

Chapter 2

TOOLS AND EQUIPMENT OF SKIN AND MASSAGE

Students Learning Outcomes

The students will be able to:

- ❖ Identify types of skin tools
 - black heads extractor needle
 - facial bed/stool
 - facial trolley
 - hand sanitizer
 - scissors
 - tweezer
 - wax strips
 - epilation thread
 - gown and towel for facial
 - bowl for creams
 - applicator brushes
 - sponges
 - mirror
 - magnifying glass
- ❖ Describe use of tools for skin services
 - describe use of equipment for skin services
- ❖ Identify types of massage tools
 - head massager
 - face massager
 - body massager
 - bowl for oil
 - brush for oil application
 - towel
- ❖ Identify types of equipment for massage services
- ❖ Describe use of tools for skin services
 - describe use of equipment for skin services

Introduction

“Aesthetics of the tool and equipment” needs to know theories of production and usage. To understand precisely how tools, operate as objects of aesthetics and what their relevance is, there is a basic approach. This involves its use, possibilities of manipulation, and zones of hands-on experience and activity.

1.Skin tools

1.1 Facial Bed and Stool

Facial bed and stool are specially designed to facilitate facial services. They can be made of rot iron, wooden, steel. Facial beds provide a great way of relaxation and comfort to customers. As clients need support while receiving the facial treatment, so a comfortable and soft bed for facial massage. Facial beds are easily movable from one place to another. Such beds are covered and soft and are coated with plastic which makes it easy to clean.



1.2 Facial Trolley

Facial trolleys are important as they offer a suitable storage space for work tools and they have wheels that enable them to move easily. Using facial trolley actually help to minimize movement during work, as you can move with your tools and supplies in every workstation. It should be pre-prepared according to required service. It can be of different shapes and sizes. They are usually made up of plastic and iron material.



1.3 Hand Sanitizer

Hand sanitizers are liquids used for disinfection of many superficial germs and viruses like corona virus. Hand sanitizers are alcohol based and best is with 70% in concentration. They can be available in watery form and gel form as well. Washing hands with soap and water whenever possible because handwashing reduces the amounts of all types of germs and chemicals on hands. But if soap and water are not available, using a hand sanitizer with at least 60% alcohol can help you avoid getting sick and spreading germs to others



1.4 Scissors

Scissors are used for the purpose of cutting and they are generally made up of stainless steel. Scissors are available in different sizes and shapes.

Different Types of Scissors and their Uses



We often get asked which pair of scissors should we use?” This is because the ideal pair of scissors varies depending on its use. When it comes to scissors, the shape and length of the scissor blades make all the difference. To help you figure out which pair of scissors is better.



1.5 Nail Scissors

The nail scissors have shorter, curved blades that make them ideal for nail trimming. The curve shaped blades make it easier to cut along the natural nail shape, leaving less jagged nails and therefore less to file down.

Ideal for finger nails and toe nails can also be used on brows if you prefer them over straight blades.



1.6 Tower Nail Scissors

The tower nail scissors also feature curved blades but they are a bit longer and thinner. This blade shape allows for a super precise trim for areas like your cuticles. This pair of scissors is for more hard to reach and precise trimming.

Ideal for: cuticles & hang nails.



1.7 Brow/Beard Scissors

Brow/ Beard scissors have longer, thinner, straight blades to trim hair more closely and precisely.

Ideal for: hair such as brow hair or beard hair.

1.8 Tweezer

Tweezer is used to pluck hair from face and eye brows, also known as plucker. It is made up of stainless steel.

- ❖ Slant-Tip Tweezers.
- ❖ Point-Tip Tweezers.
- ❖ Pointed-Slant Tweezers.
- ❖ Round-Tip Tweezers.
- ❖ Flat-Tip Tweezers.
- ❖ Arched-Claw Tweezers.
- ❖ Wide-Grip Tweezers.



1.9 Wax Strips

Wax strips are made of paper or cloth material. They are disposable; they are used to remove hair by pulling the patch in opposite direction of hair.

How to use?

First apply powder on the place that needs to be removed hair to make larger pores, and then take appropriate depilatory wax strip to spread evenly along the hair. Take out a removal paper to gently fix to hair removal place. 10 seconds later tear down the paper by the reverse direction. Wash the hair removal place and apply skin soothing lotion.

Do you know?

Strip wax is suitable for longer areas and less sensitive skin, while hot wax is better for more sensitive and delicate areas.



Hard wax is thicker than soft wax and works by hardening on skin - as the name shows. Once it hardens, you can remove it with your hands, so there's no need for waxing strips. This makes the process a lot less painful.

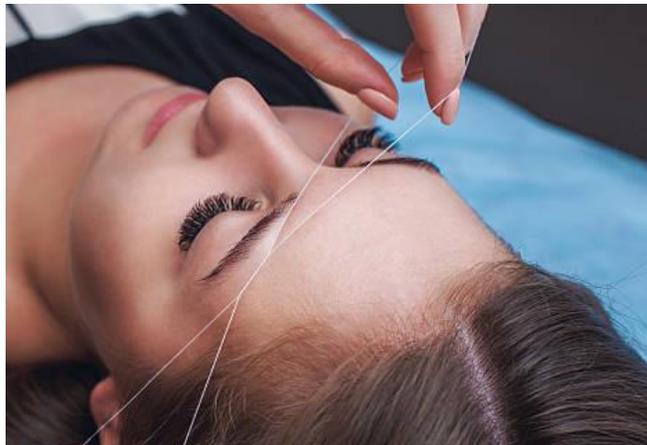
1.10 Black Head Extractor Pin

Longitudinal stainless steel pin with dead ends. One is sharp needle-like and the other is round blunt with a central hollow space. It is meant to extract soft and hard black and white heads by putting and squeezing with firm pressure on the surface of the skin.



1.11 Epilation Thread

It is a special sanitized and antiseptic thread used to epilate or pluck undesired hair. Epilation thread is a one-time used product; it's not supposed to be used on another client to avoid infection spread.



1.12 Gown n Towels

Gowns and towels are important accessories used in any esthetic service; they can be of washable n disposable varieties. Gowns and towels should always be of soft n skin friendly fabric like cotton etc. They should have been washed properly n under hygienic conditions to avoid germ spread from client to client, or use disposable one for every client.



1.13 Applicator Brushes

Applicator brushes are wooden or plastic brushes with soft end for application of product. As these brushes are re-usable so they need to be washed n sanitized properly before each service, disposable brushes are spatulas are also available.



1.14 Sponges/Wipes

Sponges/wipes are made up of very soft material in square or round shape fitting to the hand size. They are used to wipe of products from the face. They should always be disposed off.



1.15 Mirror

Small size mirrors are used to give view of before and after difference in esthetic procedure. Simple and magnifying mirrors can be used.



1.16 Magnifying Glass

Magnifying glass is actually a simplest form of basic microscope. Which consist of a single convex lens which enlarges the image when glass is held up to it, creating a magnified virtual image in the eyes. Usually the magnification is between 2X to 6X in the simple form of lens. It is an essential piece of equipment for estheticians, dermatologists and spa professionals. Facial magnifying and infrared lamps provide skincare specialists with a close view of a client's skin.



2. Different Types of Skin Equipment

2.1 Sterilizer

Sterilizer is the equipment used to disinfect many germs in tools used for esthetic procedures. Steam or heat or hot water is the mode of disinfection on controlled high temperature for like minimum 30 minutes. Steel, metal and other hard tools can be disinfecting with sterilizer.

Plastic tools cannot be sterilized on high temperature as they can melt or diffuse so can be boiled or steam on moderate temperature.



2.2 Steamer

Facial steamer is the equipment used to loosen the skin pores for better cleansing and exfoliation of the skin. Steamers can be used on any skin type but are best used on dry, dehydrated skin and in cold weather. Over steaming can make your pores loose for permanent. Steamers are designed for controlled discharge of heat with steam. Effect of steam also varies with skin to skin, means, acne prone skin can be ruined rather benefit.



2.3 Skin Scanner

Skin scanner is electrical equipment based with a sensor for skin and it has to be attached with some monitor or TV screen to see images of the depth of skin.

Skin scanner is the latest technical equipment used to monitor problems on skin. It can produce different pictures to reveal skin conditions which we may not be able to find with naked eye examination.



2.4 Wax Warmer

It is an electrical appliance based on silver steel bowl enclosed in hard plastic cover attached with electrical supply. Used to warm the hard and soft wax.



Description of Uses of Skin Tools

- ❖ Skin tools makes treatments easy
- ❖ Skin tools provide more precision in working
- ❖ Skin tools help to identify problems of skin
- ❖ Skin tools makes application of products easy and proper

Description of Uses of Equipment in Skin

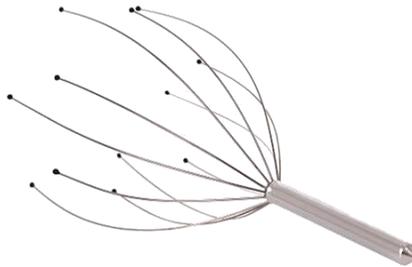
- ❖ Skin equipment like sterilizer and sanitizer help to control infections
- ❖ Skin equipment like steamer helps to prepare skin in a better way for further procedures.
- ❖ Skin scanner help to identify skin problems which can be missed with human eye examination
- ❖ Wax warmer help to soften and warm the wax to spread on skin in a easy and practical way.

3. Massage Tools and Equipment

Identify Types of Massage Tools

3.1 Head Massager

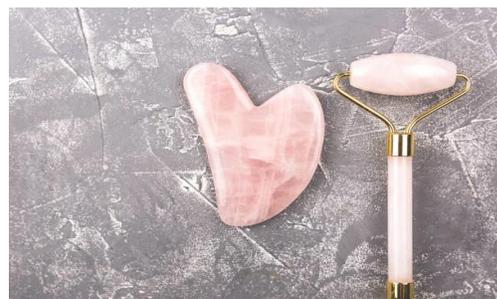
Head massager tools are available in different shapes like combs, brush and gentle rods. They promote blood circulation of scalp for the nourishment of hair. Head massager can help to relief



stress, migraine and headache. It also lowers blood pressure and promotes hair growth. Scalp massage increases hair thickness by stretching the cells of hair follicles. This, in turn, stimulates the follicles to produce thicker hair. It's also thought that a scalp massage may help dilate blood vessels beneath the skin, thereby encouraging hair growth.

3.2 Face Massager

It is commonly available in different types of brushes, lymphatic roller, and electrical massager and stone. It can be used manual or electrical. The purpose of facial massager is to help promote healthy skin while relaxing your facial muscles and gives rejuvenating effect through lymphatic drainage. It can be 5-8 minutes duration for muscle relaxation. The technique involves stimulating pressure points on the face, neck, and shoulders. You can use lotions, oils, or cleansing balms with facial massages,



3.3 Body Massager

There are two types of body massager like massage bed, massage chair, Simple massage tools include balls, rollers, thumb tools, handheld massage tools, hot stone massage tools, head and neck massage tingles and massaging sticks. It helps in relaxing your muscles, improving blood circulation and help to be a physically and mentally relax. If you want to enjoy a massage session on own at home, there are various options available in electric massagers that can help get stress relief.

Body massagers are kind of vibratory tools with different strength n impulses types.



3.4 Bowl for Oil

Bowl is a small to medium size bowl with open-top, rounded cup like container used for mixing the aromatic oils and other fluids for massage.

Ceramic and plastic bowls of different sizes can be used to pour oil for massage.

Wooden bowls should not be used in massage as it gets absorbed by wood



3.5 Brush for Oil Application

Soft plastic brushes can be used to apply oil on body

3.6 Towel

The cotton flannel sheets are used for massage therapy. Cotton flannel sheets are warm in the winter and comfortable in the summer when air conditioning can make a room too cool. Flannel linens are not measured by thread count, but by weight.

The uses of Equipment for Massage Services

- ❖ Massage table.
- ❖ Massage chair.
- ❖ Pillows, linens, and towels, enough to change between clients.
- ❖ Massage oils, lotions, and creams.
- ❖ Music and candles for ambiance.
- ❖ Storage such as cupboards for your supplies.
- ❖ A way to wash linens and towels.
- ❖ Personal lockers for clients to save their valuables.
- ❖ These commonly used massage equipment helps to make massage better n easy
- ❖ Each equipment has been discussed previously in this chapter

EXERCISE

Select the most appropriate option.

1. This tool is great for those who don't have lashes with a natural curl.

a	Eyelash Curler
b	Liquid Liner
c	Lipstick Brush
d	Gloss

2. This is usually the biggest make-up brush in your collection.

a	Powder Brush
b	Fan Brush
c	Blusher Brush
d	Lipstick Brush

3. This is used to provide colour to the cheeks and to define the cheekbones.

a	Concealer Brush
b	Eyelash Comb
c	Liquid Eyeliner Brush
d	Blusher Brush

4. This brush is used to apply color and to enhance the "Windows of the Soul".

a	Concealer Brush
b	Eye-shadow Brush
c	Powder Brush
d	Blusher Brush

5. This is the slimmest brush in your collection, and tapers to a sharp point.
- a Fan Brush
- b Eyebrow Brush
6. c Blusher Brush
- a To commit suicide with when the credit card bill arrives
- b To brush the nose-hairs out before clipping
- c To brush eye-brows up and outwards into a perfect shape
- d To hit your boyfriend with when he says you're fat
7. This brush is used to apply a sticky substance to the most expressive feature of your face.
- a Fan Brush
- b Blusher Brush
- c Lipstick Brush
- d Powder Brush

Give short answer to the following question.

1. How does head massager help in hair growth?
2. How skin scanner help to identify skin problems?
3. What is the mechanism involved in sterilizer in sterilization
4. What are the benefits of face massager?
5. What injuries can be caused by black head pin?
6. Name different scissors.
7. Name skin analyzing tools.

Answer the following question in detail.

1. Name any 10 skin tools and describe their uses in detail?
2. Name 5 massager equipments and their uses in detail?
3. Describe massage tools.
4. Describe skin analysis tools and equipment.
5. Discuss about different scissors used in esthetics.

Activity / Practical

- ❖ Demonstrate tools and equipment for skin services.
- ❖ Demonstrate tools and equipment for massage services.