposable applicators should be used. If reusable applicators are used, they shall be cleaned and disinfected with a high level disinfectant after each client.

- e. All eye and lips pencils must be resharpened for each client. Makeup pallets should be covered when not in use.
- f. When only a portion of a cosmetic preparation such as mascara and lipstick or other substance is used on a client, the portion to be used shall be removed from the container in such a way that the remaining portion is not contaminated.
- g. All facecloths and towels applied to the face must be laundered and mechanically dried after each use.

5. Lash and Brow Tinting

- a. The dyes shall be used in accordance with manufacturers instructions.
- b. The eyes shall be examined for contraindications.
- c. The dye applicator shall be disposed after use on a client.

6. Facials

- a. All reusable applicators, brushes, electrodes and instruments shall be cleaned and disinfected with a low-level disinfectant.
- b. A new sponge shall be used for each client.
- c. The facial steamer shall be maintained in a clean and sanitary manner.
- d. The glass ventuse shall be cleaned and disinfected with low level disinfectant.
- e. Eye protection, when provided, shall be disposable or reusable. Reusable eye protection shall be cleaned and disinfected with a low level disinfectant after each client. Disposable eye protection shall be discarded between clients.

7. Extractions

- a. The lancet shall be a pre-sterilized, single use, disposable and discarded in a sharps container after use on each client.
- b. The comedone extractor loop shall be cleaned and disinfected with a high level disinfectant after use on each client.
- c. Disposable gloves or fingercots must be worn during extractions.
- d. The comedone extractor shall be wiped with alcohol between extractions on the same client to prevent contamination of other areas of the face.

8. Alpha Hydroxy Treatment (i.e. glycolic acid)

- a. Glycolic acid shall be used in accordance with manufacturer instructions.
- b. Disposable gloves should be worn.
- c. The client's eyes shall be covered to prevent splashing into the eyes.

- d. The Esthetician shall provide the client with verbal or written instructions regarding post treatment skin care following glycolic acid treatment.

9. Manicures, Artificial Nails, and Pedicures

- a. All instruments that are used to cut the skin, such as nippers and callus removal blades shall be cleaned and disinfected with an intermediate level disinfectant prior to use on a client.
- b. Disposable blades shall be discarded between clients.
- c. Reusable applicators (e.g., cuticle pushers) shall be cleaned and disinfected with an intermediate level disinfectant between each client.
- d. Reusable nail files shall be cleaned and sprayed with an intermediate level disinfectant after each manicure.
- e. Disposable (e.g., cardboard, paper) emery boards shall be discarded between clients.
- f. Drill bits used on artificial nails must be cleaned and disinfected with a low-level disinfectant between clients.
- g. All used sponges shall be discarded between clients.
- h. The manicure bowl or pedicure bowl shall be cleaned and disinfected with an intermediate level disinfectant between clients.
- i. Any wax applied to a client shall not be reapplied or reused and must be discarded.
- j. Once the paraffin wax bath requires refilling with wax, it should be cleaned before refilling with new wax.

10. Skin Preparation

- a. Before beginning a waxing procedure, the skin should be wiped with an acceptable skin antiseptic (e.g., 70 % alcohol, Hibidil - chlorhexadine gluconate 0.05%, parachlorometaxlenol).
- b. Before beginning a pedicure or paraffin footbath, the feet shall be washed and sprayed with a skin disinfectant (e.g., benzylchloride alcohol) or soaked in antiseptic.

11. Skin Evaluation

- a. The skin site should be evaluated prior to each esthetic treatment. If there are any skin lesions or abrasions, the treatment should be postponed.
- b. Prior to a manicure or pedicure, the skin surrounding the nails should be evaluated. If there are any "weeping" lesions, the treatment should be postponed.

- c. A pedicure should not be conducted on feet with athlete's foot or plantar's warts unless the Esthetician wears sterile, single-use disposable gloves. Warts must be covered during the procedure. Sterile, single use, disposable instruments shall be used.
- d. Paraffin wax treatment should not be done on hands or feet with open cuts or lesions.
- e. Any clients needing removal of ingrown nail removal shall be referred to a physician/podiatrist.

12. Post Treatment

- a. If there is any beading of blood during a waxing procedure, the skin should immediately be wiped with a skin antiseptic (e.g., 70% alcohol) before continuing with the waxing process.
- b. The Esthetician should provide the client with verbal or written instructions regarding post treatment skin care.

13. Esthetician Health and Safety

1. The Esthetician shall wash his/her hands prior to any esthetic procedure.
2. The Esthetician should wear single-use disposal gloves during the waxing procedure particularly when waxing sensitive areas such as the bikini line and underarms that are more likely to bleed.
3. An Esthetician with open lesions or weeping dermatitis (e.g., eczema) on the hands or other areas which are not adequately covered shall refrain from direct contact with clients until the condition clears or shall wear single-use, disposable gloves.
4. All chemicals shall be used in accordance with manufacturer instructions and in a manner to prevent hazard to the client.

APPENDIX 1

Disinfection Type and Action ⁽¹⁾

<p>Low level,</p> <p>Quaternary ammonium compounds. Some phenols and 3% hydrogen peroxide.</p>	<p>Kills some bacteria and viruses e.g. staphylococcus, herpes, HBV, HCV, and HIV. Does not kill <i>Mycobacterium tuberculosis</i>, fungi, or spores.</p>	<p>Low level disinfectants should be used to disinfect non-critical items, e.g. work surfaces, service tray. The disinfectant should be prepared and used according to manufacturers' directions.</p>
<p>Intermediate level,</p> <p>5.25% household bleach; 1 part bleach and 9 parts water; 70% isopropyl alcohol, and iodophors.</p>	<p>Kills some bacteria and viruses e.g. staphylococcus, herpes, HBV, HCV, and HIV. Does not kill <i>Mycobacterium tuberculosis</i>, fungi, or spores.</p>	<p>Intermediate level disinfectants may be used in place of a low-level disinfectant to disinfect work surfaces and equipment.</p>
<p>High level,</p> <p>2% glutaraldehyde or 6% hydrogen peroxide</p> <p>★ Most disinfectants at this level may also achieve sterilization if used for longer time periods.</p>	<p>Kills all viruses, bacteria (including <i>Mycobacterium tuberculosis</i>) but does not kill spores.</p>	<p>Used for semi critical items and for critical items that cannot withstand heat sterilization.</p>

APPENDIX 2

Classification of Items for Disinfection ⁽¹⁾

Classification	Disinfectant	Method
Non-critical		
Items that may come into contact with intact skin and/or are used for routine housekeeping.	Low level disinfectants are good for non-critical items.	
Items that are rarely contaminated with blood/body fluid, e.g. client chair and table	Detergent is adequate	Clean to remove dust or soil from items/equipment and surfaces with a solution of detergent and warm water.
Items that are often contaminated with blood/body fluid, e.g. lamp handles, clip cord, dirty instrument tray, tattoo motor frame, tattoo chuck or clamp, pump packs, spray bottle	Low level disinfectants, e.g. quaternary ammonium compounds or "Quats", or a combination of a low level disinfectant-detergent; 3% hydrogen peroxide compounds	Clean and follow with low-level disinfection for reusable items and environmental surfaces that may be contaminated. Wet or spray a paper towel to wipe the clean item/surface with the disinfectant prepared and used according to the manufacturer's directions, i.e. allow sufficient surface contact time with the disinfectant.
Semi-Critical		
Items come into contact with mucous membrane or non-intact skin, or they hold a sterile item.	Intermediate and high level disinfectants are good for items that come into contact with mucous membranes or non-intact skin, or that hold a sterile item.	
Items that cannot be soaked and hold a sterile item that may have been splattered with blood/body fluids.	Intermediate level disinfectants, e.g. 70% isopropyl alcohol or 1 part 5.25% household bleach and 9 parts water. Bleach may be corrosive to metal.	Clean item is wet wiped with an intermediate level disinfectant level disinfectant and air dried after each client.
Items capable of being soaked and hold a sterile item that may have been splattered with blood/body fluids.	High level disinfectants, e.g. 2% gluteraldehyde or 6% hydrogen peroxide.	Clean item is soaked for a number of minutes, as specified by the manufacturer, to achieve a high level of disinfection.
Critical		
Items which enter deep in the skin, e.g. tattoo or ear/body piercing needles, hypodermic needle used during electrolysis, jewelry.	Sterile items must be used to enter the skin.	
	Metal items to pierce the skin should be purchased sterile or packaged and sterilized by a steam or dry heat method.	Pre-sterilized, single use, packaged needles or earring studs should be used. Items that are not pre-packaged as sterile must be sterilized. Sterile electrolysis needles should never be saved and reused on the same client Chemicals that sterilize are not recommended for critical items as it is difficult to monitor and confirm that sterilization has been achieved and the packaging of items to maintain sterility is not possible.

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