

Text 2

Beauty Therapy.

A profession with Prospects

Vocabulary

- thriving – kwitnący
- future – przyszłość
- demand for sth – popyt na coś
- qualified – wykwalifikowany
- trained – wyszkolony
- development – rozwój
- to keep doing sth – stale coś robić
- to expand – rozszerzać
- to update – uaktualniać
- growing number – rosnąca liczba
- graduate – absolwent
- to teach (taught, taught) – uczyć (kogoś)
- to carry out a skin analysis – przeprowadzić ocenę skóry
- to do (did, done) – zrobić
- through – za pośrednictwem, poprzez
- to detect – wykryć, stwierdzić
- appearance – wygląd
- well-being – dobre samopoczucie
- it takes time – na to potrzeba czasu
- helpful – pomocny
- to develop – *tu*: opracować
- questionnaire – ankieta, kwestionariusz
- to fill in – wypełnić
- to measure – mierzyć

Beauty therapy is a thriving profession with a future. The demand for qualified and trained beauty therapists keeps increasing. There is a continuing development in beauty products, beauty therapy equipment, practices and procedures. Beauty therapists must keep expanding and updating their knowledge. There is a growing number of schools preparing future beauty therapists and courses offering specialised training to graduates.

A future beauty therapist should be taught how to carry out a professional skin analysis. This is done through both observation and questions. It is not easy to read the client's skin, to detect its problems and see what might ease or eliminate them to enhance the client's appearance and well-being. It takes time and instruction by an experienced teacher. It is also important to know what questions to ask and how to elicit helpful information. Some beauty salons have developed special questionnaires for clients to fill in while others prefer to leave this task to beauty therapists. Equipment designed to measure sebum and moisture levels can also be of assistance in evaluating the condition of the skin and its needs. All this information is necessary to choose the right treatment and the proper cosmetics as well as to give advice about skin and body care.

A beauty therapist must be able to determine what treatments can restore skin balance and enhance its appearance as well as how to soothe and relieve stress from the client's mind and body through the use of appropriate products as well as techniques.

A beauty therapist must know how to remove toxins from the skin through carefully delivered movements of lymphatic drainage and how to increase the supply of oxygen and nutrients to the skin through

appropriate massage techniques or external application of cosmetics and treatments, thus improving the texture and tone of the skin.

Future beauty therapists learn how to perform facial and body massage, how to make a figure analysis and how to provide advice on exercise programmes and nutrition. They are trained in using a variety of treatments and electric equipment to treat individual skin and body conditions, in removing facial and body hair by electrolysis or waxing.

Beauty therapists must be well familiar with the electric and other equipment used in beauty salons. They must know when and how to apply it as well as how to operate it so as not to do harm to the customer. But not only that. They should know the ingredients of all cosmetic preparations. Their customers may be allergic to some of them and beauty therapist should be able to foresee and prevent such a potential allergic reaction. They should know what cosmetics are available on the market, which can be recommended to what customers and when.

It is not easy to follow all the developments in cosmetics and beauty treatments. Cosmetics companies help by sending information leaflets, samples and catalogues as well as by organising presentations, demonstrations and courses. However, it takes time and effort to keep up to date.

The art of make-up is another skill taught at cosmetology schools and courses. It is amazing how much a skilled beauty therapist can do to enhance the appearance of the client, hiding defects and highlighting the merits. There are different make-ups for different occasions, for the day and for the evening, for formal occasions and for stage or television appearances. There are trends and fashions in make-up. There are beauty therapists who specialise in being make-up artists.

A cosmetics school graduate should also be able to make manicure, pedicure and nail extension, do eyelash and eyebrow tinting.

Consulting is another interesting and important part of the beauty therapist's job. When customers come seeking advice, they should be able to recognise their problems and recommend proper home care regime and products or beauty salon treatments as well as refer customers to medical practitioners such as dermatologists, plastic surgeons, endocrinologists, gynaecologists, podiatrists, chiropractors or physiotherapists in case of need.

All in all, being a beauty therapist is a demanding and responsible job.

sebum/moisture level – poziom
łoju/nawilżenia
to be of assistance in doing sth
– być pomocnym w czymś
to evaluate – ocenić
proper – właściwy, odpowiedni
to determine – określić
to restore skin balance
– przywrócić równowagę skóry
to soothe – złagodzić
to relieve – ulżyć, zmniejszyć
appropriate – właściwy,
odpowiedni
carefully delivered movements
– starannie wykonywane ruchy
lymphatic drainage – drenaż
limfatyczny
to increase the supply of sth
– zwiększyć dostawę czegoś
oxygen – tlen
nutrients – środki odżywcze
external application
– zewnętrzne stosowanie
texture and tone of the skin
– jakość i koloryt skóry w dotyku
to perform a massage
– wykonywać masaż
exercise programme – program
ćwiczeń fizycznych
nutrition – odżywianie
waxing – woskowanie
electrolysis – elektroliza
to be well familiar with sth – być
dobrze obeznanym z czymś
to operate equipment
– obsługiwać urządzenia
to harm – zrobić krzywdę
to foresee (foresaw, foreseen)
– przewidzieć
to prevent – zapobiec
to follow developments – śledzić
nowinki
effort – wysiłek
amazing – zadziwiający
to hide (hid, hidden) (defects)
– ukryć (wady)
to highlight (merits) – uwypuklić
(zalety)