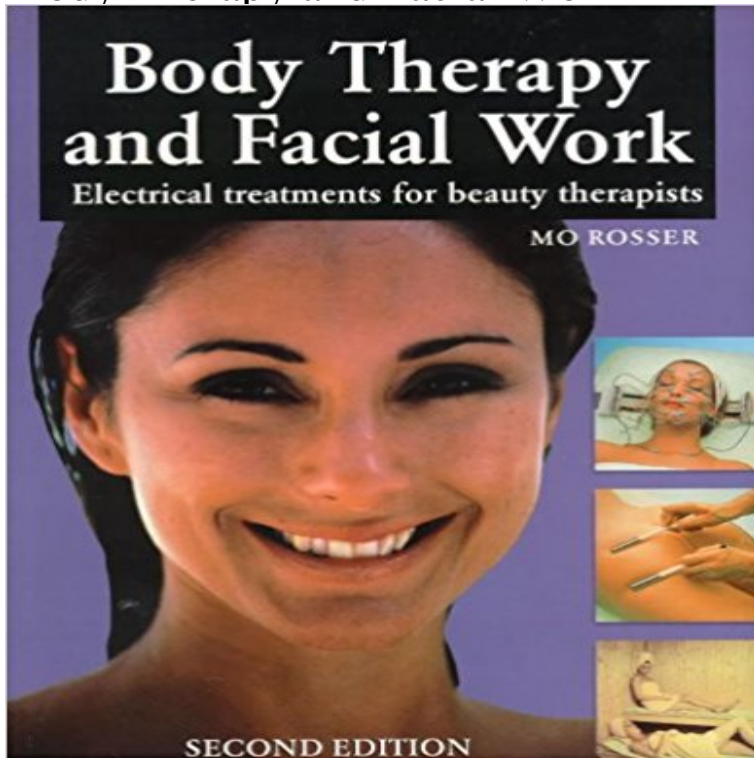


Body Therapy and Facial Work



To provide the most effective treatments for their clients, students of beauty therapy need to fully comprehend the science which underpins these treatments. This book tackles the scientific aspects of both body and facial therapy and explains the theory in an accessible yet comprehensive manner. After an introductory chapter which describes the elements of basic science, the author takes most of the main treatment areas in turn and explains the science which relates to it. She deals with high frequency treatments, mechanical massage, vacuum suction, muscle stimulation, galvanic, radiation treatments and heat therapy. New for this edition is full coverage of spapools and micro-current treatment. The final chapter of this highly informative book deals with hygiene, an aspect of therapy on which courses lay great emphasis. Overall, the approach is one which will help students relate scientific knowledge to everyday practice. This thoroughly updated edition also includes new diagrams and photographs, together with a new introduction to help students understand and meet quality standards. Each chapter concludes with an updated summary and self-test section. Body Therapy and Facial Work will be of use to students taking the following awards: NVQ Levels 2 and 2, City & Guilds, BABTAC, ITEC and BTEC.

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