



CIDESCO
THE WORLD
STANDARD
FOR BEAUTY
& SPA THERAPY

EST. 1946

CIDESCO INTERNATIONAL

LINK

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CELEBRATING
SEVENTY
YEARS



The changing face of China



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President's Message



**ANNA-CARI GUND,
PRESIDENT,
CIDESCO INTERNATIONAL**

DEAR FRIENDS AND COLLEAGUES

I hope you have all had a good Holiday Season and started the New Year with dynamic ideas on how to improve your businesses and life in general. This brings me to CIDESCO and I would like to update you on the present situation.

We, my colleagues and I, as well as the Head Office staff do a lot of brainstorming on how to promote CIDESCO on a global level and how to improve sales, not only to benefit CIDESCO International but all our Members. We are constantly trying to find solutions around how to stay the "number one" in our industry which as you know is not easy right now with the difficult times the world is experiencing ... but we will not stop!!

We continue to be present at Exhibitions. Last week we were represented at Professional Beauty in London where Vice President

Josephine Wackett, PR Board Member Sandy Fuhr (Roy), and myself were present. In addition to the CIDESCO business, we took the opportunity to spread the word around of the 70th CIDESCO Anniversary Celebration at the 64th CIDESCO World Congress in Dublin in September. We made important contacts from around the world. We see that CIDESCO's presence can only help grow our Association.

I will be attending the Cosmoprof Exhibition in Bologna in March by invitation of the Italian Section. I was asked to participate in a panel discussion and I will, of course, make sure we get sufficient coverage for CIDESCO. This should inspire other Sections to follow this trend to promote their business interest by inviting a Board Member or an Honorary Member to profile such events.

We are still working to get the MCQ online which we hope to have ready soon. We will keep you in the loop about the developments.

I visited the office on the 24th February and at the same time met with Ronelle Iten who is writing the Advanced Skincare Syllabus. This work is moving ahead well and we plan to present the same in Dublin in September.

I have made phone calls to Sections to find out their needs and where CIDESCO can be of help, this year also focusing on PR. Please keep in touch with our Head Office on a regular basis.

Our Social Network continues to get huge coverage in various magazines with over 210,000 up to now. Please check our website and see the corporate testimonials - send yours and be part of this fantastic network!!

Unfortunately we still do not have the numbers that were expected with the new Diplomas that were launched. These diplomas were designed and introduced on a survey carried out to increase sales for Schools. The courses are shorter and can easily be incorporated in your programme. We would ask you to look into these new diplomas and give us your feedback, as it is important that we do the right thing for our Members.

Our cost cutting continues and we hold regular Skype Meetings to discuss day to day business and to keep in touch with Head Office. However we will be meeting up in Zurich at the end of May which will enable us to go through the Agenda for the General Assembly and decide on items for this very important CIDESCO World Congress and 70th Anniversary Celebration. This will also be a special year when a new Board will be elected.

Please get ready for this event to be held between the 22nd to 26th September 2016 in Dublin, Ireland. Check our website and make your bookings early. Some important dates for you to remember are:

**Examiners Meeting 22nd September
- by invitation only**

**Schools Meeting 23rd September
- by invitation only**

**General Assembly 24th September
- by invitation only**

**Gala Dinner 25th September
- open to all**

We continue to ensure that CIDESCO stays the preferred International Beauty & Spa Therapy qualification. We need you to help in this huge job and join us to make CIDESCO grow even bigger.

My colleagues and I, as well as the head Office staff, all look forward to welcoming you in September at the Meetings and celebrations, please make sure you are there.

With best wishes

Anna-Cari Gund

Happy 100th Birthday Joan Thornycroft MBE



Joan Thornycroft MBE with Josephine Wackett and Anne Maestrini

Celebrating her 100th birthday on 3rd March and with a career spanning some 80 years, Joan Thornycroft is proof that beauty is much more than skin deep.

Since training in beauty therapy in the 1930s, Joan Thornycroft MBE has hardly stopped since. Joan worked as a beauty therapist and trainer, running her own beauty school in Kent for many years. She was also a founder member of associations BABTAC and BISA. This, combined with her work on the board of CIDESCO which saw her travel the world to implement international standards for beauty therapy, led to Joan being awarded an MBE (Member of the British Empire - an award made for service which stands as an example to other people) for her role in developing the profession.

CIDESCO Board Member, Josephine Wackett with Anne Maestrini from CIDESCO Head Office have been dear friends of Joan's for many years and were pleased to celebrate Joan's special birthday with her in the UK.



Birthday Message from Honorary CIDESCO President Helene Weber-Bramwell

"Dearest Joan, do you realise what a difference you have made in so many lives and in so many careers worldwide? How you have influenced the world of beauty through education - laying foundations brick by brick.

You are revered, loved, admired and have led by example. Your strength of character and your commitment never wavered - you are love - you are loved and to have been a small part of your journey is a personal honour.

There is a very special place in my heart with the label 'Joan Thornycroft' and I hold it close always, remembering the day we first met and your enthusiasm and dedication was like a virus which spread through the South African ranks.

Thank you Joan for being the YOU that scattered so much unselfishly all over the globe - you made the difference, you did the mileage unselfishly - a pioneer, a traditionalist and always a lady. You have so many stories to tell - many I still relate, they make me smile, sometimes sad but always worth repeating. Always brave always resolute our Joan - always determined to get the job done - always ready to share a smile, a glass of wine and a story.

Dearest Joan - the story of your life is told by others who have been blessed with thoughtfulness and talents that you have generously shared - your story will go on because another chapter is written in all the lives you have touched and always with care."

Working Abroad



The Expat Life has its appeal, as many of us wish to find a new challenge and explore a new world. Whether moving for a career change, with your partner or setting out on your own adventure, there are numerous tasks and decisions that lie ahead when planning your move.

Whilst an exciting prospect, moving abroad can also be very daunting - a new country, new culture and new way of life. To help ease the process, we've launched an 'International Guide to Working Abroad', as a collated response to the questions we regularly receive from our students.

Touching on subjects including 'doing your research', 'preparing for culture shock' and 'knowing your rights', CIDESCO's guide draws on the experience of our own members as well as Debbie Weaver, the Head of International Recruitment at Steiner.

The guide further advises on making friends and how, by fully immersing yourself into the country, whether through learning the local language or joining a team sport, you will instantly start to feel more at home.

As the first in our new 'Guide Series', CIDESCO will be compiling further guides over the coming months.

Download CIDESCO's Guide to Working Abroad from the website cidesco.com



Into the deep
CIDESCO | 64TH WORLD CONGRESS AND EXHIBITION
DUBLIN | SEPTEMBER 2016

We're pleased to announce that Early Bird rates for CIDESCO's World Congress in Dublin have been extended to the end of March 2016.

Register now to be part of this momentous occasion which enables us to learn, network and enjoy time together. This year's annual CIDESCO World Congress will take place in association with the annual Professional Beauty exhibition so it promises to be one of our biggest and most successful Congresses yet.

What's more, as 2016 also marks the 70th anniversary of CIDESCO, there will be plenty of celebrations.

Please note that accommodation at the Intercontinental Hotel is booking out quickly so bookings need to be made quickly if you want to take advantage of the special rate.

We do hope you can join us.

cidescoireland2016.com/registration/



Seen at the stand: Top: Anna-Cari Gund (CIDESCO International President); Stephen Robinson; Josephine Wackett (CIDESCO International Vice-President); Paul Gallagher (SQA). Below: Sandy Fuhr (Roy) (CIDESCO International Board Member) and Elisabeth Engström (Past President of CIDESCO Section Sweden).



With more than 800 exhibitors at Professional Beauty UK held on 28 - 29 February 2016, hosted at ExCel, London's biggest exhibition centre, we were enthralled by the selection on offer. Over 33,000 visitors attended the expo and seminars. Make up and Nail competitions, Gala dinner and Spa and Wellness Conference were but a few things for the delegates to see and enjoy.

CIDESCO hosted a small booth at the expo to network with our CIDESCO International family who are graduates, business owners, students and fellow industry colleagues. It was a wonderful time to re-connect and spread the word of CIDESCO quality examinations and accreditation possibilities. We met with influential connections in the UK to help CIDESCO to move forward in supporting the UK market.

The Irish Section was well represented at our booth. They brought material to advise the UK community about the upcoming 70th CIDESCO International anniversary conference to be held in Dublin, Ireland from 22 September 2016. This will be held in conjunction with the Professional Beauty expo over the weekend of the 25-26 September.

We met with influential connections in the UK to help CIDESCO to move forward in supporting the UK market.

CIDESCO Ireland representative Mary O'Donoghue, CIDESCO School owner, Lorraine Galligan, CIDESCO Examiner & CIDESCO School co-owner with her sister Carina all helped out on the CIDESCO stand during the show. They are all part of organising committee who's headline for September "A Thousand Welcome's" - "Céad Míle Fáilte" in Gaelic, is so typical of the warm hearts in Ireland.

The Stand was visited by CIDESCO graduates from yesteryear who are enthusiastic about the possibility of involvement with a new UK Section. Current students came to ask about being part of our global family. In particular, we met up with a graduate from a couple of decades ago who had trained at Bretlands with Joan Thornycroft MBE, who has returned from 5 years in the Middle East, fluent in Arabic, and is now teaching in a big state college in London. Another visitor was a graduate of Josephine Wackett's, whose mother trained Jo, has now married and then sent her daughter to Josephine to do CIDESCO. What a meeting place it was.

Sandy Fuhr (CIDESCO International PR board member) also met up with Elisabeth Engström from Sweden who was visiting the show. Elisabeth is Past President of CIDESCO Swedish Section. (Pictured left)

We look forward to attending Professional Beauty next year to support our CIDESCO family.



Lydia Sarfati honoured

The Jewish International Connection of New York (JICNY) at its annual Gala in New York City, presented four prestigious awards to community members including CIDESCO's own Chair of Section USA and Repêchage CEO and Founder Lydia Sarfati (pictured above). JICNY selected Lydia Sarfati as an honoree for this year's 11th Annual Gala, granting her the 'Tower of Light Award' for her accomplishments as a Jewish woman in the United States and commitment and service to the Jewish people through JICNY.

World Record Breaker



Helene says: 'I am so grateful to all those that made this amazing journey possible with their love, support and constant encouragement. Bless you all. No man is an island. It is together this was possible. And I still LOVE it'. Helene took many of South Africa's industry role players through an incredible journey.

Tracy Chambers, South Africa, holder of the CIDESCO Medaille de Esthetique says: 'I would never have achieved what I have if I didn't have Helene and the Mask in my life. I will be forever grateful that I met Helene and walked a wonderful journey for 26 years with you as my mentor, my boss and my friend'.

The messages of congratulations pour in to congratulate Helene and her team from the global CIDESCO family. Ronelle Iten, Switzerland, CIDESCO Honorary Board member says: 'Not only the success of the skin clinic, but Helene's constant support and encouragement to so many of us cannot be expressed in words. Helene's leadership by example is appreciated worldwide'.

The CIDESCO board congratulate Helene on this incredible achievement.

The Mask is celebrating 45 years as a sole proprietor, the longest standing skin clinic worldwide with the same owner. We congratulate Helene Weber Bramwell, Honorary President of CIDESCO International on this incredible achievement. Helene achieved incredible success and growth with her salon, all whilst being President of CIDESCO International for 8 years as well as PR board member for CIDESCO for 8 years prior to that.

Say Yes to Global Wellness Day



We have great pleasure to announce that CIDESCO now officially supports Global Wellness Day, an international non-profit making movement created by volunteers dedicated to living well. The purpose of this annual day which this year falls on Saturday 11th June is to make us aware of the value of our lives and take small steps to live well.

All accredited member Sections, Schools and Beauty Centres will receive detailed information and will be encouraged to contact their national Global Wellness Day ambassador in order to participate in the activities and to spread the message.

Our PR Company will be promoting CIDESCO's involvement with Global Wellness Day actively through PR and social media #globalwellnessday.

New sunscreen offers vitamin D production with UV protection

Medical News Today reports that a new sunscreen, Solar D, will go on sale in the US this summer which, for the first time, enables the body to produce vitamin D with no loss of sun protection factor.

As the main source of vitamin D for people around the world is the sun, this is a major breakthrough. Vitamin D deficiency constitutes a major health problem affecting around 40% of children and 60% of adults globally, particularly those living in norther latitudes.



On demand beauty

With key unique selling propositions centering around speed, convenience and privacy, it's easy to see how appealing the prospect of a professional beauty treatment in your own home might be for consumers. MyGlamm, Priv and MILK Beauty are just a few in the latest flurry of start-ups to venture into the on-demand beauty services market – and now multinational corporations are taking notice. In the last three months, Elizabeth Arden has made two acquisitions in this sector, first snapping up Manicube, then CityMani.

But where is this business model headed, and what new features can we expect?



3D printed skin

As innovation in 3D printing technology continues, the possibility for the 3D printing of human skin for use in the cosmetics industry is becoming increasingly viable. Such skin could be used as an alternative to animal testing of cosmetics and personal care products, and perhaps even used in the human body for cosmetic purposes.

But as brands explore the growing possibilities, regulators are also moving to consider how 3D printed skin will be controlled.

MEET THE SPEAKERS

CIDESCO World Congress 2016



DEBRA SADRANU
DIRECTOR/PRINCIPAL,
SPA ACADEMY FIJI

Debra Sadranu is undoubtedly the pioneer, founder and visionary of the Fiji Beauty and Spa Industry. Winning the Visionary Aon Excellence in tourism award in 2011 and 2015 Business Women of the year, Debra has provided the Spa Tourism Industry with expertise and recruitment for the past 18 years. Debra prides herself in providing training and employment, creating career paths for thousands of local women.



DR. MIA
PLASTIC AND RECONSTRUCTIVE
SURGEON, JOHANNESBURG.

Dr Mia is a member of the Association of Plastic and Reconstructive Surgeons of South Africa. He is a previous winner of the best research paper at the congress of plastic surgeons for research done on collagen and wound healing, as well as a prize winner at the Burt Myburg surgical research forum at Wits University.

In addition to aesthetic surgery, he has a keen interest in hand surgery, post cancer reconstructive surgery, cleft lip and palate surgery as well as the management of burn injuries.



**ANNET KING, DIRECTOR OF
GLOBAL EDUCATION, THE
INTERNATIONAL DERMAL
INSTITUTE AND DERMALOGICA**

A unique understanding of the global skin care market combined with dynamic leadership skills make Annet King an invaluable asset to The International Dermal Institute (IDI), the skin care industry's "gold standard" for post-graduate education. She also is responsible for creating the professional classes and training materials which accompany the Dermalogica system of products at thousands of top skin care centers, spas and salons worldwide, as well as at Dermalogica's hybrid Learning Centers in Scottsdale, AZ and Atlanta, GA.



RHIANNON HARRIS FIPPA
ESSENTIAL OIL RESOURCE
CONSULTANTS

An experienced aromatherapist, educator, author and editor of the International Journal of Clinical Aromatherapy, Rhiannon has a long standing and ongoing passion for plants, their extracts and their potentials for improving health and well being. Her background in health care (nursing), education and publishing has enabled her to effectively share her knowledge, experience and skills with professionals working in diverse clinical settings around the world. Rhiannon's main goal is to demonstrate measurable improvements in health and quality of life using evidence-based, safe, effective aromatic interventions.



MARK WALTON & EMMA ROBERTS
VOYA

Mark Walton is co-founder of the VOYA certified seaweed-based luxury spa product line available worldwide. VOYA has quickly become identified as an international benchmark for sustainable practices, environmental responsibility and organic integrity. With his family, Walton runs a Seaweed Bath Centre for over a decade, amassing a wealth of technical knowledge on the scientific and therapeutic benefits of different marine species and their role in the spa environment. Walton sits on the EU expert panel on organic standards for the European Union Commission.

Emma Roberts is head of VOYA's global sales and business development. She brings 19 years of experience in the beauty, wellness and spa sector, including operations in luxury spas and cruise liners as well as business development with leading luxury brands.



DR. DESMOND FERNANDES
ENVIRON SKIN CARE FOUNDER

Dr. Desmond Fernandes was born in Johannesburg, South Africa and graduated from the Fellowship of the College of Surgeons of Edinburgh. He returned to South Africa in 1973 to join Prof. Christiaan Barnard in the world famous heart transplant unit in Cape Town, and was responsible for the illustrations of the "Piggy-back" or "Double" Heart transplant.

In 1975 he returned to Plastic Surgery and eventually became the consultant in charge of Cleft Lip and Palate Division at the Red Cross Children's Hospital for 21 years. Dr Fernandes has written numerous papers and chapters for medical publications on various plastic surgery procedures and in the more recent years on skin health and rejuvenation with the use of vitamin containing skin care preparations and also in methods of improved penetration and particularly in skin needling for collagen stimulation.

CIDESCO

COMITÉ INTERNATIONAL D'ESTHÉTIQUE ET DE COSMÉTOLOGIE

1946-2016

As we celebrate 70 years of CIDESCO, let us remember the incredible people who had the insight all those years ago to establish our international Committee of Esthetics and Cosmetology. Without them and now you, the industry would be a much lesser place for it.

“Medames, Messieurs, pour la première fois dans l’histoire de nos belles professions, void réunis à Bruxelles des spécialistes de la Beauté de différents pays qui se sont imposé pour tâche de constituer un Comité International d’Esthétique et de Cosmétologie”.

“Ladies and Gentlemen. For the first time in the history of our beautiful profession we meet in Brussels for beauty specialists from different countries. Our task is to establish an International Committee of Esthetics and Cosmetology”.

With these historic words from Georges Dumont in Brussels, Belgium on 27 December 1946, an international association of Beauty Therapists was founded.

“The suggestion of this meeting was the dream of Jacques Poirsons, teacher of Esthetiques in Paris”, said Georges Dumont and “I thank him especially for giving his Belgian colleagues the honour of choosing their country as the seat of the first Congress”.

Little could the founders of the new organisation have visualised the future of their creation. This first meeting of beauty therapy international representatives attracted people from Belgium, France, Holland, Switzerland, Hungary, Poland & Sweden.

The aims of the Comité were threefold:

1. To bring members of the profession together, to exchange ideas and pool knowledge.
2. To form working liaisons with doctors, surgeons, dermatologists, cosmetic chemists and other professionals, whose work had influence on the profession of beauty therapy and cosmetology. This cooperation proved that our profession was serious and of great value to the community.
3. To establish a sound framework of education in Beauty Therapy training, to establish examinations, to accredit and recognise Beauty Therapy schools who demonstrated a sound teaching of the required skills.

The history of the Comité followed with steady progress from this enthusiastic beginning to develop into a truly international body represented by the leading schools and colleges in over 40 countries across 5 continents.

Those organisations that hold the CIDESCO Accreditation are a symbol of quality and excellence ensuring those who use their services an international level of commitment that is second to no other:

CIDESCO, truly the World Standard for Beauty & Spa Therapy.





CIDESCO @70 Celebrations Indian Style

Celebrations marking 70 years of CIDESCO was held at LTA-School of Beauty in India on 15th February 2016. Ms Amanda Pet, CIDESCO Examiner from South Africa expressed her enthusiasm and joy of marking this occasion by lighting lamps around a floral decoration in true Indian spirit. Ms Amanda evidently was impressed with the arrangements made by staff and students of LTA who made this occasion special.

CIDESCO students sang happy songs and sent out good wishes for many such happy occasions in the future. The event closed with cake cutting and sharing of sweets among those gathered.

Ms Vaishali K Shah director of the LTA-School of Beauty, which is India's largest CIDESCO School, said "It is truly commendable that for 7 decades, the CIDESCO qualification has not just been relevant but even today is regarded as the most respectable beauty qualification. This shows the commitment and dedication to quality by the CIDESCO Board Members. LTA is proud to be associated with CIDESCO in its quest to provide high quality beauty therapists and cosmetologists worldwide."



Why it's never too late to retrain

CIDESCO MEETS AWARD-WINNING THERAPIST MELANIE CROSBY

Having first qualified as a Beauty Therapist with the IHBC (International Health & Beauty Council) in 1986, Melanie worked in a small beauty salon for two years before deciding to completely change her career path, and move into the financial sector. 25 years later, Melanie's life changed as she was presented with the chance to move and work abroad in Australia – an opportunity she was keen to take.

At 41 years old, the prospect of moving gave Melanie the inspiration and determination she needed to make her return to school and retrain as a therapist, something she had been considering for a long time.

“Australia has some amazing spa destinations and that was something I wanted to be a part of”, she comments. After making her decision, Melanie enrolled and became a full-time student for one year at CIDESCO's International School of Beauty Therapy, Nantwich.

“My first task was to decide what qualifications I would need. I researched this online, looking at various recruitment agencies, both in the UK and Australia as well as looking at potential employer websites. The majority of top spas in Australia request a minimum of two years spa experience, which wasn't an option for me. I knew what I wanted to do; I just had to find a way of getting there.”

For Melanie, choosing an appropriate college which had the right study options was a challenge in itself and after copious hours of research, Melanie arranged to meet with the principal of The International School of Beauty Therapy, Louise Leach. Established in 1993, The International School of Beauty Therapy was one of only 12 academies in the UK to carry the CIDESCO accreditation. With professional lecturers and over 30 years of experience, founder of the privately owned beauty



school, Louise Leach, personally works with all her students to ensure only the highest of standards are being achieved.

“Louise provided me with a great overview of the various industry qualifications, from government funded beauty diploma qualifications to CIBTAC, ITEC and CIDESCO. It was very interesting to see how much the industry had evolved since gaining my initial beauty certificate back in 1986 and I felt that CIDESCO was the ultimate qualification, the crème de la crème of all the qualifications discussed due to its precedence of high standards that Louise presented to me.”

With global representation Melanie felt that the CIDESCO accreditation would stand her in good stead to secure employment and her goal of working within a world class spa.

In terms of the course itself, Melanie felt one word expressed it perfectly - ‘hard!’ The Beauty Therapy Diploma not only provided Melanie with practical skills and theory knowledge needed, but it gave her clear expectation levels of what she can now achieve. The CIDESCO course not only had more depth and complexity, but it also had the added requirement of a thesis. Candidates are required to write a project of at least 4000 words on a subject relevant to the study of beauty therapy, the purpose of which is to give candidates the opportunity to use their knowledge, ability and creativeness.

“I do believe that a higher level of intelligence is required to be successful in gaining the CIDESCO award, both intellectually and from a personal standards point of view. It’s so important to give attention to detail throughout the course as well. A foundation in chemistry certainly helps – something most people would never even associate with beauty or spa! This, I believe, is a good thing as it certainly separates the ‘wood from the trees’ so to speak.”

Returning to study as a mature student was extremely daunting for Melanie, but it enabled her to advance her current abilities whilst learning new skills. Thankfully, Melanie’s hard work and determination paid off and she graduated in the summer of 2012. Within five weeks of receiving her diploma, she moved to the Sunshine Coast in Queensland, Australia, where she has since resided.

The CIDESCO course not only had more depth and complexity, but it also had the added requirement of a thesis... the purpose of which is to give candidates the opportunity to use their knowledge, ability and creativeness.

“As soon as I moved to Australia, I successfully found employment as a Spa Therapist in a world-class Sanctuary Spa, which was one of the five finalists in the 2011 ASPA Awards for Best Destination Spa. Since, I’ve been featured in a Fox Sport TV advert and local magazines, representing the spa, as well as being invited by CIDESCO’s Head Office in Zurich to provide a summary of my thesis for their LINK magazine.”

In 2013, Melanie went on to win ‘International Student of the Year’ out of 250 centres in 180 countries and continues to be featured in various spa publications – something she is extremely proud of. Over the last three years, she has remained in the spa industry, during which she became involved in spa management progressing to Spa Co-Ordinator and then to Assistant Spa Manager.

“As much as I loved working in the spa industry, another career change happened in April 2015. I gained employment within the head office of the Australian National Distributor for Jane Iredale Mineral Make-Up and Environ Skincare. Since completing the CIDESCO qualification, I have complete job satisfaction. It’s rewarding, challenging and most of all, enjoyable.”

For Melanie, every day involves learning something new. In her current position, she works with salons, spas, clinics and plastic surgeons and she enjoys the fact that the beauty industry is always evolving and venturing into new territories such as the medical sector.

“The CIDESCO accreditation has facilitated a great journey for me. Not only across the world to achieve my goal of working within a world class spa, but to now work with a fabulous mineral make-up brand that I trained with as part of my course for CIDESCO. I firmly believe that the CIDESCO accreditation is an award of ‘excellence’ and as such, it provides the necessary foundations needed to help further develop a career within an industry that is portable, recognised world-wide and full of exciting new challenges.”



MY CIDESCO JOURNEY



Professor Cheng Ming Ming

Professor Cheng, the founder and director of CMM Monita International Group, is a well-known Hong Kong entrepreneur and is also the founder of Shanghai Cheng Ming Ming Cosmetic Products.

Professor Cheng tells us about her career and why being a member of CIDESCO has been so important.

"I was born in Indonesia. I had been deeply influenced by the culture and arts of Indonesia since I was young and this cultivated me with a strong sense of "beauty" throughout my life. Hence, engaging in the development of the beauty industry became one of my aspirations as I wanted to enhance and glorify "beauty" to the general public. However, there was a great deal of opposition to my dream from my father. Furthermore, working in the beauty industry was not that elevated at that time, so he wanted me to work as a professional such as a lawyer or doctor rather than a cosmetologist. Of course I held on until I could really start my beauty business!"

Reason for joining CIDESCO

"At the early stage of my own beauty business, I participated in various beauty exhibitions around the world in order to obtain extensive experience of cosmetology. I didn't know about CIDESCO until I attended a CIDESCO congress in the UK. I was attracted by its conception of advocating the importance of education. I was deeply inspired and have continued to strive for better education in the beauty industry."

Views on the esthetics industry in China

"With a large population in Mainland China, more and more people are already in touch with make-up and beauty. Obviously, the make-up and beauty industries are growing rapidly in China over the past few years due to the great development of the Chinese Economy. Furthermore, as beauty care is the natural instinct of people, so I believe that the esthetics industry in Mainland China will continuously develop."

The latest Chinese beauty trends

"Nowadays, the Chinese people's pursuit of using different brands of cosmetics to fulfill their desire of "beauty" has become an important part of their lives. In addition, the Chinese people are also affected by medical cosmetology which encourages them to enhance their physical appearance and hence they have become more interested in their appearance. For this, CIDESCO is ideally placed to teach and promote the right international beauty methods."

My educational tips for students

- 1 "Beauty" is important for people, but students should not forget about the internal "beauty" of oneself. Inner beauty is the real beauty of a person that goes far beyond physical appearances. It is true that inner beauty can make oneself, together with outer beauty more attractive.
- 2 Students should be earnest and down-to-earth. That means avoid being exaggerated.
- 3 Students should be hard-working as people always say: "There are no ugly women, only lazy ones." Never stop upgrading yourself by exploring more about beauty.

Professor Cheng established CMM International Group in 1966. In 1980, Professor Cheng established International CICA Association of Esthetics and applied to become the CIDESCO Section China in 1982. Professor Cheng invented various beauty techniques, which fortified the leading position of CMM International Group.

Chinese Cupping

BY KATHLEEN RUSHALL

Traditional Chinese medicine brings to mind acupuncture and the use of natural herbs as healing remedies. Cupping is a lesser-known treatment that is also part of Oriental medicine, one that can provide an especially pleasant experience.

One of the earliest documentations of cupping can be found in the work titled 'A Handbook of Prescriptions for Emergencies', which was written by a Taoist herbalist by the name of Ge Hong and which dates all the way back to 300 AD. Cupping is the term applied to a technique that uses small glass cups or bamboo jars as suction devices that are placed on the skin. There are several ways that a practitioner can create the suction in the cups. One method involves swabbing rubbing alcohol onto the bottom of the cup, then lighting it and putting the cup immediately against the skin. Suction can also be created by placing an inverted cup over a small flame, or by using an alcohol-soaked cotton pad over an insulating material (like leather) to protect the skin, then lighting the pad and placing an empty cup over the flame to extinguish it. Flames are never used near the skin and are not lit throughout the process of cupping, but rather are a means to create the heat that causes the suction within the small cups. Once the suction has occurred, the cups can be gently moved across the skin (often referred to as "gliding cupping"). The suction in the cups causes the skin and superficial muscle layer to be lightly drawn into the cup.

Cupping is much like the inverse of massage - rather than applying pressure to muscles, it uses gentle pressure to pull them upward. For

most patients, this is a particularly relaxing and relieving sensation. Once suctioned, the cups are generally left in place for about ten minutes while the patient relaxes. This is similar to the practice of Tui Na, a traditional Chinese medicine massage technique that targets acupuncture points as well as painful body parts, and is well known to provide relief through pressure. Generally, cupping is combined with acupuncture in one treatment, but it can also be used alone. The suction and negative pressure provided by cupping can loosen muscles, encourage blood flow, and sedate the nervous system.

Cupping is used to relieve back and neck pains, stiff muscles, anxiety, fatigue, migraines, rheumatism, and even cellulite. For weight loss and cellulite treatments, oil is first applied to the skin, and then the cups are moved up and down the surrounding area. Like acupuncture, cupping follows the lines of the meridians. There are five meridian lines on the back, and these are where the cups are usually placed. Using these points, cupping can help to align and relax qi, as well as target more specific maladies. By targeting the meridian channels, cupping strives to 'open' these channels - the paths through which life energy flows freely throughout the body, through all tissues and organs, thus providing a smoother and more free-flowing qi (life force).

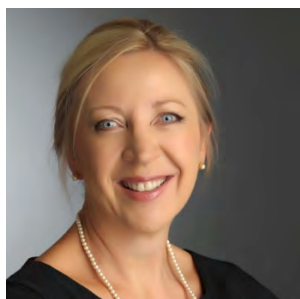


Cupping is much like the inverse of massage - using gentle pressure to muscles upward

Cupping is one of the best deep-tissue therapies available. It is thought to affect tissues up to four inches deep from the external skin. Toxins can be released, blockages can be cleared, and veins and arteries can be refreshed within these four inches of affected materials. Even hands, wrists, legs, and ankles can be 'cupped,' thus applying the healing to specific organs that correlate with these points. This treatment is also valuable for the lungs, and can clear congestion from a common cold or help to control a person's asthma. In fact, respiratory conditions are one of the most common maladies that cupping is used to relieve. Three thousand years ago, in the earliest Chinese documentation of cupping, it was recommended for the treatment of pulmonary tuberculosis.

See more at: pacificcollege.edu/news/blog/2014/09/20/many-benefits-chinese-cupping

The Truth about Cartridge Waxing



**LILLIANE CARON,
CARONLAB AUSTRALIA &
WAXXPRESS FOUNDER**

Lilliane Caron discusses the pros and cons of a roll on waxing technique.

The beauty industry is constantly growing and therapists now have the choice to specialise in specific areas of beauty. These days you will find clients who seek out salons that focus in a particular service. With the waxing industry being as lucrative as it is and professional waxing bars popping up on every corner, therapists find themselves looking for products and techniques that make their lives easier to get their clients in and out the door faster. While cartridge waxing has become a convenient and popular method for many therapists, if they are not used correctly they are no quicker or convenient.

Start with the basics

Wax cartridges ensure a smooth, clean and consistent application of wax onto the skin. They are great for busy waxing salons and those that have trouble maintaining their pace when using spatulas, especially when it comes to waxing larger areas such as legs, chest, arms and back. It is however in my opinion, vital that every therapist starts with the basics of waxing, and that is; using a spatula! It's an essential art which should be mastered by every therapist.

Just as we need to be able to crawl before we walk, it is important that therapists are confident and competent with their general waxing skills before they pick up a roll-on system. Cartridge waxing uses a different technique. There are no time or money saving benefits of a roll-on technique if you don't master the basics, and you certainly won't improve your confidence.

Times are changing

With cartridge waxing growing in popularity, it's important that the waxing curriculum evolves with the times and keeps up with innovative technology. Even though cartridge waxing is not a new technique it has evolved over the years. 'Gen Y' are all about new and improved gadgets, systems and products that make their life as easy as possible. Take the iPhone for example; it's a phone, a camera, a flash light and daily planner all in one. It is unrealistic to think that we can keep Gen Y tied down to the traditional practices of anything, let alone a curriculum focusing solely on techniques that were taught 30 + years ago.

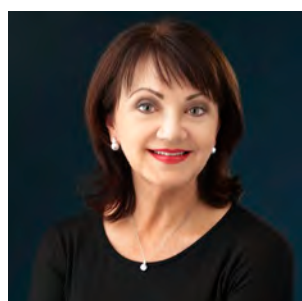
This being said, you cannot use cartridges for every area of the body. Some body contours are not comfortable or accessible with roll on wax application. These days the most popular waxing treatment in most salons is Brazilians. They equate to 80% of waxing. This is followed by facial waxing. These are two key treatments where a spatula is absolutely vital. You can see why it is important to have both techniques under your belt and be confident in knowing when to use them.

Wax vs wage

For experienced therapists who have been around for decades like myself, the differences between using a spatula and a cartridge are very minimal. In fact using a spatula can sometimes be faster for those who have their technique mastered. Less experienced therapist's may find cartridges fantastic for speeding up their treatments when they're doing larger areas.

Cartridges will never replace the need for a hard and strip wax, however the roll on can be a beneficial add-on for some salons. When incorporated into some treatments, it can make them more efficient. Generally, it's the salon owner who decides if cartridges are to be used in their salon. When making this decision, you really need to know your business.

Avoiding Waxing Problems



LYDIA JORDANE
FOUNDER & CEO
LYCON COSMETICS

Over the years strip waxing has been the norm in many salons, either applied with a spatula or rolled on with a strip wax cartridge. However, most of us recognize that there are limitations with strip wax when used on the face, bikini zone and underarms.

Lydia Jordane, the inventor of Lycon wax, is a strong believer that strip wax is best suited for larger areas, such as the legs, arms, chests and backs. Although many salons only use strip wax for all body and face waxing, she is very glad that hot

waxing has gained popularity over the years for the sensitive skin on the face, underarms and the bikini zone - from a general bikini wax, a Brazilian or 'intimate waxing'. Ms Jordane is one of the world's pioneers of the beauty industry and believes that 'one wax for all' does not constitute professional waxing as everyone has different skin and a different hair growth. There are different pain thresholds, due to different levels of sensitivity and they can vary change from day by day.

Ms Jordane knows very well that strip wax for the sensitive areas can create various problems, such as removing a fine layer of skin, which can become pigmented and unsightly. Short and stubborn hairs on the face, underarms and the bikini zone cannot be removed with strip wax. It is also difficult to protect the skin correctly in those areas while strip waxing. As a result we cannot provide the best waxing services to our clients. It must never be that "this is how it is with waxing". It is definitely not the general status quo of waxing!

All these problems can be totally avoided with a quality hot wax and there are lots of other advantages in using a quality hot wax on the sensitive areas. A huge advantage is that with the right quality hot wax and a light protective pre-waxing oil, you can easily remove hair as short as 1mm, even in difficult to reach areas. Hair on the bikini zone and the underarms grows in many different directions and can be stubborn. Regardless, with a quality low temperature and gentle hot wax that can be reapplied many times on the same area without discomfort, all hair can be removed efficiently and comfortably.

A superior quality hot wax removes hairs from the roots and should be practically pain free, with minimal or no skin redness, no bruising, no irritation and importantly does not remove a layer of skin which can turn into pigmentation. Once you use the right hot waxes, painful and time consuming tweezer touch ups will not be necessary. You can also touch up short hairs on the legs, arms, chests and backs with hot wax that strip wax often leaves behind.

When hairs are correctly removed and the right after care products are recommended, waxing lasts longer and the possibility of ingrown hairs can be a thing of the past. Waxing should be fun, which it can be once you are equipped with the best professional products, resulting in very happy clients, who happily come back to you and tell their friends about your excellent waxing.

Male Grooming

Let's not forget men and waxing! More and more men are having waxing these days, both in the sporting arena and generally for themselves. It is a well-known fact that men tend to feel pain more easily than women, which also applies to waxing. It is therefore extremely important to provide the best waxing to male clients, so they do not get turned away from the start. In any case, it is important to recognise that some people will feel pain, no matter what, particularly when they have waxing for the first time. But with the right quality wax, most people are surprised that their first waxing is painless, contrary to what they were expecting.

From Ms Jordane's extensive experience, she has found that anyone who felt pain with their first waxing, feels much less pain or no pain with subsequent waxing. The pain factor mostly diminishes by 70-80%. But explain that if they touch the shaver again, they will undo all the goodness you have created with your waxing for them.

New trends

"It is very important for professionals to keep up with waxing trends and waxing techniques. I have been waxing for over 40 years and I can assure you that I have modified my waxing techniques over the years with many improvements. I have taught our distributors in our waxing systems, so they can teach our techniques in their territory. As professionals, I believe it is very important to keep an open mind and have awareness of how we can continuously improve, and this applies to waxing as well" says Ms Jordane.

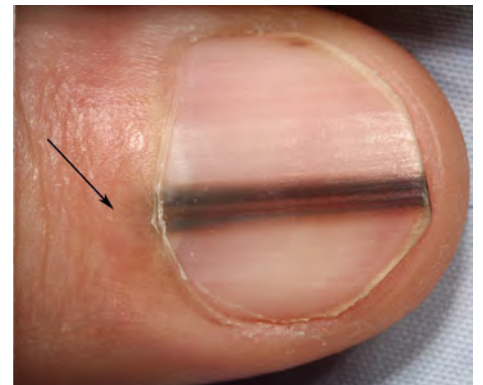
Malignant nail art



DR CLIFF ROSENDAHL
MBBS PHD FSCCA
ASSOCIATE PROFESSOR,
SCHOOL OF MEDICINE,
THE UNIVERSITY
OF QUEENSLAND,
AUSTRALIA

“Malignant melanoma writes its message on the skin with its own ink...”

This statement by Australian surgeon and researcher Dr Neville Davis in 1978 is known as the ‘Melanoma Signature’ statement. It draws attention to the fact that while melanoma kills around 1500 Australians every year, many of these deaths can be prevented if the distinct signature of the melanoma is recognised at an early stage. The person who recognises that ‘signature’ does not need to be a doctor. Family members, friends and non-medical professionals such as beauticians and massage therapists are well placed to recognise the signature of a melanoma if they are informed and observant.



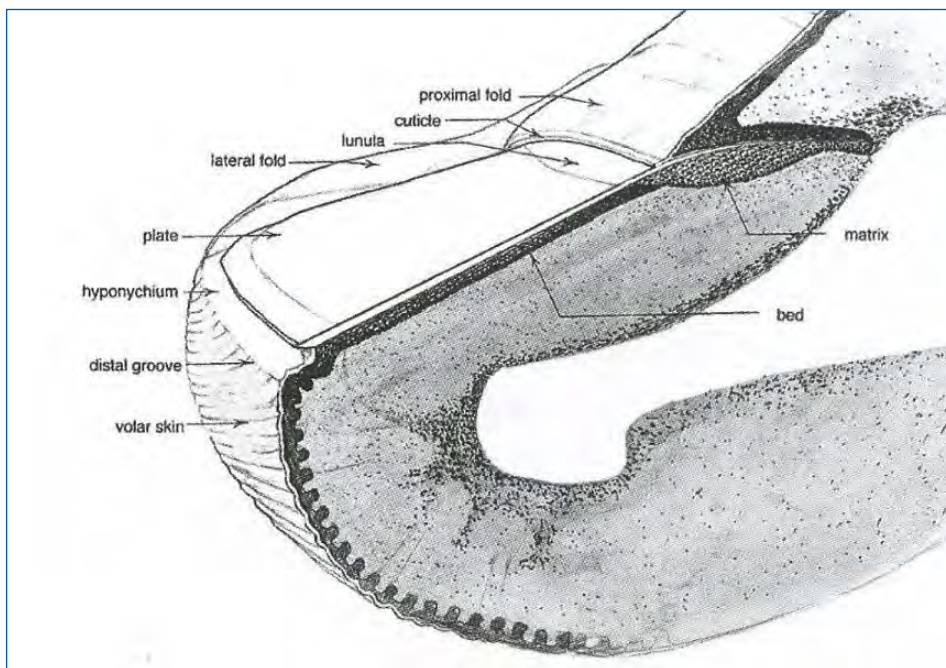
To sir with love...

A 13 year old school-girl had seen a poster in a doctor’s waiting room which presented images of melanomas including a nail-apparatus melanoma. She told her 25 year-old science teacher that the stripe on his thumbnail (pictured above) looked similar to the melanoma she had seen on the poster.

The school teacher had been observing the stripe on his thumbnail slowly widen over a period of 12 months and prompted by the comments of his student he consulted his general practitioner who arranged for a biopsy to be performed. This confirmed the presence of a malignant melanoma at the early stage before the blood vessel layer of skin (dermis) had been invaded. Amputation was therefore not necessary and the subsequent excision of the nail bed was a curative procedure.

Above: A pigment stripe is seen on a 25 year old school teacher’s thumbnail. It occupies the entire length of the nail-plate from the cuticle to the free edge of the nail. It is wider at the cuticle indicating that there is a growing tumour in the nail matrix which lies beneath the nail at the site indicated by the arrow. The pigment stripe is the ‘signature’ of this melanoma which was recognised- not by a doctor – but by an observant teenager.

Right: Schematic drawing of the nail-apparatus. The nail matrix can be seen under the nail-plate and proximal nail-fold. Melanomas arise in this nail matrix and they can transfer their pigment to the growing nail causing the distinctive stripe which extends the full length of the nail.

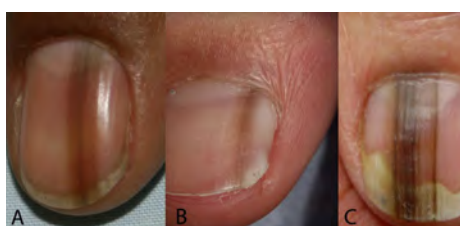


Nail-matrix melanomas

Nail-matrix melanomas are not common and this may be one of the reasons they are so deadly. While the death rate from invasive melanoma in Australia is around 10% it is closer to 50% for nail-matrix melanomas. Melanomas initially are confined to the epidermis and at that ‘in-situ’ stage they are cured by surgical removal. Once melanomas invade the dermis they can spread through the blood and lymphatic vessels which are present in that layer of skin, with deadly consequences. The risk of this metastatic spread increases as the melanoma invades more deeply. The only way to prevent death from melanoma with certainty is to detect and surgically remove the melanoma before it spreads through blood and lymphatic vessels and that means detecting it as soon as the ‘signature’ appearance can be recognised.

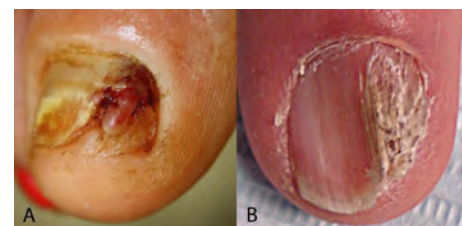
There are some benign (harmless) conditions that produce pigment stripes in nails and these are more common in people with darker skin-type and they frequently involve more than one nail. Melanoma should be suspected if a single nail is involved and especially if the stripe has appeared after the age of puberty and if the client reports that the stripe has been widening.

Beauty Therapists see a lot of nails close-up. Familiarisation with the clues to malignancy may provide an opportunity to do more than give beautiful nails to clients; it may provide an opportunity to give the gift of life.



Above: Three examples of pigment stripes on (A) an index finger, (B) a big toe and (C) a thumb (Image courtesy Dr Paul Fishburn). Whenever a pigment stripe is seen running the full length of a nail, and when only one nail is involved, melanoma of the nail-matrix should be suspected. These three examples of nail stripes were all due to melanomas of the nail matrix.

Unfortunately not all nail-matrix melanomas are pigmented. Non-pigmented (amelanotic) melanomas can occur on any skin surface including the nail matrix. While there will not be any pigment stripe, the clue may be that there is repeated bleeding under the nail without any history of injury as in (A) above right, or that there is a single nail is growing abnormally and that the abnormality is progressively widening as in (B) above right.



Above: Amelanotic nail-matrix melanomas like the two pictured here (A) on a big toe (Image courtesy Dr Agata Bulinska) and (B) on a finger, are likely to be detected at a more advanced stage.

Remember this

1. Not all melanomas are caused by the sun. Melanomas that may be discovered by Beauty Therapists include melanomas in the nail-matrix and also melanomas on the palms and soles. Unlike other more common melanomas these types occur just as frequently in people with dark skin-type.
2. Clients often do not appreciate gradual pigment changes in unexpected places like nails. They will usually however take notice of a professional person who they trust.
3. Being alert to the tell-tale ‘signature’ of nail-matrix melanomas once you have been informed is as easy as staying awake!

For more information go to www.findamelanoma.blogspot.com.au

Are chemicals in nail polish endangering your health?

Chemicals in nail polish have received a fair amount of bad press over recent years as some scientific experts claim they are toxic and can seriously affect the health of salon workers. But should we really be worried?

Sean Byrne, a chemistry student from Ireland has carried out a survey amongst CIDESCO members investigating the use of formaldehydes in nail polishes for his Young Scientist project. He investigated the use of formaldehydes in nail polish, the health risks caused by exposure and the awareness among Beauty Therapists.

An Investigation into Worker Exposure to Harmful Chemicals by Sean Byrne

My project investigated Worker Exposure Limits for harmful chemicals used in nail products, including formaldehyde, isocyanates and volatile organic compounds (VOCs). I compared worker protections used in Nail Salons, with other industries using these chemicals, such as furniture manufacturing & car body repairs.

The main aims of my project were:

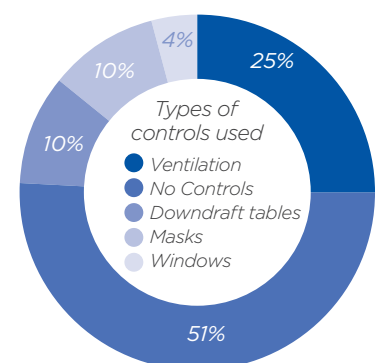
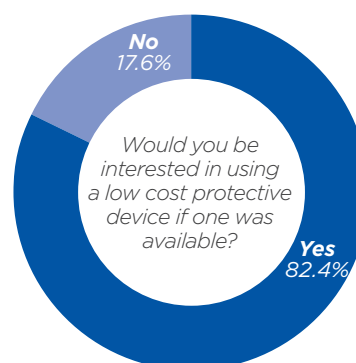
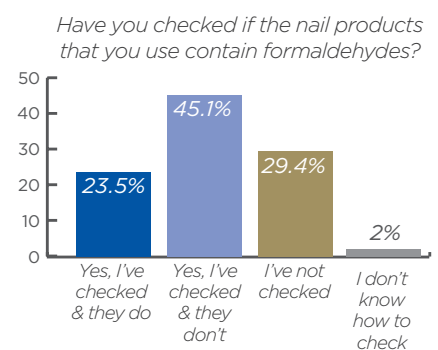
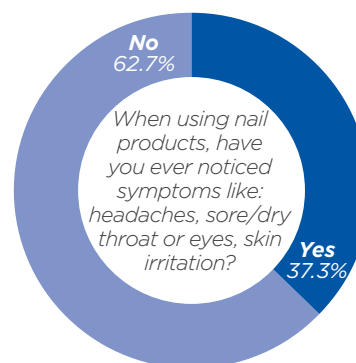
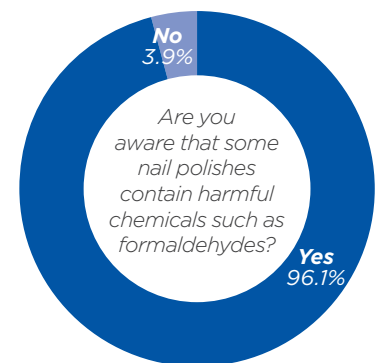
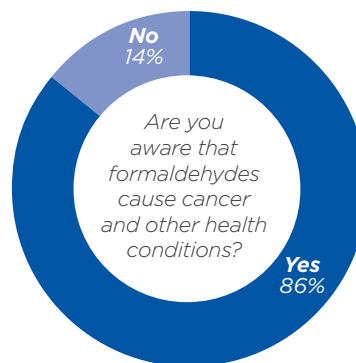
- To compare worker exposure to harmful chemicals in nail salons, with other industries.
- To identify solutions to improve worker safety.
- To design a low cost Safety Enclosure to protect Nail Salon workers from exposure to harmful chemicals in nail polishes.
- To investigate if chemicals banned from cosmetics are still in use.

“There is a good level of formaldehyde awareness among CIDESCO members, and also a strong interest in using a protective device.”

Survey of Awareness to Formaldehyde in Nail Products

I carried out a survey of CIDESCO members to assess their level of awareness about formaldehyde, which is used in some nail products. My survey received 51 responses from around the world. The survey results are summarised below:

The survey results show that there is a good level of formaldehyde awareness among CIDESCO members, and also a strong interest in using a protective device.



Survey of Availability of Safety Information for Nail Products

Separately, I did a survey on the availability of safety information (e.g. MSDSs - Material Safety Data Sheets) on nail products from manufacturers. Methods used were internet searches and emails to manufacturers requesting copies of MSDSs.

My survey shows that the availability of safety information from manufacturers is inadequate, MSDSs available from only 2 of the 9 companies included in the survey.

Health Effects

Occupational Asthma and Cancer are chronic illnesses, caused by prolonged exposure to isocyanates and formaldehydes, which are contained in some nail products. Dermatitis is an acute condition caused by short-term exposure to these chemicals.

A group of chemicals that have been banned from use in cosmetics in the European Union (EU) are collectively called the "Toxic Trio". These are not banned in other countries, but are being phased out on a voluntary basis. The "Toxic Trio" are Formaldehyde, Toluene and DiButyl Phthalate (DBP):

Due to the availability of cheap imports from outside of the EU, there is a possibility that some imported nail polishes may contain some of these banned substances. In order to assess this possibility, I analysed a number of nail polish samples – see section below on GCMS Analysis.

Company name	Available on internet?	Sent Email requesting MSDS?	Received Reply?	Notes
DPI	✓	✓	✓	The 2010 MSDS was available on the internet. The 2014 MSDS plus additional information was sent to me
CND	✓	✓	✓	The 2010 MSDS was available on the internet and copy was sent to me
Rimmel	✗	✓	✓	Replied with basic safety card but no MSDS
Catrice Cosmetics	✗	✓	✓	Replied without MSDS
PRIMARK	✗	✓	✓	Replied without MSDS
Seche	✗	✓	✗	No response
NYCE	✗	✓	✗	No response
Essence	✗	✓	✗	No response
Wet n Wild	✗	✓	✗	No response

MSDS Available from 22% Not readily available from 78%

Chemical	Toluene	Formaldehyde	Dibutyl Phthalate (DBP)
Used in	Nail polishes (Spray) Paints	Nail polishes Manufactured boards	Nail polishes Children's toys
Uses	Solvent	Preservative Binder	Making plastic soft and flexible
Exposure Limits	STEL: 300mg/m ³ (15 minute) TWA: 200ppm (8 Hours)	STEL: 2ppm (15 minute) TWA: 0.75ppm (8 Hours)	TWA: 5mg/m ³ (8 Hours)
Health Effects	Irritates skin May be fatal if ingested Can cause damage to unborn children	Asthma Skin irritation Dermatitis	Reproductive damage Hormonal effects
Carcinogen Status	Not classified	Known carcinogen	Known carcinogen

Sample	Industry	Worker	Volume Sampled		Formaldehyde		Monitoring time	Time weighted average	Occupational exposure limit value
			Litres	µg	mg/m ³	Minutes			
34013378	Furniture Manufacture	Derek	12.83	<0.17	<0.003	131	0.0008	2.5	
34013379		Dan	12.06	<0.15	<0.004	127	0.001	2.5	
34013380		Blank	-	-	-	N/A	N/A	2.5	
34013381	Nail Salon	Laura	4.94	<0.15	<0.004	52	0.0004	2.5	
34013382		Aoife	9.99	<0.15	<0.003	101	0.0006	2.5	
34013391		Blank	-	-	-	N/A	N/A	2.5	

Time weighted average (mg/m³) = Concentration (mg/m³) x Monitoring Time (mins)/(480 mins)

Nail Salon: Potential Routes of Entry

Route of Entry	Potential Exposure From	Likelihood
Ingestion	No ingestion risk observed	N/A
Injection	No injection risk observed	N/A
Inhalation	Inhalation of nail polish vapours	High
Absorption	Absorption of formaldehydes or VOCs through skin (worker)	Medium

Workplace Exposure Monitoring

I carried out workplace exposure monitoring to measure the levels of toxic chemicals in the air at a number of workplaces, including nail salon, furniture manufacturer, car body repair shop. Monitoring was done using a personal air sampling pump and filter, which was then analysed in the laboratory to calculate worker exposure levels.

The results showed that the levels of exposure to formaldehydes were within permissible limits – see table left:

While carrying out the monitoring I also assessed each workplace for potential routes of entry for toxic chemicals into the body. Left is a summary of the nail salon assessment.

I used the Hierarchy of Controls to make recommendations for each company to further improve the safety of their workers. Fig.1 explains the Hierarchy of Controls principle – controls at the top of the Hierarchy are more effective than controls from lower down.

In the table to the right are my recommendations for improving worker safety in the Nail Salon:

Nail Salon Safety Enclosure

The survey of CIDESCO members identified that there is a significant interest in using a low cost protective device to protect Nail Salon workers from exposure to the toxic chemicals contained in nail polishes. Based on this interest, I set out to design a Nail Salon Safety Enclosure, as I could not find a similar protective device currently available on the market.

As part of the design process, I discussed user requirements with a Beauty Therapist to ensure that the Safety Enclosure would be fit for purpose, and easy to use. The key features of the Safety Enclosure include:

- Clear panels all round for good visibility
- Protective barrier to prevent vapour inhalation
- Connected to fan and filter to safely extract all vapours
- Large enough for full movement of hands/arms
- Sloping sides to allow user to get close to work
- Compact, lightweight, table-top design
- Easy to use, & does not obstruct work.
- Aesthetically designed to suit nail salon

Fig.2 shows a photograph of the finished Nail Salon Safety Enclosure being used.

I also made a demonstration video to show how the Safety Enclosure protects Nail Salon workers and customers from inhaling nail polish vapours. As these vapours are invisible, I used smoke to simulate nail polish vapours so that airflows through the enclosure could be visualised. Fig.3 is a still image from the video, showing smoke being drawn into the Enclosure from the outside, when the fan is running. This demonstrates that the Safety Enclosure prevents vapours from escaping into the breathing zones of users. This will protect users from inhaling toxic chemicals contained in the vapours.



Fig. 1 - Hierarchy of Controls

Nail Salon: Hierachy of Controls

Control	Already in place	Recommendations
Elimination	Not possible to eliminate all nail polish	N/A
Substitution	Some manufacturers have phased out 'The Toxic Trio'	Ensure that all nail polish used is free of 'The Toxic Trio'
Engineering Controls	None	Install equipment to protect users, eg downdraft table, safety enclosure
Administrative Controls	Trained as nail technicians	Train technicians how to protect themselves from hazardous vapours from nail polish. Rotate tasks among staff to minimise time spent by individual workers on a hazardous task
Personal Protective Equipment	None	If engineering controls are provided, personal protective equipment will not be needed

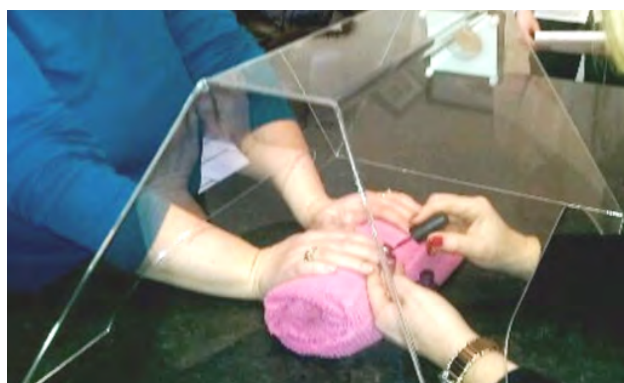


Fig.2 Nail Salon Safety Enclosure in use.



Fig. 3 Extract from demo video: Airflow when extraction is switched on

GCMS Analysis

GCMS (or Gas Chromatograph - Mass Spectrometer) analysis is a technique used in laboratories to separate components of a mixture and identify them. I used this method to analyse 17 different nail polishes to see if any contained the banned substances Formaldehyde, Toluene or DiButyl Phthalate (DBP) - the "Toxic Trio".

The GC-MS analysis found that 2 of the 17 nail polish samples tested contained toluene, which is banned from use in cosmetics in the European Union.

Sample No. 10 was tested again by a second independent laboratory, which confirmed the result, and calculated that the nail polish contained a Toluene concentration of 20%.

GC-MS Analysis Results for 17 Nail Polish Samples

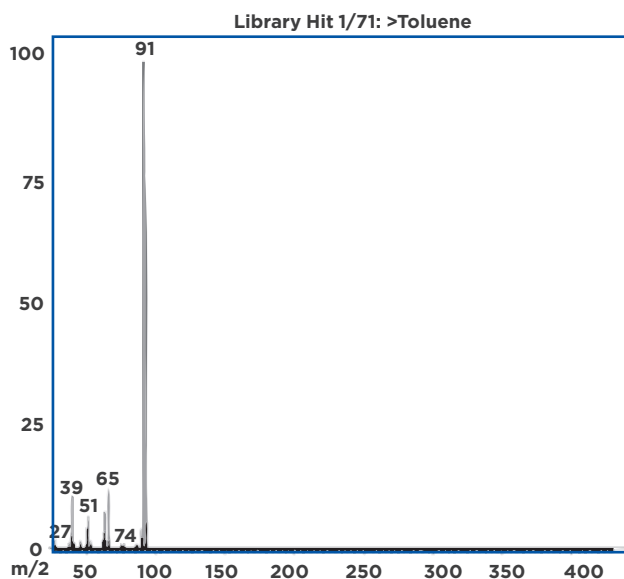
#	Nail Polish Product	Formaldehyde Present?	Toluene Present?	DBP Present?
1	Beauty Buffet	X	✓	X
2	Morgan Taylor	X	X	X
3	PRIMARK (1)	X	X	X
4	Seche	X	X	X
5	Wet n Wild (1)	X	X	X
6	Leighton Denny	X	X	X
7	NYC	X	X	X
8	Essence (1)	X	X	X
9	Rimmel	X	X	X
10	CND Creative	X	✓	X
11	Catrice Cosmetics	X	X	X
12	Essence 'I ♥ Trends'	X	X	X
13	Essence (2)	X	X	X
14	OPI	Not Tested	X	Not Tested
15	Models Prefer	Not Tested	X	Not Tested
16	Wet n Wild (2)	Not Tested	X	Not Tested
17	PRIMARK (2)	Not Tested	X	Not Tested

There is a need to improve availability and awareness of safety information to Nail Salon workers, in relation to toxic chemicals contained in nail polishes.

Conclusion and Recommendations

My key recommendations are:

- There is a need to improve availability and awareness of safety information to Nail Salon workers, in relation to toxic chemicals contained in nail polishes.
- Nail Salons should ensure that workers have access to MSDS sheets for all nail products being used, and should train workers on how to protect themselves from exposure to the toxic chemicals they contain.
- Nail salons should install the safety enclosure, or other controls, to improve protection of workers.
- Nail polishes containing banned substances (e.g. Toluene) are available, and should be removed from sale/use, in Ireland and the EU.



Sample #10
GC-MS match
for Toluene



Think Global, Act Local



AURORA GHIURGI
CIDESCO ITALY
MEMBER

It always fascinates me when people meet each other and share the same interests and goals.

It is a form of energy that is difficult to find at your desk, at home or while you are working.

In November last year, I attended the 65th NATIONAL CONGRESS OF CIDESCO in Rome. As I walked in, I immediately encountered excitement - a breath of something new, made of beauty and love for details.

The Congress itself opens with an inspiring dance performance by SAUNATUR, which catches all of the sleepy faces and turns them into gazes of amazement. This is followed by a warm welcome from the promoter and President of CIDESCO Italian Section, Andrea Bovero.

Many ideas and topics were mentioned, but I was particularly interested in 5 specific take-aways from this experience:

1. Take Part and Connect

I think it is extremely important to take part in such events, not only because they are engaging but also because it gives you the opportunity to have direct exposure to information and direct contact with real people in the industry.

The understanding of a situation is much greater if you live through an experience than if you read about it. In the same way that it is completely different to read about your favorite author Andrea Bovero and to actually shake his hand.

2. Start to “Think Global but act Local”

Andrea Bovero's mantra repetition was “we should start to think international” because we are international. Yes, we are all international! The world is global and requires us to be international and to communicate in different languages to understand the needs of our clientele: it too is becoming more and more international.

At the same time, we must not forget to preserve and give value to what we have and what we are able to do. In Italy, we are blessed with beautiful landscape and great food. We enjoy beauty in every city and with a culture so different from region to region we should strive to make sure it is not lost to modernization and globalization. We do not want to lose our regional and national identity.

For those who would ask me: “How is it possible to preserve such identity and our traditions while keeping up with the world?” Here we are really talking more about “upgrading” the system rather than changing it. To study the competition and to adapt what works while staying within our philosophy and traditions.

3. Trust and Love what you are doing

“Your Work will be filling a large part of your life and the only way to be truly satisfied is to do what you believe is great work and the only way to do great work is to love what you do.”

As Bovero said, we are not working here; we are living to achieve our hopes and goals.

Self-motivation and curiosity should be equally important to pull us forward to create a profitable business.

4. Market yourself

As we said, we are global and the Net has allowed us to be in touch with so many people from so many different places. The use of mass media and social networks should be a way to define ourselves and project our true face, not what we want others to see us as. Be courageous and show the world who you really are and what you are really able to do.

Additionally, as Barbara Massara marketing and communication guru said, we should start to think out of the box of just one area of specialization and move toward Fusion Marketing and create a new product always more effective and flexible for the needs of the client.

Fusion Marketing is the fusing of ideas from different markets in a smart way – just like multiple heads are typically better than one. Experiences and knowledge from multiple areas of business are better integrated into one to enhance the

“The only way to be truly satisfied is to do what you believe is great work and the only way to do great work is to love what you do.”



“entertainment” value of the experience. Doing so as it relates to beauty, lets us revolutionize it - because it not only is a place where you can enhance your beauty but also a place where you can experience direct enjoyment for yourself or with friends.

As Wellness promoters, we should understand that with such busy and stressful lives, the more we fulfill the needs of our clients the more successful we will be.

Today, time is the real value that has to be filled with more than just one service. That is why whomever can be aware and act on this will make his/her clients happiest. And last, but not least, remember that the best marketing targets are your own clients. They will speak about you, your services and they will recommend you. Worth noting: it costs 6-7 times more in time, resources and money to acquire new customers than to keep your current clients happy.

5. Be Healthy and be an Example

It is particularly important in our careers to remember to be coherent in what we say and do.

We can not preach to our clients not to do things that we do ourselves and on the flip side, we should do for ourselves what we recommend to them. We should always take into consideration that our clients look to us with knowledge and admiration.

Gennaro Setola founder of the Bodyfly System highlights how important it is, especially for Beauty Therapists, to take care of their own health and to practice regular exercise to improve their body's posture.

Too many professionals neglect their daily need to improve their own well being and this can be dangerous for their future practice.

Diary Dates



March 2016

13-14 Irish Beauty Show, Dublin, Ireland www.irishbeauty.ie

18-21 Cosmoprof Worldwide, Bologna, Italy www.cosmoprof.com

21- 24 Beauty Professional, Malaysia www.beautyprofessional.com.my

GLOBAL AWARENESS DAYS

March

8 International Women's Day

15 World Consumer Rights Day

19 Earth Hour

20 International Happiness Day

22 World Water Day

June

11 Global Wellness Day

April 2016

2- 4 Expocosmetica, Porto, Portugal www.expocosmetica.exponor.pt

10- 11 International Congress of Esthetics and Spa, Philadelphia, USA www.philadelphia.skincareshows.com/new

16-17 Trends of Beauty, Graz, Austria www.trendsofbeauty.at

17- 18 Natural & Organic Products Europe, London ExCel, UK www.naturalproducts.co.uk

24-25 Scottish Beauty, Edinburgh, UK www.scottishbeautyshow.com

May 2016

1-2 The Make Up Show, New York, USA www.themakeupshow.com/nyc

7-9 Cosmobelleza, Barcelona, Spain www.cosmobelleza.com

7-9 Beauty Forum Spring, Athens, Greece www.beautygreece.gr

12- 14 Sustainable Cosmetics Summit, New York, USA www.sustainablecosmeticssummit.com

12-14 America's Beauty Show, Chicago, USA www.americasbeautyshow.com

18-20 China Beauty Expo, Shanghai, China www.chinabeautyexpo.informaexhibitions.com

June 2016

8-9 Cosmetic Business, Munich, Germany www.cosmetic-business.com/tradefair/en

9-10 Make Up in Paris, Paris, France www.makeup-in-paris.com/paris-en

12 Professional Beauty, Belfast, Ireland www.professionalbeauty.co.uk/e/belfast2016

13-15 World Perfumery Congress, Miami, Florida www.wpc.perfumerflavorist.com

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Around the World

Congratulations to everyone who passed their CIDESCO examinations recently. Well done to you all.



Students from the Clara Int'l Beauty Therapy Academy in Malaysia with CIDESCO Examiner Mrs Pannee Liangvittayakun



Students from the Elite School of Beauty, Harare, Zimbabwe with Otilia Zichawo, owner of the school (front left) and CIDESCO Examiner Cecilia Gillitzer (front right)



CIDESCO Candidates from the Potchefstroom Academy in South Africa



Exam candidates from the Aesthetics International Academy, Singapore with Principal Dolly Tan and CIDESCO Examiner Julie Lew (centre)



Hyde Park College students with Dianne Miles & CIDESCO Examiner Anne Lindsay in Australia

IF YOU HAVE SOMETHING TO CELEBRATE PLEASE DO SEND US YOUR PICTURES TO INCLUDE IN A FUTURE ISSUE OF LINK.

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