

APPENDIX A

BARBER STYLING

Scali-Sheahan, Maura T. *Milady's Standard Professional Barbering, 4E.* 1-4018-7395-2.

Milady's Standard Professional Barbering: Student Exam Review, 4E. 1-4018-7396-0.

Milady's Standard Professional Barbering: Student Workbook, 4E. 1-4018-7399-5.

BASIC COSMETOLOGY

Milady's Standard Cosmetologia. 1-4180-4960-3.

Hayden, Thomas, and James Williams. *Milady's Black Cosmetology.* 0-87350-3775.

BASIC COSMETOLOGY SUPPLEMENTS

Milady's Standard Cosmetology Exam Review. 1-4180-4943-3.

Milady's Standard Cosmetology Study Guide: The Essential Companion. 1-4180-4940-9.

Milady's Standard Cosmetology Student CD-ROM. 1-4180-4945-X

Milady's Standard Cosmetology Study Summary for Chinese. 1-4018-1085-3.

Milady's Standard Cosmetology Study Summary for Korean. 1-4018-1084-5.

Milady's Standard Cosmetology Study Summary for Vietnamese. 1-4018-1083-7.

Milady's Standard Cosmetology Theory Workbook. 1-4180-4941-7.

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Beatty, Deborah. *Preparing for the Practical Exam: Cosmetology.* 1-4018-1532-4.

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Guia de Estudios de Cosmetologia: La Acompañante Esencial. 1-4180-4951-4.

Libro de Ejercicios de Cosmetologia Teorico Revisado. 1-4180-4953-0

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Repaso del Examen de Cosmetologia. 1-4180-4955-7.

BUSINESS/CAREER

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Edgerton, Leslie. *Managing Your Business: Milady's Guide to the Salon.* 1-56253-084-4.

Gambino, Henry J. *SalonOvations' Marketing and Advertising for the Salon.* 1-56253-262-6.

Hoffman, Lee. *Salon Dialogue for Successful Results.* 1-56253-3223.

Kilmer, Beverly. *Staffing Policies and Procedures.* 1-56253-314-2.

Maurer, Gretchen. *The Business of Bridal Beauty.* 1-56253-338-X.

Oppenheim, Robert. *101 Salon Promotions.* 1-56253-358-4.

Phillips, Carol. *In the Bag: Selling in the Salon.* 1-56253-236-7.

Salon Training International. *Assistant Training Tools (Manual & CD's).* ISBN: 1-4180-7331-8.

Booth Renters: Management System (Manual). ISBN: 1-4180-7333-4.

Bottom Line Results. ISBN: 0-9650-7770-5.

Front Desk Management System (Manual). ISBN: 1-4180-7330-X.

Passion: A Salon Professionals Handbook for Building a Successful Business. ISBN: 0-9650-7778-0.

Payday (3 CD's). ISBN: 0-9650-7779-9.

Recruiting for Excellence (CD/Handbook). ISBN: 0-9650-7773-X.

Salon Management Tools (Manual). ISBN: 1-4180-7329-6.

The Coaching Solution 2.0 (CD). ISBN: 1-4180-7335-0.

The Profit Factor (CD/Handbook). ISBN: 0-9650-7775-6.

Tezak, Edward. *Successful Salon Management for Cosmetology Students, 5E*. 1-56253-679-6.

Ventura, Judy. *Salon Promotions: Creative Blueprints for Success*. 1-56253-350-9.

Wiggins, Joanne L. *Milady's Guide to Owning and Operating a Nail Salon*. 1-56253-201-4.

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Milady's Standard Fundamentals for Estheticians, 9E. 1-56253-836-5.

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Hill, Pamela. *Advanced Face and Body Treatments for the Spa*. 1-4018-8172-6.

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Arroyave, Efrain. *Understanding Cosmetic Procedures: Surgical and Non-Surgical*. 1-4018-9745-2.

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Place, Stan Campbell. *The Art and Science of Professional Makeup*. 0-87350-361-9.

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Thrower, Angelo P. *Black Skin Care for the Practicing Professional*. 1-56253-352-5.

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Jones, Jamie Rines. *SalonOvations' Braids and Updos Made Easy*. 1-56253-318-5.

Milady's Standard System of Salon Skills: Hairdressing Student Course Book. 1-56253-398-3.

SalonOvations' The Multicultural Client: Cuts, Styles, and Chemical Services. 1-56253-178-6.

Scali-Sheahan, Maura. *Milady's 18 Men's Styles*. 1-56253-177-8.

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Milady's 28 Styles. 1-56253-070-4.

Milady's Razor Cutting. 1-56253-180-8.

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Bigan, Tammy. *Nail Art and Design*. 1-56253-118-2.

McCormick, Janet. *Spa Manicuring*. 1-56253-460-2.

Mix, Godfrey. *The Salon Professional's Guide to Foot Care*. 1-56253-332-0.

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Schoon, Douglas D. *Milady's Nail Structure and Product Chemistry, 2E*. 1-4018-6709-X.

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Milady's Standard Comprehensive Training for Estheticians Leaders Manual 1-56253-808-X.

Milady's Standard Comprehensive Training for Estheticians Workbook Answer Key 1-4018-3659-3.

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_____. *Braids & Updos Made Easy: The Training Pack-
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*Milady's Soft Skills: Interpersonal Skills for the Beauty
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Milady's Standard: Cosmetology DVD Series. 1-56253-
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Milady's Standard Professional Barbering DVD Series.
1-4018-8015-0.

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(Instructor's package)* 1-56253-401-7.

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Whitten, Cheryl. *Step-by-Step Makeup Videos on
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FOR REFERENCE

Balhorn, Linda A. *The Professional Model's Handbook.*
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1-56253-179-4.

Halal, John. *Milady's Hair Care Products Ingredients
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Hess, Shelley. *SalonOvations' Guide to Aromatherapy.*
1-56253-313-4.

SalonOvations' Professional's Reflexology Handbook.
1-56253-334-7.

Levine, Karen. *A Survival Guide for Cosmetologists:
Tips from the Trenches.* 1-4018-1545-6.

National Association of Barber Boards of America
(NABBA)
2703 Pine Street
Arkadelphia, AR 71923 (501) 682-2806
www.nationalbarberboards.com

National Accrediting Commission of Cosmetology
Arts & Sciences (NACCAS)
4401 Ford Ave., Suite 1300
Alexandria, VA 22302 (703) 527-7600
www.naccas.org

National Beauty Culturists League
25 Logan Circle NW
Washington, D.C. 20005-3725 (202) 332-2695
www.nbcl.org

National Coalition of Estheticians, Manufacturers/
Distributors and Associations (NCEA)
484 Spring Avenue
Ridgewood, NJ 07450-4624 (201) 670-4100
www.ncea.tv

National Cosmetology Association (NCA)
401 N. Michigan Ave.
Chicago, IL 60611-4267 (312) 245-1595
www.ncacares.org

National-Interstate Council of State Boards
of Cosmetology (NIC)
7622 Briarwood Circle
Little Rock, AR 72205 (501) 227-8262
www.nicesting.org

Professional Beauty Association
15825 N. 71st Street, Suite 100
Scottsdale, AZ 85254 (800) 468-2274
www.probeauty.org

Society of Permanent Cosmetic Professionals
69 North Broadway
Des Plaines, IL 60016 (847) 635-1330
www.spcp.org

SkillsUSA (Vocational Industrial Clubs of America,
Inc.)
PO Box 3000
Leesburg, VA 20177-0300 (703) 777-8810
www.skillsusa.org

GLOSSARY/INDEX

A

- Abductor hallucis** (ab-DUK-tohr-ha-LU-sis), muscle of the foot that moves the toes and help maintain balance while walking and standing, 99
- Abductors** (ab-DUK-turz), muscles that separate the fingers, 98
- Abrasive board**, thin, elongated board with a rough surface, 725
- Abrasive nail file**, a thin elongated board with a rough surface, used to file the free edge of the nails, 659–660, 701
- Abrasive scrubs**, slightly abrasive products containing softening agents or oils to penetrate dry, flaky skin and calluses that need to be smoothed during a pedicure, [714](#)
- Abrasives**, 754
- ABS**. See Acrylonitrile butadiene styrene
- AC**. See Alternating current
- Acid waves**, 436–437
- Acid-balanced shampoo**, shampoos that are balanced to the pH of skin and hair ([4.5](#) to [5.5](#)), [223](#)
- Acid-balanced waves**, not true acid waves, as they have a pH between [7.8](#) and [8.2](#) and use glyceryl monothioglycolate (GMTG) as the primary reducing agent. Acid-balanced waves process at room temperature, do not require the added heat of a hair dryer, process more quickly, and produce firmer curls than true acid waves, [438](#)
- Acids**, solutions that have a pH below [7.0](#) and turn litmus paper from blue to red, [174](#)
- Acne**, 537, 568–569, [589](#)
facial and, 598–599
- Acne** (AK-nee), skin disorder characterized by chronic inflammation of the sebaceous glands from retained secretions and propionibacterium acnes (p. Acnes) bacteria, 537
- Acquired immune deficiency syndrome (AIDS)**, [64](#)
- Acrylic** (a-KRYL-yk) (methacrylate [METH-ah-cry-latz]) monomer liquid, the liquid that will be combined with acrylic (methacrylate) polymer powder to form the sculptured nail, [753](#)
- Acrylic** (a-KRYL-yk) (methacrylate [METH-ah-cry-latz]) nail enhancements, created by combining acrylic (methacrylate) monomer liquid with polymer powder, [752](#)
- Acrylic nails**, 723–747, 748–773. See also UV gels
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- Acrylic** (a-KRYL-yk) (methacrylate [METH-ah-cry-latz]) polymer powder, powder in white, clear, pink, and many other colors that will be combined with acrylic (methacrylate) monomer liquid to form the sculptured nail, [753](#)
- Acrylonitrile butadiene styrene (ABS)**, 725
- Activator**, a product used to speed up the curing process of resins and adhesives, 733
- Activators**, powdered persulfate salts added to haircolor to increase its lightening ability, [506](#)
- Active electrode**, electrode used on the area to be treated, [185](#)
- Additives**, [77](#)
- Adductors** (ah-DUK-turz), muscles at the base of each finger that draw the fingers together, 98
- Adipose** (AD-uh-pohs), tissue that gives smoothness and contour to the body, contains fats for use as energy, and also acts as a protective cushion for the outer skin, [123](#)
- Advertising**, 854–856
- Aging**, skin, 532–534
effects of the sun, 532–533
environment and, 533–534
lifestyle and, [534](#)
- AIDS**, acquired immunodeficiency syndrome, a disease caused by the HIV virus that breaks down the body's immune system, [64](#), [65](#)
- Albinism** (AL-bi-niz-em), congenital leukoderma or absence of melanin pigment of the body, including the hair, skin, and eyes, [539](#)
- Alcohol**, 69–70
- Alipidic**, skin that does not produce enough sebum, indicated by absence of visible pores, 567
- Alkaline waves**, 436–437
- Alkaline waves** (or cold waves), have a pH between [9.0](#) and [9.6](#), use ammonium thioglycolate (ATG) as the reducing agent, and process at room temperature, 436
- Alkalis** (AL-kuh-lyz), solutions that have a pH above [7.0](#) and turn litmus paper from red to blue, [174](#)
- Alkanolamines** (al-kan-oh-LAH-mynz), substances used to neutralize acids or raise the pH of many hair products, [172](#)
- Allergy**, reaction due to extreme sensitivity to certain foods, chemicals, or other normally harmless substances, [63](#)
- Alopecia** (al-oh-PEE-shah), abnormal hair loss, 154–155
- Alopecia areata** (al-oh-PEE-shah air-ee-AH-tah), the sudden falling out of hair in round patches or baldness in spots; may occur on the scalp and elsewhere on the body, [155](#)

- Alpha hydroxy acids, acids derived from plants, mostly fruit, and used to exfoliate the skin, [571](#)
- Alternating current (AC), rapid and interrupted current, flowing first in one direction and then in the opposite direction, [182](#)
- American Cancer Society, [533](#)
- American manicure, 680–681
- Amino acids (uh-MEE-noh A-Sudz), units that are joined together end to end by peptide bonds to form the polypeptide chains that comprise proteins, [144](#), [426](#)
in hair, [425](#)
- Ammonia (uh-MOH-nee-uh), colorless gas with a pungent odor. Composed of hydrogen and nitrogen, [172](#)
- Ammonia-free waves, perms use alkanolamines instead of ammonia, and are popular because of their low odor, [438](#)
- Ammonium thioglycolate (ATG), active ingredient or reducing agent in alkaline permanents, 436
- Amp, unit that measures the amount of an electric current (quantity of electrons flowing through a conductor), [182](#)
- Ampoules (AM-pyools), sealed glass vials containing highly concentrated extract in a water or oil base, [573](#)
- Anabolism (uh-NAB-uh-liz-um), constructive metabolism; the process of building up larger molecules from smaller ones, [88](#)
- Anagen (AN-uh-jen), growth phase in the hair cycle in which a new hair shaft is created, [151](#)
- Anaphoresis (an-uh-for-EES-sus), process of forcing liquids into the tissues from the negative toward the positive pole, [186](#)
- Anatomy and physiology, 84–118
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skeletal system, 90–93
study of, [87](#)
tissues, [89](#)
- Anatomy, study of human body structure that can be seen with the naked eye, and what they are made up of; the science of the structure of organisms, or of their parts, [87](#)
- Androgenic alopecia (an-druh-JEN-ik al-oh-PEE-shah), hair loss characterized by miniaturization of terminal hair which is converted to vellus hair; in men, it is known as male pattern baldness, [154](#)
- Angle, space between two lines or surfaces that intersect at a given point, [245](#)
- Angular artery, supplies blood to the side of the nose, [106](#)
- Anhidrosis (an-hih-DROH-sis), deficiency in perspiration, often a result of fever or certain skin diseases, 538
- Aniline derivatives, contain small, uncolored dyes that combine with hydrogen peroxide to form larger, permanent dye molecules within the cortex, [487](#)
- Anion (AN-eyeon), an ion with a negative electrical charge, [173](#)
- Anode (AN-ohd), positive electrode, [185](#), 584
- Anterior auricular artery, supplies blood to the front part of the ear, [107](#)
- Anterior tibial (TIB-ee-al) artery, [107](#). *See also* Popliteal (pop-lib-tee-ul) artery
- Anterior tibial (TIB-ee-al) nerve, 103. *See also* deep peroneal nerve
- Antiseptics, agents formulated for use on skin, [77](#), [79](#)
- Apex, highest point on the top of the head, [244](#)
- Aponeurosis (ap-uh-noo-ROH-sus), tendon that connects the occipitalis and frontalis, 95
- Appointments, 852
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nerves, 102
- Aromatherapy, use of aromatic fragrances to induce relaxation; therapeutic use of essential oils, 599, 692–695, 694
- Arrector pili (ah-REK-tohr PY-ly), minute, involuntary muscle in the base of the hair follicle that causes “goose bumps,” [143](#)
- Artificial eyelashes, 633–636
- Asteatosis (as-tee-ah-TOH-sis), condition of dry, scaly skin due to a deficiency or absence of sebum that is caused by old age and by exposure to cold, 538
- Astringents, liquid that helps remove excess oil in the skin, 570
- Asymmetrical balance, hairstyle design that features unequal proportions designed to balance facial features, 202–203
- ATG. *See* Ammonium thioglycolate
- Atom, smallest particle of an element that still retains the properties of that element, [167](#)
- Atrium (AY-tree-um), upper thin walled chambers of the heart, 104
- Attitude, [23](#)
- Auricularis (aw-rik-yuh-LAIR-is) anterior, muscle in front of the ear that draws the ear forward, 96
- Auricularis (aw-rik-yuh-LAIR-is) posterior, muscle behind the ear that draws the ear backward, 96
- Auricularis (aw-rik-yuh-LAIR-is) superior, muscle above the ear that draws the ear upward, 96
- Auriculotemporal (aw-RIK-yuh-loh-TEM-puh-rul), nerve affects the external ear and skin above the temple, up to the top of the skull, 101
- Autonomic nervous system, the part of the nervous system that controls the involuntary muscles; regulates the action of the smooth muscles, glands, blood vessels, and heart, 100
- Axon (AK-sahn), the extension of a neuron by which impulses are sent away from the nerve cell, 100
- ## B
- Bacilli (singular: bacillus) (bah-SIL-ee), short, rod-shaped bacteria; the most common bacteria; they produce diseases such as tetanus (lockjaw), typhoid fever, tuberculosis, and diphtheria, [61](#)
- Back, [92](#)
- Back-brushing, technique used to build a soft cushion or mesh two or more curl patterns together for a uniform and smooth comb-out; also called ruffing, 321–323
- Back-combing, combing small sections of hair from the ends toward the scalp, causing shorter hair to mat at the scalp and form a cushion or base; also called teasing, rattling, matting, or french lacing, 321–322
- Bacteria, one-celled microorganisms, [60](#)
growth and reproduction, [61](#)
infections, 63–64
types, 60–61
- Bactericidal (back-teer-uh-SYD-ul), capable of destroying bacteria, [60](#)

- Balance**, establishing equal or appropriate proportions to create symmetry. In hairstyling, it signifies the proper degree of height to width, [202–203](#)
- Balancing shampoos**, shampoos that wash away excess oiliness from oily hair and scalp, while preventing the hair from drying out, [224](#)
- Balige** or free-form technique, painting a lightener (usually a powdered off-the-scalp lightener) directly onto clean, styled hair, [517](#)
- Band lashes**, eyelash hairs on a strip that are applied with adhesive to the natural lash line, [634](#)
applying, [635–636](#)
- Bang area/fringe**, triangular section that begins at the apex and ends at the front corners; fringe, [209](#), [245](#)
cutting, [282–283](#)
- Barber pole**, [6](#)
- Barrel curls**, pin curls with large center openings, fastened to the head in a standing position on a rectangular base, [316](#)
- Basal cell carcinoma (BAY-zul SEL kar-sin-OH-muh)**, most common and least severe type of skin cancer; often characterized by light or pearly nodules, [540](#)
- Basal cell layer**, also known as the stratum germinativum layer; the deepest, live layer of the epidermis that produces new epidermal skin cells and is responsible for growth, [122](#)
- Base**, stationary, or nonmoving, foundation of a pin curl, which is the area closest to the scalp; the panel of hair on which a roller is placed, [317](#)
- Base and no-base relaxers**, [461](#)
- Base color**, predominant tone of a color, [483](#)
- Base control**, position of the rod in relation to its base section, determined by the angle at which the hair is wrapped, [443](#)
- Base cream or protective base cream**, oily cream used to protect the skin and scalp during hair relaxing, [461](#)
- Base direction**, angle at which the rod is positioned on the head (horizontally, vertically, or diagonally); also, the directional pattern in which the hair is wrapped, [434](#)
- Base placement**, the position of the rod in relation to its base section, and is determined by the angle at which the hair is wrapped. Rods can be wrapped on base, half off base, or off base, [433–434](#)
- Base relaxers**, relaxers that require the application of protective base cream to the entire scalp prior to the application of the relaxer, [461](#)
- Base sections**, subsections of panels into which hair is divided for perm wrapping; one rod is normally placed on each base section, [433–434](#)
- Basic perm wrap**, perm wrap in which all the rods within a panel move in the same direction and are positioned on equal-size bases; all base sections are horizontal, with the same length and width as the perm rod, [461](#)
- Beard**, [214](#)
- Beau's lines**, visible depressions running across the width of the natural nail plate, [645](#)
- Bed epithelium (ep-ih-THEE-lee-um)**, thin layer of tissue between the nail plate and the nail bed, [135](#)
- Behaviors**, practicing new, [16](#)
- Belly (muscle)**, middle part of a muscle, [95](#)
- Bevel (BEH-vel)**, to slope the free edge of the nail surface to smooth any rough edges, [659](#)
- Beveling**, technique using diagonal lines by cutting hair ends with a slight increase or decrease in length, [245](#)
- Bicep (BY-sep)**, muscle producing the contour of the front and inner side of the upper arm, [98](#)
- Bleach**, [69–70](#)
- Block**, head-shaped form, usually made of canvas-covered cork or styrofoam, to which the wig is secured for fitting, cleaning, coloring, and styling, [404](#)
- Blonds**, [523](#)
restoring, [524](#)
- Blood**, [79](#), [105–106](#), [124](#)
composition, [105](#)
functions, [105–106](#)
handling blood during a manicure, [670](#)
- Blood**, fluid circulating through the circulatory system (heart, veins, arteries, and capillaries), [105](#), [124](#)
- Blood vascular system**, group of structures (heart, arteries, veins, and capillaries) that distribute blood throughout the body, [103](#)
- Blood vessels**, [104–105](#)
- Bloodborne pathogens**, disease-causing microorganisms carried in the body by blood or body fluids, [64](#)
- Blow-dry styling**, technique of drying and styling damp hair in a single operation, [325](#)
for long, curly hair in its natural wave pattern, [331](#), [332](#)
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for curly hair in its natural wave pattern, [331](#), [332](#)
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for straight or wavy hair into a straight style, [333–336](#)
for straight or wavy hair with maximum volume, [333](#)
styling products, [327–328](#)
tools, [325–327](#)
- Blue light**, therapeutic light that should only be used on bare oily skin; contains few heat rays, is the least penetrating, and has some germicidal and chemical benefits, [189](#)
- Blunt haircut**, haircut in which all the hair comes to one hanging level, forming a weight line or area; hair is cut with no elevation or over-direction; also referred to as a one-length, zero-elevation, or no-elevation cut, [258](#), [260–266](#)
- Body fluids**, [79](#)
- Body systems**, groups of bodily organs acting together to perform one or more functions. The human body is composed of [10](#) major systems, [89–90](#). See also individual body systems
- Body waxing**, [558–559](#)
- Bonding**, method of attaching hair extensions in which hair wefts or single strands are attached with an adhesive or a glue gun, [417](#)
- Bones**, [90–93](#)
- Bookend wrap**, perm wrap in which one end paper is folded in half over the hair ends like an envelope, [433](#)
- Booth rental**, renting a booth or station in a salon (also known as chair rental), [842](#)
- Braiding and braid extensions**, [365–394](#)
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single braids, [375](#)
with extensions, [386–387](#)
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- tools, 370–372
working with wet or dry hair, [374](#)
- Brain**, part of the central nervous system contained in the cranium; largest and most complex nerve tissue; controls sensation, muscles, gland activity, and the power to think and feel emotions, [89](#), 100
- Breedlove, Sarah, [6](#). *See also* Walker, Madam C. J.
- Bricklay perm, 452–453
- Bricklay perm wrap, perm wrap similar to actual technique of bricklaying; base sections are offset from each other row by row, [443](#)
- Bromhidrosis (broh-mih-DROH-sis), foul-smelling perspiration, usually noticeable in the armpits or on the feet, 538
- Bruised nails, condition in which a blood clot forms under the nail plate, forming a dark purplish spot, usually due to injury, [644](#)
- Brunettes, [523](#)
- Brushing, hair, 227–228
- Brushing machine, a rotating electric appliance with interchangeable brushes that can be attached to the rotating head, 584
- Buccal (BUK-ul) nerve, affects the muscles of the mouth, 102
- Buccinator (BUK-sih-nay-tur) muscle, thin, flat muscle of the cheek between the upper and lower jaw that compresses the cheeks and expels air between the lips, 97
- Buffer block, lightweight, rectangular abrasive block, 659–660, 725, 729
- Bulla (BULL-uh) (plural: bullae), large blister containing a watery fluid; similar to a vesicle but larger, 538
- Business card referrals, 836
- Business plan, written plan of a business, as it is seen in the present and envisioned in the future, 840
- Business regulations and laws, the rules of any/all local, state, and federal agencies you must comply with when you decide to open your salon or rent a booth, 840
- C**
- Cake (pancake) makeup, shaped, solid mass applied to the face with a moistened cosmetic sponge; gives good coverage, 611–612
- Callus softeners, helps soften and smooth calluses, especially on heels and over pressure points, [715](#)
- Cancer, [540](#)
- Canities (kah-NISH-ee-eez), technical term for gray hair; results from the loss of the hair's natural melanin pigment, [156](#)
- Cap technique (haircoloring), lightening technique that involves pulling clean strands of hair through a perforated cap with a thin plastic or metal hook, 513–514
- Cap wigs, wigs consisting of elasticized mesh-fiber bases to which the hair is attached, 403
- Capes, disinfection procedure, 73
- Capillaries (ca-pill-larrys), thin-walled blood vessels that connect the smaller arteries to the veins, [105](#)
- Capital, money needed to start a business, 844, 846
- Capless wigs, machine-made wigs in which rows of wefts are sewn to elastic strips in a circular pattern to fit the head shape, 403
- Carbuncle (KAHR-bung-kul), inflammation of the subcutaneous tissue caused by staphylococci; similar to a furuncle but larger, [160](#)
- Cardiac muscle, the involuntary muscle that is the heart, 94
- Career management, [18](#)
- Career paths, for hairstylists, 9–11
- Carpus (KAR-pus), the wrist; flexible joint composed of a group of eight small, irregular bones held together by ligaments, [93](#)
- Carrier oils, [693](#)
- Carts, for pedicures, 701–702
- Carved curls, pin curls sliced from a shaping and formed without lifting the hair from the head, [313](#)
- Carving, haircutting technique done by placing the still blade into the hair and resting it on the scalp, and then moving the shears through the hair while opening and partially closing the shears, [288](#)
- Cascade or stand-up curls, pin curls fastened to the head in a standing position to allow the hair to flow upward and then downward, [316](#)
- Catabolism (kuh-TAB-uh-liz-um), the phase of metabolism that involves the breaking down of complex compounds within the cells into smaller ones resulting in the release of energy to perform functions such as muscular movement or digestion, [89](#)
- Catagen (KAT-uh-jen), the brief transition period between the growth and resting phases of a hair follicle, 151–152
- Catalyst (KAT-a-list), substance that speeds up chemical reactions between monomer liquid and polymer powder, [189](#), 751
- Cataphoresis (kat-uh-fuh-REE-sus), process of forcing acidic substances into deeper tissues using galvanic current from the positive toward the negative pole, [185](#)
- Cathode (KATH-ohd), negative electrode, [185](#), 584
- Cation (KAT-eye-on), an ion with a positive electrical charge, [173](#)
- Cell, basic unit of all living things; minute mass of protoplasm capable of performing all the fundamental functions of life, [88](#)
- Cell membrane, part of the cell that encloses the protoplasm and permits soluble substances to enter and leave the cell, [88](#)
- Cells, 87–89
construction, [88](#)
metabolism, 88–89
reproduction and division, [88](#)
- Central nervous system, consists of the brain, spinal cord, spinal nerves, and cranial nerves, 99
- Cervical cutaneous (kyoo-TAY-nee-us) nerve, located at the side of the neck, affects the front and sides of the neck as far down as the breastbone, 102
- Cervical (SUR-vih-kul) nerves, affect the side of the neck and the platysma muscle, 102
- Cervical vertebrae (SUR-vih-kul VURT-uh-bray), the seven bones of the top part of the vertebral column, located in the neck region, [92](#)
- Chain reaction, process that joins monomers to create very long polymer chains; also called “polymerization reaction,” 751
- Chamois (SHAM-ee) buffer, implement that holds a disposable chamois cloth that is used to add shine to the nail and to smooth out wavy ridges on nails, [661](#)
- Cheek color, cream or powder cosmetic used primarily to add a natural looking glow to the cheeks; also called blush, blusher, or rouge, 608
- Chemical change, change in the chemical and physical properties of a substance due to a chemical reaction that creates a new substance or substances, [168](#)
- Chemical exfoliants, chemical agents that dissolve dead skin cells, [571](#)

- Chemical hair relaxers, 458–470
 base and no-base relaxers, 461
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 thio neutralization, [459](#)
 thio relaxers, 458–459
 application, [469](#)
- Chemical hair relaxing, rearranges the structure of curly hair into a straighter or smoother form, 458
- Chemical properties, characteristics that can only be determined by a chemical reaction and a chemical change in the substance, [168](#)
- Chemical texture services, 422–476
 chemical hair relaxers, 458–470
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- Chemical texture services, hair services that cause a chemical change that permanently alters the natural wave pattern of the hair, [424](#)
- Chemistry, 164–192
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 physical and chemical properties, [168](#)
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 pure substances and physical mixtures, 168–169
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- Chemistry, science that deals with the composition, structures, and properties of matter, and how matter changes under various conditions, [166](#)
- Chest, [92](#)
- Chewing, 96
- Chignon, [355](#)
 procedure, 357–358
- Chinese, [4](#)
- Chloasma (kloh-AZ-mah), condition characterized by increased pigmentation on the skin in spots that are not elevated, 538
- Chucking, massage movement accomplished by grasping the flesh firmly in one hand and moving the hand up and down along the bone while the other hand keeps the arm or leg in a steady position, [578](#)
- Cilia (SIL-ee-uh), slender, hair-like extensions that permit locomotion in certain bacteria; their whip-like motion moves bacteria in liquid, [61](#)
- Circle, the part of the pin curl that forms a complete circle; also, the hair that is wrapped around the roller, [310](#)
- Circuit (SUR-kit) breaker, switch that automatically interrupts or shuts off an electric circuit at the first indication of overload, [183](#)
- Circulatory system, system that controls the steady circulation of the blood through the body by means of the heart and blood vessels, [90](#), 103–108
- Clairol, [7](#)
- Clarifying shampoos, shampoos containing an acidic ingredient such as cider vinegar to cut through product buildup that can flatten hair; also increase shine, [224](#)
- Clavicle, collarbone; bone joining the sternum and scapula, [92](#)
- Clay-based masks, clay preparations used to stimulate circulation and temporarily contract the pores of the skin, [573](#)
- Cleansing milks, nonfoaming lotion cleansers for the face, 570
- Client base, 835–837
- Client consultation, verbal communication with a client to determine desired results, [40](#)
- Clients
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- Clipper-over-comb, haircutting technique similar to scissor-over-comb, except that the clippers move side to side across the comb rather than bottom to top, [292](#)
- Closed comedones, clogged follicles just under the skin surface, [568](#)
- Closed-center curls, pin curls that produce waves that get smaller toward the end, [311](#)
- Clothing, 28–29
- Cocci (KOK-sy), round-shaped bacteria that appear singly (alone) or in groups, [61](#)
- COHNS elements, the five elements that make up human hair, skin, tissue, and nails (carbon, oxygen, hydrogen, nitrogen, and sulfur), [144](#)
- Cold waves, [8](#), 436–437
- Collagen, fibrous protein that gives the skin form and strength, [125](#)
- Color
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- Color fillers, equalize porosity and deposit color in one application to provide a uniform contributing pigment on prelightened hair, 522**
- Color theory, for makeup, 613–617**
- Color-enhancing shampoos, shampoos created by combining the surfactant base with basic color pigments, 224**
- Comb-out techniques, 321–323**
 back-brushing technique, 322–323
 back-combing technique, 322
 back-combing/back-brushing, 321–322
 cleanup and sanitation, 323
- Combustion (kum-BUS-chun), rapid oxidation of a substance, accompanied by the production of heat and light, 174**
- Comedo (KAHM-uh-doh) (plural: comedones), hair follicle filled with keratin and sebum. When the sebum of the comedone is exposed to the environment, it oxidizes and turns black (blackheads). When the follicle is closed and not exposed to the environment, comedones are a white or cream color (whiteheads), 537**
- Commission, percentage of revenue that a salon takes in from sales earmarked for practitioner, 826**
- Common carotid (kuh-RAHT-ud) artery, artery that supplies blood to the face, head, and neck, 105**
- Common peroneal (per-oh-NEE-al) nerve, a division of the sciatic nerve that extends from behind the knee to wind around the head of the fibula to the front of the leg where it divides into two branches, 102**
- Communication, 21, 33–52**
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 with managers, 50–51
 meeting and greeting new clients, 37–38
 skills, 23
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 scheduling mix-ups, 46
 tardy clients, 45–46
 unhappy clients, 47–48
- Communication, the act of accurately sharing information between two people, or groups of people, 37**
- Complementary colors, primary and secondary color combinations that are directly opposite from each other on the color wheel, 485**
- Complete circuit (SUR-kit), the path of an electric current from the generating source through conductors and back to its original source, 181**
- Compounds, combinations of two or more atoms of different elements chemically joined together, 167**
- Concave profile, curving inward, 209**
- Concave rods, perm rods that have a smaller diameter in the center that increases to a larger diameter on the ends, 432**
- Concealers, cosmetics used to hide dark eye circles, dark splotches, and other imperfections, 607**
- Concentrator, nozzle attachment of a blow-dryer; directs the air stream to any section of the hair more intensely, 325**
- Conditioner fillers, used to recondition damaged, overly porous hair and equalize porosity so that the hair accepts the color evenly from strand to strand and scalp to ends, 521**
- Conditioners, special chemical agents applied to the hair to deposit protein or moisturizer, to help restore its strength and give it body, or to protect it against possible breakage, 224–227**
 deep-conditioning treatments, 226–227
 instant, 226
 for manicures, 682–684
 moisturizers, 226
 protein, 226
 for thermal hair straighteners, 349
- Conditioning or moisturizing shampoos, shampoos designed to make the hair smooth and shiny, avoid damage to chemically treated hair, and improve manageability of the hair, 223**
- Conductor, any substance, material, or medium that easily transmits electricity, 181**
- Confidentiality, 21**
- Connective tissue, fibrous tissue that binds together, protects, and supports the various parts of the body such as bone, cartilage, and tendons, 89**
- Consultations**
 10-step method, 42–45
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- Consumption supplies, supplies used in daily business operations, 845**
- Contact dermatitis, 541–542**
- Contagious (kon-TAY-jus), disease that can be easily spread to others by contact, 64**
- Contraindication, procedure or condition that requires avoiding certain treatment to prevent undesirable side effects, 563**
- Contrasting lines, horizontal and vertical lines that meet at a 90-degree angle, 198**
- Contributing pigment, natural hair color that remains in the hair when the natural color is lightened; must be taken into consideration when haircolor is selected. Also called undertone, 481**
- Converter, apparatus that changes direct current to alternating current, 182**
- Convex profile, curving outward, 209**
- Cool colors, colors that suggest coolness and are dominated by blues, greens, violets, and blue-reds, 614**
- Cornrows or canerows, narrow rows of visible braids that lie close to the scalp; created with a three-strand, on-the-scalp braid technique, 383**
 basic, 388–389
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- Corporations, businesses whose ownership is shared by one or more stockholders, 844**
- Corrective makeup, 625–633**
 analyzing features and face shape, 626–629
 for eyebrows, 631–632
 for eyes, 630–631
 for the lips, 632
 skin tones, 632–633
 for wrinkles, 633
- Corrugations, wavy ridges caused by uneven nail growth; usually result of illness or injury, 648**
- Corrugator (KOR-oo-gay-tohr) muscle, muscle located beneath the frontalis and orbicularis oculi that draws the eyebrow down and wrinkles the forehead vertically, 96**
- Cortex, middle layer of the hair, located directly beneath the cuticle layer. The cortex is responsible for the incredible strength and elasticity of human hair, 144, 424**
- Cosmetic, Toiletry, and Fragrance Association (CTFA), 401**
- Cosmetology instructor, 10**
- Cosmetology, the art and science of beautifying and improving the skin, nails, and hair, and the study of cosmetics and their applications, 4**
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 Middle Ages, [5](#)
 Renaissance, [5-6](#)
 the Romans, [5](#)
 Victorian Age, [6](#)

Couperose (coo-per-ros), European term describing areas of diffuse redness and dilated red capillaries, [569](#)

Cowlick, tuft of hair that stands straight up, [150](#)

Cranium (KRAY-nee-um), an oval, bony case that protects the brain, [91](#)

Cream masks, mask treatments for dry skin that do not harden or dry on the face, [573](#)

Creative capability, [17](#)

Creative Nail Design, [8](#)

Croquignole (KROH-ken-ohl) perms, perms in which the hair strands are wrapped at an angle perpendicular to the perm rod, in overlapping concentric layers, [7](#), [434](#)

Cross-checking, parting the haircut in the opposite way from which you cut it, to check for precision of line and shape, [259](#)

Crown, area of the head between the apex and back of the parietal ridge, [245](#)

Crust, dead cells that form over a wound or blemish while it is healing; an accumulation of sebum and pus, sometimes mixed with epidermal material, [537](#)

CTFA. *See* Cosmetic, Toiletry, and Fragrance Association

Curette, small, spoon-shaped instrument used for cleaning debris from the edges of nail plate, [700](#)

Curl, hair that is wrapped around the roller; also called circle, [317](#)

Curl re-forming, [470-473](#)
 procedure, [471-473](#)
 safety precautions, [470](#)

Curvature perm, [450-451](#)

Curvature perm wrap, perm wrap in which partings and bases radiate throughout the panels to follow the curvature of the head, [443](#)

Curved lines, lines on an angle, used to soften a design, [198](#)

Cuticle (KYOO-ti-kul) (nail), dead tissue that adheres to the nail plate, [135](#)
 removal, [714-715](#)

Cuticle (KYOO-ti-kul) (hair), outermost layer of hair, consisting of a single, overlapping layer of transparent, scale-like cells, [143](#)
 hair, [143](#)

Cuticle removers, products designed to soften cuticles for removal from the nail plate, [714](#)

Cutting line, angle at which the fingers are held when cutting, and ultimately the line that is cut; also known as finger angle, finger position, cutting position, cutting angle, [246](#)

Cutting specialist, [2](#)

Cyst (SIST), closed, abnormally developed sac containing fluid, semifluid, or morbid matter, above or below the skin, [536](#)

Cytoplasm (sy-toh-PLAZ-um), all the protoplasm of a cell except that which is in the nucleus; the watery fluid that contains food material necessary for growth, reproduction, and self-repair of the cell, [88](#)

D

Dandruff, [158-159](#), [224](#)

Dappen dish, a special container used to hold the monomer liquid and polymer powder, [755](#)

DC. *See* Direct current

DeCaprio, Noel, [8](#)

Deductive reasoning, process of reaching logical conclusions by employing logical reasoning, [794](#)

Deep peroneal nerve, a nerve that extends down the front of the leg, behind the muscles. It supplies impulses to these muscles and also to the muscles and skin on the top of the foot and adjacent sides of the first and second toes, [103](#)

Deep-conditioning treatments, chemical mixtures of concentrated protein and the heavy cream base of a moisturizer; used to provide treatments when an equal degree of moisturizing and protein treatment is required, [226](#)

Deltoid (DEL-toyd), large triangular muscle covering the shoulder joint that allows the arm to extend outward and to the side of the body, [98](#)

Demipermanent haircolor, also called no-lift, deposit-only color. Formulated to deposit, but not lift (lighten) natural hair color. Demipermanent colors are able to deposit without lifting because they are less alkaline than permanent colors and are mixed with a low-volume developer, [486](#)

Demographics, information about the size, average income, and buying habits of the population, [840](#)

Dendrites (DEN-dryts), tree-like branching of nerve fibers extending from a nerve cell; short nerve fibers that carry impulses toward the cell, [100](#)

Depilatory, substance, usually a caustic alkali preparation, used for the temporary removal of superfluous hair by dissolving it at the skin surface level, [552](#)

Depressor labii inferioris muscle (dee-PRES-ur LAY-bee-eye in-FEER-ee-orus), muscle surrounding the lower lip; depresses the lower lip and draws it to one side, [97](#)

Derma papilla (puh-PIL-uh), small, cone-shaped elevation located at the base of the hair follicle that fits into the hair bulb, [143](#)

Dermatitis, [537-538](#), [541-542](#)

Dermatitis, inflammatory condition of the skin, [538](#)

Dermatitis (dur-muh-TY-tis) venenata, also known as contact dermatitis. An eruptive skin infection caused by contact with irritating substances such as chemicals or tints, [541-542](#)

Dermatologist, physician engaged in the science of treating the skin, including its structures, functions, and diseases, [121](#)

Dermatology, medical branch of science that deals with the study of skin and its nature, structure, functions, diseases, and treatment, [125](#)

Dermis (DUR-mis), underlying or inner layer of the skin; also called the derma, corium, cutis, or true skin, [122](#)

Design texture, wave pattern, [199](#)

Desincrustation (des-inkrus-TAY-shun), process used to soften and emulsify grease deposits (oil) and blackheads in the hair follicles, [186](#)

Detergents, [77](#)

Developer, oxidizing agent that, when mixed with an oxidation haircolor, supplies the necessary oxygen gas to develop color molecules and create a change in hair color, [488](#)

Diagnosis, determining the nature of a disease or infection, [63](#)

Diagonal lines, lines positioned between horizontal and vertical lines, [197](#), [245](#)

Diamond face, [208](#)

- Diaphragm, muscular wall that separates the thorax from the abdominal region and helps control breathing, [109](#)
- Dietary supplements, [128–129](#)
- Diffuser, blow-dryer attachment that causes the air to flow more softly and helps to accentuate or keep textural definition, [325](#)
- Digestive system, the mouth, stomach, intestines, and salivary and gastric glands that change food into nutrients and wastes, [108](#)
- Digit, a finger or toe, [93](#)
- Digital (DIJ-ut-tul) nerve, nerve that, with its branches, supplies the fingers and toes, [102](#)
- Diplococci (dip-lo-KOK-sy), spherical bacteria that grow in pairs and cause diseases such as pneumonia, [61](#)
- Diplomacy, [23](#)
- Direct current (DC), constant, even-flowing current that travels in one direction only, [181](#)
- Discretion, [21](#)
- Disease, abnormal condition of all or part of the body, organ, or mind that makes it incapable of carrying out normal function, [63](#)
- Disinfectable, an item that can be disinfected, [71](#)
- Disinfectants, chemical agents that destroy most bacteria, fungi, and viruses, but not spores, on surfaces, [67](#)
- Disinfection, process that eliminates most microorganisms, but is not effective against bacterial spores, [67](#)
- choice of disinfectant, [68](#)
 - versus disposal, [71](#)
 - efficacy, [67](#)
 - for haircutting, [257–258](#)
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 - proper use of disinfectants, [68](#)
 - safety, [70–71](#)
 - types of disinfectants, [68–71](#)
- Dispensary, [27](#)
- Distribution, where and how hair is moved over the head, [282](#)
- Distributor sales consultant (DSC), [9](#)
- Disulfide (dy-SUL-fyd) bonds, side bonds that are formed when the sulfur atoms in two adjacent protein chains are joined together. Disulfide bonds can only be broken by chemicals and cannot be broken by heat or water, [145](#), [426](#)
- Dorsal (DOOR-sal) nerve, a nerve that extends up from the toes and foot, just under the skin, supplying impulses to toes and foot, as well as the muscles and skin of the leg, where it is called the superficial peroneal nerve or the musculo-cutaneous nerve, [103](#)
- Dorsalis pedis artery, [107](#). *See also* Popliteal artery
- Double flat wrap, perm wrap in which one end paper is placed under, and one is placed over, the strand of hair being wrapped, [433](#)
- Double press, technique of passing a hot curling iron through the hair before performing a hard press, [348](#)
- Double-process application, coloring technique requiring two separate procedures in which the hair is prelightened before the depositing color is applied; also called two-step coloring, [499](#)
- Double-rod (piggyback) technique, perm wrap in which two rods are used for one strand of hair, one on top of the other, [444](#)
- Dry or powder shampoo, shampoos that cleanse the hair without the use of soap and water, [224](#)
- DSC. *See* Distributor sales consultant
- Dust masks and protective gloves, designed to be worn over the nose and mouth to prevent inhalation of excessive amounts of dusts, [755](#)
- ## E
- Ear, muscles, [96](#)
- Eczema (EG-zuh-muh), inflammatory, painful itching disease of the skin, acute or chronic in nature, presenting many forms of dry or moist lesions, [538](#)
- Education, [860](#)
- Efficacy, effectiveness with which a disinfecting solution kills germs, when used according to the label, [68](#)
- Effilating, [288](#)
- Effleurage (EF-loo-rahzh), light, continuous stroking movement applied with the fingers (digital) or the palms (palmar) in a slow, rhythmic manner, [577](#), [690–691](#), [705](#), [711–712](#)
- Eggshell nails, noticeably thin, white nail plate that is more flexible than normal, [645](#)
- Egyptians, [4](#)
- Elastin, protein base similar to collagen that forms elastic tissue, [126](#)
- Elderly, pedicures, [716](#)
- Electric current, flow of electricity along a conductor, [181](#)
- Electricity, [179–192](#)
 - electrical measurements, [182–183](#)
 - electrotherapy, [184–186](#)
 - guidelines for safe use of electrical equipment, [183–184](#)
 - light therapy, [187–189](#)
 - safety devices, [183](#)
 - types of electric current, [181–182](#)
- Electricity, form of energy that, when in motion, exhibits magnetic, chemical, or thermal effects; a flow of electrons, [181](#)
- Electrode, applicator for directing the electric current from the machine to the client's skin, [185](#), [584](#)
- Electrolysis, removal of hair by means of an electric current that destroys the root of the hair, [551](#)
- Electromagnetic radiation, also called radiant energy because it carries, or radiates, energy through space on waves, [187](#)
- Electronic tweezers, [552](#)
- Electrotherapy, [184–186](#), [584–587](#)
 - high-frequency current, [586](#)
 - iontophoresis, [185–186](#)
 - microcurrent, [586](#)
 - modalities, [185](#)
 - Tesla high-frequency current, [186](#)
- Electrotherapy, electrical facial treatments, [584](#)
- Element, the simplest form of matter; it cannot be broken down into a simpler substance without a loss of identity, [167](#)
- Elemental molecules, a chemical combination of atoms of the same element, [167](#)
- Elevation, angle or degree at which a subsection of hair is held, or lifted, from the head when cutting; also referred to as projection or lifting, [246](#)
- Emollients, oil or fatty ingredients that prevent moisture from leaving the skin, [522](#)
- Emotions, [23](#)
- Emphasis or focus, the place in a hairstyle where the eye is drawn first before traveling to the rest of the design, [204](#)
- Employee evaluation, [826](#)
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- Employment, [790–818](#). *See also* Jobs

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 inventory of personal characteristics, 798
 inventory of technical skills, 798
 portfolio, 805–806
 preparing for, 796–817
 preparing for licensure, 792–796
 resume development, 801–805
- Employment portfolio**, collection, usually bound, of photos and documents that reflect your skills, accomplishments, and abilities in your chosen career field, 805
- Emulsion**, an unstable mixture of two or more immiscible substances united with the aid of an emulsifier, [170](#)
- End curls**, used to give a finished appearance to hair ends either turned under or over, 345
- End papers or end wraps**, absorbent papers used to control the ends of the hair when wrapping and winding hair on perm rods, 432–433
- Endocrine (EN-duh-krin) (ductless) glands**, ductless glands that release hormonal secretions directly into the bloodstream, [108](#)
- Endocrine (EN-duh-krin) system**, group of specialized glands that affect the growth, development, sexual activities, and health of the entire body, [108](#)
- Endothermic (en-duh-THUR-mik) waves**, perm activated by an outside heat source, usually a conventional hood-type hair dryer, [438](#)
- Energy**, [16](#)
- Environmental Protection Agency (EPA)**, [59](#)
- Enzyme peels**, chemical exfoliants that involve the use of enzymes that help speed up the breakdown of keratin, the protein in skin, [571](#)
- Enzymes**, [108](#)
- EPA**. See Environmental Protection Agency
- Epicranium (ep-ih-KRAY-nee-us)**, the broad muscle that covers the top of the skull; consists of the occipitalis and frontalis, 95
- Epidermal-dermal junction**, the top of the papillary layer where it joins the epidermis, [123](#)
- Epidermis (ep-uh-DUR-mis)**, outermost layer of the skin; also called cuticle (KYOO-tih-kul), [122](#)
- Epilator**, substance used to remove hair by pulling it out of the follicle, 555
- Epithelial (ep-ih-THÉE-lee-ul) tissue**, protective covering on body surfaces, such as the skin, mucous membranes, and the lining of the heart, digestive and respiratory organs, and glands, [89](#)
- Eponychium (ep-oh-NIK-ee-um)**, living skin at the base of the nail plate covering the matrix area, [135](#)
- Ergonomics**, study of how a workplace can best be designed for comfort, safety, efficiency, and productivity, [30](#)
- Essential oils**, oils used in aromatherapy that are extracted via diverse forms of distillation from seeds, bark, roots, leaves, woods, and resin, 692–693
- Esthetician**, specialist in the cleansing, preservation of health, and beautification of the skin and body, [121](#)
- Ethics**, principles of good character, proper conduct, and moral judgment, expressed through personality, human relations skills, and professional image, [22](#)
- Ethmoid (ETH-moyd) bone**, light spongy bone between the eye sockets and forms part of the nasal cavities, [91](#)
- Eumelanin (yoo-MEL-uh-nin)**, melanin that gives brown and black color to hair, [146](#)
- Evans, Ralph, [2](#)
- Excoriation (ek-skor-ee-AY-shun)**, skin sore or abrasion produced by scratching or scraping, 537
- Excretory (EK-skre-tor-ee) system**, group of organs including the kidneys, liver, skin, intestines, and lungs that purify the body by the elimination of waste matter, [108](#)
- Exfoliants**, ingredients that assist in the process of exfoliation, 570
- Exfoliating scrubs**, preparations used to remove dry or scaly skin on the feet and legs, 719
- Exfoliation**, removal of excess dead cells from the skin surface, 570
- Exhalation (eks-huh-LAY-shun)**, the act of breathing outward, expelling carbon dioxide from the lungs, [109](#)
- Exocrine (EK-suh-krin) (duct) glands**, duct glands that produce a substance that travels through small tube-like ducts, such as the sudoriferous (sweat) glands and the sebaceous (oil) glands, [108](#)
- Exothermic (ek-soh-THUR-mik)**, chemical reactions that produce heat, [174](#)
- Exothermic (Ek-soh-THUR-mik) waves**, create an exothermic chemical reaction that heats up the waving solution and speeds up processing, [438](#)
- Exposure incident**, contact with non-intact skin, blood, body fluid or other potentially infectious materials that results from performance of an employee's duties, 79
- Extensor digitorum brevis (ek-STEN-sur dij-it-TOHR-um BREV-us)**, muscle of the foot that moves the toes and help maintain balance while walking and standing, 99
- Extensor digitorum longus (ek-STEN-sur dij-it-TOHR-um LONG-us)**, muscle that bends the foot up and extends the toes, 98
- Extensors (ik-STEN-surs)**, muscles that straighten the wrist, hand, and fingers to form a straight line, 98
- External carotid artery**, supplies blood to the anterior (front) parts of the scalp, ear, face, neck, and side of the head, [106](#)
- External jugular (JUG-yuh-lur) vein**, vein located on the side of the neck that carries blood returning to the heart from the head, face, and neck, [107](#)
- Eye makeup removers**, cosmetic preparations for removing eye makeup, 611
- Eye shadows**, cosmetics applied on the eyelids, eyebrows, or lash line to accentuate or contour, 609–610
- Eye tabbing**, procedure in which individual synthetic eyelashes are attached directly to a client's own lashes at their base, [634](#)
- Eyebrow pencils**, pencils used to add color and shape to the eyebrows, 610
- Eyebrows**
 color, 610–611
 hot waxing, 556–557
 muscles, 96
 tweezing, 553–554
- Eyelash adhesive**, product used to make artificial eyelashes adhere, or stick, to the natural lash line, 634–636
- Eyelashes**, artificial, 633–636
- Eyeliners**, cosmetic used to outline and emphasize the eyes, 610
- Eyes**, [89](#)
- F**
- Fabric wraps**, nail wraps made of silk, linen, or fiberglass, 733
- Face**
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- bones, [92](#)
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 nerves, 101
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 shapes, 207–213, 249–250, 626–629
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 trimming facial hair, [297](#)
 veins, [107](#)
- Face powder, cosmetic powder, sometimes tinted and scented, that is used to add a matte or nonshiny finish to the face,** [607](#)
- Facial artery, supplies blood to the lower region of the face, mouth, and nose,** [106](#)
- Facial makeup, 603–639**
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 facial for oily skin with open comedones (blackheads), 596–597
 skin analysis and consultation, 563–567
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 skin care products, 570–574
- Factor, Max,** [6](#)
- Fallen hair, hair that has been shed from the head or gathered from a hairbrush, as opposed to hair that has been cut,** [403](#)
- Feet**
 blood supply, [107](#)
 bones, [93](#)
 muscles, 98–99
 nerves, 102–103
- Femur (FEE-mur), a heavy, long bone that forms the leg above the knee,** [93](#)
- Fiberglass, very thin synthetic mesh with a loose weave,** [733](#)
- Fibula (FIB-ya-lah), the smaller of the two bones that form the leg below the knee. The fibula may be visualized as a “bump” on the little-toe side of the ankle,** [93](#)
- Fifth cranial nerve, the chief sensory nerve of the face, and serves as the motor nerve of the muscles that control chewing,** [101](#)
- Filler, used to equalize porosity,** [521](#)
 haircoloring, 521–522
- Finasteride,** [155](#)
- Finger waving, 304–310**
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- Finger waving, process of shaping and directing the hair into in a pattern of “s”-shaped waves through the use of the fingers, combs, and waving lotion,** [304](#)
- Finishing spray, hairspray used to lock in a style after completion,** [328](#)
- Fishtail braid, [375](#), 382–383**
- Fishtail braid, simple two-strand braid in which hair is picked up from the sides and added to the strands as they are crossed over each other,** [375](#)
- Fissure (FISH-ur), crack in the skin that penetrates the epidermis, such as chapped hands or lips,** [537](#)
- Flagella (singular: flagellum) (flu-JEL-uh), slender, hair-like extensions that permit locomotion in certain bacteria; their whip-like motion moves bacteria in liquid,** [61](#)
- Flexor digitorum brevis (FLEKS-or dij-it-TOHR-um BREV-us), muscle of the foot that moves the toes and help maintain balance while walking and standing,** [99](#)
- Flexors (FLEK-surs), extensor muscles of the wrist involved in flexing the wrist,** [98](#)
- Foam or mousse, a light, airy, whipped styling product that resembles shaving foam and builds moderate body and volume into the hair,** [327](#)
- Foaming cleansers, wash-off product that contains a surfactant,** [570](#)
- Focus,** [41](#)
- Foil technique, highlighting technique that involves coloring selected strands of hair by slicing or weaving out sections, placing them on foil or plastic wrap, applying lightener or permanent haircolor, and sealing them in the foil or plastic wrap,** [513](#)
- Follicle (FAWL-ih-kul), tube-like depression or pocket in the skin or scalp that contains the hair root,** [143](#)
- Foot files or paddles, large abrasive files used to smooth and reduce thicker areas of calluses,** [701](#)
- Foot lotion, oil, or cream, products used to moisturize the feet; they are also used for performing a foot massage,** [699](#)
- Foot soaks, products containing gentle soaps, moisturizers, and so on, that are used in a pedicure bath to cleanse and soften the skin,** [713](#). *See also* Pedicures
- Foot spas. *See also* Pedicures**
 disinfection procedures, [73](#), [74–76](#), [710](#)
- Form, outline of the overall hairstyle as seen from all angles,** [199](#)
- Formaldehyde hardeners, contain up to 5 percent formaldehyde and create bridges or cross-links between the keratin strands that make up the natural nail, making the plate much stiffer and more resistant to bending,** [665](#)
- Foundation, cosmetic, usually tinted, that is used as a base or as a protective film applied before makeup and is used to cover or even out the coloring of the skin,** [605–607](#)
- Four corners, points on the head that signal a change in the shape of the head, from flat to round or vice versa,** [244](#)
- Fragilitas crinium (fruh-JIL-ih-tus KRI-nee-um), technical term for brittle hair,** [157](#)

Free edge, part of the nail plate that extends over the tip of the finger or toe, [135](#)

Free-hand notching, notching technique in which pieces of hair are snipped out at random intervals, [287](#)

Free-hand slicing, technique used to release weight from the subsection, allowing the hair to move more freely, [289](#)

French manicure, 680–681

French twist, 355–356
procedures, 359–361

Fresheners, liquid that helps remove excess oil in the skin, 570

Friction (FRIK-shun), deep rubbing movement requiring pressure on the skin with the fingers or palm while moving them over an underlying structure, [578](#)

Friction movement, firm pressure applied to the bottom of the foot using thumb compression to work from side to side and toward the heel, 712

Fringe (bang)
cutting, 282–283

Frontal (FRUNT-ul) artery, supplies blood to the forehead and upper eyelids, [107](#)

Frontal (FRUNT-ul) bone, forms the forehead, [91](#)

Frontalis (frun-TAY-lus), anterior (front) portion of the epicranium; muscle of the scalp that raises the eyebrows, draws the scalp forward, and causes wrinkles across the forehead, 95

Full-base curls, thermal curls that sit in the center of their base; strong curls with full volume, [346](#)

Fulling, form of petrissage in which the tissue is grasped, gently lifted, and spread out; used mainly for massaging the arms, [578](#)

Full-stem curl, curl placed completely off the base; allows for the greatest mobility, [311](#)

Fumigants, [70](#)

Fungi (fungus), [60](#)
hair and scalp infections, [159](#)
nail infections, 65–66, 647, [649](#)

Fungi (FUN-jy) (singular: fungus [FUNG-gus]), microscopic plant parasites, including molds, mildews, and yeasts, 65–66

Fungicidal (fun-jih-SYD-ul), capable of destroying fungi, [60](#)

Furrows, depressions in the nail that run either lengthwise or across the nail; result from illness, injury, stress or pregnancy, [648](#)

Furuncle (FYOORung-kul), boil; acute, localized bacterial infection of the hair follicle, [160](#)

Fuse (FYOORZ), special device that prevents excessive current from passing through a circuit, 183

Fusion, method of attaching extensions in which extension hair is bonded to the client's own hair with a bonding material that is activated by heat from a special tool, [418](#)

G

Galvanic current, constant and direct current (DC), having a positive and negative pole and producing chemical changes when it passes through the tissues and fluids of the body, [185](#)

Game plan, the conscious act of planning your life rather than just letting things happen, 16–17

Gastrocnemius (gas-truc-NEEM-e-us), muscle that is attached to the lower rear surface of the heel and pulls the foot down, 99

Gel, thickened styling preparation that comes in a tube or bottle and has a strong hold, [327](#)

Gelb, Lawrence, [7](#)

Glands, specialized organs that remove certain constituents from the blood to convert them into new substances, [108](#)
of the skin, 126–127

Glasses, hair design and, [212](#)

Glaze, a nonammonia color that adds shine and tone to the hair, [499](#)

Glycerin (GLIS-ur-in), sweet, colorless, oily substance used as a solvent and moisturizer in skin and body creams, [172](#)

Glyceryl monothioglycolate (GLIS-ur-il mon-oh-thy-oh-GLY-kohlayt) (GMTG), main active ingredient in true acid and acid-balanced waving lotions, [437](#)

Goal setting, the identification of long- and short-term goals, [18](#)

Goals, [23](#)
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Gommage (go-MAHJ), enzyme peel in which a cream is applied to the skin before steaming and forms a hardened crust that is then massaged or “rolled” off the skin; also called “vegetal peeling,” 570

Graduated haircut, 267–273

Graduated haircut, graduated shape or wedge; an effect or haircut that results from cutting the hair with tension, low to medium elevation or over direction, [258](#)

Graduation, elevation occurs when a section is lifted above 0 degrees, [246](#)

Graham, Florence, [6](#)

Gray hair, 482–483, 518–520

Greasepaint, heavy makeup used for theatrical purposes, 611

Greater auricular nerve, located at the side of the neck, affects the face, ears, neck, and parotid gland, 102

Greater occipital nerve, located in the back of the head, affects the scalp as far up as the top of the head, 102

Greeks, [5](#)

Grooming, [28](#)

Growth pattern, direction in which the hair grows from the scalp; also referred to as natural fall or natural falling position, [251](#)

Guanidine hydroxide relaxers, 461

Guideline, section of hair, located either at the perimeter or the interior of the cut, that determines the length the hair will be cut; also referred to as a guide; usually the first section that is cut to create a shape, 247

H

Habits, 858

Hacking, chopping movement performed with the edges of the hands in massage, [579](#)

Hair. *See also* Scalp
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- texture, 147–148, 199–201, 205–207, [251](#), 348–349, 429–430, [480](#)
- transplants, 155–156
- treatments, 237–239
- wave pattern, 146–147
- Hair bulb**, lowest part of a hair strand; the thickened, club-shaped structure that forms the lower part of the hair root, [143](#)
- Hair color**, the natural color of hair, [480](#)
- Hair density**, the number of individual hair strands found on 1 square inch of scalp, [148](#)
- Hair design**. *See* Hair, principles of hair design
- Hair elasticity**, ability of the hair to stretch and return to its original length without breaking, [149](#)
- Hair extensions**, 416–419
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 track-and-sew attachment method, 416–417
- Hair extensions**, hair additions that are secured to the base of the client's natural hair in order to add length, volume, texture, or color, 416
- Hair lightening**, chemical process involving the diffusion of the natural color pigment or artificial color from the hair; often called "bleaching" or "decolorizing," [485](#)
- Hair porosity**, ability of the hair to absorb moisture, [149](#)
- Hair pressing**, method of temporarily straightening extremely curly or unruly hair by means of a heated iron or comb, [347](#)
- Hair removal**, 546–560
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- Hair root**, the part of the hair contained within the follicle, below the surface of the scalp, [142](#)
- Hair shaft**, the portion of hair that projects beyond the skin, [142](#)
- Hair stream**, hair flowing in the same direction, resulting from follicles sloping in the same direction, [150](#)
- Hair swatches**, [41](#)
- Hair texture**, thickness or diameter of the individual hair strands, [147](#)
- Hair wrapping**, a technique used to keep curly hair smooth and straight, 323–324
- Haircolor**, professional, salon industry term referring to artificial haircolor products and services, [480](#)
- Haircolor specialist**, [9](#)
- Haircoloring**, 477–528
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 - slide cutting, [285](#)
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 - trimming facial hair, [297](#)
- Hairline, hair that grows at the outermost perimeter along the face, around the ears, and on the neck, [251](#)
 - wigs and, 410–411
- Hairpiece, small wig used to cover the top or crown of the head; does not fully cover the head; toupee, 400
- Hairpieces, 412–415
 - for fashion, 413–415
 - integration, 413
- Hairspray, a styling product applied in the form of a mist to hold a style in position; available in a variety of holding strengths, [328](#)
- Hairstyling, 301–364
 - blow-dry styling, 325–336
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 - thermal hair straightening, 347–355
 - wet hairstyling basics, [304](#)
 - wet hairstyling preparation, [306](#)
- Hairstylists, career paths, 9–11
- Half base, position of a curl or a roller one-half off its base, giving medium volume and movement, [318](#)
- Half off-base placement, base control in which the hair is wrapped at an angle of [90](#) degrees (perpendicular) to its base section and the rod is positioned half off its base section, [434](#)
- Half-base curls, thermal curls placed half off their base; strong curls with moderate lift or volume, [346](#)
- Half-stem curl, curl (circle) placed half off the base; permits medium movement and gives good control to the hair, [310](#)
- Hand movements, movements used in therapeutic massage, [705](#)
- Hands
 - blood supply, [107](#)
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 - muscles, [98](#)
 - nerves, 102
 - washing, [77](#), [78](#)
 - waterless sanitizers, [77](#)
- Hand-tied wigs or handknotted wigs, wigs made by inserting individual strands of hair into mesh foundations and knotting them with a needle, 403
- Hangnail or agnail (AG-nayl), condition in which the ep-onychium or other living tissue surrounding the nail plate becomes split or torn, 645
- Hard press, technique that removes [100](#) percent of the curl by applying the pressing comb twice on each side of the hair, [348](#)
- Hard water, water containing certain minerals that reduce the ability of soap or shampoo to lather, [221](#)
- Harlow, Jean, [7](#)
- Harmony, orderly and pleasing arrangement of shapes and lines, 204–205
- Head, 101, 106–107
 - shape, [212](#)
- Head form, shape of the head, which greatly affects the way the hair falls and behaves; also called head shape, [243](#)
- Head lice, [65](#), [159](#)
- Health screening, 563–566
- Heart, muscular cone-shaped organ that keeps the blood moving within the circulatory system, 104
- Heart-shaped face, [208](#)
- Helix (HEE-licks), spiral shape created by polypeptide chains that intertwine around each other, [145](#)
- Hemoglobin (HEE-muh-gloh-bun), iron-containing protein in red blood cells that binds to oxygen, [105](#)
- Hepatitis, bloodborne virus that causes disease affecting the liver, [65](#)
- Herpes simplex (HER-pee-z SIM-pleks), fever blister or cold sore; recurring viral infection, 538
- Highlighting, coloring some of the hair strands lighter than the natural color to add the illusion of sheen and depth; high-lights do not generally contrast strongly with the natural color, 513
- Highlightening shampoo, mixture of shampoo and hydrogen peroxide; used to slightly lighten natural hair color, [517](#)
- Hirsuties (hur-SOO-shee-eez) or hypertrichosis (hy-pur-trih-KOH-sis), growth of an unusual amount of hair on parts of the body normally bearing only downy hair, such as the faces of women or the backs of men, [548](#)
- Histology (his-TAHL-uh-jee), science of the minute structures of organic tissues; microscopic anatomy, [87](#)
- HIV, human immunodeficiency virus; virus that can cause AIDS, [65](#)

- Holidays, 772
- Honesty, 49
- Horizontal lines, lines parallel to the floor or horizon; creates width in hair design, [197](#), [245](#)
- Hormones, secretions produced by one of the endocrine glands and carried by the bloodstream or body fluid to another part of the body to stimulate a specific activity, [108](#)
- Hubbard, Elizabeth, [6](#)
- Human immunodeficiency virus (HIV), [64](#)
- Human relations, 35–37
golden rules, [37](#)
- Humectants (hew-MECK-tents), substances that absorb moisture or promote the retention of moisture, [225](#), [572](#)
- Humerus (HYOO-muh-rus), uppermost and largest bone in the arm, extending from the elbow to the shoulder, [93](#)
- Hydrogen bonds, weak physical side bonds that are the result of an attraction between opposite electrical charges; easily broken by water, as in wet setting, or heat, as in thermal styling, and re-form as the hair dries or cools, [145](#), [427](#)
- Hydrogen peroxide developers, [488](#)
- Hydrophilic (hy-drah-FIL-ik), capable of combining with or attracting water, [171](#), [222](#)
- Hydroxide neutralization, does not involve oxidation or rebuilding disulfide bonds. The neutralization of hydroxide relaxers neutralizes (deactivates) the alkaline residues left in the hair by the relaxer. The pH of hydroxide relaxers is so high that the hair remains at an extremely high pH, even after thorough rinsing, [460](#)
- Hydroxide relaxers, very strong alkalis with a pH over [13](#). The hydroxide ion is the active ingredient in all hydroxide relaxers, 459–460
types, 460–461
- Hyoid (HY-oyd) bone, u-shaped bone at the base of the tongue that supports the tongue and its muscles; also called “adam’s apple,” [92](#)
- Hyperhidrosis (hy-per-hy-DROH-sis), excessive sweating, caused by heat or general body weakness, 538
- Hypertrichosis (hi-pur-trih-KOH-sis) (hirsuties) (hur-SOO-shee-eez), condition of abnormal growth of hair, characterized by the growth of terminal hair in areas of the body that normally grow only vellus hair, [156](#)
- Hypertrophy (hy-PUR-truh-fee), abnormal growth of the skin, [540](#)
- Hyponychium (hy-poh-NIK-eeum), the slightly thickened layer of skin that lies beneath the free edge of the nail plate, [135](#)
- ## I
- Immiscible, not capable of being mixed, [170](#)
- Immunity, ability of the body to destroy and resist infection, [66](#)
- Implements
for makeup, 612–613
for pedicures, 700
- Inactive electrode, opposite pole from the active electrode, [185](#)
- Indentation, the point where curls of opposite directions meet, forming a recessed area, [318](#)
- Individual retirement account (IRA), 828
- Infected finger, redness, pain, swelling, or pus; refer to physician, [648](#)
- Infection, 56–83. *See also* Hair; Nails; Scalp
contagious, [64](#)
control, [60](#)
decontamination, 66–79
local, [64](#)
principles of prevention, 60–66
professional salon image, 80–81
regulation, 56–59
- Infection, invasion of body tissue by pathogenic bacteria, [63](#)
- Infectious, infection that can be spread from one person to another person or from one infected body part to another, [64](#)
- Inferior labial (LAY-bee-ul) artery, supplies blood to the lower lip, [106](#)
- Inflammation, body’s response to injury or infection with redness, heat, pain, and swelling, [63](#)
- Infraorbital (in-frah-OR-bih-tul) artery, supplies blood to the muscles of the eye, [107](#)
- Infraorbital (in-frah-OR-bih-tul) nerve, affects the skin of the lower eyelid, side of the nose, upper lip, and mouth, 101
- Infrared rays, invisible rays that have longer wavelengths, penetrate deeper, and produce more heat than visible light, [188](#)
- Infratrochlear (in-frah-TRAHK-lee-ur) nerve, nerve that affects the membrane and skin of the nose, [100](#)
- Inhalation (in-huh-LAY-shun), the breathing in of air, [109](#)
- Inhibition layer, tacky surface left on the nail once a UV gel has cured, 781
- Initiators, energized and activated by catalyst; initiators start the chain reaction, 751
- Inorganic chemistry, study of substances that do not contain carbon, [166](#)
- Insertion, part of the muscle at the more movable attachment to the skeleton, 95
- Instant conditioners, conditioners that either remain on the hair for a very short period ([1](#) to [5](#) minutes) or are left in the hair during styling (“leave-in” conditioners), [226](#)
- Insulator (IN-suh-layt-ur) or nonconductor, substance that does not easily transmit electricity, [181](#)
- Insurance, a means of guaranteeing protection or safety for malpractice, property liability, fire, burglary and theft, and business interruption, 840
- Integration hairpiece, hairpiece with an opening in the base through which the client’s own hair is pulled to blend with the hair (natural or synthetic) of the hairpiece, 413
- Integrity, [21](#)
- Integument (in-TEG-yuh-ment), largest and fastest growing organ of the body; composed of the hair, skin, and nails, [142](#)
- Integumentary system, the skin and its accessory organs, such as the oil and sweat glands, sensory receptors, hair, and nails, [109](#)
- Interior guideline, guideline that is inside the haircut rather than on the perimeter, [273](#)
- Interior, inner or internal part, [247](#)
- Internal carotid artery, supplies blood to the brain, eyes, eyelids, forehead, nose, and internal ear, [106](#)
- Internal jugular (JUG-yuh-lur) vein, vein located at the side of the neck to collect blood from the brain and parts of the face and neck, [107](#)
- Interview, 807–814
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conducting, 812–813
legal aspects, 813–814
preparation, 810–812
- Intestines, [89](#)
- Inverted triangle face, [208](#)
- Invisible or inverted braid, three-strand braid produced by overlapping the strands of hair on top of each other, [374](#)

Ion (EYE-ahn), an atom or molecule that carries an electrical charge, [173](#)

Ionization (eye-ahn-ih-ZAY-shun), separation of an atom or molecule into positive and negative ions, [173](#)

Iontophoresis (eye-ahn-toh-foh-REE-sus), process of introducing water-soluble products into the skin with the use of electric current, such as the use of the positive and negative poles of a galvanic machine, [185](#)

IRA. See Individual retirement account

J

Job description, document that outlines all duties and responsibilities of a particular position in a salon or spa, 824–825

Jobs, 819–860. See also Employment

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thriving in a service profession, 822–823

role model, 827

from school to work, 821

time management, 858

Joint, connection between two or more bones of the skeleton, [91](#)

K

Keloid (KEE-loyd), thick scar resulting from excessive growth of fibrous tissue, 537

Keratin, fiber protein that is the principal component of hair and nails, [122](#)

Keratinization (kairuh-ti-ni-ZAY-shun), process by which newly formed cells in the hair bulb mature, fill with keratin, move upward, lose their nucleus, and die, [144](#)

Keratolytic (kair-uh-tuh-LIT-ik) enzymes, substances that help speed up the breakdown of keratin, the protein in skin, [571](#)

Keratoma (kair-uh-TOH-muh), acquired, superficial, thickened patch of epidermis commonly known as callus, caused by pressure or friction on the hands and feet, [540](#)

Kidneys, [89](#)

Kilowatt, [1,000](#) watts, [182](#)

Kindness, [16](#)

L

Lacrimal (LAK-ruh-mul) bones, small, thin bones located at the front inner wall of the orbits (eye sockets), [92](#)

Lanthionization (lan-thee-oh-ny-ZAY-shun), process by which hydroxide relaxers permanently straighten hair; breaks the hair's disulfide bonds during processing and converts them to lanthionine bonds when the relaxer is rinsed from the hair, [460](#)

Laser hair removal, permanent hair removal treatment in which a laser beam is pulsed on the skin, impairing the hair growth, [551](#)

Latissimus dorsi (lah-TIS-ih-mus DOR-see), broad, flat superficial muscle covering the back of the neck and upper and middle region of the back, controlling the shoulder blade and the swinging movements of the arm, 97

Law of color, system for understanding color relationships, [483](#)

Law, *versus* rule, [59](#)

Layered haircut/layers, graduated effect achieved by cutting the hair with elevation or over-direction; the hair is cut at higher elevations, usually [90](#) degrees or above, which removes weight, [258](#)

Layers, create movement and volume in the hair by releasing weight, [258](#)

Layers (layered haircut), [258](#), 273–279

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Legs

blood supply, [107](#)

bones, [93](#)

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Lentigines (len-TIJ-e-neeZ) (singular: lentigo [len-TY-goh]), technical term for freckles. Small yellow- to brown-colored spots on skin exposed to sunlight and air, [539](#)

Lesion (LEE-zhun), mark on the skin. May indicate an injury or damage that changes the structure of tissues or organs, 535–537

Leukoderma (loo-koh-DUR-muh), skin disorder characterized by light abnormal patches; caused by a burn or congenital disease that destroys the pigment-producing cells, [539](#)

Leukonychia (loo-koh-NIK-ee-ah) spots, whitish discolorations of the nails, usually caused by injury to the matrix area; white spot, [646](#)

Levator anguli oris (lih-VAYT-ur ANG-yoo-ly OH-ris), also known as caninus (kay-NY-nus), a muscle that raises the angle of the mouth and draws it inward, 97

Levator labii superioris (lih-VAYT-ur LAY-bee-eye soo-peer-ee-OR-is), also known as quadratus labii superioris, a muscle surrounding the upper lip; elevates the upper lip and dilates the nostrils, as in expressing distaste, 97

Level, lightness or darkness of a color. Refers to the saturation, concentration, or density of a color. Answers the question, how much color?, [481](#)

Level system, system that colorists use to determine the lightness or darkness of a hair color, [481](#)

L.G.F.B. See Look Good . . . Feel Better program

Licensure, 792–796. See also Employment

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psychology of success, 15–17

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Lifestyle, [43](#)

Ligament, tough bank of fibrous tissue that connects bones or holds an organ in place, [135](#)

Light therapy, 187–189, 584–587

infrared, [188](#)

light *versus* heat energy, [189](#)

- ultraviolet, [189](#)
 visible light, [188–189](#)
- Light therapy, application of light rays to the skin for treating disorders, [587](#)
- Lighteners, [488–490](#), [505–509](#). *See also* Haircoloring on-the-scalp, [505–506](#)
 powdered off-the-scalp, [506](#)
 preliminary strand test, [506–507](#)
 retouch, [507](#)
 time factors, [506](#)
- Lighteners, chemical compounds that lighten hair by dispersing, dissolving, and decolorizing the natural hair pigment, [488](#)
- Lighting, for basic makeup application, [618](#)
- Line of demarcation, visible line separating colored hair from new growth, [499](#)
- Line, thin continuous mark used as a guide, can be straight, or curved, horizontal, vertical, or diagonal, [245](#)
- Linen, closely woven, heavy material used for nail wraps, [733](#)
- Linens, disinfection procedure for, [73](#)
- Lip color, cosmetic in paste form, usually in a metal or plastic tube, manufactured in a variety of colors and used to color the lips; also called lipstick or gloss, [608–609](#)
- Lip liner, colored pencil or brush used to outline the lips and to help keep lip color from feathering around the mouth, [609](#)
- Lipophilic (ly-puh-FIL-ik), capable of attracting oil, [171](#), [222](#)
- Liquid gels or texturizers, styling products that are lighter and more viscous or sticky than firm-hold gels, used for easy styling, defining, and molding, [327](#)
- Liquid soap, used in pedicuring, contains a mild detergent for cleansing the feet, [699](#)
- Liquid tissue, body tissue that carries food, waste products, and hormones (i.e., blood and lymph), [89](#)
- Listening, [36](#). *See also* Communication
- Liver, [89](#)
- Locks or dreadlocks, natural textured hair that is intertwined and meshed together to form a single or separate network of hair, [392–393](#)
- Logarithm (LOG-ah-rhythm), multiples of ten, [173](#)
- Long layered haircut, procedure for, [278–279](#)
- Long-layered haircut, haircut in which the hair is cut at a 180-degree angle; the resulting shape has shorter layers at the top and increasingly longer layers toward the perimeter, [259](#)
- Look Good . . . Feel Better (LGFB) program, [156](#), [401](#)
- Loop or circle rod, tool that is usually about [12](#) inches long with a uniform diameter along the entire length of the rod, [432](#)
- L’Oreal, [6](#)
- Low-pH relaxers, [461](#)
- Low-pH waves, perms that work at a low pH, and use sulfates, sulfites, and bisulfites as an alternative to ammonium thioglycolate, [438](#)
- Lungs, spongy tissues composed of microscopic cells in which inhaled air is exchanged for carbon dioxide, [109](#)
- Lunula (LOO-nuh-luh), whitish, half-moon shape at the base of the nail plate, caused by the reflection of light off the surface of the matrix, [135](#)
- Lymph (LIMF), clear yellowish fluid that circulates in the lymph spaces (lymphatic) of the body; carries waste and impurities away from the cells, [103](#)
- Lymph (LIMF) nodes, special structures found inside the lymphatic vessels that filter lymph, [106](#)
- Lymph vascular system, [106](#)
- Lymph vascular (LIMF VAS-kyoo-lur) system, body system that acts as an aid to the blood system and consists of the lymph spaces, lymph vessels, and lymph glands, [103](#)
- ## M
- Machine-made wigs, wigs made by machine by feeding wefts through a sewing machine, and then sewing them together to form the base and shape of the wigs, [404](#)
- Macule (MAK-yool) (plural: maculae [MAK-yuh-ly]), spot or discoloration on the skin, such as a freckle, [536](#)
- Madam C. J. Walker Hair Culturists Union of America, [2](#)
- Madam Walker’s Wonderful Hair Grower, [2](#)
- Makeup, [29](#). *See also* Facial makeup
- Makeup brushes and tools, [612](#)
- Makeup color theory, [613–617](#)
 cheek and lip color, [617](#)
 determining skin color, [614–615](#)
 hair and eye color, [617](#)
 selecting makeup colors, [615–616](#)
 warm and cool colors, [614](#)
- Malassezia (mal-uh-SEEZ-ee-uh), naturally occurring fungus that is present on all human skin, and is responsible for dandruff, [158](#)
- Malignant melanoma (muh-LIG-nent mel-uh-NOH-muh), most serious form of skin cancer; often characterized by black or dark brown patches on the skin that may appear uneven in texture, jagged, or raised, [540](#)
- Managers, communication with, [50–51](#)
- Mandible (MAN-duh-bul), lower jawbone; largest and strongest bone of the face, [92](#)
- Mandibular (man-DIB-yuh-lur) nerve, affects the muscles of the chin and lower lip, [101](#)
- Manicures, [655–696](#)
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 paraffin wax treatment, [686–688](#)
 post-service procedures, [679](#)
 pre-service sanitation, [672–673](#)
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- Mascara, cosmetic preparation used to darken, define, and thicken the eyelashes, [611](#)
- Masks, special cosmetic preparations applied to the face to tighten, tone, hydrate, and nourish the skin, [573–574](#)
- Masques, usually composed of mineral clays, moisturizing agents, skin softeners, aromatherapy oils, and beneficial extracts, [715](#)
- Massage creams, lubricants designed to give the practitioner a good slip (slippery quality) during massage, [573](#)
- Massage, manual or mechanical manipulation of the body by rubbing, pinching, kneading, tapping, and other movements to increase metabolism and circulation, promote absorption, and relieve pain, [577](#)
 chest, back, and neck, [583](#)
 effleurage, [577–578](#)
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- Massage oils, blend of oils used to lubricate, moisturize, and invigorate the skin during a massage, [714](#)
- Massage preparations, oils, creams, and lotions used to lubricate, moisturize, and invigorate the skin, [714](#)
- Masseter (muh-SEE-tur), muscles that coordinate with the temporalis muscles in opening and closing the mouth, and are sometimes referred to as chewing muscles, 96
- Mastication, 96
- Material Safety Data Sheets (MSDSs), 56–59
- Matrix, area where the natural nail is formed; this area is composed of matrix cells that make up the nail plate, [135](#)
- Matte, dull, nonshiny, 606
- Matter, any substance that occupies space and has mass (weight), [166](#)
 states of, 167–168
- Max Factor, [2](#)
- Maxillae (mak-SIL-ee) (singular: Maxilla), bones of the upper jaw, [92](#)
- Maxillary (MAK-suh-lair-ee) nerve, branch of the fifth cranial nerve that supplies the upper part of the face, 101
- McDonough, Everett, [2](#)
- Mechanical exfoliants, methods of physical contact used to scrape or bump cells off the skin, 570
- Median (MEE-dee-un) nerve, nerve that supplies the arm and hand, 102
- Medicated scalp lotions, conditioners that promote healing of the scalp, 227
- Medicated shampoos, shampoos containing special chemicals or drugs for reducing excessive dandruff or relieving other scalp conditions, [224](#)
- Medium press, technique removing [60](#) percent to [75](#) percent of the curl by applying a thermal pressing comb once on each side of the hair using slightly more pressure than in the soft press, [348](#)
- Medulla (muh-DUL-uh), innermost layer of the hair, composed of round cells; often absent in fine hair, [144](#)
- Medulla, innermost layer of the hair and is often called the pith or core of the hair, [424](#)
- Melanin, tiny grains of pigment (coloring matter) deposited in the basal cell layer of the epidermis and papillary layers of the dermis, [124](#), [145](#)
- Melanocytes (muh-LAN-uh-syts), melanin-forming cells, [122](#)
- Melanonychia (mel-uh-nuh-NIK-ee-uh), darkening of the fingernails or toenails; may be seen as a black band under or within the nail plate, extending from the base to the free edge, [646](#)
- Men
 basic clipper cut, 294–296
 hair design, 214
 manicures, [682](#), 685
 mustache and beard shapes, 214
 permanent waving, 458
- Mental nerve, affects the skin of the lower lip and chin, 101
- Mentalis (men-TAY-lis), muscle that elevates the lower lip and raises and wrinkles the skin of the chin, 97
- Mentors, 827, 858–859
- Metabolism (muh-TAB-uh-liz-um), chemical process taking place in living organisms whereby the cells are nourished and carry out their activities, [88](#)
 cell, 88–89
- Metacarpus (met-uh-KAR-pus), bones of the palm of the hand; parts of the hand containing five bones between the carpus and phalanges, [93](#)
- Metal hydroxide relaxers, ionic compounds formed by a metal (sodium, potassium, or lithium) combined with oxygen and hydrogen, [460](#)
- Metallic or gradual colors, haircolors containing metal salts that change hair color gradually by progressive buildup and exposure to air, creating a dull, metallic appearance, [488](#)
- Metallic salts, [428](#)
- Metatarsal (met-ah-TAHR-sul), one of three subdivisions of the foot comprised of five bones, which are long and slender, like the metacarpal bones of the hand; help make-up the foot. All three subdivisions comprise [26](#) bones, [93](#)
- Microcurrent, a galvanic treatment that is a computerized device with many skin care applications, namely, toning, 586
- Microdermabrasion, mechanical exfoliation that involves “shooting” aluminum oxide or other crystals at the skin with a hand-held device that exfoliates dead cells, 570, 587
- Microorganism (my-kroh-OR-gah-niz-ums), any organism of microscopic to submicroscopic size, [62](#)
- Middle Ages, [5](#)
- Middle temporal artery, supplies blood to the temples, [107](#)
- Mild abrasive, substances used for smoothing nails and skin (e.g., pumice), 664
- Mildew, type of fungus that affects plants or grows on inanimate objects but does not cause human infections in the salon setting, [65](#)
- Milia (MIL-ee-uh), benign, keratin-filled cysts that can appear just under the epidermis and have no visible opening, 537
- Miliaria rubra (mil-ee-AIR-ee-ah ROOB-rah), acute inflammatory disorder of the sweat glands, characterized by the eruption of small red vesicles and accompanied by burning, itching skin, 538
- Milliampere (mil-ee-AM-peer), one-thousandth of an ampere, [182](#)
- Minoxidil, [155](#)
- Miscible (MIS-uh-bul), capable of being mixed with another liquid in any proportion without separating, [170](#)
- Mission statement, a statement that sets forth the values that an individual or institution lives by and that establishes future goals, [18](#)
- Mitosis, [61](#)
- Mitosis (my-TOH-sis), cells dividing into two new cells (daughter cells); the usual process of cell reproduction of human tissues, [88](#)
- Mix ratio, the amount of monomer liquid and polymer powder used to create a bead, [253](#)
- Modalities, currents used in electrical facial and scalp treatments, [184](#)
- Modelage (MAHD-lahzh) masks, facial masks containing special crystals of gypsum, a plaster-like ingredient, 574
- Moisturizers, products formulated to add moisture to dry hair, with a heavier formulation than instant conditioners and a longer application time, 226, 572–573
- Mole, small, brownish spot or blemish on the skin, ranging in color from pale tan to brown or bluish black, [540](#)
- Molecules, a chemical combination of two or more atoms, [162](#)

- Money management, 827–830
 personal budget, 828, 829
- Monilethrix (mah-NIL-ee-thriks), technical term for beaded hair, [157](#)
- Motility, self-movement, [61](#)
- Motivation, [17](#)
- Motor nerve fibers, distributed to the arrector pili muscles attached to the hair follicles, [124](#)
- Motor nerves, nerves that carry impulses from the brain to the muscles, 100
- Motor point, point on the skin over the muscle where pressure or stimulation will cause contraction of that muscle, [579](#)
- Mouth, muscles, 97
- MSDS, material Safety Data Sheet; safety information about products compiled by manufacturer, [56](#)
- Multi-use, items that can be cleaned, disinfected, and used on more than one person, even if the item is exposed to blood or body fluid, [71](#)
- Muscles, 93–99
- Muscular system, body system that covers, shapes, and supports the skeleton tissue; contracts and moves various parts of the body, [93](#)
- Muscular tissue, tissue that contracts and moves various parts of the body, [89](#)
- Mustache, 214
- Mycobacterium fortuitum furunculosis, [61](#)
- Myology (my-AHL-uh-jee), science of the nature, structure, function, and diseases of the muscles, 94
- ## N
- NAACP. *See* National Association for the Advancement of Colored People
- NAAF. *See* National Alopecia Areata Foundation
- Nail adhesive, [755](#)
- Nail bed, portion of the skin that the nail plate sits on, [134](#)
- Nail brush, [661](#), [755](#)
- Nail clippers, [661](#)
- Nail dehydrator, substance used to remove surface moisture and tiny amounts of oil left on the natural nail plate, both of which can block adhesion, 754
- Nail disorder, condition caused by an injury or disease of the nail unit, [644](#)
- Nail fold, fold of normal skin that surrounds the nail plate, [136](#)
- Nail forms, often made of paper/mylar coated with adhesive backs, or pre-shaped plastic or aluminum; placed under the free edge and used to extend the nail enhancements beyond the fingertip for additional length, [753](#). *See also* Acrylic nails
- Nail groove, slit or furrow on the sides of the nail, [136](#)
- Nail hardener, 665–666
- Nail plate, hardened keratin plate covering the nail bed, [135](#)
- Nail primer, used to enhance the adhesion of enhancements to the natural nail, [753](#)
- Nail psoriasis, condition that affects the surface of the natural nail plate, causing it to appear rough and pitted, as well as causing reddish spots on the nail bed and onycholysis, 651
- Nail pterygium (teh-RIJ-ee-um), abnormal condition that occurs when the skin is stretched by the nail plate; usually caused by serious injury or allergic reaction, 646–647
- Nail rasp, metal file with an edge that can file the nail plate in only one direction, 700
- Nail tip adhesive, liquid or gel-like product made from cyanoacrylate monomer, and used to secure a nail tip to the natural nail, 725
- Nail tip, artificial nail made of ABS or tenite acetate polymer that is adhered to the natural nail to add length, 725–726. *See also* Acrylic nails
- Nail unit, all the anatomical parts of the fingernail necessary to produce the natural nail plate, [134](#)
- Nail wraps, nail-size pieces of cloth or paper that are bonded to the top of the nail plate with nail adhesive; often used to repair or strengthen natural nails or nail tips, 726. *See also* Acrylic nails
- Nails
- acrylic, 723–747
 - anatomy, 134–136
 - bruised, 644–645
 - diseases, 649–653
 - signs or symptoms, [650](#)
 - disorders, 644–649
 - signs or symptoms, [648](#)
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 - increased curvature, 647
 - ligaments, [135](#)
 - malformation, [136](#)
 - natural nail, [134](#)
 - ridges, 645
 - shapes, 668
 - structure and growth, 132–138
- Nape, back part of the neck; the hair below the occipital bone, [245](#)
- Nasal (NAY-zul) bones, bones that form the bridge of the nose, [92](#)
- Nasal (NAY-zul) nerve, affects the point and lower side of the nose, 101
- National Alopecia Areata Foundation (NAAF), [154](#)
- National Association for the Advancement of Colored People (NAACP), [7](#)
- Natural hairstyling, hairstyling that uses no chemicals or tints and does not alter the natural curl or coil pattern of the hair, 367
- Natural nail, the hard protective plate of the nail, composed mainly of keratin, [134](#)
- Natural or vegetable haircolors, colors, such as henna, obtained from the leaves or bark of plants, [487](#)
- Neck, [92](#), 96, 101, 106–107
- Nerve tissue, tissue that controls and coordinates all body functions, [89](#)
- Nerves, whitish cords made up of bundles of nerve fibers held together by connective tissue, through which impulses are transmitted, 100
 - of the skin, [124](#)
- Nervous system, [90](#), 99–103
 - divisions, 99–100
 - nerve cell structure and function, 100
 - types of nerves, 100–101
- Nervous system, body system composed of the brain, spinal cord, and nerves; controls and coordinates all other systems and makes them work harmoniously and efficiently, 99
- Nessler, Karl, 6–7
- Neurology (nuh-RAHL-uh-jee), science of the structure, function, and pathology of the nervous system, 99
- Neuron (NOO-rah-n), nerve cell; basic unit of the nervous system, consisting of cell body, nucleus, dendrites, and axon, 100
- Nevus (NEE-vus), small or large malformation of the skin due to abnormal pigmentation or dilated capillaries; commonly known as birthmark, [539](#)

New growth, part of the hair shaft between the scalp and the hair that has been previously colored, [507](#)

Nippers, instrument used for manicures and pedicures to trim tags of dead skin, [660](#), [701](#)

No-base relaxers, relaxers that do not require application of a protective base cream, [461](#)

No-light gel, thickened cyanoacrylate monomers, [744](#)

No-light gels, [744–745](#). *See also* Acrylic nails application, [745](#)

Nonpathogenic, not harmful; organisms that may perform useful functions, [60](#)

Nonstriated muscle, also called involuntary or smooth muscle; muscle that functions automatically without conscious will, [94](#)

Nonstripping, description of products that do not remove artificial color from the hair, [223](#)

Normalizing lotions, conditioners that restore the hair's natural pH after a hydroxide relaxer and prior to shampooing, [462](#)

Nose, [97](#)

No-stem curl, curl placed directly on its base; produces a tight, firm, long-lasting curl and allows minimum mobility, [310](#)

Notching, version of point cutting in which the tips of the scissors are moved toward the hair ends rather than into them; creates a chunkier effect, [287](#)

Nucleus (NOO-klee-us), dense, active protoplasm found in the center of the cell; plays an important part in cell reproduction and metabolism, [88](#)

O

Objectivity, [49](#)

Oblong face, [208](#)

Occipital (ahk-SIP-ih-tul) artery, supplies blood to the skin and muscles of the scalp and back of the head up to the crown, [107](#)

Occipital (ahk-SIP-ih-tul) bone, hindmost bone of the skull, below the parietal bones; forms the back of the skull above the nape, [91](#), [243–244](#)

Occipitalis (ahk-SIP-i-tahl-is), back of the epicranium; muscle that draws the scalp backward, [95](#)

Occupational disease, illness resulting from conditions associated with employment, [63](#)

Occupational Safety and Health Act (1970), [56](#)

Occupational Safety and Health Administration (OSHA), [56](#)

Odorless acrylic (methacrylate) products, nail enhancement products that are slightly different from acrylic (methacrylate) products, and are considered “no odor” or “low odor,” [767](#)

Off base, the position of a curl or a roller completely off its base for maximum mobility and minimum volume, [318](#)

Off-base curls, thermal curls placed completely off their base; have only slight lift or volume, [346](#)

Off-base placement, base control in which the hair is wrapped at a 45-degree angle below perpendicular to its base section, and the rod is positioned completely off its base section, [434](#)

Off-the-scalp lighteners, powdered lighteners that cannot be used directly on the scalp, [505](#)

Ohm, unit that measures the resistance of an electric current, [182](#)

Oil-in-water (O/W) emulsion, oil droplets emulsified in water, [171](#)

Oils
carrier, [693](#)
essential, [692–693](#)

Oligomer, short chain of monomers that is not long enough to be considered a polymer, [776](#)

On base, position of a curl or roller directly on its base for maximum volume; also called full base, [318](#)

On-base placement, base control in which the hair is wrapped at a 45-degree angle beyond perpendicular to its base section and the rod is positioned on its base section, [434](#)

One-color method, gel is applied over the entire surface of the nail, [780](#)

On-the-scalp lighteners, oil and cream lighteners that can be used directly on the scalp, [505](#)

Onychatrophia, atrophy or wasting away of the nail; caused by injury or disease, [648](#)

Onychia (uh-NIK-ee-uh), inflammation of the nail matrix with shedding of the nail, [650](#)

Onychocryptosis (ahn-ih-koh-krip-TOH-sis), ingrown nails, [650–651](#)

Onychogryposis, thickening and increased curvature of the nail, [650](#)

Onycholysis (ahn-ih-KAHL-ih-sis), loosening of the nail without shedding, [650–651](#)

Onychomadesis (ahn-ih-koh-muh-DEE-sis), the separation and falling off of a nail from the nail bed; can occur on fingernails and toenails, [651](#)

Onychomycosis (ahn-ihkoh-my-KOH-sis), fungal infection of the natural nail plate, [652–653](#)

Onychophagy (ahn-ih-koh-FAY-jee), bitten nails, [646](#)

Onychophosis, growth of horny epithelium in the nail bed, [650](#)

Onychoptosis, periodic shedding of one or more nail, [650](#)

Onychorrhexis (ahn-ih-koh-REK-sis), split or brittle nails that also have a series of lengthwise ridges giving a rough appearance to the surface of the nail plate, [646](#)

Onychosis (ahn-ih-KOH-sis), any deformity or disease of the natural nails, [650](#)

Onyx, the technical term for nail of the fingers or toes, [134](#)

Open comedones, also known as blackheads; follicles impacted with solidified sebum and dead cell buildup, [568](#)

Open-center curls, pin curls that produce even, smooth waves and uniform curls, [311](#)

Ophthalmic (ahf-THAL-mik) nerve, branch of the fifth cranial nerve that supplies the skin of the forehead, upper eyelids, and interior portion of the scalp, orbit, eyeball, and nasal passage, [101](#)

Orbicularis oculi (or-bik-yuh-LAIR-is AHK-yuh-lye) muscle, ring muscle of the eye socket; enables you to close your eyes, [96](#)

Orbicularis oris (or-bik-yuh-LAIR-is OH-ris) muscle, flat band around the upper and lower lips that compresses, contracts, puckers, and wrinkles the lips, [97](#)

Organic chemistry, study of substances that contain carbon, [166](#)

Organs, structures composed of specialized tissues and performing specific functions, [89](#)

Origin, part of the muscle that does not move; it is attached to the skeleton and is usually part of a skeletal muscle, [95](#)

Orly, [8](#)

Os, bone, [90](#)

OSHA. *See* Occupational Safety and Health Administration

Osteology (ahs-tee-AHL-oh-jee), the study of anatomy, structure, and function of the bones, [90](#)

Ostium, follicle opening, [568](#)

Oval face, [207](#)
 Oval nail, nail shape that is similar to squoval with even more rounded corners. This shape is attractive for most women's hands, [668](#)
 Over-direction, combing a section away from its natural falling position, rather than straight out from the head, toward a guideline; used to create increasing lengths in the interior or perimeter, [248](#)
 Overlay, acrylic (methacrylate) liquid and powder, wraps, or UV gels applied over a tip for added strength, [725](#)
 Oxidation, a chemical reaction that combines a substance with oxygen to produce an oxide, [174](#), [441](#), [489](#)
 Oxidizing agent, substance that releases oxygen, [174](#)

P

Palatine bones, form the floor and outer wall of the nose, roof of the mouth, and floor of the orbits, [92](#)
 Palm-to-palm, cutting position in which the palms of both hands are facing each other, [257](#)
 Paper wraps, temporary nail wraps made of very thin paper. Not nearly as strong as fabric wraps, [733](#)
 Papillary (PAP-uh-lair-ee) layer, outer layer of the dermis, directly beneath the epidermis, [123](#)
 Papule (PAP-yool), pimple; small circumscribed elevation on the skin that contains no fluid but may develop pus, [536](#)
 Paraffin baths, used to stimulate circulation and to reduce inflammation and promote circulation to the affected joints, [715](#)
 Paraffin wax masks, specially prepared facial masks containing paraffin and other beneficial ingredients; typically used with treatment cream, [573](#)
 Paraffin wax treatment, [686–688](#)
 for feet, [715](#)
 before manicure, [687](#)
 during manicure, [688](#)
 Parallel lines, repeating lines in a hairstyle; may be straight or curved, [198](#)
 Parasites, plant or animal organisms that derive nutrition from another organism, [65–66](#)
 Parasitic disease, of hair and scalp, [159](#)
 Parietal artery, supplies blood to the side and crown of the head, [107](#)
 Parietal (puh-RY-uh-tul) bones, form the sides and top of the cranium, [91](#)
 Parietal ridge, widest area of the head, usually starting at the temples and ending at the bottom of the crown, [243](#)
 Paronychia (payr-uh-NIK-ee-uh), bacterial inflammation of the tissues around the nail; pus, thickening, and brownish discoloration of the nail plate, [650](#), [652](#)
 Part/parting, line dividing the hair to the scalp that separates one section of hair from another or creates subsections, [246](#)
 Partnership, business structure in which two or more people share ownership, although not necessarily equally, [844](#)
 Patch test, test for identifying a possible allergy in a client, required by Federal Food, Drug, and Cosmetic Act. Also called predisposition test, [494](#)
 Patella (pah-TEL-lah), also called the accessory bone, forms the knee cap joint, [93](#)
 Pathogenic (path-uh-JEN-ik), causing disease; may cause harmful conditions or illnesses in humans, [60](#)
 entrance to the body, [65](#)
 Pear-shaped face, [208](#)
 Pectoralis (pek-tor-AL-is) major, pectoralis minor, muscles of chest that assist the swinging movements of the arm, [97](#)
 Pediculosis capitis (puh-dik-yuh-LOH-sis KAP-ih-tis), infestation of the hair and scalp with head lice, [66](#), [159](#)
 Pedicure, standard service performed by cosmetologists that includes care and massage of feet and trimming, shaping, and polishing toenails, [699](#)
 Pedicure slippers, disposable paper or foam slippers are needed for those clients who have not worn open-toed shoes, [700](#)
 Pedicures, [697–722](#)
 disinfecting foot spas, [710](#)
 disinfection procedure for equipment, [73](#)
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 pre-service, [703](#), [704](#)
 procedures, [703–705](#)
 recipes, [695](#)
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 tools, [699–702](#)
 Peptide (PEP-tyd) bond or end bond, chemical bond that joins amino acids to each other, end to end, to form a polypeptide chain, [144](#), [426](#)
 Perfectionism, a compulsion to do things perfectly, [16](#)
 Perfume, [28](#)
 Pericardium (payr-ih-KAR-deeum), double-layered membranous sac enclosing the heart, [104](#)
 Perimeter, outer line of a hairstyle, [247](#)
 Peripheral (puh-RIF-uh-rul) nervous system, system of nerves and ganglia that connects the peripheral parts of the body to the central nervous system; it has both sensory and motor nerves, [100](#)
 Permanent haircolors, lightens and deposits color at the same time and in one application. They are more alkaline than no lift deposit only haircolors and mixed with a higher volume developer, [487](#)
 Permanent waving, [431–458](#)
 base direction, [434](#)
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- selection, [463](#)
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 types of rods, [432](#)
 under-processed hair, [440–441](#)
 wrapping techniques, [434–435](#)
- Peroneus brevis** (per-oh-NEE-us BREV-us), muscle that originates on the lower surface of the fibula. It bends the foot down and out, [99](#)
- Peroneus longus** (per-oh-NEE-us LONG-us), muscle that covers the outer side of the calf and inverts the foot and turns it outward, [99](#)
- Personal grooming**, [28](#)
- Personal hygiene**, daily maintenance of cleanliness by practicing good sanitary habits, [27–28](#)
- Personal life**, [16](#)
- Personality**
 attitude, [23](#)
 development, [23](#)
- Personnel, employees; staff**, [846](#)
- Perspiration**, [127](#)
- Petrissage** (PEH-treh-sahzh), kneading movement performed by lifting, squeezing, and pressing the tissue with a light, firm pressure, [578](#), [691](#), [705](#)
- pH**
 importance in texture services, [424–427](#)
 scale, [173–174](#)
 shampoo, [220–221](#)
 water and, [173](#)
- pH scale**, measures the acidity and alkalinity of a substance, [173](#)
- Phalanges** (fuh-LAN-jeez) (singular: phalanx), bones of the fingers or toes, [93](#)
- Phenolics** (fi-NOH-lik), powerful tuberculocidal disinfectants, [69](#)
- Pheomelanin** (fee-oh-MEL-uh-nin), melanin that provides natural hair colors from red and ginger to yellow/blond tones, [146](#)
- Photoepilation**, permanent hair removal treatment that uses intense light to destroy the hair follicles, [551](#)
- Physical change**, change in the form or physical properties of a substance without the formation of a new substance, [168](#)
- Physical mixture**, physical combination of matter, in any proportion, [169](#)
- Physical presentation**, person's physical posture, walk, and movements, [29](#)
 posture, [29–30](#)
- Physical properties**, characteristics that can be determined without a chemical reaction and that do not cause a chemical change in the substance, [168](#)
- Physiology** (fi z-ih-OL-oh-jee), study of the functions or activities performed by the body's structures, [87](#)
- Pin curling**, [310–316](#)
 creating volume with, [316](#)
 curl and stem direction, [311](#)
 designing with, [313](#)
 foundations, [312](#)
 open- and closed-center curls, [311](#)
 procedures, [314–315](#)
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- Pityriasis** (pit-ih-RY-uh-sus), dandruff; an inflammation of the skin characterized by the formation and flaking of fine, thin scales, [158–159](#)
- Pityriasis capitis simplex** (pit-ih-RY-uh-sus KAP-ih-tis SIM-pleks), technical term for classic dandruff; characterized by scalp irritation, large flakes, and itchy scalp, [158](#)
- Pityriasis steatoides** (pit-ih-RY-uh-sus stee-uh-TOY-deez), scalp inflammation marked by fatty (greasy or waxy) types of dandruff, [158–159](#)
- Plasma** (PLAZ-muh), fluid part of the blood and lymph that carries food and secretions to the cells, [105](#)
- Platelets**, blood cells that aid in the forming of clots, [105](#)
- Platysma** (plah-TIZ-muh) muscle, broad muscle extending from the chest and shoulder muscles to the side of the chin; responsible for lowering the lower jaw and lip, [96](#)
- Pledgets** (PLEJ-ets), small, fiber-free cotton squares often used by nail professionals to remove polish, [663](#)
- Plicatured** (plik-a-CHOORD) nail, a type of highly curved nail plate often caused by injury to the matrix, but may be inherited; also called “folded nail,” [646](#)
- Point cutting**, haircutting technique in which the tips of the shears are used to cut “points” into the ends of the hair, [286](#)
- Pointed nail**, nail shape suited to thin hands with narrow nail beds. The shape is tapered and somewhat longer than usual, [668](#)
- Polarity**, negative or positive pole of an electric current, [185](#)
- Polymer** (POL-i-mehr), substance formed by combining many small molecules (monomers) into very long chain-like structures, [750](#)
- Polymerization** (POL-i-mehr-eh-za-shun), chemical reaction that creates polymers; also called curing or hardening, [751](#)
- Polypeptide chain**, long chain of amino acids linked by peptide bonds, [145](#), [426](#)
- Pomade or wax**, styling products that add considerable weight to the hair by causing strands to join together, showing separation in the hair, [328](#)
- Popliteal** (pop-lih-TEE-ul) artery, divides into two separate arteries known as the anterior tibial (TIB-ee-al) and the posterior tibial. The anterior tibial goes to the foot and becomes the dorsalis pedis which supplies the foot with blood, [107](#)
- Porous**, absorbent, having pores or openings, [71](#)
- Portfolio**, [805–806](#)
- Posterior auricular artery**, supplies blood to the scalp, the area behind and above the ear, and the skin behind the ear, [107](#)
- Posterior auricular nerve**, affects the muscles behind the ear at the base of the skull, [102](#)
- Posterior tibial** (TIB-ee-al) artery, [107](#). *See also* Popliteal artery; popliteal artery
- Postpartum alopecia** (al-oh-PEE-shah), temporary hair loss experienced at the conclusion of a pregnancy, [155](#)
- Posture**, [29–30](#)
- Potential hydrogen**, [172–175](#)
- Powders**, [77](#)
- Preheat perm**, [2](#)
- Prelightening**, first step of double-process haircoloring, used to lift or lighten the natural pigment before the application of toner, [499](#)
- Presoftening**, process of treating gray or very resistant hair to allow for better penetration of color, [520](#)
- Primary colors**, pure or fundamental colors (red, yellow, and blue) that cannot be created by combining other colors, [483](#)
- Prioritize**, to make a list of tasks that need to be done in the order of most to least important, [19](#)

Private life, 50
 Procerus (proh-SEE-rus), covers the bridge of the nose, lowers the eyebrows, and causes wrinkles across the bridge of the nose, 97
 Procrastination, putting off until tomorrow what you can do today, 16
 Productivity, 16
 Professional image, 25–32
 beauty and wellness, 27–28
 looking good, 28–29
 physical presentation, 29–31
 Professional image, impression projected by a person engaged in any profession, consisting of outward appearance and conduct exhibited in the workplace, 29
 Professionalism, 48
 ethics, 22
 Profile, outline of the face, head, or figure seen in a side view, 209
 Pronators (proh-NAY-tohrz), muscles that turn the hand inward so that the palm faces downward, 98
 Proportion, harmonious relationship among parts or things, or the comparative relation of one thing to another, 202
 Protein conditioners, products designed to slightly increase hair diameter with a coating action, thereby adding body to the hair, 226
 Protein hardener, a combination of clear polish and protein, such as collagen that provides a clear hard coating on the surface of the nail, 665
 Protoplasm (PROH-toh-plaz-um), colorless jelly-like substance found inside cells in which food elements such as protein, fats, carbohydrates, mineral, salts, and water are present, 88
Pseudomonas aeruginosa, one of several common bacteria that can cause nail infection, 647
 Psoriasis (suh-RY-uh-sis), skin disease characterized by red patches, covered with silver-white scales usually found on the scalp, elbows, knees, chest, and lower back, but rarely on the face, 538
 nail, 651–652
 Pterygium, forward growth of the cuticle, 648
 Public speaking, 836
 Pulmonary circulation, blood circulation from heart to lungs to be purified, 104
 Pumice (PUM-iss) powder, white or grayish powdered abrasive derived from volcanic rock, used for smoothing and polishing, 664
 Pure substance, chemical combination of matter in definite proportions, 169
 Pus, 61
 Pusher
 metal, 659
 wooden, 659
 Pustule (PUS-chool), inflamed pimple containing pus, 536
 Pyogenic granuloma (py-oh-JEN-ik gran-yoo-LOH-muh), severe inflammation of the nail in which a lump of red tissue grows up from the nail bed to the nail plate, 650, 652

Q

Quaternary ammonium (KWAT-ur-nayr-ree uh-MOH-neeum), compounds, type of disinfectant solution safe for all uses in the salon; commonly called quats, 69
 Quats, 68–69
 Queen Cleopatra, 4

Queen Nefertiti, 4
 Queen Victoria, 6

R

Radial (RAY-dee-ul) artery, artery that supplies blood to the thumb side of the arm and the back of the hand, 107
 Radial (RAY-dee-ul) nerve, supplies the thumb side of the arm and back of the hand, 102
 Radius (RAY-dee-us), smaller bone in the forearm on the same side as the thumb, 93
 Razor cutting, 283–285, 290
 Razor rotation, texturizing technique similar to razor-over-comb, done with small circular motions, 290
 Razor-over-comb, texturizing technique in which the comb and the razor are used on the surface of the hair, 290
 Reactions, 36
 Rebalancing, method for maintaining the beauty, durability, and longevity of the nail enhancement, 767
 Receptivity, 23
 Record card, 349
 Record-keeping, the maintaining of accurate and complete records of all financial activities in your business, 840
 Rectifier, apparatus that converts alternating current to direct current, 182
 Red blood cells, blood cells that carry oxygen from the lungs to the body cells, 105
 Red light, therapeutic light used on dry skin in combination with oils and creams; penetrates the deepest and produces the most heat, 189
 Redding, Jheri, 224
 Redheads, 522–523
 Redox, contraction for reduction-oxidation; chemical reaction in which the oxidizing agent is reduced and the reducing agent is oxidized, 175
 Reduced, to subtract oxygen from or add hydrogen to a substance, 174
 Reduction, the chemical reaction of subtracting oxygen from, or adding hydrogen to, a substance, 174
 Reference points, points on the head that mark where the surface of the head changes or the behavior of the hair changes, such as ears, jawline, occipital bone, apex, and so on; used to establish design lines that are proportionate, 243
 Reflective listening, listening to the client and then repeating, in your own words, what you think the client is telling you, 43
 Reflex (REE-fleks), automatic nerve reaction to a stimulus that involves the movement of specific muscles as a response to impulses carried along a motor neuron to a muscle, causing a spontaneous reaction, 100–101
 Reinforcing-fiber hardeners, contain fibers such as nylon, and protect the nail by coating the natural nail, 665
 Renaissance, 5–6
 Repair patch, piece of fabric cut to completely cover a crack or break in the nail during a 4-week fabric wrap maintenance procedure, 735
 Reproductive system, body system responsible for processes by which plants and animals produce offspring, 90
 Resistant, characteristic of some hair types that makes penetration by moisture or chemicals difficult, 481
 Respect, 16, 49
 Respiration, act of breathing; the exchange of carbon dioxide and oxygen in the lungs and within each cell, 109

- Respiratory system, body system consisting of the lungs and air passages; enables breathing, supplying the body with oxygen and eliminating carbon dioxide wastes, [109](#)
- Responses, [36](#)
- Resume, written summary of a person's education and work experience, [801](#)
- Resumes, [801–805](#)
do's and don'ts, [802–804](#)
sample, [804](#)
- Retail products, [151](#), [831–835](#)
- Retail supplies, supplies sold to clients, [845](#)
- Retailing, act of recommending and selling products to your clients for at-home hair care, [831](#)
- Reticular (ruh-TIK-yuh-lur) layer, deeper layer of the dermis that supplies the skin with oxygen and nutrients; contains cells, vessels, glands, and follicles, [123](#)
- Retinoic acid, prescription cream for acne, [128](#)
- Reverse highlighting or lowlighting, technique of coloring strands of hair darker than the natural color, [513](#)
- Revlon, [2](#)
- Revson, Charles, [2](#)
- Rhythm, regular, recurrent pattern of movement in a hairstyle, [203](#)
- Ribboning, technique of forcing the hair between the thumb and the back of the comb to create tension, [313](#)
- Ribs, twelve pairs of bones forming the wall of the thorax, [92](#)
- Ridge curls, pin curls placed immediately behind or below a ridge to form a wave, [313](#)
- Ridges, vertical lines running the length of the natural nail plate, usually related to normal aging, [645](#)
- Ringed hair, variety of canities characterized by alternating bands of gray and pigmented hair throughout the length of the hair strand, [156](#)
- Ringworm, [159](#)
- Risorius (rih-ZOR-ee-us), muscle of the mouth that draws the corner of the mouth out and back, as in grinning, [97](#)
- Rod, round, solid prong of a thermal iron, [336](#)
- Role model, [827](#)
- Roller curls, [317–321](#)
choosing roller size, [317–318](#)
direction, [318](#)
hot rollers, [318](#)
parts, [317](#)
placement, [318](#)
procedures, [319–320](#)
velcro rollers, [321](#)
- Rolling, massage movement in which the tissues are pressed and twisted using a fast back-and-forth movement, [578](#)
- Romans, [5](#)
- Rope braid, braid made with two strands that are twisted around each other, [375](#), [380–381](#)
- Rosacea (roh-ZAY-shee-uh), chronic congestion appearing primarily on the cheeks and nose, characterized by redness, dilation of the blood vessels, and formation of papules and pustules, [538](#)
- Round face, [207](#)
- Round nail, nail shape that is slightly tapered and extends just a bit past the tip of the finger. This natural looking shape is common for male clients, [668](#)
- Rules, *versus* laws, [59](#)
- electrical equipment, [183](#)
with facial makeup, [637](#)
guidelines for safe use of electrical equipment, [183–184](#)
with haircoloring, [525](#)
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- Sales, [831–835](#)
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- Salon operation, knowing and complying with all Federal Occupational Safety and Health Administration (OSHA) guidelines, including those that require the ingredients of cosmetic preparations be available for employees, [840](#)
- Salon policies, the rules or regulations adopted by a salon to ensure that all clients and associates are being treated fairly and consistently, [840](#)
- Salon trainer, [9](#)
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- Salt bonds, relatively weak physical side bonds that are the result of an attraction between opposite electrical charges;

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- easily broken by changes in pH, as in permanent waving, and re-form when the pH returns to normal, [427](#)
- Sanitation, [56](#)
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pre-service for manicures, 672–673
- Sanitation or sanitizing, cleaning to remove all visible residue and matter, [67](#)
- Saphenous (sa-FEEN-us) nerve, supplies impulses to the skin of the inner side of the leg and foot, 103
- Sassoon, Vidal, [8](#)
- Scabies (SKAY-beez), contagious skin disease that is caused by the itch mite, which burrows under the skin, [66](#), [159](#)
- Scale, any thin plate of epidermal flakes, dry or oily, such as abnormal or excessive dandruff, 537
- Scalp. *See also* Hair
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- Scalp astringent lotions, products used to remove oil accumulation from the scalp; used after a scalp treatment and before styling, 227
- Scalp conditioners, products, usually in a cream base, used to soften and improve the health of the scalp, 227
- Scapula (SKAP-yuh-luh), one of a pair of shoulder blades; a large, flat, triangular bone of the shoulder, [92](#)
- Scar or cicatrix (SIK-uh-triks), light-colored, slightly raised mark on the skin formed after an injury or lesion of the skin has healed, 537
- Schedules, [20](#)
mix-ups, [46](#)
- Scissor-over-comb, haircutting technique in which the hair is held in place with the comb while the tips of the scissors are used to remove the lengths, 285–286, 289
- Scutula (SKUCH-ul-uh), dry, sulfur-yellow, cup-like crusts on the scalp in tinea favosa or favus, [159](#)
- Sebaceous (oil) glands, [127](#), [143](#)
disorders, 537–538
- Sebaceous (sih-BAY-shus) glands, oil glands of the skin connected to hair follicles, [159](#)
- Seborrheic dermatitis (seb-oh-REE-ik dur-muh-TY-tis), medical term for pityriasis steatoides accompanied by redness and inflammation, [159](#); skin condition caused by an inflammation of the sebaceous glands. Often characterized by inflammation, dry or oily scaling, or crusting and/or itchiness, 537
- Sebum (SEE-bum), oily secretion of the sebaceous glands, which lubricates the hair and skin, [143](#)
- Secondary color, color obtained by mixing equal parts of two primary colors, [484](#)
- Secretory coil, coiled base of sweat glands, [126](#)
- Secretory nerve fibers, distributed to the sweat and oil glands of the skin, [124](#)
- Sections, to divide the hair by parting into uniform working areas for control, [246](#)
- Self-care, [21](#)
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- Self-criticism, [17](#)
- Self-esteem, 15
- Self-management, [17](#)
- Semi-hand-tied wigs, wigs constructed with a combination of synthetic hair and hand-tied human hair, [404](#)
- Semipermanent haircolor, no-lift, deposit-only, nonoxidation haircolor that is not mixed with peroxide and is formulated to last through several shampoos, [486](#)
- Sense of touch, [124](#)
- Sensitivity, [23](#), 49
- Sensitization, a greatly increased or exaggerated sensitivity to products, [541](#)
- Sensory nerve fibers, react to heat, cold, touch, pressure, and pain. These sensory receptors send messages to the brain, [124](#)
- Sensory (afferent) nerves, nerves that carry impulses or messages from the sense organs to the brain, where sensations of touch, cold, heat, sight, hearing, taste, smell, pain, and pressure are experienced, 100
- Serratus anterior (ser-RAT-us an-TEER-ee-or), muscle of the chest that assists in breathing and in raising the arm, 97
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- Shaping, section of hair that is molded in a circular movement in preparation for the formation of curls, [311](#)
- Sharing, [17](#)
- Shaving, 552
- Shell, the clamp that presses the hair against the barrel or rod of a thermal iron, [336](#)
- Shoulders, [92](#), 98
- Side bonds, disulfide, salt, and hydrogen bonds that cross-link polypeptide chains together. Side bonds are responsible for the elasticity and incredible strength of the hair, [426](#)
- Silicone, styling product ingredient that adds gloss and sheen to the hair while creating textural definition, [172](#), [328](#)
- Silk, thin, natural material with a tight weave that becomes transparent when adhesive is applied, 733
- Single braids, free-hanging braids, with or without extensions, that can be executed either underhand or overhand; also called individual or box braids, [375](#)
with extensions, 386–387
without extensions, 384–385
- Single flat wrap, perm wrap that is similar to double flat wrap but uses only one end paper, placed over the top of the strand of hair being wrapped, 433

- Single lines, a hairstyle with only one line such as the one-length hairstyle, [198](#)
- Single-process haircoloring, process that lightens and deposits color in the hair in a single application, [499](#)
- Single-use, disposable items that cannot be used more than once, either because they cannot be cleaned of all visible residue (such as pumice stones used for pedicures), or because cleaning and disinfecting damages them, [71](#)
- Skeletal system, physical foundation of the body, comprised of [206](#) bones that vary in size and shape and are connected by movable and immovable joints, [90](#)
- Skin, [89](#). *See also* Facials
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 disorders of the sudoriferous (sweat) glands, 538
 hypertrophies of the skin, [540](#)
 inflammations, 538–539
 lesions, 535–537
 pigmentation of the skin, [539](#)
- Skin tag, a small brown or flesh-colored outgrowth of the skin, [540](#)
- Skip waves, two rows of ridge curls, usually on the side of the head, [313](#)
- Skull, [91](#)
- Slicing, coloring technique that involves taking a narrow, [1/8](#)-inch (0.3-centimeter) section of hair by making a straight part at the scalp, positioning the hair over the foil, and applying lightener or color, 514; technique that removes bulk and adds movement through the lengths of the hair; the shears are not completely closed, and only the portion of the blades near the pivot is used, [288](#)
- Slide cutting, method of cutting or thinning the hair in which the fingers and shears glide along the edge of the hair to remove length, [285](#)
- Slithering (effilating), process of thinning the hair to graduated lengths with shears; cutting the hair with a sliding movement of the shears while keeping the blades partially opened; also called effilating, [288](#)
- Smaller (lesser) occipital nerve, located at the base of the skull, affects the scalp and muscles behind the ear, 102
- Soap cap, combination of equal parts of prepared tint and shampoo applied to the hair like a regular shampoo, [523](#)
- Soaps, [77](#), [171](#)
- Sodium hypochlorite (SOH-dee-um hypuh-KLOR-ite), common household bleach; disinfectant for salon use, [70](#)
- Soft bender rods, tool about [12](#) inches long with a uniform diameter along the entire length. These soft foam rods have a stiff wire inside that permits them to be bent into almost any shape, [432](#)
- Soft curl permanent, combination of a thio relaxer and a thio permanent wrapped on large rods to make existing curl larger and looser, 470–473
 procedure, 471–473
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- Soft press, technique of pressing the hair to remove 50 to [60](#) percent of the curl by applying the thermal pressing comb once on each side of the hair, [348](#)
- Soft water, rain water or chemically softened water that lathers easily with soap or shampoo, [221](#)
- Sole proprietor, individual owner and manager of a business, 844
- Soleus (SO-lee-us), muscle that originates at the upper portion of the fibula and bends the foot down, 99
- Solute, substance that is dissolved in a solution, [169](#)
- Solution, stable mixture of two or more mixable substances, [169](#)
- Solvent, substance that dissolves the solute to form a solution, [169](#)
- Spa manicure, 692
- Space, area that the hairstyle occupies; also thought of as the area inside the form, [199](#)
 hair, [199](#)
- Special effects haircoloring, any technique that involves partial lightening or coloring, 513
- SPE. *See* Sun protection factor
- Sphenoid (SFEEN-oyd) bone, joins all of the bones of the cranium together, [91](#)
- Spinal cord, the portion of the central nervous system that originates in the brain, extends down to the lower extremity of the trunk, and is protected by the spinal column, 100
- Spiral curl, method of curling the hair by winding a strand around the rod, 345
- Spiral perm wrap, hair is wrapped at an angle other than perpendicular to the length of the rod, which causes the hair to spiral along the length of the rod, similar to the grip on a tennis racket, 434
- Spirilla (spy-RIL-ah), spiral or corkscrew-shaped bacteria that can cause diseases such as syphilis and Lyme disease, [61](#)
- Spray-on thermal protectors, products applied to hair prior to any thermal service to protect it from the harmful effects of blow-drying, thermalirons, or electric rollers, 227
- Squamous (SKWAY-mus) cell carcinoma, type of skin cancer more serious than basal cell carcinoma; often characterized by scaly red papules or nodules, [540](#)
- Square face, 207–208
- Square nail, nail shape that is completely straight across with no rounding at the edges. The length of the nail can vary, 668
- Squoval nail, nail shape with a square free edge that is rounded off and extends just slightly past the tip of the finger, 668
- Stain, abnormal brown or wine-colored skin discoloration with a circular and irregular shape, [539](#)
- Staphylococci (staf-uh-loh-KOK-sy), pus-forming bacteria that grow in clusters like bunches of grapes, can cause abscesses, pustules and boils, [61](#), 63–64
 infections, [160](#)
- State regulatory agencies, [59](#)
- Stationary guideline, guideline that does not move, 247

- Statutes, [59](#)
- Steamer, heats and produces a stream of warm steam that can be focused on various areas of the skin, [583](#)
- Steatoma (stee-ah-TOH-muh), sebaceous cyst or fatty tumor, [538](#)
- Stem, section of the pin curl between the base and first arc (turn) of the circle that gives the circle its direction and movement; the hair between the scalp and the first turn of the roller, [317](#)
- Sterilization, process that completely destroys all microbial life, including spores, [67](#)
- Sternocleidomastoideus (STUR-noh-KLEE-ih-doh-mas-TOYD-eeus), muscle of the neck that lowers and rotates the head, [96](#)
- Sternum (STUR-num), breastbone; flat bone that forms the ventral (front) support of the ribs, [92](#)
- Stomach, [89](#)
- Straight profile, neither convex nor concave, [209](#)
- Straight rods, perm rods that are equal in diameter along their entire length or curling area, [432](#)
- Straightening gel, styling product applied to damp hair that is wavy, curly, or extremely curly, and then blown-dry; relaxes the hair for a smooth, straight look, [328](#)
- Strand test, [496](#), [497](#), [506–507](#)
- Stratum corneum (STRAT-um KOR-nee-um), outer layer of the epidermis, [122](#)
- Stratum germinativum (STRAT-um jer-mih-nah-TIV-um), also known as the basal cell layer; the deepest, live layer of the epidermis that produces new epidermal skin cells and is responsible for growth, [122](#)
- Stratum granulosum (STRAT-um gran-yoo-LOH-sum), granular layer of the epidermis, [122](#)
- Stratum lucidum (STRAT-um LOO-sih-dum), clear, transparent layer just under the skin surface, [122](#)
- Stratum spinosum, spiny layer of the epidermis, [122](#)
- Strengths, [16](#)
- Streptococci (strep-toh-KOK-eye), pus-forming bacteria arranged in curved lines resembling a string of beads; they can cause infections such as strep throat and blood poisoning, [61](#)
- Stress, inability to cope with a threat, real or imagined, to our well-being, which results in a series of responses and adaptations by our minds and bodies; tension caused by a situation, [29](#)
- Stress strip, strip of fabric, [1/8-inch](#) long, applied during a 4-week fabric wrap rebalance to repair or strengthen a weak point in a nail enhancement, [735](#)
- Striated (STRY-ayt-ed) muscle, also called voluntary or skeletal muscle; muscle that is consciously controlled, [94](#)
- Study skills, [20–21](#)
 establishing good habits, [20](#)
 location, [20–21](#)
 timing, [21](#)
- Styling books, [41](#)
- Subcutaneous (sub-kyoo-TAY-nee-us) tissue, fatty layer found below the dermis that gives smoothness and contour to the body, contains fat for use as energy, and also acts as a protective cushion for the outer skin; also called adipose or subcutis tissue, [123](#)
- Subcutis (sub-KYOO-ris), [123](#). *See also* Adipose
- Submental (sub-MEN-tul) artery, supplies blood to the chin and lower lip, [106](#)
- Subsections, smaller sections within a larger section of hair, used to maintain control of the hair while cutting, [246](#)
- Success
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- Sudoriferous (sood-uh-RIF-uhrus) glands, sweat glands of the skin, [126](#)
 disorders, [538](#)
- Sugaring, temporary hair removal method that involves the use of a thick, sugar-based paste, [559](#)
- Sun protection factor (SPF), [124–125](#)
- Sunscreens, [572–573](#)
- Superficial peroneal nerve, a nerve that extends down the leg, just under the skin, supplying impulses to the muscles and the skin of the leg, as well as to the skin and toes on the top of the foot, [103](#)
- Superficial temporal artery, artery that supplies blood to the muscles of the front, side, and top of the head, [107](#)
- Superior labial (LAY-bee-ul) artery, supplies blood to the upper lip and region of the nose, [106](#)
- Supinator (SOO-puh-nayt-ur), muscle of the forearm that rotates the radius outward and the palm upward, [98](#)
- Supraorbital (soo-pruh-OR-bih-tul) artery, supplies blood to the upper eyelid and forehead, [107](#)
- Supraorbital (soo-pruh-OR-bih-tul) nerve, affects the skin of the forehead, scalp, eyebrow, and upper eyelid, [101](#)
- Supratrochlear (soo-pruh-TRAHK-lee-ur) nerve, affects the skin between the eyes and upper side of the nose, [101](#)
- Sural nerve, supplies impulses to the skin on the outer side and back of the foot and leg, [103](#)
- Surfactants, cleansing or surface active agent, [171](#), [222](#)
- Suspension, unstable mixture of undissolved particles in a liquid, [170](#)
- Swanson, Gloria, [7](#)
- Sweat glands. *See* Sudoriferous (sweat) glands
- Symmetrical balance, hairstyle design that is similar on both sides of the face, [202–203](#)
- Syphilis, [61](#), [64](#)
- Systemic circulation, circulation of blood from the heart throughout the body and back again to the heart; also called general circulation, [104](#)
- ## T
- Tablets, [77](#)
- Tactile corpuscles (TAK-tile KOR-pusuls), small epidermal structures with nerve endings that are sensitive to touch and pressure, [123](#)
- Talking, [36](#). *See also* Communication
- Talus (TA-lus), one of three bones that comprise the ankle joint. The other two bones are the tibia and fibula, [93](#)
- Tan, change in pigmentation of skin caused by exposure to the sun or ultraviolet rays, [539](#)
- Tapers, haircutting effect in which there is an even blend from very short at the hairline to longer lengths as you move up the head; “to taper” is to narrow progressively at one end, [292](#)
- Tapotement (tah-POHT-mant) or percussion (per-KUSH-un), most stimulating massage movement, consisting of short, quick tapping, slapping, and hacking movements, [578–579](#), [705](#)
- Tarsal (TAHR-sul), one of the three subdivisions of the foot; comprised of seven bones (talus, calcaneus, navicular, three

- Veins, thin-walled blood vessels that are less elastic than arteries; veins contain cup-like valves to prevent backflow and carry impure blood from the various capillaries back to the heart and lungs, 105
- Vellus or lanugo, short, fine, unpigmented downy hair that appears on the body, with the exception of the palms of the hands and the soles of the feet, 151
- Ventricle (VEN-truh-kul), the lower thick-walled chambers of the heart, 104
- Verruca (vuh-ROO-kuh), technical term for wart; hypertrophy of the papillae and epidermis, 540
- Vertical lines, lines that are straight up and down; creates length and height in hair design, 197, 245
- Vesicle (VES-ih-kel), small blister or sac containing clear fluid, lying within or just beneath the epidermis, 536
- Vibration (vy-BRAY-shun), in massage, the rapid shaking of the body part while the balls of the fingertips are pressed firmly on the point of application, 579
- Victorian Age, 6
- Virgin application, first time the hair is colored, 499
- Virucidal (vy-rus-SYD-ul), capable of destroying viruses, 60
- Virus (VY-rus), microorganism that can invade plants and animals, including bacteria, 64
- Visible braid, three-strand braid made by the underhand technique, in which the strands of hair are woven under the center strand, 374
- Visible light, the primary source of light used in facial and scalp treatments, 188
- Visualization, 15
- Vitamin A, aids in the health, function, and repair of skin cells, 128
- Vitamin C, needed for proper repair of the skin and various tissues, 128
- Vitamin D, promotes the healthy and rapid healing of the skin, 128
- Vitamin E, helps fight against, and protect the skin from the harmful effects of the sun's rays, 129
- Vitamins, 128–129
- Vitiligo (vih-til-EYE-goh), milky-white spots (leukoderma) of the skin. Vitiligo is hereditary and may be related to thyroid conditions, 539
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- VOCs. *See* Volatile organic compounds
- Voice tone, 23
- Volatile, easily evaporating, 171
- Volatile organic compounds (VOCS), substances containing carbon that evaporate quickly and easily, 172
- Volt, unit that measures the pressure or force that pushes the flow of electrons forward through a conductor, 182
- Volume, measure of varying strengths (concentration) of hydrogen peroxide; the higher the volume, the greater the lifting action, 488
- Volume-base curls, thermal curls placed very high on their base; provide maximum lift or volume, 345
- Volumizer, styling product that adds volume to the shape, especially at the base, when the hair is blow-dried, 328
- Vomer (VO-mer) bone, flat thin bone that forms part of the nasal septum, 92
- W**
- Walker, C. J., 6
- Walker, Madam C. J., 6–7
- Wall plate, instrument that plugs into an ordinary wall outlet and produces various types of electric currents that are used for facial and scalp treatments, 184
- Warm colors, range of colors from yellow and gold through oranges, red-oranges, most reds, and even some yellow-greens, 614
- Water, 129
pH and, 173
shampoo and, 221
- Water baths, 702
- Water-in-oil (W/O) emulsion, water droplets emulsified in oil, 171
- Waterless hand sanitizers, 77
- Watt, measurement of how much electric energy is being used in one second, 182
- Wattage, measure of how much electricity a light bulb consumes, 777
- Wave pattern, amount of “movement” in the hair strand; described as straight, wavy, curly, and extremely curly, 146
designing with, 199–201
- Wavelength, distance between successive peaks of electromagnetic waves, 187
- Waving lotion, type of hair gel that makes the hair pliable enough to keep it in place during the finger waving procedure, 305
- Waxing
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eyebrows, 556–557
- Weave technique, wrapping technique that uses zigzag partings to divide base areas, 443
- Weaving, coloring technique in which selected strands are picked up from a narrow section of hair with a zigzag motion of the comb, and lightener or color is applied only to these strands, 514
- Wefts, strips of human or artificial hair woven by hand or machine onto a thread, 403
- Weight line, visual “line” in the haircut, where the ends of the hair hang together, 258
- Wheal (WHEEL), itchy, swollen lesion that lasts only a few hours; caused by a blow, the bite of an insect, urticaria, or the sting of a nettle, 536
- White blood cells, blood cells that perform the function of destroying disease-causing microorganisms, 105
- White light, referred to as combination light because it is a combination of all visible rays of the spectrum, 188
- Whorl, hair that forms in a circular pattern, as on the crown, 150
- Wig, artificial covering for the head consisting of a network of interwoven hair, 400
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Work ethic, taking pride in your work and committing yourself to consistently doing a good job for your clients, employer; and salon team, 799

Work surfaces, disinfection procedure, 73

Wrap resin, an adhesive used over the fabric wrap to adhere it to the nail extension or nail plate, 726

Wringing, vigorous movement in which the hands, placed a little distance apart on both sides of the client's arm or leg and working downward, apply a twisting motion against the bones in the opposite direction, 578

Wrinkles, 633

Written agreements, documents such as a business plan, which is a written description of your business as you *see* it today, and as you foresee it in the next 5 years, 843

Y

Yellowed hair, 518

Z

Zygomatic (zy-goh-MAT-ik) nerve, affects the muscles of the upper part of the cheek, 101

Zygomatic/malar (zy-goh-MAT-ik) bones, form the prominence of the cheeks; cheekbones, 92

Zygomaticus (zy-goh-MAT-ih-kus), muscles extending from the zygomatic bone to the angle of the mouth; elevate the lip, as in laughing, 97