

CIDESCO LINK



- ✿ From the President
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- ✿ Schools from around the world
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Message from the President

Dear Colleagues & Friends,



by
Helene Weber-Bramwell

"If you want to go quickly, go alone. If you want to go far, go together". What an appropriate dictum to convey CIDESCO's philosophy! This is the maxim our international association subscribes to, proof of which now forms part of CIDESCO's history. As my term of office, as President is coming to an end, I would like to pay tribute to CIDESCO - an organisation that has played such a vital role in setting standards internationally that

the beauty therapy profession can be proud of, mapping the way forward and leading by example.

It is not coincidence that the CIDESCO MCQ is translated into over 20 languages and that examinations (by voluntary CIDESCO International Examiners dedicated to professionalism) take place at over 230 CIDESCO Accredited Schools, worldwide. Nor is it by accident that the demand for CIDESCO graduates is on the increase, as we speak. This has been achieved through hard work, focus and determination of volunteers committed to the organisation, its ambitions and its reputation. However, the challenges to this amazing profession vary on a daily basis and we need to meet these and grow – all the while maintaining the highest standards - with integrity and determination. We need to be committed to our goals, taking a proactive stance to make things happen. Nothing can ever be taken for granted. We should always be involved by taking an active role and contributing to our profession's legacy. CIDESCO Sections, Schools, Beauty Centres and Graduates are the organisation's ambassadors, constituting the driving force and ensuring our profession is continually moving forward to embrace every aspect of the relevant disciplines we embrace. CIDESCO Sections need to continue to monitor their membership making certain that not only are standards upheld, but that members are appropriately encouraged, thereby guaranteeing growth. The Role of a CIDESCO Section is extremely responsible, motivating loyalty, involving CIDESCO accredited schools, beauty centres and members in ongoing dialogue to strengthen the foundations of the organisation and grow a solid membership base. Each national CIDESCO Section should actively increase the public awareness of the CIDESCO qualification so that clients' become more selective in their choice of therapist and Beauty Centre. While CIDESCO Sections maintain the standards of CIDESCO, Accredited Beauty Centres and Schools have the responsibility of moulding, educating and preparing candidates to be a credit not only to your schools but to

CIDESCO, and the profession as a whole. Schools are required to uphold CIDESCO standards with pride, while keeping abreast of the ever-changing demands of the industry at large. CIDESCO Graduates have an added responsibility to the public they serve. They too should be proud of their qualification and wear their CIDESCO badge with a sense of accomplishment, wherever they find themselves.

I recently visited a SPA and asked the therapist where she qualified. My confidence was boosted on hearing she was a CIDESCO Graduate. I then asked her why she didn't wear her badge and she informed me that she was only allowed to wear the Spa's badge. We chatted and I suggested that she ask her employers whether she could wear her CIDESCO badge as many people were bound to ask her what this qualification was about. I have since spoken to the owner and she has assured me that she too will insist that her Therapists wear their CIDESCO badges in future. Are we not all at fault for not being 'proud enough' of our qualification to insist on wearing the CIDESCO badge and telling everyone who asks, the story behind the badge?! CIDESCO Accredited Beauty Centres are such an important arm of the CIDESCO vision and it would be absolutely fantastic if we had at least 10 Accredited CIDESCO Beauty Centres (and Spa's, when the CIDESCO SPA Accreditation is introduced.) within each country. This would create such a fabulous network of qualified practitioners of the same calibre – and to whom we as responsible Beauty therapists could refer our clients who travel so extensively - with confidence.

My ambition of making Beauty Therapists part of a supplementary health team involved many people who influenced and supported me in this dream. Mentors and people who read from the same page, with the same vision, and those that left behind a map of their dreams have all woven a part of the tapestry of CIDESCO that I know will be a respected legacy. This way we don't reinvent the wheel, nor build sandcastles, but grow!

My adventure with CIDESCO continues to fill my memory bank and as I prepare for the General Assembly and the 57th CIDESCO World Congress & Exhibition in Baden Baden I look forward to seeing YOU and many colleagues and friends. The CIDESCO wheel turns always encouraging, always welcoming ...with hands of friendship extended.

Good Luck to Brigitte & Bernard Sterz of CIDESCO Section Germany – your efforts will be rewarded – thank you for making this important date possible in BADEN BADEN.

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Professional terminology for *Beauty Therapists* of the 21st century



**by Narelle Blinman,
Lecturer and CIDESCO
International Examiner**

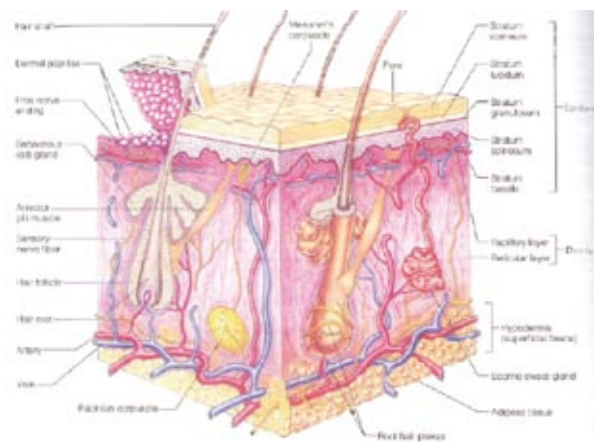
For many years I have been concerned about the use of language to describe anatomy and/or conditions of the skin. During our training in Beauty College we were taught many of these words or phrases to describe what we were looking at. We were also taught Anatomy and Physiology, more particularly Anatomy of the Integumentary System or The Skin.

Some of these words/phrases are:

- | | |
|-----------------------|------------------------|
| 1. OPEN PORES | 2. CLOSE THE PORES |
| 3. BROKEN CAPILLARIES | 4. DRAW OUT IMPURITIES |
| 5. CONGESTION | 6. BREAK DOWN FATS |

1. OPEN PORES – before we begin discussing this point, let us take a look at an anatomical cross section of the skin, known as the Integumentary system.

As we look at this magnificent structure that protects us from the external environment, and the abuse that we give it, we can see two very different structures, with very different functions, but seem to take on the same name in our everyday use. I am referring to the SUDIFEROUS (SWEAT) PORE and the MOUTH OF THE HAIR FOLLICLE or SEBACEOUS FOLLICLE (as it referred to in Taber's Cyclopedic Medical Dictionary)



As you are very aware, sweat is produced and EXCRETED from the eccrine sweat gland, up through the sweat duct and out from the sweat pore onto the surface of the skin. The exception to this is the Apocrine sweat gland located under the arms and the pubis region which opens into the hair follicle. Of course we ALL know the role of the sweat glands' structure is temperature control. The second structure is the Opening of the Hair Follicle or Sebaceous Follicle. As we look closely, and of course from learning in our studies, the Hair Follicle contains another specialised structure

that contains many components that make up SEBUM – I am referring of course to the Sebaceous Gland. The location of this gland is obviously surrounding the hair shaft growing in the hair follicle. Therefore, this is NOT a PORE. The Sebum empties on to the surface of the skin via the follicle, keeping the hair shaft in good condition at the same time. The contents of these two structures are so totally different. (I know a question has shown up from time to time in the MCQ re temperature control – is it sweat or sebum plus a couple of other answers –it's amazing how many candidates get it wrong!) Is this due to the confusion of incorrect identification?! Therefore, I believe we should not be teaching and reading in our textbooks the word PORE but a phrase MOUTH OF THE HAIR FOLLICLE or SEBACEOUS FOLLICLE if we are relating to anything to do with sebum.

2. CLOSE THE PORES

"this product or treatment will close the pores".

How many times have we said this to clients, students, ourselves and hearing it from industry product houses etc.

Having differentiated the structural and functional differences from pores and opening of the hair follicle or sebaceous follicle,

where is our logical thinking? We know and understand the structures, but we are not giving any thought as to "how confusing this comment is?"



Do we want to close the pores? I believe we could create a very bad situation if a person would not be able to sweat!! We can do this with the underarms by using antiperspirant continually or today have Botox injections. Consider - is this healthy? I don't believe so. As we all know, sweating is part of our bodies' excretory system. Perhaps temporarily for 24 hours, but not continually.

We can REFINE THE OPENING OF THE HAIR FOLLICLE or SEBACEOUS FOLLICLE. This is the structure that, for some reason, can become enlarged or dilated due to the amount of oil that has "plugged" and become a comedone or whitehead. As we mature, these enlarged or dilated Hair Follicle Openings or Sebaceous Follicles seem to remain in this enlarged or dilated state. If we were to CLOSE this opening, where would the sebum go? One's mind boggles at what the appearance of the skin could look like!!! We have learnt from our Chemistry and Physics studies that we can REFINE the Opening of the Hair Follicle or Sebaceous Follicle. The most effective treatment for this to occur (my personal experience) is to use Desincrustation to desquamate, soften the skin and saponify any excess oil that maybe be present.

Professional terminology for *Beauty Therapists* of the 21st century

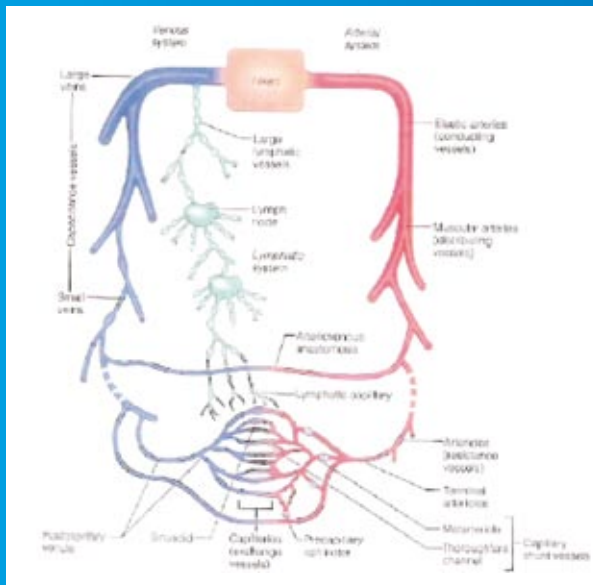
Upon completion of Desincrustation and removal of the alkaline reaction on the skin, we would then rehydrate the skin creating the acid balance. This procedure, if done on a weekly basis for about 8 – 10 weeks will give you a very happy client with an incredibly refined appearance of the skin.

Products may have a refining effect, but not to the same extent of electrical treatment. Therefore, we need to revisit our teaching and begin using logic and professional language. The authors of our books, and product houses, also need to revisit their written material and get it right.

3. BROKEN CAPILLARIES

Broken Capillaries – this really is one of the most illogical statements in our industry.

CIRCULATORY SYSTEM



We are talking about the circulatory system that, as we learnt during our studies has very large vessels, to extremely small vessels, our capillaries. Blood vessels have 3 major layers which include smooth muscle and elastic tissue, capillaries are only 1 layer thick of endothelial tissue, the thickness being only approx .008mm.

If one of my blood vessels, was broken, I would not be here today, and neither would all of you. However, magnificently as we are made, if we should cut or puncture a blood vessel, it has the capacity to heal itself. Where there is a blood spill, we put pressure on that area.

(I regularly donate blood to Red Cross, always when the needle has been removed, pressure is applied to the area and then capped with a bandaid and bandaged for about 1 hour. Why, to prevent bleeding into my body)

When a capillary has been punctured in whatever manner, seepage of the contents will appear in the skin as a bruise. Therefore, when we use the term "broken capillaries" what are

we looking at? Is it bruising or is it the fine network of dilated capillaries that we see. Capillaries are very conspicuous on light Caucasian skins, and also some thin Asian/Oriental skin. Therefore the capillaries are NOT BROKEN, they are DILATED, meaning they are enlarged and visible.

There are treatments available and also product available today to IMPROVE their appearance. If you tried to have the capillaries removed, the blood supply would become minimal to the skin, thus changing the appearance of the skin.

May we begin teaching DILATED CAPILLARIES instead of the term Broken Capillaries. I would implore the product houses and authors of our books to think logically as per the anatomy.

4. DRAW OUT IMPURITIES

How often do we hear this term. What impurities and where are we drawing them to?

There are many products on the market today that state this very fact. Maybe using the thermal type masks which assist the skin to sweat, thus removing impurities. Manufacturers of Mud masks state the impurities can be "drawn out". How?

The vapourzone creates heat causing sweating that can release impurities, but are they being "drawn out"?

The use of the vacuum machine can minimally "draw out" by the nature of vacuum. Logically speaking, the amount of vacuum is quite low, so would that vacuum pressure "draw out"?

Galvanic – Desincrustation treatment is actually saponifying the sebum, which will collect on the cotton wool being used.

High Frequency – heating as it may be, does not "draw out", it will in fact dry any sebum with impurities in it. Direct method, will as we know, have a germicidal effect.

What can we say then, IMPROVE THE APPEARANCE OF THE SKIN.

5. CONGESTION of the SKIN

I checked many medical books including Taber's Medical Encyclopedia and Dictionary, the books written by Dr R Leibowitz "Lecture Notes for the Beauty Therapist" and the Oxford Dictionary the definition of the word CONGESTION.



6. SKIN BLOCKAGES

I continually read "overloaded with blood - hyperaemic":

"excessive amount of blood or tissue fluid in an organ or tissue". I did not find in the medical books I researched anything relating to Acne, mentioning the word "congestion". The language was descriptive of the appearance.

Perhaps as we look at the skin that has the comedones, papules and/or pustules, it would be more appropriate to say "there are many blockages" indicating the location.

There is a difference between the definition we find in the medical books and what we see on the skin.

BREAKING DOWN FATS

In the Oxford Thesaurus I found that "break down" or breaking down is the "collapse" of something. However, if we look at "breakup" the Thesaurus states separate, dissolve, melt away etc.



As we look at this picture of fat surrounding the muscle, it is thick and dense. In some people there is more fat than in others.

The treatments that we offer in the salon/spa can be with the use of machinery, e.g. Faradic, vacuum, G5, Galvanic even the use of mudpacks, thermal wraps etc. Thinking logically will these treatments "break down fats" or do they assist in the "breaking up" of fats – thinking about the meaning of breakup.

When I was in school I took a homescience course (today known as Food Technology) which included cooking. To change the density of fat we had to put it into an oven dish, into the oven at approx 220C for the desired result – that was a liquid that we could throw away if we wanted to, or the main reason was to put into containers for future cooking. Did the density of the fat "breakdown" or "breakup"?

When using our equipment/packs/wraps is that fat really "breaking down"? I don't believe so. If we used the G5 on the same spot for a period of time, we may see little drops of liquid. Imagine how long it would take to get rid of the fat – but the result would indicate a "breakup".

Maybe we should use terms such as "reducing the appearance of cellulite", or "dispersing fats" of the area being worked on.

This talk may appear to be playing semantics, when in actual fact it is not. As responsible professional therapists of the 21st century we need to be very careful in what we say to our students and clients. We have the knowledge, the logic, let's be honest with everyone.

The general public today have so much material to access, e.g. internet, magazines, books, therefore we need to be more diligent with our language.

I implore each one of us today, whether we be teachers, examiners, beauty/skin therapists, spa therapists, product house representatives or authors, please correct these words or phrases (Industry jargon as I call it) that have been used over the past decades and refer to our work in a professional manner –

Professional Terminology for Beauty Therapists of the 21st Century

1. Dilated Sebaceous Follicles
2. Refine the Sebaceous Follicle
3. Dilated Capillaries
4. Improve appearance of the skin
5. "Blockages" in specific area
6. Dispersing fats of reducing appearance of cellulite

Bibliography:

Taber's Cyclopedic Medical Dictionary Edition 10:
Publisher: F.A. Davis & Co. Philadelphia

Author: Dr R. Leibowitz:
Lecture Notes for Beauty Therapists – Cosmetic Science – Revised
Publisher: Dr R. Leibowitz, Brisbane, Qld, Australia

Authors: A.B. Fleischer, Jr., S.R. Feldman, A.S. Katz, B.D. Clayton
20 Common Problems in Dermatology, 2000
Publisher: McGraw-Hill- Health Professions Division, USA

Scandinavian *Exchange Program*

In the autumn of 2007 the first phase of a Scandinavian cooperation begun, between 3 CIDESCO schools in Scandinavia. The Finnish School "Omnia", the Icelandic "Snyrtiskolinn" together with "Privatskolan för Hudvård & Spa" in Stockholm, began a joint exchange programme for teachers and students.

Two teachers from Finland and Iceland visited Privatskolan för Hudvård och Spa for a week and participated in lectures and training. Visits to different Spas also took place to get a feeling and understanding of the spa industry. The similarities and indeed the differences were discussed in great detail between the three countries.

A similar visit was done to the Omnia School in Esbo, Finland and finally to the Snyrtiskolinn in Reykjavik, Iceland. All the participants found the exchange programme very useful and agreed that the quality is very good across the region but that treatments and costs vary.

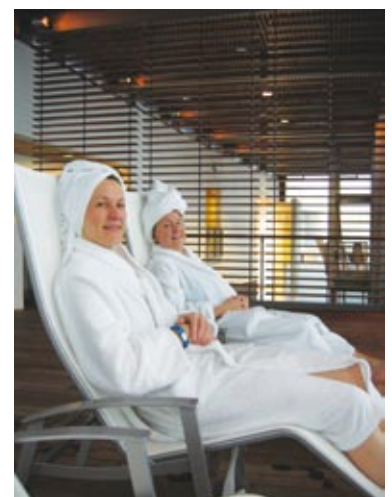
What has made this programme possible is the Nordplus Voksen Students Mobility Project, which is a Nordic network programme, with the aim of creating cooperation, competency enhancements and renewal for adult education.

None of this would have been possible if it was not for the initiative which was taken by former CIDESCO President Riitta Salmi who is the coordinator for the whole event and we thank her for her hard work dedication and expertise.

We now look forward to the next phase in the project where 2 students from each school will visit each other. All three schools will function as hosts for one week in April 2008. The students will participate in the education, learn new treatments visit Spas and we hope that this will be a meaningful and lifetime experience for them. And possibly the beginning of a trend that will unite more CIDESCO Schools worldwide.



Past President Riitta Salmi, Finland, Bob Ghosn, Sweden, Päivi Jokilutha, Finland, Inga Hjartardottir, Iceland and Birgitta Thorsell, Sweden



Ina Ek, Sweden and Päivi Jokilutha, Finland



Top To Toe School of Beauty Therapy, Kuala Lumpur, Malaysia with graduates staff and, Jenny Wong Principal and Sara Jane Roberts, CIDESCO Examiner



CIDESCO exams in action



London School of Beauty and Make-up. Principal, Staff and Students with CIDESCO Examiner Mrs. Ronelle Iten



Professional Beaute –N- Cosmetics Training College, Singapore. Staff and graduates and Cidesco examiner, Ms Andrea Van Den Haute.



First CIDESCO exams for Staff and Graduates of Aesthetics Institute of St. Louis, USA. School Owners: Heather Deering and Trudy Deering with successful graduates and CIDESCO Examiner: Margrit Altenburg



Successful CIDESCO SPA candidates of Hyde Park College of Skin and Body Therapy, Adelaide, Australia with CIDESCO Examiner, Kathy Driscoll



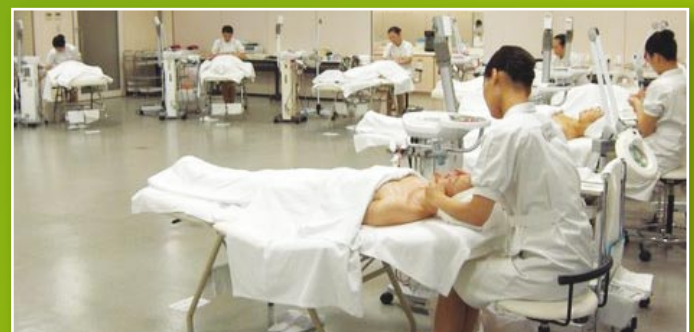
CIDESCO Students at the Oxford International College of Beauty, Waterside Court, Witney, UK



CIDESCO Examiner, Ms Andrea Van Den Haute, Mrs. Joey Spammers, Principal and Lecturers of Sonet Academy South Africa, CIDESCO Spa exams.



CIDESCO Diploma graduates and staff, KES College, Nicosia, Cyprus



Kozu Beauty College, Osaka, Japan

Congratulations to CIDESCO Latvia

CIDESCO Section Latvia organised a meeting with 103 of their Members. Ronelle Iten, CIDESCO General Secretary along with a dermatologist, a plastic surgeon, and a member from the Section gave stimulating and interesting lectures. To complete this workshop a round table discussion on the co-operation between the medical and skin-care therapy profession took place. All Latvia Section Board Members attended the meeting.

The Latvian Section is very pro-active and it is not surprising that their membership is growing. They have several meetings including lectures annually. Their national diploma has been registered with the government and licenses are mandatory to work in our profession. To have a license they have to have the national diploma and prove that they have attended a certain amount of seminars or further education within a given time.

During her stay Ronelle was able to visit several Spa's and Beauty Centres and was very impressed with their excellent quality.



CIDESCO Visits KYOTO, Japan 2007

The President, Helene Bramwell was invited by CIDESCO Section Japan to inspect and discuss their proposal to host the 2009 58th CIDESCO World Congress & Exhibition, which was approved by the General Assembly in October, 2007.



Dinner with Section board members and Maiko (Japanese Dancing girl).



After Meeting with Section board members and Kyoto Convention Bureau members.

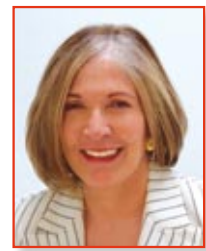


Helene Weber-Bramwell was invited to Kyoto by the Japanese Section to meet with Japanese dignitaries and look over the facilities for the 2009 57th CIDESCO World Congress and Exhibition to be held in Kyoto Japan

Message from the President

Let's talk Client Service...

... continued from November 07 edition



by
Helene Weber-Bramwell

We need to look at the people we employ in our businesses and hire the right ones for the job. Easier said than done, sometimes! We all know it is important to be friendly, personable and have the ability to put our clients at ease and as skincare and beauty therapists we often have clients who feel vulnerable and awkward, needing to be understood and empathized with. What if we have well-trained and competent therapists who don't have the perfect personality profile? I recently came upon a couple of valuable websites that could be really useful for upskilling such staff and building a better team. www.attitudespecialist.co.nz and www.self-esteem-international.org. Also, a book on 'turning whinging, whining, and backstabbing groups into highly focused energized

teams' is called "Finding the square root of a banana" by Ann Andrews.

Among the most important things I look for is HONESTY and INTEGRITY ie working within the parameters of your professional expertise, thus not making promises you can't deliver on or 'undersell and over-deliver'. Every marketing company and cosmetic supplier always drums home that it is important to sell to your client, because if you don't someone else will! I believe your client deserves sound, professional advice and not something geared towards a financial target. Take responsibility for the sale, ensuring that it is correctly prescribed and recorded, enabling you or other staff to follow-up.

Our suppliers must realize that we are not their employed sale staff. We deserve to be nurtured, respected and well educated in their product but they must not feel entitled to pressure us. Occasionally suppliers do bend over backwards to give us professional support and how refreshing and valuable we find this. My advice is to be proud of what you are selling, take the most sincere interest in your clients, listen and acknowledge their feedback – and act on this if necessary. The same goes for your staff – treat them well and take cognizance of their ideas and input. If they are happy you will have happy clients who will leave your salon or spa feeling good after a positive experience. Most definitely ready for a return visit!

Kate Wacz



I have been involved in the International cosmetic trade for over 50 years in a leading position. I owned my own company as distributor in Scandinavia for leading French and American cosmetics and Perfumes.

I have been a member since the early 50's in the Swedish Association and then with CIDESCO since 1956. I have always paid great importance and attention to the up and coming new generation who are the future of our Profession.

Some years ago with this in mind I inaugurated and began to present a special award in the CIDESCO Make-Up and Body Painting Competition, called The Kate Wacz Make-Up Prize.

This has been for many years now presented at the CIDESCO annual World Congress as well as the Swedish CIDESCO section SHR Congress, in order to stimulate and inspire the interest of the young in our profession.

Now after celebrating my 75th Birthday I wish to ensure that this Prize can be continued independently of my presence at further congresses.

For this reason I have the intention to institute appropriate measures in form of a donation, or a foundation.

I have always been proud to be part of CIDESCO and I wish all of you a bright and successful future.

With best wishes, Kate Wacz, Stockholm, Sweden.
October 2007

CIDESCO 56th CIDESCO World Congress & Exhibition

makeup & body painting competition

PROFESSIONAL CATEGORY

First Place:

Mr. Lin Tian Mu, China

"Recycle and Beauty"

Second Place

Ms Chen Pei Fong, Malaysia

"Theme Flora of the Tropical"

Third Place

Mr. M.Deddy Nur Yadi, Indonesia

"The Spirit Three of Life"



Professional category 1st place Mr. Lin Tian Mu, China with CIDESCO President Helene Weber-Bramwell



Professional category 2nd Place Ms Chen pei Fong, Malaysia with Annie Baskoro

STUDENT CATEGORY

First Place

Ms. Wu Wen-Hsuan, Taiwan

"Theme Butterfly Fantasy"

Second Place

Ms. Lee Chia Yee, Malaysia

"Theme Flower Spirit"

Third Place

Ms Kati Maatta, Espoo, Finland

"GLOW"



Student Category 1st place Wu Wen-Hsuan Taiwan with CIDESCO Vice President Anna-Cari Gund



Student Category 2nd place Lee Chia Yee, Malaysia

KATE WACZ PRIZE PROFESSIONAL CATEGORY

Winner

Ms. Lee Wing Soon, Malaysia

STUDENT CATEGORY

Winner

Ms. Woon Yew Foong, Malaysia



Kate Wacz prize winner student category Woon Yew Foong



Kate Wacz prize winner Professional category, Lee Wing Soon





Her Majesty the Queen of Malaysia arriving at Gala Dinner



Gala Dinner



Opening Congress and Exhibition



Declaring the Congress and Exhibition open



General Assembly delegates



CIDESCO examiners in Malaysia



A little massage never hurt anyone!

Congress & Exhibition Malaysia



Welcome Dinner Saloma Restaurant with Malaysian hosts Dato Woo and Dr Clara Chee and CIDESCO board dinner



Korean guests at the Gala Dinner



Her Majesty the Queen of Malaysia, Datin Dr. Clara Chee, Honoured guests, CIDESCO President Helene Weber-Bramwell and CIDESCO Section delegates



25th Anniversary Presentation for China with CIDESCO Chinese Section President Madame Chen Ming Ming, her daughter Mrs. Bernadette Huang and President of CIDESCO International Helene Weber-Bramwell.



The Opening Ceremony (above & below)



General Assembly Delegates



Schools meeting



Examiners workshop



Asian delegates with Board members at the Education meetings

Congress & Exhibition Malaysia



In the true spirit of CIDESCO, everyone was invited on stage to dance in celebration of Datin Clara Chee birthday

multi-functional *space* for maximum *profits*

When opening a Spa there are so many things to consider. Which products to use, what treatments to offer, how to approach the marketing, setting up operations and staffing, the list is long. But first you need to design the Spa. Spa architect, Guy Tulloh is constantly asked, 'how can we get the most out of our design and for the best cost'. The answer is simple, Multi-Functional Spaces'.



Guy Tulloh is a specialist in Spa lifestyle, leisure and wellness, architecture and design and Principal of DRP Architects Pty Ltd and Spa Consultants International (SCI). He holds a Bachelor of Architecture degree and a Bachelor of Planning & Design degree (diploma in applied science and architectural drafting). Guy speaks regularly on Spa design and construction topics at both local and international conferences. Contact +61 3 9510 4852, visit www.spaconsultantsinternational.com.

... continued from November 2007 edition

Built for Comfort

The ideal aim of good Spa design is to have the client move around during their experience as little as possible no matter how many services they are having. The relaxation is broken if a client has to move between their massage, their wet treatment and their facial from one room to another, then off to the relaxation area. Consider the VIP Suite – with all the services being able to be provided within the one space. This room is the true multi-functional space. The suite includes a toilet and an experience shower that is also a steam room. The room should be at least suited for a couple and if possibly large enough for even three people, depending on your demographic. A jacuzzi or bath for two should be present. At another end of the room, a large day bed should be constructed in a way that comes apart allowing for the therapist to provide pedicures and foot ritual treatments. Off this space could be a small staff prep area, allowing for the treatment room to have very minimal benching. This also allows for more than one treatment room to be serviced off this

one space, the prep area being in the middle with the treatment rooms coming off it. Ideally an outside garden or courtyard area, with a bath or jacuzzi, will complete the experience.

Water Zones

Next, let's consider the water experience zones (the 'public' use pools, jacuzzis, etc.) Here one can really go to town on making a space multi-functional. Most Spas of any size will include a wet zone, most commonly at least a general swimming pool or lap pool. It may or may not be indoor, but what is most important is what experience the guest will receive while in the pool. For those who wish to simply swim or do laps, its easy, but we must also cater for those who wish to have a unique experience and work on specific muscle groups. This can be achieved by having a section of the pool designed as a journey, where the guest can move from one section to another and choose to work on any part of their body they feel requires attention. This could start with a Kneipp walking lane, followed by a standing



section which will work on the back of ones legs, calves, Achilles tendons, back of the knees, etc. From here one would move to either a tiled seat or a water lounge, where ones backside and lower back would be massaged with both air and water to loosen up all the muscles used in tennis or golf, and release tension caused from bad posture in office environment. This concept of the multi functional water zone, can be as simple as one requires, which might only have one body jet, one lounge and one swim jet. Or as shown in the Hydro Pool plan (see sketch: Hydro Pool) can include hot and cold plunge pools, children's play areas, neck and shoulder jets, use your imagination.

What NOT To Do

Some areas should not be multi functional. These are areas which require a specific use. They can at times be within one area, but should not be completely integrated. These include the staff room, staff showers and toilets. The staff should never be seen by your clients when in the Spa unless in work mode. For instance, they should not share the same toilets, nor should guests be able to see therapists sitting back in the staff

room having lunch.

This idea is also applied to other back of house areas. The office, or offices, should normally be close to the reception but located in a way that guests cannot see or hear the manager on the phone or talking to staff, etc. The laundry space could be combined with a preparation area, but be careful as the laundry drop off, pick up and store can be very busy and therapists need prep areas conveniently located for preparing product etc for the next guest, often a combined suitable location is not available. There is also the issue of staff thieving product, when prep is combined with laundry you increase the chances of this become a real problem, as out of house people (laundry) will now have access to your Spa and restricted areas.

The concept of a waiting area also being a relaxation zone should also be rejected wherever possible. The function of these spaces is very different and in my opinion should definitely not be multi functional space. A true waiting space will have guests possibly in clothes, filling out client forms, or even simply talking to a therapist about treatments or product. Most importantly

this all happens before a treatment. Not after. The relaxation area is for exactly that. No sound, no people coming in and out, just a space where the guest can lie or sit and complete their Spa experience.

For any questions relating to all aspects of Spa design please feel free to contact Guy Tulloh at Spa Consultants International on +61 3 9510 4852.



57th CIDESCO World Congress 2008

16.07 to 20.07.2008 in Baden-Baden, Germany

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2008.04.30.	Congress-season-ticket, catalogue, certificate, German Evening, Gala-Evening	231,00	C
2008.06.15.	Congress-season-ticket, catalogue, certificate, German Evening	179,00	D
2008.06.15.	Congress-season-ticket, catalogue, certificate, Gala-Evening	199,00	E
2008.06.15.	Congress-season-ticket, catalogue, certificate, German Evening, Gala-Evening	311,00	F
On location	Congress-season-ticket, catalogue, certificate, German Evening	219,00	G
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57th CIDESCO World Congress 2008

Registration

►Form please fill in for every person in block letters ◀

Mrs. Mr. Dr. Prof. CIDESCO-Member: Yes No

Surname: First name:

Street/Nr.: Postcode/City:

Country: E-mail:

Telephone: Fax:

1. I would like to book package for the amount of: €.....

2. I would like to book (additional or alone) as below:

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Total amount to pay as follows (please mark with a cross):

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for the following account:

Account owner: **BFD Kongress GmbH**

Account number: **81646**

Bank code number **45 45 10 60**

Bank: **Sparkasse Ennepetal/Breckerfeld**

IBAN: **DE1745451060000081646**

BIC/SWIFT: **WELADED1ENE**

(X)

Payment by credit:

Please charge my Euro/Master Card Visa Card American Express Card

Name as it appears on card:..... Card number:.....

Valid until:..... Acceptance Nr..... (last 3 numerals of reverse side code)

Costs of cancellation: Until 31 May 2008: 10 %, until 30 June 2008: 20 %, from 1 July 2008: 30 % of total amount.

.....
City/Date:

.....
Signature:

Please return fully completed and signed Fax to: 0049 – (0)2333 – 71 444

CIDESCO

Calendar of Events 2008

NAME OF EVENT	DATE	PLACE	INFORMATION
SECTION CHINA - GENERAL MEETING	Tue, 01. Apr. 2008	Tsim Sha Tsui - Kowloon, Hong Kong	Int. CICA Assoc. of Esthetics Ltd. Cidesco Section CHINA Ms Cheng Ming Ming Unit 801-5, 8/F. Miramar Tower 132-134 Nathan Road Tsim Sha Tsui - Kowloon, Hong Kong, China Tel off:+852 2301 0078 Fax:+852 2739 6572 Email:info@cica.org.hk www.cica.org.hk
SECTION NETHERLANDS - GENERAL MEETING	Fri, 11. Apr. 2008	AM Buchten	CIDESCO Sektie Nederland Mrs. Miny Janssen-Schreurs Oude Baan 29 6122 AM Buchten Netherlands Tel off:+31 46 4810777 Fax:+31 46 4810778 Email:info@cidesco.nl www.cidesco.nl
SECTION KOREA - NATIONAL CONGRESS	Sat, 12. Apr. 2008	Seoul	Korea Central Estheticians Association KCEA Ms Cho Soo Kyung 2nd Fl., 1032-45 Sadang 1-dong Dongjak-gu, SEOUL, Korea Tel off:+822 586 7343 Fax:+822 523 9603 Email:esthetic@estheticassn.com www.estheticassn.com
SECTION ITALY - GENERAL MEETING	Sun, 13. Apr. 2008	Bologna	CENTER OF COSMETOLOGY UNIVERSITY OF FERRARA Dr. Andrea Bovero V. FOSSATO DI MORTARA 17/19 44100 FERRARA, Italy Tel off:+39.(0)532.455390 Fax:+39.(0)532.455390 Email:andrea.bovero@unife.it Homepage: www.cidesco.it
SECTION FINLAND - NATIONAL CONGRESS	Sat, 19. Apr. 2008		CIDESCO Section Finland Suomen CIDESCO Ry Ms Inkeri Sarpila. Visakoivunkuja 5 B 02130 ESPOO, Finland Tel pr:+358 50 412 3458 Tel off:+358 50 521 5615 Fax:+358 9 813 3235 Email:inkeri.sarpila@kolumbus.fi www.cidesco.fi
SECTION AUSTRALIA B - GENERAL MEETING	Mon, 28. Apr. 2008	Sydney, N.S.W.	CIDESCO Schools Australia Ltd. Ms. Sara- Jane Roberts PO Box 37 Cottesloe 6911 Peppermint Grove, WA, Australia Tel off:+61 8 9385 3432 Fax:+61 8 9385 3407 Email:study@internationalbeauty.com.au www.cidescoschools.com.au
The 57th CIDESCO WORLD CONGRESS is to be held in Germany from 16th - 20th July 2008	Wed, 16. Jul. 2008	Germany	CIDESCO WORLD CONGRESS 2008 - to be held from 16th to 20th July, 2008 in Germany: Augustaplatz 10 D-76530 Baden-Baden, Germany. Info at: www.cidesco-world-congress-2008.com