

Health Sector Training for Beauticians and Hairdressers

Choosing a career as a *beautician* or *hairdresser* goes beyond enhancing appearance; it promotes health, hygiene, and self-confidence. Professionals in these fields play a vital role in ensuring the well-being of their clients by following proper *hygiene practices* and understanding basic health principles. By being trained in the health sector, aspiring beauticians and hairdressers can provide services that are not only aesthetic but also safe and beneficial.

For example, beauticians need to recognise *skin conditions* and offer treatments that suit different *skin types* without causing harm. Similarly, hairdressers must understand the *structure of hair and scalp* to recommend suitable products and treatments. This knowledge reduces the risk of *infections, allergies*, or *damage* caused by improper techniques or products.

Moreover, training in health sector principles emphasises *personal hygiene* and *sanitation*, which are crucial in maintaining a safe and clean environment for clients. It also fosters a *professional attitude*, helping individuals build trust and long-lasting *customer relationships*.

Finally, incorporating health sector training in these professions ensures that beauticians and hairdressers can deliver services that enhance both *appearance* and *well-being*. It also opens opportunities for *professional growth*, as clients increasingly prioritise their health and safety in *personal care*.

Vocabulary activity

Fill in the gaps with the correct words.

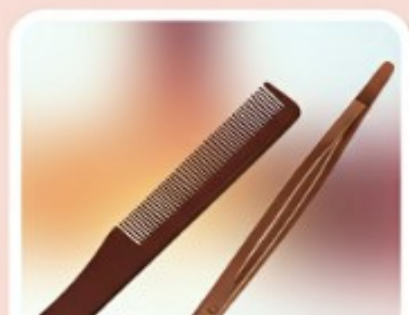
beautician, hairdresser, infections, skin conditions, hygiene practices, personal care, allergies

1. Maintaining good _____ is crucial in the beauty industry to prevent the spread of _____.
2. A _____ specialises in hair care, such as cutting, styling, and colouring.
3. A _____ focuses on enhancing a person's appearance through various treatments for the skin and face.
4. It's important to be aware of client _____ to avoid any adverse reactions during treatments.
5. _____ are essential for maintaining good health and well-being.
6. Some _____ require specialised treatment and may require consultation with a dermatologist.

ESSENTIAL TERMS FOR BEAUTICIANS AND HAIRDRESSERS

Beauty Tools:

- Hairdryer | Σεσουάρ
- Curling iron | Σίδερο για μπούκλες
- Straightener | Ισιωτικό μαλλιών
- Clippers | Μηχανή κουρέματος



- Scissors | Ψαλίδι
- Comb | Χτένα
- Brush | Βούρτσα μαλλιών
- Razors | Ξυραφάκια
- Tweezers | Τσιμπιδάκι για τα φρύδια
- Nail clippers | Νυχοκόπτης
- Nail file | Λίμα νυχιών
- Makeup brushes | Πινέλα μακιγιάζ
- Sponges | Σφουγγάρια

Skincare Products:

- Cleanser | Καθαριστικό προσώπου
- Toner | Τονωτικό
- Moisturizer | Ενυδατική κρέμα
- Serum | Ορός
- Sunscreen | Αντηλιακό
- Exfoliator | Απολεπιστικό
- Face mask | Μάσκα προσώπου



- Eye cream | Κρέμα ματιών
- Lip balm | Balm χειλιών

Common Skin Conditions:

- Acne | Ακμή
- Eczema | Εκζεμα
- Psoriasis | Ψωρίαση
- Rosacea | Ροδαλία
- Dry skin | Ξηροδερμία
- Oily skin | Λιπαρή επιδερμίδα
- Sensitive skin | Ευαίσθητη επιδερμίδα
- Sunburn | Ηλιακό έγκαυμα
- Wrinkles | Ρυτίδες