

'A-Z of Special Treatments'

PART II OF THE LONDON LOCAL AUTHORITIES ACT 1991

'Special Treatments' fall into one of the following categories:

SPECIAL TREATMENT	FEE CATEGORY	SYMBOL
Acupuncture	B	
Chiropody, including pedicure	C	
Cosmetic Piercing	B	
Light, electric or other special treatment of a like kind	A	
Manicure, includes false nails	C	
Massage	C	
Tattooing, includes semi-permanent make-up; microblading and micropigmentation	B	
Vapour, sauna or other baths	C	

This Guidance, the 'A-Z of Special Treatments', lists various treatment types that fall within each category. The Guidance also lists some treatment types that are not licensable.

Please note that the **'A-Z of Special Treatments'** is not intended to be a definitive list; it is provided by way of guidance only. The fact that a treatment does not feature on the list does not automatically mean that it can be provided at a premises without the need for a licence.

The first point of contact for advice on any treatment not listed is via the Council's Health and Safety Team, whose contact details are set out above.

'A-Z of Special Treatments'

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Treatment Name & Fee Category	Description of treatments that need a Licence
<p>ACUPRESSURE</p>  <p>CATEGORY C</p>	<p>It uses precise finger placement and pressure over specific points along the body. These points follow specific channels, known as meridians - the same channels used in acupuncture. The client generally remains clothed in non-restrictive garments. Some practitioners will tap the points instead or press and release the points.</p>
<p>ACUPUNCTURE</p>  <p>CATEGORY B</p>	<p>The first acupuncture visit involves a comprehensive health history assessment. After the initial acupuncture consultation and assessment, the needles are placed in very specific locations. These points follow specific channels, known as meridians. The acupuncture needles may then be gently manipulated and some practitioners may use heat or electricity with the needles. The depth to which the acupuncture needles are inserted varies according to the treatment and the practitioner. The needles are usually left in place for 5 to 20 minutes, usually no longer than 60 minutes, and then removed. Following an acupuncture treatment, practitioners will usually reassesses the client and often give suggestions for home care. It is also typical to suggest supplemental Chinese herbs to enhance the achievement of energetic balance.</p>
<p>AROMATHERAPY (with massage)</p>  <p>CATEGORY C</p>	<p>After a detailed consultation with the client concerning medical history and current symptoms the practitioner will mix one or more oils with a base-oil which will then be massaged into the client's skin, or put them in diffusers so that clients can inhale the vapours. <i>(Not licensable if massage is not involved)</i></p>
<p>AURICULAR ACUPUNCTURE</p>  <p>CATEGORY B</p>	<p>This is the insertion of needles in to the ear. See Acupuncture.</p>
<p>AYURVEDIC MEDICINE</p>  <p>CATEGORY C</p>	<p>Initial treatment plans will often focus on rebalancing the doshas or unique pattern of living force and energy that controls various activities of the body , eliminating toxins, improving digestion and addressing lifestyle habits including diet, activity, levels of stress, relationships and coping strategies. Herbal and other formulations are often recommended, along with aromatherapy, various forms of massage, enemas and supervised fasting, yoga exercises, meditation and counselling. These therapies are often recommended in the form of a program known as panchakarma that occurs over a series of days.</p>
<p>BEADING</p>	<p>Body implants are created by placing an object under the skin to make a design. An incision is made near the area the implant will be placed, then a pocket is made and the object is</p>

<p>CATEGORY B</p> 	<p>inserted. The incision is then stitched up. The most commonly used materials are titanium, soft solid silicone, and Teflon. Other materials such as stainless steel can be used, but some people can develop an allergic reaction and reject the implant.</p>
<p>BIO SKIN JETTING</p>  <p>CATEGORY B</p>	<p>An electrical microprobe is used to separate the wrinkle from the underlying skin. Upon removal from the skin the tissues are stimulated to form new collagen fibres plumping and firming the skin to create a smoother looking complexion.</p>
<p>BODY MASSAGE</p>  <p>CATEGORY C</p>	<p>A massage of part or all of the body using the hands or knuckles which can be carried out with or without oils.</p> <p>Aromatherapy & Indian Head massage are itemised in this list separately.</p>
<p>BODY PIERCING</p>  <p>CATEGORY B</p>	<p>Canular Piercing: This method of piercing is used mainly in European studios by means of a pre sterilised fully disposable canular/needle which has a plastic sleeve. The needle is removed and the jewellery is inserted into the plastic, which is then removed.</p>  <p>Blade Piercing: This method is used mainly in American studios using a 'blade' which is a straight hollow needle with no attachment. The blade is left in the piercing and the jewellery passed through behind it as it is pushed through the piercing. Some blades allow jewellery to be attached to the end, so it is pulled through with the blade. This type of piercing poses a much higher risk of needle-stick injury.</p>  <p>Gun Piercing: used with pre-sterilised studs to pierce ears and can be used on noses.</p>
<p>BODY TALK</p>  <p>CATEGORY C</p>	<p>The practitioner uses a yes/no response by lightly pressing or lifting of the arm to discover which systems are not functioning properly. The balance will be restored by a light tapping of particular points and deep breathing.</p>
<p>BOWEN TECHNIQUE</p>  <p>CATEGORY C</p>	<p>Practitioners use their hands to make light movements over the naked skin or over clothes, which releases tension and energy blocks held in the muscles. Gentle pressure may also be applied to trigger points on the body which encourages the release of toxins.</p>

<p>CHAMPISSAGE CATEGORY C</p>	<p>See Indian Head Massage</p>
<p>COLOUR THERAPY (Chromatherapy)</p>  <p>CATEGORY C</p>	<p>The practitioner will identify the colour frequencies that are needed and then apply coloured light to parts of the body or simply use appropriately coloured water, silk scarves or crystals. Advice would be given on how to make the best use of colour in the diet, clothes, home and work environment.</p>
<p>CRYOSAUNA</p>  <p>CATEGORY C</p>	<p>This treatment uses a stand-alone chamber that the client stands in. An internal lift mechanism lifts them so their head is free of the chamber then liquid nitrogen is released forming a cloud of gas in the chamber, which cools the surface of the body to 0°C. There follows a period of heating where the surface temperature reaches 35°C before returning to normal 32.5°C. Treatments last for around 3 minutes. In the Cryosauna, clients are protected with socks, gloves, and slippers.</p>
<p>DERMAL ANCHORS CATEGORY B</p>	<p>See Microdermal anchors.</p>
<p>DETOX BOX CATEGORY C</p>	<p>See Infrared sauna.</p>
<p>DRY NEEDLING</p>  <p>CATEGORY B</p>	<p>Dry needling uses a solid filament needle up to 10cm in length which is inserted into trigger points in much the same way as acupuncture needles. However, unlike acupuncture it is only used to treat pain and no other conditions.</p>
<p>ELECTROLYSIS (Hair Removal)</p>  <p>CATEGORY B</p>	<p>Electrolysis/Electrical Epilation refers to a permanent method of hair removal using needle-like probes. Electrical Epilation works by passing a small amount of energy into the hair follicle through a very fine needle. This produces heat which destroys the cells that produce the hair at the base of the follicle. More than one treatment is necessary due to the fact that hair follicles have a specific growth cycle.</p> <p>After each treatment it is claimed that the hair follicle grows weaker and hair re-growth lessens until eventually after several treatments the hair ceases to appear on the skin surface (this could take several years of treatment).</p> <p>As well as a purely cosmetic treatment some practitioners treat clients who have been referred to them by doctors because of excessive hair growth, which may be caused by hormone problems or genetic abnormalities.</p>
<p>ADVANCED ELECTROLYSIS & THERMOLOGY (Moles , Warts, Skin Tags)</p>	<p>A similar technique to electrolysis for the treatment of skin tags, thread veins etc. They are removed by heated needles or the application of liquid nitrogen.</p> <p><u>Skin Tags</u> are brown or flesh coloured flaps of skin which are harmless. These are usually found in areas where the flesh rubs together e.g. groin and armpits.</p> <p><u>Thread veins</u> are tiny red veins which occur in the cheeks, nose and legs, caused by over exposure to the sun or the reduction of elasticity in the skin by natural ageing.</p> <p>Larger areas to be treated e.g. in the legs are usually treated in hospital by Sclerotherapy; smaller areas e.g. on the face can be treated by electrolysis.</p>

<p>CATEGORY B</p> 	
<p>EMOTIONAL FREEDOM TECHNIQUE (EFT)</p>  <p>CATEGORY C</p>	<p>The technique employs tapping on or the light massaging of various meridian acupuncture points. The technique is often taught to the client for future use. EFT is about returning the mind, body and feelings to a state of balance and harmony so you are not limited by negative emotions. It is described as acupuncture without needles.</p>
<p>ENDERMOLOGIE</p>  <p>CATEGORY C</p>	<p>The client wears a body stocking and the mild suction from the machine pulls the skin into a small chamber in which it is gently pinched and rolled. This intensive massage of the skin breaks down subcutaneous fat, water retention and toxins allowing the body's lymphatic system to drain it all away.</p>
<p>EYEBROW EMBROIDERY</p>  <p>CATEGORY B</p>	<p>A technique for creating eyebrow shape. There are two methods:</p> <ul style="list-style-type: none"> • Using a micropigmentation machine to insert ink/dye/pigment into the skin • Using a blade to slice the skin or remove small areas, then applying ink/dye/pigment. <p>Both methods 'draw' fine lines to imitate hair, and can be used to create a shape, fill in hairless areas or thicken the appearance of brows. Both claim the treatment is 'semi-permanent' (lasting around 2 years), but this is achieved by using dyes/pigments/inks that fade in sunlight. However, the scarring will remain and it is undecided whether this is really any different to Tattooing.</p> <p>See also Micro pigmentation & Tattooing.</p>
<p>FACIAL (with massage)</p>  <p>CATEGORY C</p>	<p>Facials can include, deep cleansing, exfoliation, application of a mask and massage, a variety of products may be used. A facial steamer may also be used. There are a number of different peels, exfoliants and washes used by practitioners combined in most instances by a facial massage. If a massage takes place, then this is licensable.</p>
<p>FACIAL STEAMERS</p>  <p>CATEGORY C</p>	<p>Steamers can be bench mounted or free standing electrical devices which cover the face. Steam is released into the cover which opens the pores allowing the practitioner to carry out a deep cleanse as part of a full facial treatment.</p>

<p>FAIRBANE METHOD/TANGENT METHOD</p>  <p>CATEGORY C</p>	<p>The treatment combines hands on bodywork with a psychological workout. Some sessions may concentrate on the mind, discussions on nutrition, and detoxification information. Other sessions may involve a very deep strong massage using aromatherapy oils and finger pressure work.</p>
<p>FARADISM</p>  <p>CATEGORY B</p>	<p>This is a form of massage using an interrupted direct electric current, which produces groups of short pulses of current. These pass through a system of electrode pads, placed on the face or body. The current makes the muscles twitch.</p>
<p>FISH THERAPY</p>  <p>CATEGORY C</p>	<p>Feet are placed in a foot bath which contains approximately 70 fish that eat the hard skin in around 10 minutes leaving the skin feeling soft. The quality of the water in which the fish are stored should be monitored and tested for ammonia and nitrate levels daily.</p>
<p>FLOTATION TANK</p>  <p>CATEGORY C</p>	<p>An enclosed tank or capsule usually made of fibreglass contains a very high concentration of Epsom Salts and the water is at body temperature. The high salt levels create a zero gravity environment in which the body and head can float. Earplugs are normally worn as the ears are normally below the level of the solution, but low level relaxing music is played through underwater speakers. The mind and body are shielded from all external stimulation and the brain's normal workload is reduced by up to 90%. In this situation the body conserves energy and has a chance to heal and rejuvenate itself.</p>
<p>FOOT DETOX</p>  <p>CATEGORY C</p>	<p>The feet are immersed in an electrically operated unit similar to a foot spa which is fitted with 2 stainless steel electrodes. The water becomes charged with electrons which impart to the water a bio-energetic field which corresponds to that of the user. In some circumstances the whole body can be immersed in a bathtub similarly charged. A gentle bio-energetic resonance travels through the body which encourages a rebalance within the user. The water turns shades of brown or orange as the toxins are supposedly released.</p>
<p>FREEWAY – CER</p>  <p>CATEGORY C</p>	<p>This treatment was developed in 1990 and differs from the other meridian techniques (TFT, TAT) because it uses only 8 meridian points. It incorporates several yawns, a new type of affirmation and takes approximately 1 minute per round. It can be used for tapping, rubbing, pressing and releasing, or it can be used internally and silently without any of these. It also incorporates a way of invoicing a completion statement at the end of each treatment.</p>
<p>GALVANISM</p>	<p>A form of massage using a constant uninterrupted direct current, galvanic current penetrates through to the 3rd layer of skin, into the dermis. Moisturising gels or liquids are applied to a</p>

<p>CATEGORY B</p> 	<p>piece of lint, which is then placed under the pad of the negative electrode which is then held by the client. A piece of lint soaked in warm water is placed under the pad of the positive electrode which is then secured to the body with straps. The intensity of the current is set and the 2 rollers which have a gel applied to them are moved across the area to be treated. The products used will combine and a chemical change occurs. It is claimed that it helps to deep cleanse and soften the skin, aids the shedding of dead skin cells, disperses whiteheads, increases the circulation which aids dry skin problems, tightens open pores, revives tired and exhausted skin and assists in the removal of spots and pimples.</p>
<p>GRINBERG METHOD</p>  <p>CATEGORY C</p>	<p>This method incorporates the Feldenkrais method and acupuncture techniques by means of touch, breath, movement, physical exercises, tools and techniques to increase one's ability to pay attention. To define what needs to be learned, the method combines each person's past experience with their present.</p>
<p>GYRATORY MASSAGE</p>  <p>CATEGORY C</p>	<p>A deep invigorating massage via a hand held device which is applied to the body and thought to promote the breakdown of cellulite in the hips, legs or arms. The device is operated electrically but does not pass a current into the body.</p>
<p>HALOTHERAPY & SPELIOTHERAPY</p>  <p>CATEGORY C</p>	<p>This treatment is available in a number of forms, i.e. salt pipes and salt lamps for home use and salt caves/chambers where a number of patients can receive treatment at the same time. Inside the salt cave/chamber patients can experience the following conditions: humidity of 40-50%, temperature of 20-24°C and an aerosol concentration of 0, 5-15 mg/m³. The patients sit in relaxed positions on the comfortable deck chairs and take sessions of 30-40 minutes. The diffused light and calming music are adding to help the patient relax. It is recommended that a treatment is taken for 10 consecutive days and repeated 2-3 times a year.</p>
<p>HIGH FREQUENCY</p>  <p>CATEGORY C</p>	<p>High frequency electricity (200,000 hertz) sometimes known as oscillating current, is applied to the client's skin via glass electrodes (saturators).</p> <p>There are 2 types of treatment given:</p> <ol style="list-style-type: none"> 1. Indirect or Viennese massage – the client holds the saturator in one hand and then the current flows through the surface of the skin. The practitioner will then carry out a physical massage on the client. This method claims to have a stimulating anti-congestive effect. 2. Direct – the skin is massaged by a glass plate at the end of the saturator, which is controlled by the therapist. The plate is usually in contact with the skin, which is treated with talcum powder in order to reduce friction between the plate and the skin. This method produces a small quantity of ozone in the vicinity of the glass plate, which has a germicidal effect.
<p>HOLISTIC MASSAGE</p>	<p>See Therapeutic Massage.</p>
<p>HOPÍ EAR CANDLES (with massage)</p>	<p>See Thermoauricular.</p>
	<p>Air massage combines the powers of air, heat and massage. The working principle of air massage therapy is based on a massage action of strong heated air. There is no contact</p>

<p>HOT AIR MASSAGE</p> <p>CATEGORY C</p> 	<p>between a client and practitioner; warm air is directed onto the body. The air unit used is bulky and would normally sit under the treatment couch.</p>
<p>HYDROTHERAPY</p>  <p>CATEGORY C</p>	<p>This therapy uses water either internally or externally to maintain health and prevent disease. According to its mineral content, water taken <u>internally</u> can have laxative, diuretic, and phlegm producing or perspiration inducing effects. Used <u>externally</u> in a bath, water has the power to improve blood and lymph circulation, relax tension in the tissues, alleviate pain and calm the nervous system. There are different types of hydrotherapy but one example is Balsam. Bath water is heated to 40°C and oxygen is introduced into it. Several sessions lasting up to 15 minutes each are recommended.</p>
<p>INDIAN HEAD MASSAGE</p>  <p>CATEGORY C</p>	<p>This is a form of massage used on the head, face, neck and shoulders, originating in India. The massage involves working on the acupressure points and energy centres (Chakras). The therapy is used to relieve stress, stiffness in the neck and shoulders, headaches and general tension.</p> <p>Also known as Champissage.</p>
<p>INFRA RED</p>  <p>CATEGORY C</p>	<p>Infra-red lamps make use of radiant energy, which is absorbed by the tissues of the body, creating heat at the point of entry.</p> <p>In beauty salons there are 2 types commonly used: -</p> <ol style="list-style-type: none"> 1. <u>Non-luminous</u> - Pure long wave radiation also called black heat. The lamp is a coil of wire embedded in a heat retaining clay core, which gives maximum reflection of rays. The lamp takes approximately 10 minutes to heat up. The glass of the lamps should be protected by mesh to prevent burns 2. <u>Luminous</u> - Short wave radiation. The lamp is a coil of tungsten wire in a specially designed glass-bowl.
<p>INFRARED SAUNA</p>  <p>CATEGORY C</p>	<p>A sauna uses infrared light to produce a gentle and deep penetrating heat to the body to induce a high volume of sweat. This is at a comfortable level of around 40-50°C which induces 2-3 times the sweat volume of a regular sauna.</p> <p>Also called Detox Box.</p>
<p>KEN EYERMAN TECHNIQUE</p>  <p>CATEGORY C</p>	<p>This technique involves a variety of different massage techniques - Feldenkrais and Yoga. The focus lies on understanding the body and its structure. Emphasis is placed on the connection between breath and movement, developing intuitive and observation skills, sensing the clients' blockages in body and mind and learning ways of releasing those blockages.</p>
<p>KIRILIAN PHOTOGRAPHY</p>  <p>CATEGORY C</p>	<p>Kirilian photography is a photographic technique used to reveal visible 'auras' around the objects photographed. The patient places the hand on a machine with a flat surface made of glass or metal. The plate is charged with electricity as the photograph is being taken, so a slight tingling may occur. The practitioner will look at the photograph and analyse any problems that may exist. Referral may then be made to a therapist in a specialist field. The principle is that the body has an energy field that can be photographed and that any irregularities in the energy field recorded by this technique denote potential health hazards.</p>
<p>KOREAN HAND</p>	<p>This is a treatment which is performed on the hands, based on the principle that different parts of the hands represent areas of the body. Specific points on the hands are stimulated using miniature needles and various non-needle techniques such as electronic stimulation,</p>

<p>THERAPY</p>  <p>CATEGORY B</p>	<p>press pellets and moxibustion.</p>
<p>LASERS/INTENSE PULSE LIGHT</p>  <p>CATEGORY A</p>	<p>Lasers use a single wavelength of light and hence are only used on one condition. IPL uses a broad spectrum that when used with filters, allows it to be used against several conditions.</p> <p>Laser hair removal - this works by a short burst of light being directed into the hair follicle. This energy converts into heat which damages the follicle.</p> <p>IPL / Laser Resurfacing A hand-held, computer-controlled flashgun is used to deliver short pulsating beams of intense, visible, broad-spectrum light to remove skin layer by layer.</p> <p>This is a treatment to reduce wrinkles and skin irregularities, such as blemishes, acne scars, roseacea and thread veins.</p>
<p>LIPO LASER</p>  <p>CATEGORY A</p>	<p>A cold laser procedure that uses low level, laser-based light to heat the fat layer of the skin and down the fat molecules, which are then passed into the lymph system either by massage or, more usually, by exercise after treatment. Although the IPL used is classed as a 3B laser, it is very low level and normally in a range that has been used by physiotherapists for many years.</p>
<p>LUMI LIFT/LUMI FACIALS</p>  <p>CATEGORY A</p>	<p>This is a combination of micro-current and light energy to treat conditions in the epidermis, dermis, and muscular regions.</p> <p><u>Lumi Lift</u> – 2 electrodes from a machine called Solitone are attached to the face, a pulsating light is directed at the skin surface, the light purports to stimulate the fibroblast cell to produce more collagen, this smooths and softens the appearance of wrinkles.</p> <p><u>Lumi Facial</u> – targets common skin problems such as acne, redness and uneven pigmentation. A wrap around facial panel is positioned in front of the face and the machine selects the specific light energy for the skin type and condition.</p>
<p>MANICURES</p>  <p>CATEGORY C</p>	<p>A cosmetic treatment of the hands involving shaping and painting of the nails, removal of the cuticles, and softening of the skin.</p>
<p>MANUAL LYMPHATIC DRAINAGE</p>  <p>CATEGORY C</p>	<p>This is a type of gentle massage using light repetitive and continuous hand movements; pressure and sequences to move the skin in the direction of the lymph flow.</p>
<p>MARMA THERAPY</p>  <p>CATEGORY C</p>	<p>Marma Therapy is the art of massaging very special vital points (of which there are 107) on the human body. This treatment, a component of Ayurvedic healing, has been practised in India for centuries but there are very few practitioners in the UK.</p>
<p>MERIDIAN THERAPIES</p>	<p>See EFT, TAT & Freeway - CER which are licensable.</p>

<p>CATEGORY C</p>	
<p>MESOTHERAPY</p>  <p>CATEGORY B</p>	<p>Mesotherapy works on the principle of delivering ingredients into the mesoderm — the middle layer of the skin — using needles (or electric pulses). Numerous injections of microscopic quantities of vitamins, homeopathic medications, plant extracts and minerals are injected just under the skin's surface.</p> <p>An alternative to Botox.</p>
<p>META AROMATHERAPY</p>  <p>CATEGORY C</p>	<p>Meta-aromatherapy combines aromatherapy with other holistic therapies. It is a combination of olfactory stimulation through essential oils used during an <u>aromatherapy massage</u>, and also incorporates counselling and <u>hypnotherapy</u> techniques, depending on the client's specific needs.</p>
<p>METAMORPHIC TECHNIQUE</p>  <p>CATEGORY C</p>	<p>The practitioner uses a gentle feather-like touch to massage specific points on the feet, hands and head. These points correspond to the prenatal time and works on the principle that there is a psychological map of the body (in the same way that reflexology works on a physical map of the body).</p>
<p>MICRO CURRENT THERAPY/non-surgical face lifts</p>  <p>CATEGORY B</p>	<p>A micro current treatment consisting of gentle electric stimulation of muscles and tissue by a machine that sends weak electrical currents into the skin. The strength of the current is so minute that in most cases, the patient won't even feel it. The theory is that when the electrical pulses are delivered, it stimulates the skin, tones the muscles and boosts collagen production to tighten skin.</p>
<p>MICRO DERMABRASION</p> <p>CATEGORY A/C (If laser/massage involved)</p>	<p>Microdermabrasion involves the use of a hand held spray device which sprays micro crystals onto the face which gently exfoliate the outermost layer of the skin. A course of treatments are needed before the effects can be noticed. The skin appears red immediately after the treatment which fades after a few hours. The treatment would usually be followed by a facial. It is thought to stimulate the production of new cells and collagen, over a period of time the appearance of fine wrinkles, spots and scars may be reduced.</p> <p>Lasers may be used during this treatment, which would be licensed under Light treatments.</p>
<p>MICRODERMAL ANCHORS</p>  <p>CATEGORY B</p>	<p>These are single point piercings carried out with an ordinary piercing needle that places a little 'foot' with a post under the skin. Into the post can then be screwed a variety of accessories including balls, spikes flat jewelled and picture discs. The anchors are intended to be permanent as removal of them will cause scarring.</p>
<p>MICRO-PIGMENTATION (semi-permanent make up)</p>  <p>CATEGORY B</p>	<p>Minute particles of coloured pigments are placed into the upper dermis of the skin via disposable needles. The effects last approximately 3 years.</p>

<p>MOXIBUSTION</p>  <p>CATEGORY B (when used in conjunction with Acupuncture)</p>	<p>Moxibustion is a form of heat therapy in which dried plant materials called ‘moxa’ are burned on or very near the surface of the skin.</p> <p>Moxa comes in many forms – loose, tightly packed into cigar shapes, cones for burning on acupuncture needles, smoking or smokeless. The moxa is placed either directly on the skin or held just above it, over specific acupuncture points. The herb is lit and as it smoulders slowly, a therapeutic heat permeates the skin.</p> <p>Moxa can be applied to the end of an acupuncture needle and the heat travels down the needle and into the acupuncture channel.</p>
<p>MYOFASCIAL RELEASE</p>  <p>CATEGORY C</p>	<p>Myofascial Release is a form of gentle manipulative massage using a sustained gentle pressure to release muscular tightness and pain. The process is repeated multiple times on the same trigger point and on other trigger points until the practitioner feels the tension is fully released. (Rolting is a form of myofascial release that has developed separately).</p>
<p>NAET Nambudripad Allergy Elimination Technique</p>  <p>CATEGORY B</p>	<p>A non-invasive holistic treatment to desensitise allergies. One allergen is treated at a time. The treatment uses a blend of energy balancing, testing and treatment procedures from acupuncture/acupressure, allopathy, chiropractic, nutritional, and kinesiological disciplines of medicine.</p>
<p>NAIL EXTENSIONS</p>  <p>CATEGORY C</p>	<p>A cosmetic treatment to improve the appearance of the nails.</p> <ul style="list-style-type: none"> • The application of false plastic tips as an extension to the person’s own nails. The nails are then buffed and filed either with hand files or by the use of electric drills. • The overlaying of the clients own nails plus buffing and filing
<p>NEUROSKELETAL RE-ALIGNMENT</p>  <p>CATEGORY C</p>	<p>The practitioner uses only their middle fingers to apply gentle and controlled pressure to specific nerve points for treatment of pain, limited movement associated with injury, misalignment and bad posture.</p>
<p>NO HANDS MASSAGE</p>  <p>CATEGORY C</p>	<p>This is a form of oil-based massage that uses the strength of the practitioner’s whole body. The practitioner mainly uses their forearms to deliver the massage, but other parts of the body are also used, depending on the recipient’s individual needs.</p>
<p>OSTEOMYOLOGY</p>	<p>Osteomyology is a form of spinal manipulation loosely based on chiropractic and osteopathy. Osteomyologists have usually been trained in osteopathy or chiropractic but refuse to be regulated for philosophical reasons, or cannot join as they have not submitted the required papers to the governing bodies or achieved training standards necessary to satisfy the terms of the acts of parliament.</p>

<p>CATEGORY C</p> 	
<p>OXYGEN THERAPY Oxygen Bars only</p>  <p>CATEGORY C</p>	<p>Customers breathe in pure oxygen through small tubes hooked over the ears and under the nose for up to 20 minutes.</p>
<p>OZONE SAUNA</p>  <p>CATEGORY C</p>	<p>The client sits in a special steam cabinet that covers the body and limbs only. Ozone or 'activated oxygen' is introduced into the 'steam' mixture which is circulated around the body.</p>
<p>PEDICURE</p>  <p>CATEGORY C</p>	<p>This is the care of the toenails, feet and legs up to the knee. The practitioner will remove rough areas of skin, trim and shape toenails, and a massage of the feet and lower leg is usually incorporated into the treatment.</p>
<p>POLARITY THERAPY</p>  <p>CATEGORY C</p>	<p>Practitioners rebalance energy in the body through a combination of massage, meditation, exercise and diet.</p>
<p>QI GONG</p>  <p>CATEGORY C</p>	<p>An oriental therapy which combines gentle massage with breathing techniques, meditation and visualisation.</p>
<p>RADIO FREQUENCY</p>  <p>CATEGORY C</p>	<p>This treatment uses a machine that produces radio waves at the hand piece, which is rotated over the area to be treated. The radio waves meet resistance in the skin which heats the dermis (lower skin layer) to between 40-45° C without burning the surface. Some systems use one hand piece (Mono or uni-polar) where the electrical current flows through the body. Others use 2 hand pieces (Bi-Polar) where the current only flows between the electrodes. The localised heat causes contraction in the skin collagen.</p>
<p>REIKI (with massage)</p>  <p>CATEGORY C</p>	<p>A healing technique based on the principle that the practitioner can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being.</p>

<p>REFLEXOLOGY</p>  <p>CATEGORY C</p>	<p>Pressure is applied to the part of the foot, which relates to the organ where a problem is thought to exist. Powders, creams or essential oils may also be used. This treatment often accompanies an Aromatherapy massage.</p>
<p>REMEDIAL MASSAGE</p> <p>CATEGORY C</p>	<p>See Sports Massage.</p>
<p>ROLFING</p>  <p>CATEGORY C (if carried out with a massage)</p>	<p>This treatment is a combination of deep tissue manipulation and improving body alignment. The treatment can be painful due to the intensity of the manipulation and is not suitable for people who bruise easily. Rolfing is very hands-on, but unlike most massage, it uses no oils, just skin and pressure against muscles and connective tissue.</p>
<p>ROLL SHAPER</p>  <p>CATEGORY C</p>	<p>This treatment involves the client sitting and leaning in different positions on a machine that is made up of rotating shaped wooden rollers that are mechanically moved. It claims to give a Lymphatic style massage.</p>
<p>SAUNA</p>  <p>CATEGORY C</p>	<p>A small room used as a hot-air bath for cleaning and refreshing the body. The heated air within the sauna is between 60 - 90°C and is dry heat, but ladling water onto the stones can produce humidity.</p>
<p>SCENAR THERAPY</p>  <p>CATEGORY B</p>	<p>Electric impulses are applied to the skin and this is claimed to trigger the central nervous system into a self-healing process.</p>
<p>SEMI PERMANENT MAKE-UP</p> <p>CATEGORY B</p>	<p>See micro-pigmentation.</p>
<p>SHIATSU</p>  <p>CATEGORY C</p>	<p>Based on the same principles as acupuncture. Pressure is applied to certain points on the body using a series of movements with the fingers, thumbs, fist, knees and feet on the 'pressure points' along the body. The practitioner uses touch, comfortable pressure and manipulative techniques.</p>
	<p>Water is heated to 30-40°C and released via jets into a bath. The spa is normally fitted with a</p>

<p>SPA</p>  <p>CATEGORY C</p>	<p>pump which operates the jets for approximately 15 minutes, then rests for 5 minutes. The water is recirculated through a holding tank and sand filters automatically dosed with bromine chlorine etc to prevent the growth of legionella bacteria.</p>
<p>SPORTS/REMEDIAL MASSAGE</p>  <p>CATEGORY C</p>	<p>A form of massage used to prevent injuries or promote recovery from stresses and strains during sport. It combines a classic Swedish massage with trigger points, compression and neuro muscular techniques to reduce soreness and encourage muscular alignment.</p>
<p>STEAM ROOM/BATH</p>  <p>CATEGORY C</p>	<p>A cabinet or bath which is filled with steam and is a similar system to a sauna. Clients usually sit on benches within the cabinet for a maximum of 15 minutes.</p>
<p>STONE THERAPY</p>  <p>CATEGORY C</p>	<p>Warm basalt stones are applied to the body and combined with a massage.</p>
<p>TAPAS ACUPRESSURE TECHNIQUE (TAT)</p>  <p>CATEGORY C</p>	<p>This technique uses acupressure on the body's meridians in conjunction with specific statements. No needles are used. The fingers of one hand are placed on or over certain acupressure points, while the other hand gently holds the back of the head. While the client is holding this posture he/she is guided to put their attention on a series of statements related to the problem.</p>
<p>TATTOO REMOVAL</p>  <p>CATEGORY B or CATEGORY A if laser used</p>	<p>Laser tattoo removal The laser emits a pulse of light that is preferentially absorbed into certain colours of ink. The light enters the skin at a speed that is too fast to heat the tissues and instead produces a 'shock wave' effect which breaks up the ink particles into smaller pieces. The body recognises these particles as something that shouldn't be there and attacks them. The particles are then removed naturally via the body's own elimination system.</p> <p>E-raze Rejuvi system A removal formula is tattooed into the skin using a tattoo or permanent make-up machine. Any excess paste is wiped off a further thin layer of paste is applied over the treated area and left to penetrate the tattoo. The area is covered with a sterile dressing. A crust will form as the pigment is drawn to the surface and gradually peels off taking some or all of the pigment with it. A number of treatments are normally required to completely remove a tattoo.</p>
<p>TATTOOING</p>	<p>Needles containing coloured pigment are inserted into the dermis of the skin leaving behind the colour. The tattoo is a permanent scarring of the skin</p>

<p>CATEGORY B</p> 	
<p>TEMPTOOING</p>  <p>CATEGORY B</p>	<p>A type of tattoo using ink which is supposed to rise to the top of the skin and vanish after 3-5 years because the needles do not breach the epidermis.</p>
<p>THAI MASSAGE</p>  <p>CATEGORY C</p>	<p>Thai massage is a combination of rhythmic acupressure, body rocking and deep assisted stretches. It is essentially a form of assisted yoga performed by the giver, with the receiver completely passive throughout. The recipient remains clothed. Rather than rubbing on muscles, the body is compressed, pulled, stretched and rocked. This may include pulling fingers, toes, ears, cracking knuckles, walking on the recipient's back, and moving the recipient's body into many different positions.</p>
<p>THALASSATHERAPY</p>  <p>CATEGORY C</p>	<p>Thalassotherapy is the therapeutic use of seawater and marine products like algae, seaweed, and marine mud. There are different forms of thalassotherapy: seaweed wrap; repeated immersion in warm seawater, marine mud, and protein-rich algae; use of a thalassotherapy pool in which you wade against a gentle current of seawater; jet pools; showers of warmed seawater, application of marine mud or algae paste, and sea fog inhalation.</p>
<p>THERAPEUTIC & HOLISTIC MASSAGE</p>  <p>CATEGORY C</p>	<p>This is a firm massage which has a set routine of techniques that vary from deep pressure to stimulate the body's systems, to a slower more superficial movement to assist relaxation.</p>
<p>THERMAVEIN</p>  <p>CATEGORY B</p>	<p>This uses a very fine disposable needle attached to a machine that delivers a pulse of 'very high frequency' current (microwave energy). The needle is placed into the skin, but above the vein, then the current is applied. The heat energy created locally seals the vein. The process is repeated along the length of the vein.</p> <p>It is used to treat thread veins, spider veins, spider naevi, red spot and rosacea. It is designed for use on facial veins in particular, including intra-nasal veins.</p>
<p>THERMO AURICULAR HOPI EAR CANDLES</p>  <p>CATEGORY C (only if carried out with facial massage)</p>	<p>Also called ear candling or ear coning.</p> <p>It is a technique that involves placing a hollow, cone-shaped tube (or 'candle') made of cotton, soaked in beeswax, honey and herbs about a quarter-inch deep into the ear canal. The tube/candle is then ignited. When the other ear has been treated a complete facial massage is often carried out paying particular attention to the sinus area.</p>
<p>TRICHOLOGY</p>  <p>CATEGORY C (only if carried out with head massage)</p>	<p>Trichology is the study of the hair (and scalp) and all problems related to them, such as baldness, hair breakage, itchy/flaking scalp and alopecia.</p>

<p>TUI – NA MASSAGE</p>  <p>CATEGORY C</p>	<p>Tui Na (pronounced ‘tweenah’) is a form of deep tissue Chinese massage. ‘Tui’ meaning to push and ‘na’ to ‘grasp’. It is often used alongside acupuncture and herbal prescription. This massage is usually performed through clothing but sometimes herbs and other applications are used on the skin. The massage is usually done using gentle to quite firm pressure using palms, thumbs, fingers, and elbows, added to this are various stretches. It can be more vigorous than other forms of massage.</p>
<p>ULTRA-SONIC</p>  <p>CATEGORY C</p>	<p>A machine emits a series of non-abrasive ultra-sonic vibrations onto the surface of the face, which causes the epidermis to peel. It is used for removing dead cells, blackheads, etc. and also to stimulate circulation.</p>
<p>ULTRA VIOLET TANNING</p>  <p>CATEGORY C</p>	<p>The tanning equipment consists of a number of ultra violet light tubes packed closely together, usually contained in a booth and can be vertical or horizontal. The tubes are available in different strengths and the client will be exposed from 3 minutes to 10 minutes depending on their skin type and the strength of the light.</p> <p>Clients would usually have a course of treatments over a period of weeks. The HSE recommend a maximum of 20 sessions per year.</p>

Treatments that do not need to be licensed

<p>ALEXANDER TECHNIQUE</p>	<p>The Alexander technique is taught by a qualified teacher and aims to improve posture and movement. The teacher will observe the client’s movements and show them how to move, sit, etc with better balance and less strain. They'll use their hands to gently guide the client in their movements and spine, and to release muscle tension.</p>
<p>AUTOGENIC TRAINING</p>	<p>Dr J.Shultz a psycho-analyst and neurologist believed that by simple verbal exercises a person can induce a state of relaxation and well-being on themselves which could help alleviate both mental and physical ailments. A number of training sessions either on a one to one basis or in a group of 6-8 people are undertaken to learn the techniques. It is thought that to be beneficial for high blood pressure, ME, depression and addiction.</p>
<p>BACH FLOWER REMEDIES</p>	<p>Harmful emotions are classified into 7 main categories and then sub divided into 38 negative feelings. Each feeling is associated with a particular plant; a combination of 5 of these flowers has been called the Rescue Remedy which is used in times of extreme trauma or shock. The essences are liquid preparations created by boiling parts of plants in spring water; the water is then preserved in brandy and sold in concentrated form. The remedies are usually self-administered by placing drops directly on the tongue or by diluting them. Developed by Dr Edward Bach a bacteriologist and homeopath who believed that illness was a result of mental or emotional imbalance and that the energetic properties of plants could be used to rectify these imbalances.</p>
<p>BATES METHOD</p>	<p>Devised by US Ophthalmologist Dr William Bates who believes that the use of glasses can imprison the eyes. He believed that natural use and relaxation of the eyes can enhance vision that has been affected by a pattern of misuse of the eyes. The practitioner will assess the eyesight and teach a series of simple exercises that should be practised daily.</p>
<p>BI – AURA THERAPY</p>	<p>The patient remains fully clothed in a standing position, the practitioner mentally tunes into the blockages in the bio field without any physical contact with the patient. Bi - Aura is an advanced system of bio-energy healing which works through balancing the human bio -field. If the bio-field, which surrounds the body becomes overly stressed then this can lead to a reduction in the energy flowing into the organs, which over time may cause illness.</p>
<p>BIO RESONANCE</p>	<p>This therapy is based on the theory that everything in the universe including our bodies is made of energy. It uses a machine to detect and treat disturbances in the natural frequency range of</p>

THERAPY	the body. No artificial energy is introduced into the body. The person being treated is connected to an aerial tuned to specific frequencies. The body's own vital energy and healing power do the work of coming into resonance with the frequencies. Thus allowing the system to easily remove toxins from the body.
BLEACHING	The bleach solution used, usually hydrogen peroxide, effects the cortex (the inner layer of the hair follicle), the melanin (brown pigment) and the phenomelanin (red/yellow pigment) are oxidised and become colourless, thus disguising the hair. A treatment used to disguise facial hair, which can also be applied to the underarms and legs. An effective way of disguising unwanted hair on a temporary basis.
BODY WRAPS & ENVELOPMENT	<p>The practitioner will take measurements of several areas of the body before applying a paste, which can be made of a number of different substances e.g. salt and clay, seaweed, mud etc. The paste is applied all over the body which is then wrapped in warm cotton bandages which are pre-soaked in the solution.</p> <p>The client is then enveloped in a thermal blanket and left for about an hour, during which time it is purported that the toxins in the body will have been expelled from the body. After the bandages are removed the client is encouraged to leave the remaining solution on the body for 3-4 days if possible as detoxification is thought to continue. The client would then be measured again for inch loss.</p>
BRANDING	The design or pattern is stencilled or drawn onto the skin. A pen like metal instrument is then heated and applied to the skin which causes the skin to burn. As it heals the scar spreads completing the pattern. The origins are tribal, the method and result are similar to that of branding cattle.
BSFF BE SET FREE FAST	<p>Treatment consists of light tapping of meridian points whilst repeating a number of statements similar to TAT treatment. Muscle testing is used extensively for precision diagnosis of emotionally based problems. Clients are taught to muscle test themselves, to recognize and eliminate their psychological problems as well as numerous physical symptoms that are emotionally based.</p> <p>Developed in America in 1990 by clinical psychologist Larry Nims, it is a highly focused Energy Therapy method for eliminating the emotional roots and self-limiting belief systems that are embedded in the subconscious mind, and which automatically determine and control most of our experience, self-expression and behaviour. These unresolved negative emotions and beliefs create and maintain psychological and physical symptoms, which automatically result in mental, emotional, physical, spiritual and life adjustment problems, including many medical, and health problems.</p>
BUTEYKO	<p>A set of exercises are taught to the patient in which the patient takes in small breaths through the nose and lets out the air slowly and gently through the mouth. Buteyko works according to the principle that certain conditions are caused or at the very least aggravated by over breathing i.e. breathing heavily and rapidly through the mouth.</p> <p>Over breathing is thought to be harmful to the body because it depletes the bloodstream of carbon monoxide, thus causing blood vessel spasms and oxygen starvation which can cause asthma attacks, headaches etc.</p>
CAVITATION (FAT LOSS/LIPO)	<p>This treatment uses a hand held instrument that produces what is claimed to be 'low frequency ultrasound'. However, the stated frequency is usually around 40KHz. It is stated that: 'the ultrasound field creates bubbles in the fat, which gradually grow, and implode. Energy in the form of heat (minor effect) and pressure wave (major effect) is released. As the membranes of fat cells do not have the structural capacity to withstand the vibrations, the effect of cavitation easily breaks them, while sparing the vascular, nervous and muscular tissue. The result is instant fat loss'.</p> <p>After disruption of adipose cells, the fat in the form of triglycerides is released into the interstitial fluid between the cells, where they are enzymatically metabolized to glycerol and free fatty acids. Water soluble glycerol is absorbed by the circulatory system and used as the</p>

	energy source, whereas the insoluble free fatty acids are transported to the liver and processed as fatty acids from food’.
CHEMICAL/FRUIT PEELS	See skin peels.
CHOLESTEROL TESTING	<p>To measure the levels of good and bad cholesterol a blood test is carried out after fasting for 12 hours prior to the test. The optimum level is below 5mmol/litre. Home testing kits are also available but will not give very accurate results. Cholesterol is a fat manufactured by the liver from fatty foods that we eat. Cholesterol insulates nerve fibres and is an essential building block for hormones.</p> <p>There are good and bad types of cholesterol:</p> <p>Low density lipoprotein (LDL) - this is the bad cholesterol which caused a harmful build up in the arteries.</p> <p>High density lipoprotein (HDL) - this is the good cholesterol and is thought to prevent arterial disease. It takes cholesterol away from the cells and back to the liver where it is broken down and passed by the body.</p>
COLONIC IRRIGATION	<p>A rubber tube is inserted into the colon via the rectum; the practitioner stimulates the abdomen which releases the stored matter. A constant flow of water washes the whole colon. During a 45 minute session up to 15 gallons of water may be used. This treatment dates back to 1500 B.C and is based on the principle that the colon gets clogged up with impacted faecal matter, gases and mucus products. This leads to a build-up of toxins, which inhibit the natural movement leading to constipation.</p> <p>Therapists claim that it will:</p> <p><u>Cleanse the Colon</u>- toxic material is broken down so that it can no longer harm the body.</p> <p><u>Exercise the Colon</u> – the gentle filling and emptying of the colon improves muscular contraction activity.</p> <p><u>Reshapes the Colon</u> - elimination of bulging pockets of waste enabling the colon to resume its natural state.</p>
CRANIOSACRAL THERAPY	<p>The practitioner uses tiny, gentle manipulations of the skull, and spinal column to restore the balance. Craniosacral Therapy developed from this treatment and the main differences are that it focuses on the treatment of the soft tissues, fluid and membrane of the cranio-sacral system rather than the bones.</p> <p>Cranial Osteopathy was developed in the early 20th Century by an osteopath called William Sutherland. He recognised that there is a regular pulse in the cerebrospinal fluid which surrounds the brain and any disturbance to the rhythm would result in an imbalance somewhere in the body.</p>
CRYOTHERAPY (cryogenic chamber therapy)	<p>The chamber is cooled with liquid nitrogen to a temperature of -110°C. The patient is protected from frostbite with socks gloves and mouth and ear protection but other than that wears only a bathing suit. The patient spends a few minutes in the chamber during which time the average skin temperature drops to between 5 and 12° C. The core body temperature remains unchanged during the treatment. Release of endorphins occurs resulting in immediate pain relief. Patients report improvement to a variety of conditions, including muscle and joint pain, psoriasis, insomnia.</p> <p>The immediate effect of skin cooling and analgesia lasts for 5 minutes, but the release of endorphins can have a lasting effect, where the pains and signs of inflammation as found in blood tests remain suppressed for weeks. Whole body cryotherapy initially originated in Japan in 1978. A group of Polish scientists took the idea and opened the Olympic rehabilitation centre in Poland in 2000 where the treatment has been used ever since.</p>
	Similar to laser lipolysis in that the aim is breaking up of subcutaneous fat cells. However this

CRYOLIPOLYSIS	treatment uses cold temperatures to achieve this. Instead of breaking the cells down directly the cool temperatures cause apoptosis (cell death) which occurs over a period of time. A hand piece has a suction cup that pulls skin into it. The inside of the cup is cooled using recirculated liquid nitrogen.
CRYSTAL/ELECTRO CRYSTAL HEALING	Crystals can focus the electromagnetic fields that surround cell membranes. During crystal healing placing the crystals on nerve clusters could lead to significant alterations in the traffic of neurochemical messengers within the nervous system and thus affect body wide chemistry. A tube of crystals is placed over the area to be treated and then the healing qualities of the crystals are magnified thousands of times by pulsing particular electrical signals through them.
CUPPING	<p>A form of acupuncture that focuses on the movement of blood, energy and body fluids around the body. It is believed that pain is due to the stagnation of these systems which may be as a result of injury or stress. A number of glass or plastic cups or bells may be heated with a naked flame or placed in a bath of hot scented oils. The cups are then applied to the skin, thus creating a vacuum. The area of skin covered is drawn up a few millimetres into the cup moving the energy. Skin marking is common after the cups are removed this may vary from a simple red ring to deeper bruising. Wet cupping (also known as Hijama) – an incision is made in the skin prior to the cupping. The cup is usually attached to a vacuum pump rather than being heated and blood is then extracted and contained within the cups. There is a risk of infection associated with this practice if not done hygienically.</p> <p>This treatment is currently being investigated by Public Health England and guidelines for practice may follow, although it is NOT classed as a Special Treatment. There is a danger of blood clotting following this procedure so suitable aftercare is needed.</p>
DERMAROLLER	The equipment used is a roller containing hundreds of micro needles on a handle. There are 2 types of roller, the first contains longer single use needles which penetrate deeper into the dermis. The second roller has shorter re-useable needles designed for personal home use only. It purports to stimulate the skin to regenerate and repair itself naturally and safely, creating smoother, brighter, healthier, younger-looking skin.
DO IN	A self-help therapy which combines some of the principles of Shiatsu and Acupressure with stretches, exercises, breathing and meditation techniques. Do In means self-stimulation in Japanese and refers to the various methods used to gather and strengthen energy in the meridian systems of the body especially in the abdominal area. The shiatsu massage is self-administered rather than by a practitioner.
EYEBROW TREATMENTS	<p>Eyebrow shaping – re-shaping of brows by plucking with tweezers or application of wax. The alteration in the shape of the brow usually to accentuate the natural arch. If client has over plucked the natural line then the therapist will fill in the gaps with an eyebrow pencil of a similar colour to the clients existing brow.</p> <p>Eyebrow Tinting - application of solution a dye to give colour to the brows. Some clients may prefer to change the colour of their eyebrows, to match a change in hair colour, this also would eliminate the daily use of an eyebrow pencil. The colour will last approximately 6 weeks.</p>
EYELASH TREATMENTS	<ul style="list-style-type: none"> • Eyesh Tinting – the application of a liquid, jelly or cream which will change the colour of the eyelash for approximately 6 weeks. It is used by clients who do not wish to apply mascara on a daily basis. • Eyesh Perming – the application of a solution which will curl the lashes. • Eyesh Extensions – the application of synthetic eyelashes which are bonded into the existing eyelashes to create thickness and length.
FACIAL (when no massage takes place)	<p>Facials can include, deep cleansing, exfoliation, application of a mask and massage, a variety of products may be used. A facial steamer may also be used. There are a number of different peels, exfoliants and washes used by practitioners combined in most instances by a facial massage.</p> <p>If a massage takes place, then this is licensable.</p>
FELDENKRAIS	It is a preventative therapy rather than a treatment and is similar in its approach to the Alexander Technique. It uses movement and awareness to improve flexibility and functioning of

	<p>the body.</p> <p>Awareness is developed through experience and developed methods using movement to re-educate the body and to help to break down established patterns of behaviour. This can develop into a greater ease of movement, an increase in vitality and well-being.</p>
FIRE THERAPY (HUO LIAO)	<p>A 'special elixir' (thick paste) is spread over the area to be treated (face, back or other body area). An alcohol soaked towel is then placed over the area for a few seconds, and removed. Then the practitioner sets the alcohol soaked paste alight. It claims to benefit the skin.</p>
FROTOX	<p>Billed as an alternative to Botox, this uses a closed end needle filled with liquid Nitrogen. This is inserted into the same areas as Botox, and the 'Cryoneuromodulation' effect freezes the nerve for up to 3 months, thus eliminating wrinkles. No substance is actually injected.</p>
GLUCOSE TESTING	<p>High levels of glucose/sugar in the body could give rise to diabetes. A blood test is taken following an 8-10 hours fast to determine the levels of glucose present in the body. Diabetics must monitor their own blood glucose levels on a daily basis, often several times a day, by means of the finger prick test. The result of these tests will determine the amount of insulin which may need to be injected or tablets taken.</p>
HELLERWORK	<p>The entire musculo-skeletal structure of the body is considered and related to the individual's well-being. Clients are taught to use their bodies in ways that minimize effort and tension. This is paralleled psychologically as clients explore how their thoughts attitudes and feelings have an impact in and through their bodies. Practitioners believe that from the beginning of our lives we accumulate tension and over the years this can manifest itself in chronic tension in various parts of the body.</p>
HENNA TATTOOS	<p>There are 2 types of henna widely used:</p> <p>Pure henna - a mix of brown henna with essential oils and lemon juice, which is harmless to the skin. After the paste is applied and subsequently removed it leaves an orange stain which turns brown. The pattern will normally last approximately 1-3 weeks.</p> <p>Black henna – henna mixed with a chemical called Para – Phenylene diamore (PPD) to form a black paste which when applied to the skin leaves a black stain lasting approximately 1 week. This mix can cause an allergic reaction on the skin and subsequent sensitisation to any product containing PPD.</p>
HERBAL MEDICINE	<p>The use of herbs in medicines to maintain harmony and balance within the body has been practised for hundreds of years in different cultures but are usually associated with the Chinese community. Today 25% of prescriptions contain active ingredients of plants.</p>
HOMEOPATHY	<p>Homeopathy is gentle holistic system of healing. It focuses on the person as an individual, concentrating on treating the specific physical and emotional symptoms, to give long lasting benefits. Homeopathic remedies are a unique potentised energy medicine, drawn from the plant, mineral and animal worlds. They work by gently boosting the natural energy of the body; there is no danger of addiction or toxicity. The treatment is used to treat everything from acute fevers, sore throats and toothache to chronic illnesses such as arthritis, eczema, anxiety and insomnia.</p>
HOPI EAR CANDLES (no massage)	<p>Also called ear candling or ear coning. It is a technique that involves placing a hollow, cone-shaped tube (or 'candle') made of cotton, soaked in beeswax, honey and herbs about a quarter-inch deep into the ear canal. The tube/candle is then ignited.</p>
HUO LIAO	<p>See fire therapy</p>
HYPNOTHERAPY	<p>A technique using hypnosis that reaches into the subconscious mind for solutions to problems which the conscious mind has been unable to deal with. The altered state occurring under hypnosis is akin to a state of deep meditation, where the recuperative abilities of the psyche are allowed to flow more freely. Hypnosis is a 'waking state', the hypnotized person remains in full</p>

	<p>control of their behaviour and is usually able to recall the whole experience.</p> <p>Hypnotherapy has been used to treat addictions, relieve stress and help individuals develop a more positive attitude in general.</p>
INVERSION THERAPY	<p>This treatment involves the client being inverted or 'hung' upside down.</p> <p>This is usually achieved by using an inversion table. The client is strapped to the table and it is rotated through 180 degrees. The weight of the body is supported by the feet, thus exerting less stress on the other joints. It is claimed that this therapy can improve back pain and realigns the skeleton.</p>
IRIDOLOGY	<p>Developed in Hungary in the 19th Century, it involves the examination of the Iris of the eye and the Pupil with an ophthalmoscope which may identify weaknesses in the body.</p> <p>A practitioner will recommend appropriate treatment for disorders that are identified during the examination. It is considered a valuable addition to orthodox medicine and is taught to many medical students.</p>
KINESIOLOGY	<p>The study of the mechanics of body movements. A non-invasive holistic energy therapy that combines some of the principles of Traditional Chinese Medicine (TCM) with modern muscle monitoring techniques to determine areas of stress and imbalance within this energy system.</p> <p>Generally, the Kinesiologist will position a limb so that one of the muscles is in a contracted position and will then apply gentle pressure, which the client is asked to match, in order to determine how responsive the muscle is to the additional pressure.</p>
MERIDIAN THERAPIES	See TFT & BSFF.
MICRO DERMABRASION May need to be licensed	<p>Microdermabrasion involves the use of a hand held spray device which sprays micro crystals onto the face which gently exfoliate the outermost layer of the skin. A course of treatments are needed before the effects can be noticed. The skin appears red immediately after the treatment which fades after a few hours. The treatment would usually be followed by a facial. It is thought to stimulate the production of new cells and collagen, over a period of time the appearance of fine wrinkles, spots and scars may be reduced.</p> <p>If lasers and/or massage are used during this treatment, this would be licensable.</p>
MOXIBUSTION (without Acupuncture)	Moxibustion is a form of heat therapy in which dried plant materials called 'moxa' are burned on or very near the surface of the skin.
NATUROPATHY	<p>Naturopathy is based on the theory that disease can be successfully treated or prevented without the use of drugs by techniques such as control of diet, exercise, and massage.</p> <p>A Naturopath will ask questions about the person's condition, medical history, diet and lifestyle, etc. The consulting Naturopath may then use Iridology (looking into the iris), or tongue and nail diagnosis to get a better picture of their client's complete health state. A treatment plan is formulated that addresses all areas of the person's life. The plan may include advice on diet, lifestyle, exercise, herbal medicine, homeopathic treatments, or other suitable remedies.</p>
NORRIS TECHNIQUE	This is a technique that concentrates on aligning the feet, knees, pelvis, shoulders and head to correct posture. There is no manipulation from anyone else; it is a 'do-it-yourself' treatment.
OZONE THERAPY	Ozone therapy is a form of alternative medicine treatment that purports to increase the amount of oxygen in the body through the introduction of ozone.
RADIONICS	<p>Radionics is a method of method of diagnosing and healing at a distance using a specially designed electrical Radionic instrument.</p> <p>According to radionics practitioners, a healthy person will have certain energy frequencies, while</p>

	<p>an unhealthy person will exhibit different energy frequencies.</p> <p>Radionic devices diagnose and heal by applying appropriate frequencies to instil balance. Clients can send a snippet of hair or a blood spot (known as the patient's 'witness') The practitioner interrogates the 'witness' by asking questions and once the problem has been identified, enters a code into a black-box-like radionics instrument, followed by the relevant treatment instruction (restore, rejuvenate, for example). Treatment is by means of the projection of healing energy patterns.</p>
REIKI (without massage)	<p>A healing technique based on the principle that the practitioner can channel energy into the patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being.</p>
SCARIFICATION	<p>Scarifying (also known as scarification modification) involves scratching, etching, burning/branding, or superficially cutting designs, pictures, or words into the skin as a permanent body modification.</p> <p>In the process scars are formed by cutting or branding the skin by varying methods (sometimes using further sequential aggravating wound healing methods at timed intervals, like irritation), to purposely influence wound healing to scar <i>more</i> and not scar less.</p> <p>This treatment is also carried out by tattooists, piercers and other body modifiers using scalpels. In some cases skin is removed rather than just an incision being made.</p>
SCHMAIZING	<p>Schmaizing (the Yiddish word for 'whipping away') is carried out in a communal bath environment which is heated to 60°C. The naked body is gently flayed with a 'Basuam' (made from treated raffia grass in a metre long bundle).</p> <p>The Basuam is dipped into a bucket of hot water, soap and lather are applied to the body by a fellow bather who then swings the Basuam high over the body. The Basuam is then vigorously rubbed over the body several times. This treatment is carried out purely by bathers on each other.</p>
SKIN PEELS	<p>A chemical solution is applied to the skin, which makes it "blister" and eventually peel off, allowing new skin to replace it.</p>
SPRAY TANNING	<p>Spray tanning is a form of sunless tanning where a fine mist is sprayed onto the body. This mist has an ingredient in it called Dihydroxyacetone (DHA) that interacts with skin's chemistry to turn it tan, or bronze.</p> <p>The DHA mist can be applied in a specially-designed booth that has several nozzles or jets that spray the entire body, or it can be administered with an airbrush or airgun.</p>
SUGARING	<p>This is a form of hair removal that involves sugar, water and lemon juice being cooked together to form a caramel. The mixture is then rolled into balls which are pressed into the skin and pulled off quickly which removes the hair.</p>
TEETH WHITENING	<p>This is form of dentistry and can only be performed by registered dentists, dental therapists, dental hygienists and clinical dental technicians, working to the prescription of a dentist. There are 2 main methods used.</p>
THOUGHT FIELD THERAPY (TFT)	<p>A TFT practitioner diagnoses which of the body's energy meridians are out of balance. Once diagnosed, the client taps on a precise sequence of meridian points (derived from acupuncture) on their body in a specific order, to eliminate emotional upset.</p>
THERMO AURICULAR (HOPI EAR CANDLES) (without massage)	<p>Also called ear candling or ear coning.</p> <p>This technique involves placing a hollow, cone-shaped tube (or 'candle') made of cotton, soaked in beeswax, honey and herbs about a quarter-inch deep into the ear canal. The tube/candle is then ignited. When the other ear has been treated a complete facial massage is often carried out paying particular attention to the sinus area.</p>

THREADING	A method of hair removal in which unwanted hairs are plucked out using a twisted cotton thread. Pieces of cotton are wrapped tightly around the fingers and then twisted or rolled over the skin. The hair is caught up and pulled out.
TONGUE SPLITTING	<p>A body modification that involves forking the end of the tongue. The tongue is divided from the tip towards the back of the tongue for about 1-2 inches. This surgical procedure should only be performed by a doctor. After the procedure, each side of the split should be sutured to prevent it healing back together again.</p> <p>The tongue is 'cut' rather than pierced so is not classed as a special treatment.</p>
TONING BEDS	<p>Toning beds work by isolating certain muscles, which is similar to the techniques used in exercise programs such as Pilates or yoga.</p> <p>Toning beds are motorized, but some effort is required by the user. Parts of the bed move up and down or side to side automatically. A specified number of minutes are spent on each bed and the client moves through a series of beds.</p>
TRICHOLOGY without massage	Trichology is the study of hair and scalp problems, such as baldness, hair breakage and itchy/flaking scalp.
ULTRA SOUND	<p>Ultrasound therapy is the use of sound waves above the range of human hearing to treat musculoskeletal problems, especially inflammation (tendinitis, bursitis).</p> <p>The treatment head of an ultrasound machine is moved over the surface of the skin. A special ultrasound gel is placed on the skin to ensure maximal contact between the treatment head and the surface of the skin and to provide a medium through which the sound waves can travel.</p> <p>Often combined with sports massage.</p>
VACUUM SUCTION	<p>Cups are placed on the client's body or face, into which a vacuum is induced, which causes the skin to be sucked into 20% of the cup. This treatment is used to stimulate the flow of lymph.</p> <p>Glass cups are usually used on the face while plastic ones are used on the body. Oil may be applied to the skin before treatment to increase the seal between the cup and the skin.</p>
WAXING	This is a method of hair removal using hot, warm wax, or cold strip wax.

	SPECIAL TREATMENTS THAT ARE EXEMPT AS THEY MUST BE CARRIED OUT BY A REGISTERED MEDICAL PRACTITIONER OR A REGISTERED GENERAL NURSE.
ANTHROPOSPHICAL MEDICINE	Practitioners are fully qualified Doctors who use this form of therapy when conventional cures cannot be achieved. The therapy combines the use of therapeutic eurhythmy, rhythmical massage, clay modelling, painting and music. Remedies derived from minerals, plants or the animal kingdom are prepared homoeopathically, alchemically or as whole substances and are administered orally, injected or applied externally.
BOTOX	It is administered by injection into the facial muscles and blocks the nervous impulses that control these muscles. Because the treated muscles cannot contract, they tend to relax, taking away the facial lines and imparting the appearance of smooth skin. Botox can be used in combination with cosmetic filler implants e.g. Hyaluronic Acid to provide a non-surgical 'face-lift'. Botox is an endotoxin produced by Clostridium Botulinum, it is a powerful nerve agent and in a different context a dangerous food poisoning toxin. It is a Prescription Only Medicine (POM) and should therefore only be administered by a registered medical practitioner or a registered general nurse. The effects of the treatment last approximately 3-6 months.
COLLAGEN IMPLANTS (cosmetic filler)	Collagen is a naturally occurring substance present in the deepest layer of the skin called the dermis. These injections are commonly used on the forehead furrows and around the lip and mouth area, they give temporary results lasting approximately a year. It is responsible for producing the elasticity of the skin and as the skin ages the levels of collagen naturally fall, making the skin dryer and commonly wrinkles appear. The replacement of collagen into the dermis can be done by implants or the application of facemasks or creams, the collagen fills out the vacant spaces in the dermis and thus reduces the wrinkles on the skin. Collagen is classified as a 'medical device' product and as such is subject to the requirements of the EU Medical Device Directive. The injections should only be administered by registered medical practitioners or registered general nurses.
DERMABRASION	Dermabrasion uses a power driven hand held device with a rotating metal wheel or wire brush to peel off the skin. Carried out by a trained cosmetic surgeon under general or local anaesthetic, the procedure will leave the skin red, swollen and sensitive to sun exposure etc. Several days after the procedure the outer layer of the skin falls off leaving a fresh layer of pink skin. This procedure is carried out in 1 session and the full recovery time is approximately 2-3 months. <i>Not to be confused with Microdermabrasion.</i>
DRACULA THERAPY	The doctor draws vials of the patients own blood from the face then separates it into the red blood cells, the clear serum and the platelets. Then, after vitamins and amino acids have been added the enriched serum is injected back into the face. This purports to stimulate DNA repair, heal scars and makes dry wizened, wrinkled and lacklustre skin look and feel younger naturally.
HYALURONIC ACID (cosmetic fillers)	An inert polysaccharide which is used for facial line and wrinkle correction. It binds with water to form a cosmetic filler material which can be injected subcutaneously into the area under treatment. It may be combined with Botox to provide a non-surgical 'face- lift'. The effects may last for approximately 3-6 months. This is a 'medical device' product and must comply with the EU Medical Device Directives. They should be administered by a registered medical practitioner or a registered general nurse.
SCLEROTHERAPY	Sclerotherapy is injection of varicose veins. Varicose veins are injected with a solution called a sclerosant which damages the internal lining of the vein and causes blood clotting within the vein. In time, the body will destroy the vein and it will disappear. The solution normally used is called sodium tetradecyl sulphate (STD). This is performed by a medical practitioner.

	SPECIAL TREATMENT IS EXEMPT WHEN CARRIED OUT BY A THERAPIST WHO IS A MEMBER OF AN EXEMPT BODY.
CHIROPODY & PODIATRY	<p>Chiropodists/Podiatrists specialise in assessing, diagnosing and treating abnormalities and diseases of the lower limb. They are trained to alleviate, prevent and correct these disorders and provide professional advice on proper foot care to patient of all ages and walks of life. Treatments include, corns, verrucas, problems caused by deformities or diseases such as rheumatoid arthritis, diabetes etc.</p> <p>The LLA91 gives exemptions to 'any premises used by a person registered under the Professions Supplementary to Medicine Act 1960'. This has been replaced by the Health Professions Order 2001, which set up the Health and Care Professions Council (HCPC), (formerly called the Health Professions Council HPC). Chiropody and Podiatry are listed by the HCPC and members are therefore exempt. Chiropody and Podiatry are 'protected titles', meaning that you must be registered with the HCPC to use these titles. However, if the person is NOT a member, then they are NOT exempt (they should also be reported to the HCPC who can prosecute).</p>
CHIROPRACTIC	<p>A chiropractor aims to maintain the spine and nervous system in good health through neuro-musculoskeletal manipulation. The chiropractic will assess the client whilst sitting, standing and lying down for alignment, reflexes will be tested and muscles palpated for signs of tension. Manipulation may be carried out by stretching muscles and short controlled thrusts against a joint, may also include massage, application of heat or ice and kneading. Different versions of the treatment may be found e.g. McTimoney Chiropractic.</p> <p>Chiropractors are exempt under the London Local Authorities Act 2000 amendment (Sec. 27 (2) (b) (v)). The Chiropractors Act 1994 set up the General Chiropractic Council and Chiropractors MUST be registered to use the title. If they are not a member they are NOT exempt and you should also report them to the GCC.</p>
OSTEOPATHY	A mixture of massage, stretching and manipulation are used to re-establish the normal functioning of the body's activities.
PHYSIOTHERAPY	The therapist may undertake physical manipulation or massage of the injured body part, together with the recommendation for exercises for the client to undertake on their own. Friction massage, ultra sound, may also be carried out.