

# Cosmetology

**Higher Education** Catalog 2022–23

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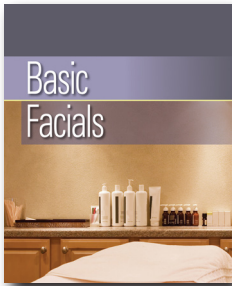
# BEAUTY & WELLNESS

AUDIO, VIDEO, AND DVD

## BASIC FACIALS

*Milady*

© 2012, NonBook-Disk, 9781111544461



The basic facial is the staple service an esthetician is requested to perform. Basic Facials offers esthetics professionals the hands-on visualization necessary to master the basic facial principles commonly needed to perform this service. You will learn

everything from the initial consultation through the final clean up from the service. Special attention is paid to providing a welcoming and professional atmosphere for your client, and providing a high-quality service from analyzing your client's skin to using deep cleansing, massage, masks, and other products to help stimulate and clarify your clients skin.

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## LYMPHATIC DRAINAGE

*Milady*

© 2012, NonBook-Disk, 9781111544508



Lymphatic Drainage introduces you to the simple-to-learn techniques of lymph drainage massage in two phases, starting with treating the neck and then the face. Covering both manual and machine-aided lymphatic drainage massage, this DVD is

designed to walk you step-by-step through the entire service from indications and contraindications, set-up, the service, and post-procedure steps, helping you to become proficient with this highly sought after procedure.

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## BARBERING

### PROFESSIONAL HAIRDRESSING & BARBERING, 2E

Australian and New Zealand Edition

*Karen Roemuss, Mane Solutions; Martin Green, Author; Leo Palladino, Deceased UK*

© 2019, 672pp, Paperback, 9780170415927

#### eBook



Professional Hairdressing and Barbering addresses the essential knowledge and skills of all core units of competency and the most highly subscribed electives of both the Certificate III in Hairdressing and the Certificate III in Barbering.

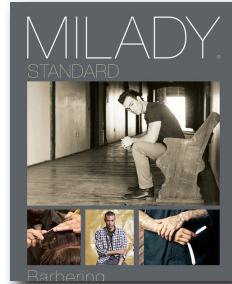
This edition also includes a new chapter on Special Event and Session Styling. This text combines practical skills, theory and professional attitudes. Professional Hairdressing and Barbering is packed with current photos and illustrations that are easy to understand, and offers a realistic approach to hairdressing that leaves a strong impression of what to expect from working in the industry.

### MILADY STANDARD BARBERING, 6E

*Milady*

© 2017, 829pp, Hardback, 9781305100558

#### MindTap eBook



Milady Standard Barbering, 6th edition, continues to be the leading resource in barbering education, providing the foundational principles and techniques needed to be successful while in school, pass the licensing exam, and launch yourself into a thriving

career. Incorporating new photography, artwork and overall layout, the look and feel of this edition has been transformed, resulting in a sleek and clean design. Content has been updated within each chapter with a major focus on the procedures, infection control, life skills and business chapters, just to name a few. In addition, classic techniques have been paired with contemporary looks to ensure success both while in school and beyond to employment. As the only textbook that provides an integrated set of resources to enhance the learning process, this new edition continues its long history of setting the standard in barbering education.

## MILADY STANDARD BARBERING: DVD SERIES, 6E

*Milady*

© 2017, NonBook-Disk, 9781305100565



Enhance the classroom experience with this DVD that includes 2 hours of content and showcases 29 step-by-step procedures to keep students engaged throughout the lessons.

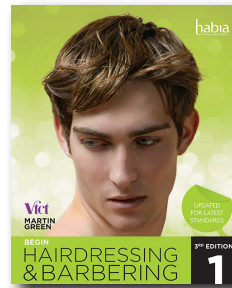
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## BEGIN HAIRDRESSING AND BARBERING, 3E

The Official Guide to Level 1 NVQ & VRQ

*Martin Green, Author*

© 2015, 256pp, Paperback, 9781408075081



Completely revised to map to the recently-updated Hairdressing and Barbering Level 1 National Occupational Standards, this new edition of Martin Green's bestselling textbook is the only book needed to succeed in a Hairdressing or Barbering

Level 1 VRQ or NVQ qualification. This is the only Level 1 guide to be endorsed by both Habia and VTCT and is trusted by students and trainers. This book is suitable for those studying for NVQ and VRQ Level 1 qualifications with all awarding associations, including VTCT, City & Guilds, ITEC and other providers. It has been developed to equip learners with everything they need to gain their qualification and provide a handy reference throughout their career.

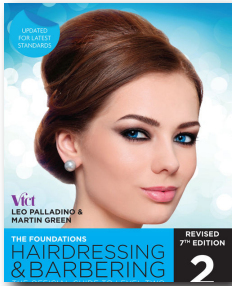
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## HAIRDRESSING AND BARBERING, THE FOUNDATIONS, 7E

The Official Guide to Level 2

Leo Palladino, *Deceased UK*; Martin Green, *Author*

© 2015, 496pp, Paperback, 9781473718784



This revised 7th edition of Martin Green and Leo Palladino's bestselling textbook, *Hairdressing and Barbering: The Official Guide to Level 2*, contains everything today's student needs to succeed in their Level 2 qualification. From understanding salon basics,

achieving an effective colour and cut, to developing a career portfolio; this book has been updated with the latest knowledge to bring it bang up to date with current hairdressing and barbering industry requirements. Written in an engaging style, this updated edition combines the latest industry expertise with practical advice and information that will continue to inform and inspire the hairdressers and barbers of tomorrow.

## HAIRDRESSING FOR AFRICAN AND CURLY HAIR TYPES FROM A CROSS- CULTURAL PERSPECTIVE, 3E

Sandra Gittens, *South Thames College*

© 2014, 426pp, Paperback, 9781408074336



This new edition of the highly successful and much loved *Hairdressing for African and Curly Hair Types from a Cross-Cultural Perspective* is now fully revised and updated to cover everything students need to know for NVQ and VRQ Level 2 and Level 3

*African Type Hairdressing and Combined Hair Types* courses. This book is endorsed by Habia and is full of inspirational looks and new professional, step-by-step images covering key techniques and processes. This book is suitable for those studying for vocational qualifications with all awarding associations, including VTCT, City & Guilds, ITEC and other providers. It has been developed to equip learners with everything they need to gain their qualification and provide a handy reference throughout their career.

## MEN'S HAIRDRESSING, 3E

Traditional and Modern Barbering

*Maurice Lister, City & Guilds National Chief Verifier for the hair and beauty sector.*

© 2014, 280pp, Paperback, 9781408077429

### eBook



Now in its third edition, Maurice Lister's Men's Hairdressing is essential reading for existing practitioners as well as those studying towards barbering and men's hairdressing qualifications with all awarding organisations, including

City & Guilds, VTCT and ITEC. This book has been developed to equip you with everything that you need in order to plan a career in barbering, gain qualifications as well as continue as a comprehensive guide throughout your career.

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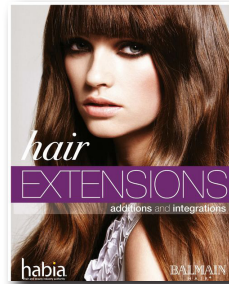
## HAIR EXTENSIONS

Additions and Integrations

*Kirja Balmain*

© 2013, 64pp, Paperback, 9781408065549

### eBook



Written by Balmain, a global leading hair extensions supplier, and endorsed by Habia, this inspirational workbook is a must-have for anyone learning about hair extensions. The workbook covers the latest product information, industry tips and vital skills along with cutting edge looks and the latest information on how to apply, remove and maintain hair extensions.

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## COSMETOLOGY

### PROFESSIONAL BEAUTY THERAPY, 4E

*Lorraine Nordmann, Hugh Baird College; Andrea Day, Victoria University of Technology*

© 2022, 936pp, Paperback, 9780170446259

MindTap **eBook**



Designed for learning with latest industry trends, Professional Beauty Therapy provides you with the specialist skills and knowledge you need to successfully practice beauty therapy. Now in its fourth edition, this industry bestseller includes step-by-

step procedures clearly demonstrating the practical application of knowledge and techniques. The student-friendly text is packed with colour illustrations and diagrams and makes it easy for you to find all the information you need.

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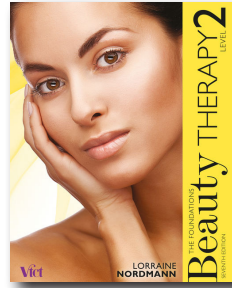
### BEAUTY THERAPY, 7E

The Foundations, Level 2

*Lorraine Nordmann, Hugh Baird College*

© 2017, 680pp, Paperback, 9781473734562

MindTap **eBook**



## MILADY ONLINE HAIRCUTTING SIMULATION

*Interplay Learning*

© 2016, NonBook-Disk, 9781305498051



Online Haircutting Simulation is a cost-effective way for you to safely practice haircutting and styling skills in a fun, game-like atmosphere. You will have the option to practice varying haircuts that will allow you to strengthen basic and

advanced skills while immersed in a realistic, 3-D salon. Take advantage of an additional opportunity to develop and apply your skills in conjunction with using mannequins and working on real-life clients. The simulation also has the capability to track your progress and it can easily be integrated into daily classroom and homework activities. We hope you have as much fun engaging with it as we did creating it for you!

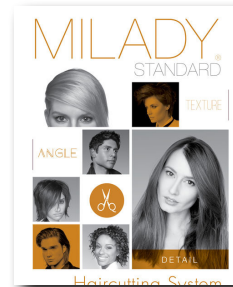
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## MILADY STANDARD HAIRCUTTING SYSTEM, SPIRAL BOUND VERSION

*Milady*

© 2016, 201pp, Spiral, 9781285769707

**eBook**



The Milady Standard Haircutting System is a formalized system designed to make learning the foundational principles of haircutting easier, while ensuring a solid understanding of the technical and creative aspects of haircutting that

will set students up for success throughout their career. The system teaches fifteen haircuts, each delivered via brief, segmented pieces of content, that allow for the information to be easily understood and retained. It then builds and strengthens the skills that are presented by means of repetition, revision, and exploration. The system also provides students with a conceptual understanding of the components involved, teaching them to clearly communicate their creative ideas to their guests and the ability to adapt the learned techniques to ensure their approach to each individual patron will yield equally successful results.

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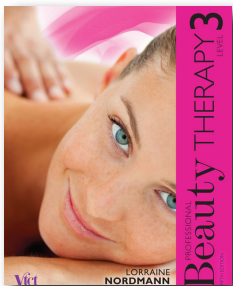
## PROFESSIONAL BEAUTY THERAPY, 5E

Level 3

*Lorraine Nordmann, Hugh Baird College*

© 2016, Paperback, 9781473734777

MindTap eBook

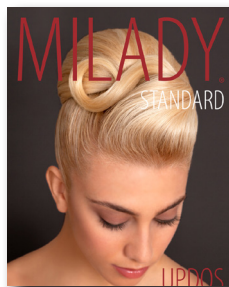


## MILADY STANDARD UPDOS, SPIRAL BOUND

*Timothy C. Johnson*

© 2015, 176pp, Spiral, 9781285444499

eBook



Milady Standard Updos teaches the essential steps necessary to design and create updos inspired by looks on the red carpet. Photo-driven, step-by-step instructions clearly demonstrate twenty-five different hairstyles, all of which are based on classic

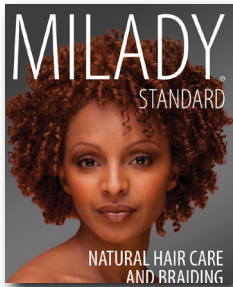
techniques and fashion-forward looks. Each procedure provides the opportunity to master a different set of skills that will increase confidence and the ability to provide future clients with wearable looks suitable for any occasion.

## MILADY STANDARD NATURAL HAIR CARE & BRAIDING

*Diane Carol Bailey, Tendrils Hair Spa; Diane Da Costa*

© 2014, 304pp, Paperback, 9781133693680

### eBook



Milady Standard Natural Hair Care and Braiding is designed to be the training resource of choice for individuals committed to nurturing textured hair and providing excellent natural hair care services. This book introduces the technical and creative

aspects of braiding, styling, and grooming hair that is naturally curly, kinky, or multi-textured. Also included, are 17 procedures with step-by-step photos and detailed instructions in techniques for styling and grooming natural hair and natural hair additions. This is a “must have” for those who are serious about developing a wide range of services and building a broad, diverse client base—crucial elements for success in the flourishing hair care industry.

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## SUCCESSFUL SALON AND SPA MANAGEMENT, 6E

*Edward Tezak; Terry Folawn*

© 2012, 256pp, Paperback, 9781435482463

### eBook



Creating a salon or spa from scratch can be a daunting task. Successful Salon and Spa Management, Sixth Edition cuts through the confusion and provides you with a clear understanding of what it takes to run a salon or spa. From understanding the

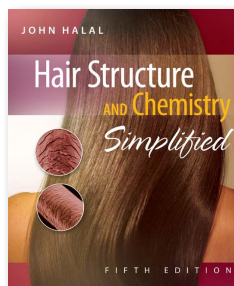
differences in what type of salon or spa you want to open, all the way through financing and operating for profit, you will learn the ins and outs of building a business and keeping it productive. Whether you are a student or a practicing professional, Successful Salon Management, Sixth Edition will put you on the right track to salon ownership and profitability.

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## HAIR STRUCTURE AND CHEMISTRY SIMPLIFIED, 5E

John Halal

© 2009, 304pp, Paperback, 9781428335585



Hair Structure and Chemistry Simplified, Fifth Edition is the most current, comprehensive and straightforward textbook of its kind. This new edition thoroughly explains the theory and application of the essential concepts of hair chemistry that are

simply not covered in other texts. Material unique to this text boldly presents the concept, importance and relevance of pH in cosmetics. Hair Structure and Chemistry Simplified is the essential chemistry textbook for cosmetology students and even the most experienced hairstylist will gain confidence and control as they learn the dynamics of the chemical services they perform everyday in the salon. Consumers will find this reference invaluable in making intelligent, informed decisions about the effectiveness, safety, and value of the hair care services they receive and the products they buy and use.

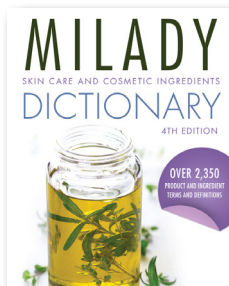
## ESTHETICS

## SKIN CARE AND COSMETIC INGREDIENTS DICTIONARY, 4E

M. Varinia Michalun; Joseph C. DiNardo

© 2015, 339pp, Paperback, 9781285060798

### eBook



Milady's Skin Care and Cosmetic Ingredients Dictionary, 4th Edition is more than just a dictionary of cosmetic ingredients; it is a guide to understanding skin types and skin physiology, product formulation and how cosmetic products interact

with the skin. For ease of use, this book is split into three parts. Part 1 includes a basic explanation of skin anatomy and physiology, including skin types, conditions and problems. This knowledge is critical for understanding product performance. Definitions of common terms used in skin care formulation are also provided. Part 2 contains an alphabetical listing of more than 2,300 cosmetic ingredients with accompanying definitions that help identify the function and purpose of each ingredient with Part 3 offering a reference of Botanical Latin names for commonly used ingredients. This is an invaluable resource that will assist in making well-informed decisions regarding skin care ingredients and cosmetic products.

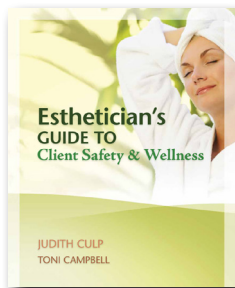


## ESTHETICIAN'S GUIDE TO CLIENT SAFETY AND WELLNESS

*Judith Culp; Toni Campbell*

© 2013, 160pp, Spiral, 9781439057452

### eBook



Accidents happen, even in the structured, pampering environment of a professionally-run salon or spa. How often have you asked yourself “What would I do if...?” What would you do if a client had a heart attack or suddenly stopped breathing? What should you

do if your client is burned or breaks out in a strange rash during treatment? The Esthetician's Guide to Client Safety and Wellness is designed to offer practical, safety-based information and tips to decrease the possibility of infection, as well as accidents or injuries during treatment or service. An entire section is dedicated to cautions and contraindications relating to medications that can affect treatment choices, especially for clients dealing with health conditions. Considering the many inherent exposures – not only to the client but to those actually working in the spa, clinic and salon environment – the Estheticians Guide to Client Safety and Wellness is an essential tool and an invaluable resource for esthetic and cosmetology professionals.

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## SKIN CARE PRACTICES AND CLINICAL PROTOCOLS

A Professional's Guide to Success in Any Environment

*Sallie Deitz*

© 2013, 323pp, Paperback, 9781111542399

### eBook



Skin Care Practices and Clinical Protocols is a critical resource for skin care professionals interested in expanding their current knowledge and technical skills, whether a long-term practitioner learning new techniques and technologies, or students

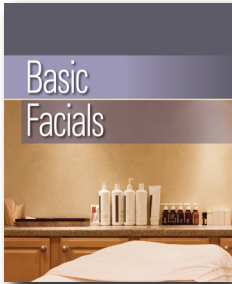
learning beyond the fundamentals. This text includes interviews with professionals spanning four decades of esthetic education and experiences in a variety of settings ranging from travel and tourism, salons and spas to the medical office. The global population's interest in appearance continues to drive the skin care market. As a result, the demand for highly trained skin care professionals serving in a variety of environments has increased. Skin Care Practices and Clinical Protocols serves as an invaluable working resource in the classroom, the treatment room and the meeting room.

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## BASIC FACIALS

*Milady*

© 2012, NonBook-Disk, 9781111544461



The basic facial is the staple service an esthetician is requested to perform. Basic Facials offers esthetics professionals the hands-on visualization necessary to master the basic facial principles commonly needed to perform this service. You will learn

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## MILADY'S AESTHETICIAN SERIES

Aging Skin

*Susanne Schmaling, Founder/Director Pacific Institute of Esthetics*

© 2012, 286pp, Paperback, 9781435496149

### eBook



Aging Skin, part of Milady's Aesthetician Series, delves into one of the most popular areas of client concern today. This practical guide offers advice on a range of topics including the science and treatment of aging skin as well as how to address the lifestyle factors which

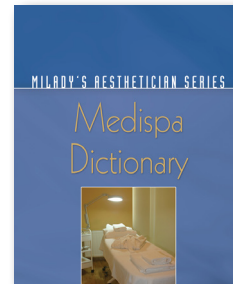
affect it. The text includes case studies which will lead you through real-life situations and provide clear and simple guidelines for creating an effective treatment plan for clients that aims at both reducing the effects of aging through aesthetic treatments as well as through appropriate home care. You will know how to create a healthy aging plan as well as understand the basics of cosmetic chemistry and organic skin care applied to aging skin, leading to a higher level of service for future clients.

## MILADY'S MEDISPA DICTIONARY

*Pamela Hill*

© 2012, 252pp, Paperback, 9781439060285

### eBook



Milady's Medispa Dictionary is a convenient reference which provides you with clear and concise definitions to the terminology you will use every day in lecture and in the treatment room. An alphabetical dictionary, along with anatomy and physiology and medical

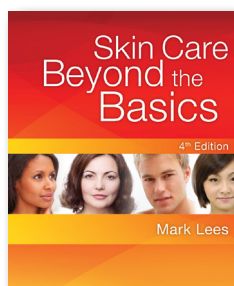
terminology information help you better understand and apply your skills.

## SKIN CARE: BEYOND THE BASICS, 4E

Mark Lees

© 2012, 514pp, Paperback, 9781435487451

**eBook**



This all new edition of Skin Care: Beyond the Basics builds upon the strong reputation of its predecessors as an outstanding resource for the advanced esthetics student and professional. Using plain language, it explains real-world scenarios and

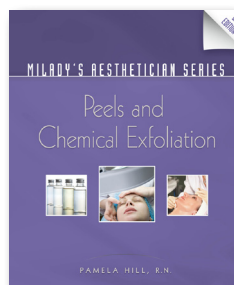
profiles what estheticians will experience when they are practicing in the clinic environment. Detailed information on subjects such as acne, sensitive skin, cosmetic ingredients and clinical management of aging skin is included. The subject matter is presented in a direct manner which leads to proven understanding in the classroom and positive client outcomes in the student clinic. This book is a must-have resource for future and existing professional estheticians, and will remain a trusted reference tool throughout your career.

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## MILADY'S AESTHETICIAN SERIES, 2E Peels and Chemical Exfoliation

Pamela Hill

© 2011, 332pp, Paperback, 9781435438668



Peels and Chemical Exfoliation, from Milady's Aesthetician Series, successfully exposes the reader to a broad understanding of the use of specific peeling agents and how they react on the skin. In this text, the author addresses the advanced

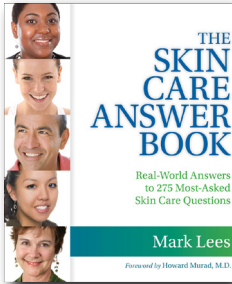
educational needs of aestheticians and nurses in such settings as medical skin care facilities, day spas and resort spas. Through specific case studies, clinicians will improve their knowledge of the peeling process. These studies validate and underscore the clinical information. Unique to this publication is an expanded chapter dedicated to peeling agents, indications for use and predictable outcomes. Finally, policy and procedure guides show the clinician, physician or facility how to implement ideas and programs.

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## THE SKIN CARE ANSWER BOOK

*Mark Lees*

© 2011, 256pp, Paperback, 9781435482258



The Skin Care Answer Book provides estheticians and students with answers to their most-often-asked skin care questions. Written in nontechnical language and organized by subject into chapters, this book is easy to navigate. The Q & A format provides concise,

quick answers to questions about skin care and individual skin types.

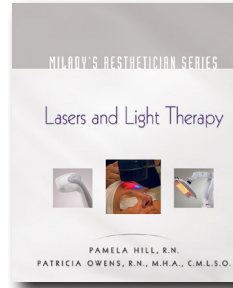
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## MILADY'S AESTHETICIAN SERIES

*Lasers and Light Therapy*

*Pamela Hill*

© 2010, 360pp, Paperback, 9781428399631



Lasers and Light Therapy is the first of its kind, offering a unique approach into the science and technology of laser and light systems. The reader will be exposed to all aspects of this specialized field whether one is working in a medical spa, day spa, or medical clinic. This book

is designed to address areas of hair removal and facial / body rejuvenation from a beginning conceptual level into practical hands-on application. Detailed information of treatment protocols is explored starting with the initial consultation and skin care, to the selection of the appropriate cosmetic device, to the delivery of the laser/light technology. The management of the client's goals and maximization of each treatment's outcome is also emphasized for the reader. As one gains knowledge of this exciting new specialty, the selection and acquisition of the appropriate cosmetic device is also thoroughly examined. Business management and marketing strategies are provided to guide the reader into creating an exciting, revenue generating opportunity.

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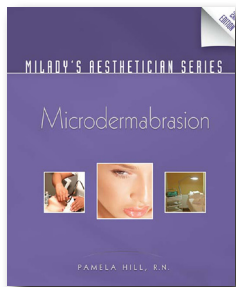


## MILADY'S AESTHETICIAN SERIES, 2E Microdermabrasion

*Pamela Hill*

© 2010, 350pp, Paperback, 9781435438651

### eBook



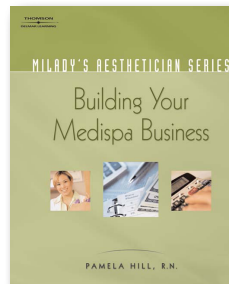
The second edition of Microdermabrasion, from Milady's Aesthetician Series, takes a unique and highly effective approach in addressing the advanced training needs of aestheticians working in medical skin care facilities, day spas and resort spas.

Individuals will begin to understand the indications, contraindications and significant medical information necessary for clinical microdermabrasion. A host of case studies helps the reader evaluate and interpret the material. Clinicians will be able to work through specific case histories to improve their knowledge based on their own relevant experiences. Specific instructions for procedures are outlined in working documents, making the implementation process easy for the clinician, physician or facility. The approach used in this book is unique, using policy and procedure guides as well as case studies to create a real-life study of microdermabrasion.

## MILADY'S AESTHETICIAN SERIES: BUILDING YOUR MEDISPA BUSINESS

*Pamela Hill*

© 2009, 191pp, Paperback, 9781401881672



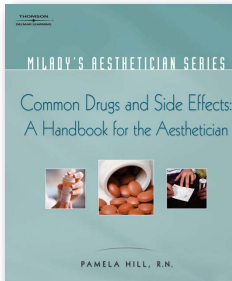
Building Your Medispa Business, part of Milady's Aesthetician Series, focuses on the planning process of owning and operating a spa business. This book emphasizes the key components an individual will need when developing their business

plan, beginning with what type of spa they envision. This comprehensive book includes new cutting edge information on operating a profitable spa with topics on employee hiring, training, employee management, customer service, and overall operations. In addition to the above topics, it focuses on developing marketing plans, setting quality standards, and understanding spa operations and legal issues. This unique reference will provide aestheticians who are considering opening a spa with the information they need to make informed choices giving them the greatest chance of seeing their business last and be successful.

## MILADY'S AESTHETICIAN SERIES: COMMON DRUGS AND SIDE EFFECTS: A HANDBOOK FOR THE AESTHETICIAN

*Pamela Hill*

© 2008, 287pp, Paperback, 9781401881726



This guide is designed to act as a quick drug reference for the aesthetician who requires information on drugs, their purpose, drug interactions, and potential effects and side effects, especially as they pertain to skin conditions. This unique resource highlights drugs

that will impact the skin, and as such, the ability to treat the skin with traditional topical or clinical treatments familiar in the spa or medical spa. Designed to increase knowledge in specific categories that are beneficial to patient care, the guide is organized to include coverage of common drugs for women; drugs used in the aging process; drugs used for autoimmune diseases; drugs for bacterial infections, viral infections, and fungal infections; drugs that affect the skin; drugs used for skin therapies; illegal drugs; and over-the-counter drugs. Special features of this reference guide include charts and illustrations for visual learning and a dictionary of drugs, their purpose and possible reactions.

## INSTRUCTOR TRAINING

### MILADY PROFESSIONAL EDUCATOR, 4E

*Milady*

© 2022, 496pp, Paperback, 9781337786836

MindTap eBook



Milady Master Educator, Fourth Edition provides the backbone of instructor theory for the beauty and wellness educator. The content presents educators with the teaching skills and educational judgments necessary to become an effective, engaging, and

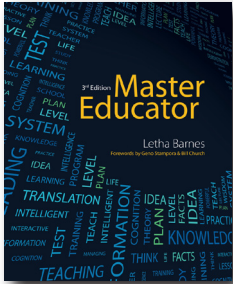
successful instructor. Master Educator is designed for flexibility, being used in programs ranging from a basic overview of instructor training to programs that require more advanced teaching techniques. Presented in a conversational, easy-to-understand style, it uses many pedagogical features to emphasize important information and powerful teaching techniques. Master Educator serves the future instructor as a valuable, fundamental learning tool, and the seasoned instructor with the strategies needed to adapt to the changing landscape of the learning environment.

## MASTER EDUCATOR, 3E

Letha Barnes

© 2014, 474pp, Paperback, 9781133693697

MindTap eBook



Milady's Master Educator, Third Edition provides the backbone of the instructor theory for the beauty and wellness educator. The text presents educators with the teaching skills and educational judgments necessary to become an effective and successful

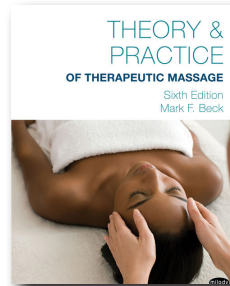
instructor. The content in Master Educator is designed for flexibility, being used in programs ranging from a basic overview of instructor training to programs that require more advanced teaching techniques. Presented in a conversational, easy-to-understand style, it uses many pedagogical features to emphasize important information and powerful teaching techniques. Master Educator serves the future instructor as a valuable, fundamental learning tool, and the seasoned instructor with the strategies needed to adapt to the changing landscape of classroom learning.

## MASSAGE

## THEORY & PRACTICE OF THERAPEUTIC MASSAGE, 6TH EDITION (SOFTCOVER), 6E

Mark F. Beck, American Massage Therapy Association

© 2017, 1008pp, Paperback, 9781285187587



Theory & Practice of Therapeutic Massage, Sixth Edition, comprehensively provides the foundation of knowledge required to become a massage professional. It delves into several areas within the profession, with chapters devoted to spa

massage, lymph massage, clinical massage techniques, therapeutic procedure, athletic massage, massage in medicine, and more. Providing a fresh new design, updated terminology and expanded content on topics such as research literacy and business administration, this new edition provides the essential knowledge and skills needed to become a successful massage therapist and will be a reference that users can count on throughout their careers.

## ANATOMY & PHYSIOLOGY REFERENCE FOR MASSAGE THERAPISTS, SPIRAL BOUND VERSION

Milady

© 2013, 33pp, Spiral, 9781133704126

### eBook



Milady is proud to introduce an all-new Anatomy and Physiology reference designed specifically for the massage therapist and massage therapy student. This reference includes comprehensive coverage of the various body systems as well as brief descriptions

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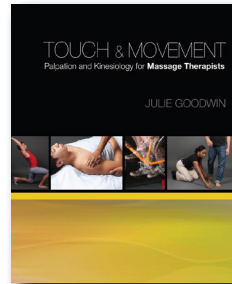
## TOUCH & MOVEMENT

Palpation and Kinesiology for Massage Therapists

Julie Goodwin

© 2013, 576pp, Spiral, 9781439056578

### eBook



**TOUCH & MOVEMENT: PALPATION AND KINESIOLOGY FOR MASSAGE THERAPISTS** leads step-by-step through the client assessment process, from analysis of posture and gait through application of the principles of complex movement to

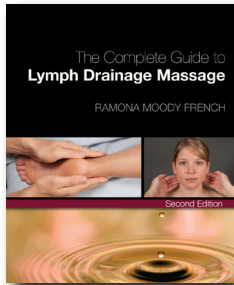
palpation of the skeletal and soft tissue structures of the body. Extensive instruction in palpation and kinesiology techniques including focus on endangerment zones, cautions and contraindications, and an array of palpation practice exercises, encourages true mastery of this crucial assessment tool. The text engages all learning styles with a range of hands-on exercises. Students can apply new concepts and techniques right there in the classroom or reinforce those skills in the treatment room. They learn why and how they should palpate bony landmarks, soft tissue attachments, and muscles. It grounds the reader in the fundamentals of joint and muscle anatomy and physiology. It also fills in potential educational gaps for those massage therapists whose initial training took place prior to classes that incorporated in-depth palpation and kinesiology techniques. With **TOUCH & MOVEMENT: PALPATION AND KINESIOLOGY FOR MASSAGE THERAPISTS**, established professionals and massage therapy students alike will find a visual and comprehensive tool created for and dedicated to their specific practical and educational needs and career growth.

## THE COMPLETE GUIDE TO LYMPH DRAINAGE MASSAGE, 2E

*Ramona Moody French*

© 2012, 288pp, Paperback, 9781439056714

### eBook



Lymph drainage massage is a technique utilized by massage therapists to provide relief from edema, an accumulation of fluids in the tissues that causes swelling. This book provides a scientifically-accurate explanation of the lymphatic system, the theory behind

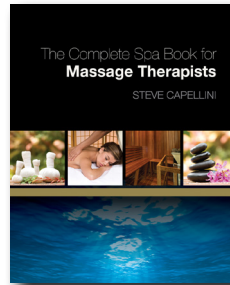
lymph drainage massage, and explains when it should be performed. Also provided is an explanation of the application of lymph drainage massage to the needs of well clients, rather than focusing on pathology, since most massage therapists and estheticians will not be treating lymph edema disease in their work. The book offers step-by-step procedures for facial and upper and lower body massage, giving you practical information that can be applied immediately. With an aging baby boomer generation and the population at large increasingly focused on well-being, technicians – whether beginners or those looking to review and broaden their skills – are increasingly interested in learning about lymph drainage massage and how it can enhance their clients' experience as well as their own careers. Milady's Guide to Lymph Drainage Massage can play a vital role in accomplishing all of these goals.

## THE COMPLETE SPA BOOK FOR MASSAGE THERAPISTS

*Steve Capellini*

© 2010, 718pp, Paperback, 9781418000141

### eBook



The Complete Spa Book for Massage Therapists is specifically for massage therapy students who want to succeed in the spa industry, whether as an employee or an owner of their own spa. It is the only book that includes extensive information about real-world

working conditions in actual spas, with an enormous amount of feedback from working spa directors and owners regarding what they are looking for in employees. Beyond giving explanations and step-by-step instructions regarding a wide range of spa modalities, the book offers an in-depth look at topics that many other resources do not cover.



## NAIL TECHNOLOGY

### MILADY'S STANDARD NAIL TECHNOLOGY

Australia New Zealand Edition

*Karen Murray; Milady*

© 2011, 432pp, Paperback, 9780170187671



Milady Standard Nail Technology equips you as a trainee nail technician with all the basic skills you will require to work in the industry. This Australian adaptation addresses the essential skills and knowledge required for the SIB20210 Certificate II in

Nail Technology qualification. This book covers technical skills for manicuring, pedicure, nail tips and electric filing. The basics of anatomy, physiology, chemistry and electricity are also covered, alongside life and business skills essential for getting ahead in the nail industry.

## REFERENCE

### PROFESSIONAL HAIRDRESSING & BARBERING, 7E

The Official Guide to Level 3

*Martin Green, Author; Leo Palladino, Deceased UK*

© 2015, 480pp, Paperback, 9781408073384



Completely revised to map to the recently-updated Professional Hairdressing and Barbering Level 3 National Occupational Standards, this new edition of Martin Green's bestselling textbook is the only book needed to successfully complete a Hairdressing or

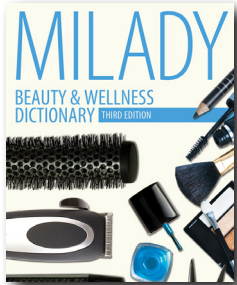
Barbering Level 3 NVQ qualification. This is the only Level 3 guide to be endorsed by both Habia and VTCT and is trusted by students and trainers. This book is suitable for those studying for NVQ Level 3 qualifications with all awarding associations, including VTCT, City & Guilds, ITEC and other providers. It has been developed to equip learners with everything they need to gain their qualification and provide a handy reference throughout their career.

## BEAUTY & WELLNESS DICTIONARY, 3E

for Cosmetologists, Barbers, Estheticians and Nail Technicians

Milady

© 2014, 360pp, Paperback, 9781133686989



The Beauty & Wellness Dictionary for Cosmetologists, Barbers, Estheticians, and Nail Technicians is a comprehensive, easy-to-use, A to Z reference of beauty and wellness-related terms.

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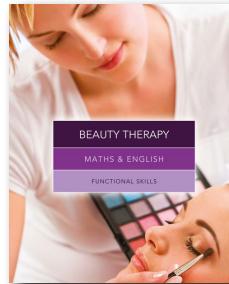
## MATHS & ENGLISH FOR BEAUTY THERAPY

Functional Skills

*Andrew Spencer, teaches secondary education in New South Wales and South Australia.; Habia*

© 2013, 64pp, Paperback, 9781408072684

### eBook



Written by Habia, the Hair and Beauty Industry Authority, this write-in workbook is an invaluable resource to help learners improve their Maths and English skills and prepare for Level 1 and Level 2 Functional Skills exams.

The workbook format enables learners to practice and improve their maths and English skills and the real-life questions, exercises and scenarios are all written with a beauty therapy context to help students find essential Maths and English theory understandable, engaging and achievable. This workbook is an invaluable resource to support Maths and English learning in the classroom, at work and for personal study at home.

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© 2013, 64pp, Paperback, 9781408072677

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The workbook format

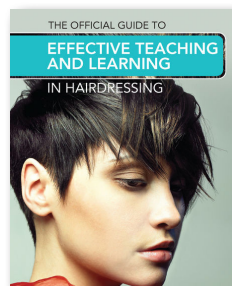
enables learners to practice and improve their maths and English skills and the real-life questions, exercises and scenarios are all written with a Hairdressing context to help students find essential Maths and English theory understandable, engaging and achievable. This workbook is an invaluable resource to support Maths and English learning in the classroom, at work and for personal study at home.

## THE OFFICIAL GUIDE TO EFFECTIVE TEACHING AND LEARNING IN HAIRDRESSING

*Elaine White, Training and Educational Consultant; Jane Goldsbro, Director of Standards and Qualifications at the Hairdressing and Beauty Industry Authority (Habia)*

© 2013, 128pp, Paperback, 9781408072660

### eBook



This essential timesaving tool is fully endorsed by Habia and offers Trainee Hairdressers and Fulltime Practitioners advice on ensuring their teaching is interesting, inspiring and motivational for all hairdressing learners. This book motivates readers to

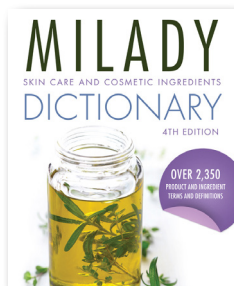
question the teaching and learning techniques they currently use and offers new, constructive ways for the educator to improve the quality of their teaching to hairdressing students. Readers will learn how to deliver a range of different teaching methods that can be used for starter activities and main programme content, all in the context of hairdressing learning and mapped to the hairdressing curriculum. Readers will also have access to a free online companion website offering downloadable templates and text to help prepare for lessons and plan the delivery of the hairdressing curriculum to learners of all ages in any learning environment. This book is suitable for all awarding associations, ensuring students have everything they need to pass their course.

## SKIN CARE AND COSMETIC INGREDIENTS DICTIONARY, 4E

*M. Varinia Michalun; Joseph C. DiNardo*

© 2015, 339pp, Paperback, 9781285060798

**eBook**



Milady's Skin Care and Cosmetic Ingredients Dictionary, 4th Edition is more than just a dictionary of cosmetic ingredients; it is a guide to understanding skin types and skin physiology, product formulation and how cosmetic products interact

with the skin. For ease of use, this book is split into three parts. Part 1 includes a basic explanation of skin anatomy and physiology, including skin types, conditions and problems. This knowledge is critical for understanding product performance. Definitions of common terms used in skin care formulation are also provided. Part 2 contains an alphabetical listing of more than 2,300 cosmetic ingredients with accompanying definitions that help identify the function and purpose of each ingredient with Part 3 offering a reference of Botanical Latin names for commonly used ingredients. This is an invaluable resource that will assist in making well-informed decisions regarding skin care ingredients and cosmetic products.

## BEAUTY & WELLNESS DICTIONARY, 3E

for Cosmetologists, Barbers, Estheticians and Nail Technicians

*Milady*

© 2014, 360pp, Paperback, 9781133686989



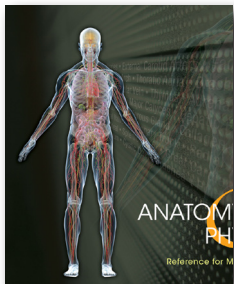
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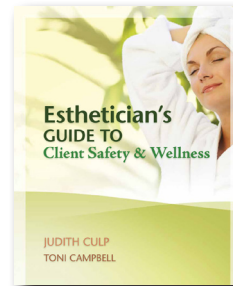
of each system to increase understanding of the system's function. This must-have reference for the beauty and wellness student includes cross sections and multiple views of eleven main body systems.

## ESTHETICIAN'S GUIDE TO CLIENT SAFETY AND WELLNESS

Judith Culp; Toni Campbell

© 2013, 160pp, Spiral, 9781439057452

### eBook



Accidents happen, even in the structured, pampering environment of a professionally-run salon or spa. How often have you asked yourself "What would I do if...?" What would you do if a client had a heart attack or suddenly stopped breathing? What should you

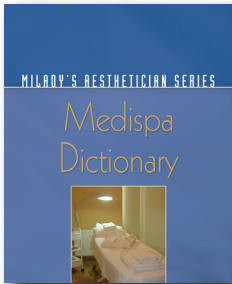
do if your client is burned or breaks out in a strange rash during treatment? The Esthetician's Guide to Client Safety and Wellness is designed to offer practical, safety-based information and tips to decrease the possibility of infection, as well as accidents or injuries during treatment or service. An entire section is dedicated to cautions and contraindications relating to medications that can affect treatment choices, especially for clients dealing with health conditions. Considering the many inherent exposures – not only to the client but to those actually working in the spa, clinic and salon environment – the Estheticians Guide to Client Safety and Wellness is an essential tool and an invaluable resource for esthetic and cosmetology professionals.

## MILADY'S MEDISPA DICTIONARY

*Pamela Hill*

© 2012, 252pp, Paperback, 9781439060285

### eBook



Milady's Medispa Dictionary is a convenient reference which provides you with clear and concise definitions to the terminology you will use every day in lecture and in the treatment room. An alphabetical dictionary, along with anatomy and physiology and medical

terminology information help you better understand and apply your skills.

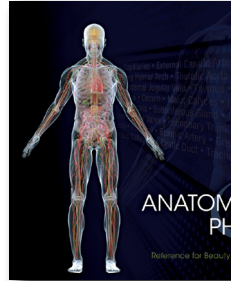
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## STUDENT REFERENCE FOR ANATOMY & PHYSIOLOGY, SPIRAL BOUND VERSION, 2E

*Milady*

© 2012, 36pp, Spiral, 9781111642112

### eBook



Milady's best-selling Student Reference for Anatomy and Physiology has been revised and expanded. This all-new edition includes more comprehensive coverage of the various body systems as well as brief descriptions of each system to increase

understanding of the system's function. This must-have reference for the beauty and wellness student includes cross sections and multiple views of eleven main body systems. This is the perfect addition to any cosmetology, barbering, nail technology, esthetics or massage therapy student's study materials.

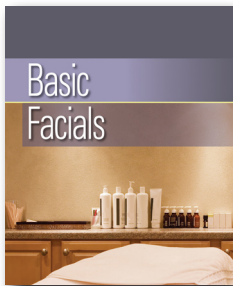
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## SALON & SPA OWNERS

### BASIC FACIALS

*Milady*

© 2012, NonBook-Disk, 9781111544461



The basic facial is the staple service an esthetician is requested to perform. Basic Facials offers esthetics professionals the hands-on visualization necessary to master the basic facial principles commonly needed to perform this service. You will learn

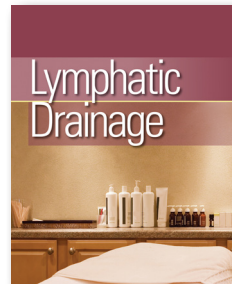
everything from the initial consultation through the final clean up from the service. Special attention is paid to providing a welcoming and professional atmosphere for your client, and providing a high-quality service from analyzing your client's skin to using deep cleansing, massage, masks, and other products to help stimulate and clarify your clients skin.

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### LYMPHATIC DRAINAGE

*Milady*

© 2012, NonBook-Disk, 9781111544508



Lymphatic Drainage introduces you to the simple-to-learn techniques of lymph drainage massage in two phases, starting with treating the neck and then the face. Covering both manual and machine-aided lymphatic drainage massage, this DVD is

designed to walk you step-by-step through the entire service from indications and contraindications, set-up, the service, and post-procedure steps, helping you to become proficient with this highly sought after procedure.

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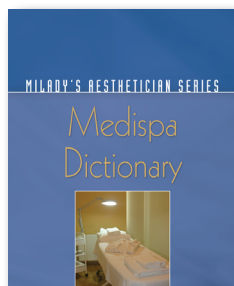


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## SUCCESSFUL SALON AND SPA MANAGEMENT, 6E

*Edward Tezak; Terry Folawn*

© 2012, 256pp, Paperback, 9781435482463

**eBook**



Creating a salon or spa from scratch can be a daunting task. Successful Salon and Spa Management, Sixth Edition cuts through the confusion and provides you with a clear understanding of what it takes to run a salon or spa. From understanding the

differences in what type of salon or spa you want to open, all the way through financing and operating for profit, you will learn the ins and outs of building a business and keeping it productive. Whether you are a student or a practicing professional, Successful Salon Management, Sixth Edition will put you on the right track to salon ownership and profitability.

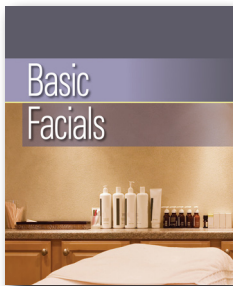
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## SALON & SPA TECHNICIANS

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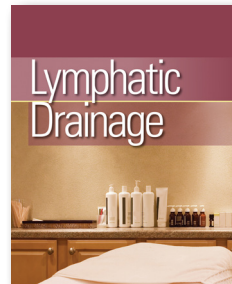
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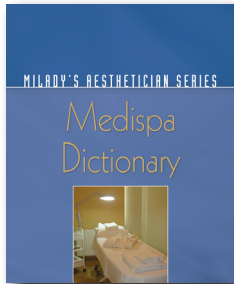
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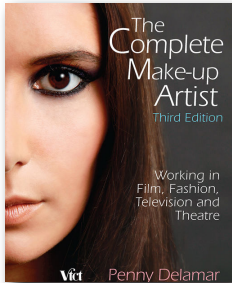
## STANDARD COSMETOLOGY

### THE COMPLETE MAKE-UP ARTIST, 3E

*Penny Delamar, Founder, The Delamar Academy, Ealing Film Studios, London*

© 2016, 352pp, Paperback, 9781473703711

#### eBook



This new edition of The Complete Make-up Artist offers a personal, in-depth insight into the exciting work of media make-up. Written for all media make-up students, in particular those studying a VRQ at Levels 2 and 3, this new edition has been updated in accordance

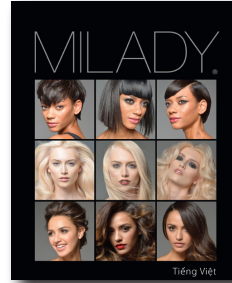
with the new NOS. The only media make-up book to be endorsed by Habia and VTCT, The Complete Make-up Artist will build skills and experience and help students become a qualified, professional make-up artist.

### VIETNAMESE TRANSLATED FOR MILADY STANDARD COSMETOLOGY 2016, 13E

*Milady*

© 2016, 1130pp, Loose-Leaf, 9781285769448

#### eBook



Milady has evolved for over 85 years to become what it is today, the cornerstone of beauty and wellness education. We are very excited and proud to announce the latest edition of Milady Standard Cosmetology, the most commonly used resource in

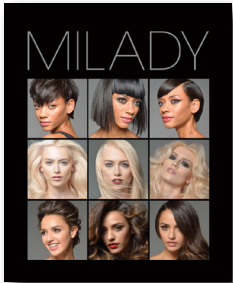
cosmetology education. For decades since our first textbook published, it has been our commitment to provide students with the foundation in the principles and skills needed to master the science and art of cosmetology, and with this latest version that commitment has not waived. For the new edition, celebrity stylist Ted Gibson served as Creative Director on the project. The result is a brilliant new design with over 750 new photos and a gorgeous layout, providing a visually stunning resource to engage today's learner. We also recruited a team of twelve authors, made up of top professionals and educators in the industry, to provide the most current information on concepts and techniques. During our extensive peer review and development process, we were asked for a resource that placed emphasis on essential content needed for licensure success, and we feel confident that we delivered. Milady Standard Cosmetology will continue to be a source of education that students can count on, not only while in school, but throughout their careers.

## MILADY STANDARD COSMETOLOGY, 13E

*Milady*

© 2016, 1129pp, Hardback, 9781285769417

MindTap eBook



Milady has evolved for over 85 years to become what it is today, the cornerstone of beauty and wellness education. We are very excited and proud to announce the latest edition of Milady Standard Cosmetology, the most commonly used resource in

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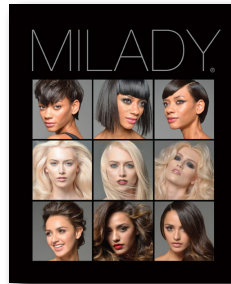
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## MILADY STANDARD COSMETOLOGY, 13E

*Milady*

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MindTap eBook



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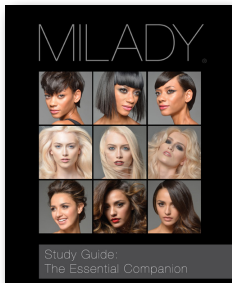
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## STUDY GUIDE: THE ESSENTIAL COMPANION FOR MILADY STANDARD COSMETOLOGY, 13E

Milady

© 2016, 576pp, Paperback, 9781285769639



This full color study guide will help you recognize, understand, and retain the key concepts presented in each chapter of MILADY STANDARD COSMETOLOGY 2016. Self-lead exercises minimize assistance from the educator. The Essential

Companion provides six easy-to-follow features- Essential Objectives, Essential Subjects, Essential Concepts, Essential Exercises, Essential Review, and Essential Notes- that enables you to identify, comprehend, and retain the key concepts necessary for success in licensure and the professional environment.

## STANDARD ESTHETICS ADVANCED

MILADY STANDARD ESTHETICS, 2E  
Advanced

Milady

© 2013, 980pp, Hardback, 9781111139094

MindTap eBook



MILADY STANDARD ESTHETICS: ADVANCED, SECOND EDITION is an essential tool for students enrolled in advanced esthetics programs and critical for anyone serious about achieving a higher level of success in the beauty and wellness field.

This new edition demonstrates Milady's commitment to providing the most current, cutting-edge educational resources to esthetic students and professionals anxious to expand and perfect their skills in one of the fastest growing industries of the day. It responds to the increasing demand for a more robust knowledge of skin care principles and techniques resulting from trends in medical esthetics as well as in hospitality and tourism. MILADY STANDARD ESTHETICS: ADVANCED encompasses the broad areas of advanced skin sciences, including skin disorders and the updated ABC's of skin cancer; advanced esthetic techniques and devices; spa and alternative therapies; and working in a medical setting, including plastic surgery procedures and pre- and post-medical treatments. An introductory section addresses changes in esthetics to keep the student up-to-date on the newest technology and products, plus the final two chapters delve into financial business and marketing skills vital for rounding out success in the world of esthetics.



## STANDARD ESTHETICS FUNDAMENTALS

### BEAUTY BASICS, 3E

The Official Guide to Level 1 (Revised Edition)

Lorraine Nordmann, *Hugh Baird College*

© 2014, 248pp, Paperback, 9781473710603

#### eBook



Lorraine Nordmann's leading textbook, *Beauty Basics: The Official Guide to Level 1* has been fully revised to provide everything today's beginner Beauty Therapist requires to pass their Level 1 qualification. Written in

Nordmann's trademark engaging and down-to-earth style, this well-trusted book will appeal to a whole new generation of beauty students by equipping learners with everything they need to gain their qualification and provide a handy reference throughout their career. In addition to being endorsed by VTCT, this is the only official guide for Beauty Therapy at Level 1 endorsed by Habia and is a must for any Beauty Therapy student. This book is suitable for all beginners studying Beauty Therapy at Level 1 with all awarding association, including VTCT, City & Guilds, ITEC and other providers. This new edition is also available with CourseMate online teaching and learning resource, which offers engaging and interactive resources such as an integrated eBook, videos, step-by-step, images, activities and games, all aligned to the content of the textbook for a fully integrated learning experience.

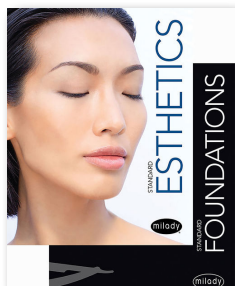
## STANDARD ESTHETICS FUNDAMENTALS

### MILADY STANDARD FOUNDATIONS WITH STANDARD ESTHETICS: FUNDAMENTALS

Milady

© 2020, Hardback, 9780357263792

#### MindTap eBook



Milady Standard Foundations with Standard Esthetics: Fundamentals, 12th edition, addresses everything a student must learn to become an esthetician. Packaged together for a complete curriculum, Milady Standard Foundations focuses on

introductory topics including science basics, infection control and the importance of soft/business skills while Milady Standard Esthetics: Fundamentals, 12th Edition focuses on the esthetics-specific content essential to becoming a licensed professional. Available in digital and print forms, this product provides the basics of an esthetics curriculum for every state.



## MILADY STANDARD ESTHETICS, 11E Fundamentals

Milady

© 2013, 758pp, Hardback, 9781111306892

MindTap eBook



Milady Standard Esthetics Fundamentals, 11th edition, is the essential source for basic esthetics training. This new edition builds upon Milady's strong tradition of providing students and instructors with the best beauty and wellness education tools for

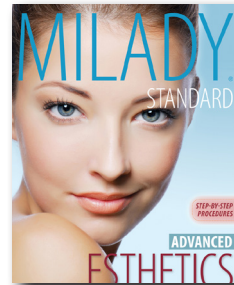
their future. The rapidly expanding field of esthetics has taken a dramatic leap forward in the past decade, and this up-to-date text plays a critical role in creating a strong foundation for the esthetics student. Focusing on introductory topics, including history and opportunities in skin care, anatomy and physiology, and infection control and disorders, it lays the groundwork for the future professional to build their knowledge. The reader can then explore the practical skills of a skin care professional, introducing them to the treatment environment, basic facial treatments, hair removal, and the technology likely to be performed in the salon or spa setting.

## MILADY'S STANDARD ESTHETICS, 2E Advanced Step-by-Step Procedures, Spiral bound Version

Milady

© 2013, 256pp, Spiral, 9781133013495

eBook



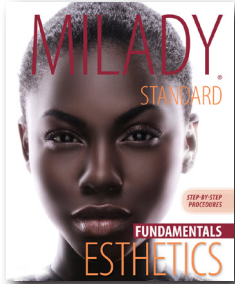
This spiral full-color supplement to Milady Standard Esthetics: Advanced can be used in conjunction with the textbook or on its own to brush up on key procedures. Each step is clearly explained and is accompanied by full-color

photos. At the end of each chapter you will find a rubric, to note, organize and interpret data gathered from observations of student or professional performance. The Step-By-Step Procedures has been updated to match the contents of Milady Standard Esthetics: Advanced, 2e.

## STEP-BY-STEP PROCEDURES FOR MILADY STANDARD ESTHETICS: FUNDAMENTALS, SPIRAL BOUND VERSION, 11E

Milady

© 2013, 144pp, Spiral, 9781111307097



This spiral full-color supplement to Milady Standard Esthetics: Fundamentals can be used in conjunction with the textbook or on its own to brush up on key procedures. Each step is clearly explained and is accompanied by full-color

photos. At the end of each chapter you will find a rubric, to note, organize and interpret data gathered from observations of student or professional performance. The Step-By-Step Procedures has been updated to match the contents of Milady Standard Esthetics: Fundamentals, 11e.

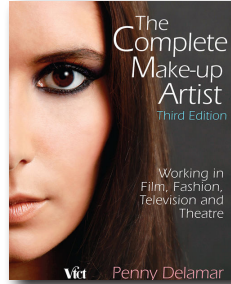
## STANDARD MAKEUP

### THE COMPLETE MAKE-UP ARTIST, 3E

*Penny Delamar, Founder, The Delamar Academy, Ealing Film Studios, London*

© 2016, 352pp, Paperback, 9781473703711

### eBook



This new edition of The Complete Make-up Artist offers a personal, in-depth insight into the exciting work of media make-up. Written for all media make-up students, in particular those studying a VRQ at Levels 2 and 3, this new edition has been updated in accordance

with the new NOS. The only media make-up book to be endorsed by Habia and VTCT, The Complete Make-up Artist will build skills and experience and help students become a qualified, professional make-up artist.

## MILADY STANDARD MAKEUP

Michelle D'Allaird

© 2013, 530pp, Hardback, 9781111539597

**eBook**



For decades, Milady has been known as the premier source for beauty and wellness education. Now we have taken that reputation one step further with the brand-new Milady Standard Makeup. This cutting-edge addition to the Milady Standard offerings is

aimed at anyone and everyone with a passion and desire for becoming a makeup artist or working in the world of makeup. Milady Standard Makeup is a full-color text, packed with more than 800 photos and illustrations, covering everything from anatomy and physiology to color theory, product types and tools. Step-by-step procedures lead the reader through various looks including bridal, prom, and high-fashion applications. Readers will also learn how to create natural looks and deal with particular skin types such as mature and acne-prone skin. Milady Standard Makeup is destined to establish itself as the foundational textbook in its field, essential for every makeup artist with an eye towards success in this rapidly expanding and dynamic industry.

## STANDARD NAIL TECHNOLOGY

### MILADY STANDARD NAIL TECHNOLOGY WITH STANDARD FOUNDATIONS, 8E

Milady

© 2021, 578pp, Hardback, 9780357446867

**MindTap eBook**



MILADY STANDARD NAIL TECHNOLOGY, 8th Edition, is the future nail technician's guidebook to success. The new 2-book format includes Standard Foundations and Nail Technology packaged together for a complete curriculum. Standard

Foundations focuses on introductory topics including science basics, infection control and the importance of soft/ business skills; while Nail Technology includes new and updated information on manicuring, pedicuring, gel nail enhancement, nail resin enhancements, and nail art. New procedural photography follows the highest standards in infection control and enhances step-by-step instructions. This edition also features new competency-based learning objectives to emphasize the importance of the concepts presented. This edition offers aspiring nail technicians the tools they need for a rewarding and successful career.

## THE COMPLETE NAIL TECHNICIAN, 4E

*Marian Newman*

© 2017, 384pp, Paperback, 9781473748736

**eBook**



## MILADY STANDARD NAIL TECHNOLOGY, 7E

*Milady*

© 2015, 535pp, Paperback, 9781285080475

**MindTap eBook**



Milady Standard Nail Technology, 7th Edition is packed with new and updated information on several important topics including infection control, manicuring, pedicuring, chemistry, UV gels, and the salon business. Brand new procedural photography

enhances step-by-step instructions for the student. Also included, is a new “Why Study?” section at the beginning of each chapter, outlining the importance of understanding the concepts presented. Chapter objectives have also been revised to provide students and instructors with measureable, outcomes-based goals that can later be assessed using the end-of-chapter review questions. This latest edition of Milady Standard Nail Technology gives the aspiring nail technician the tools they need to launch themselves into a rewarding and successful career.

## MILADY'S STANDARD NAIL TECHNOLOGY

Australia New Zealand Edition

*Karen Murray; Milady*

© 2011, 432pp, Paperback, 9780170187671



Milady Standard Nail Technology equips you as a trainee nail technician with all the basic skills you will require to work in the industry. This Australian adaptation addresses the essential skills and knowledge required for the SIB20210 Certificate II in

Nail Technology qualification. This book covers technical skills for manicuring, pedicure, nail tips and electric filing. The basics of anatomy, physiology, chemistry and electricity are also covered, alongside life and business skills essential for getting ahead in the nail industry.

## MILADY STANDARD NAIL TECHNOLOGY WITH STANDARD FOUNDATIONS, 8E

*Milady*

© 2021, 578pp, Hardback, 9780357446867

### MindTap eBook



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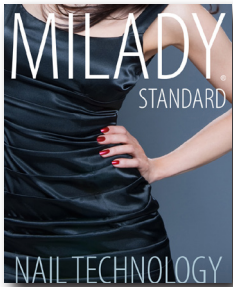
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# COSMETOLOGY

## COSMETOLOGY

### DVD SERIES FOR MILADY'S STANDARD ESTHETICS: ADVANCED

Milady

© 2010, NonBook-Disk, 9781435412880



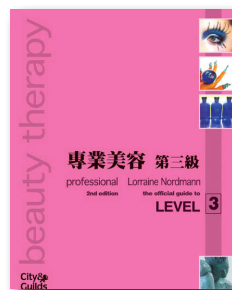
Provides demonstrations of practical applications with the ability to view from multiple angles to ensure no step is missed, and in an easy-to-use manner.

### 專業美容 第三級, 2E

Lorraine Nordmann, Hugh Baird College

© 2008, 0pp, Paperback, 9789814221825

### AsiaTitle



第二版『專業美容』第三級是國家美容職業證照資格 ( NVQ Level 3 ) 的正式指導手冊,由Lorraine Nordmann 著作,英國美容美髮業管理局 ( Habia ) 與Cengage Learning 出版社聯合出版。經過完整校訂更新的第二版,不僅能幫助學生精進專業,更能應付登上第三級證照資格

所需面對的挑戰及要求。本書囊括第三級美容師的一切必備知識,因此無論學生未來將走向何種職涯或求學生涯,只要一書在手,絕對受益無窮。



## NAIL TECHNOLOGY

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*Karen Murray; Milady*

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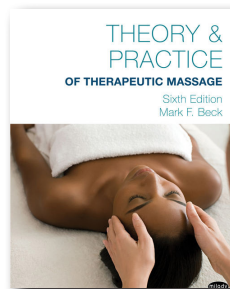
## MASSAGE

### MASSAGE

### THEORY & PRACTICE OF THERAPEUTIC MASSAGE, 6TH EDITION (SOFTCOVER), 6E

*Mark F. Beck, American Massage Therapy Association*

© 2017, 1008pp, Paperback, 9781285187587



Theory & Practice of Therapeutic Massage, Sixth Edition, comprehensively provides the foundation of knowledge required to become a massage professional. It delves into several areas within the profession, with chapters devoted to spa

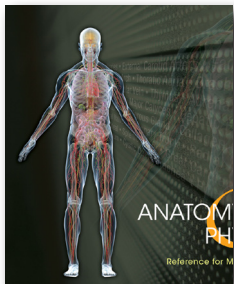
massage, lymph massage, clinical massage techniques, therapeutic procedure, athletic massage, massage in medicine, and more. Providing a fresh new design, updated terminology and expanded content on topics such as research literacy and business administration, this new edition provides the essential knowledge and skills needed to become a successful massage therapist and will be a reference that users can count on throughout their careers.

## ANATOMY & PHYSIOLOGY REFERENCE FOR MASSAGE THERAPISTS, SPIRAL BOUND VERSION

Milady

© 2013, 33pp, Spiral, 9781133704126

### eBook



Milady is proud to introduce an all-new Anatomy and Physiology reference designed specifically for the massage therapist and massage therapy student. This reference includes comprehensive coverage of the various body systems as well as brief descriptions

of each system to increase understanding of the system's function. This must-have reference for the beauty and wellness student includes cross sections and multiple views of eleven main body systems.

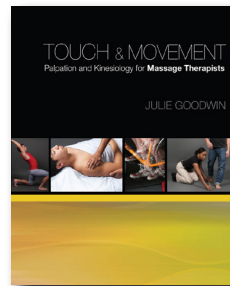
## TOUCH & MOVEMENT

Palpation and Kinesiology for Massage Therapists

Julie Goodwin

© 2013, 576pp, Spiral, 9781439056578

### eBook



**TOUCH & MOVEMENT: PALPATION AND KINESIOLOGY FOR MASSAGE THERAPISTS** leads step-by-step through the client assessment process, from analysis of posture and gait through application of the principles of complex movement to

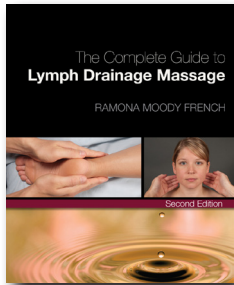
palpation of the skeletal and soft tissue structures of the body. Extensive instruction in palpation and kinesiology techniques including focus on endangerment zones, cautions and contraindications, and an array of palpation practice exercises, encourages true mastery of this crucial assessment tool. The text engages all learning styles with a range of hands-on exercises. Students can apply new concepts and techniques right there in the classroom or reinforce those skills in the treatment room. They learn why and how they should palpate bony landmarks, soft tissue attachments, and muscles. It grounds the reader in the fundamentals of joint and muscle anatomy and physiology. It also fills in potential educational gaps for those massage therapists whose initial training took place prior to classes that incorporated in-depth palpation and kinesiology techniques. With **TOUCH & MOVEMENT: PALPATION AND KINESIOLOGY FOR MASSAGE THERAPISTS**, established professionals and massage therapy students alike will find a visual and comprehensive tool created for and dedicated to their specific practical and educational needs and career growth.

## THE COMPLETE GUIDE TO LYMPH DRAINAGE MASSAGE, 2E

Ramona Moody French

© 2012, 288pp, Paperback, 9781439056714

### eBook



Lymph drainage massage is a technique utilized by massage therapists to provide relief from edema, an accumulation of fluids in the tissues that causes swelling. This book provides a scientifically-accurate explanation of the lymphatic system, the theory behind

lymph drainage massage, and explains when it should be performed. Also provided is an explanation of the application of lymph drainage massage to the needs of well clients, rather than focusing on pathology, since most massage therapists and estheticians will not be treating lymph edema disease in their work. The book offers step-by-step procedures for facial and upper and lower body massage, giving you practical information that can be applied immediately. With an aging baby boomer generation and the population at large increasingly focused on well-being, technicians – whether beginners or those looking to review and broaden their skills – are increasingly interested in learning about lymph drainage massage and how it can enhance their clients' experience as well as their own careers. Milady's Guide to Lymph Drainage Massage can play a vital role in accomplishing all of these goals.

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## HUMAN DISEASES, 3E

Marianne Neighbors, University of Arkansas; Ruth Tannehill-Jones

© 2010, 544pp, Paperback, 9781435427518

### eBook



Essential pathophysiology product for allied health learners organized in a body systems format with supplemental materials to support the learner and instructor.

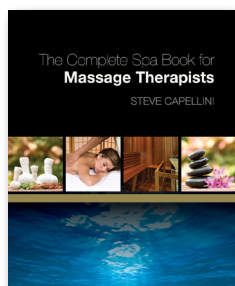
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## THE COMPLETE SPA BOOK FOR MASSAGE THERAPISTS

Steve Capellini

© 2010, 718pp, Paperback, 9781418000141

### eBook



The Complete Spa Book for Massage Therapists is specifically for massage therapy students who want to succeed in the spa industry, whether as an employee or an owner of their own spa. It is the only book that includes extensive information about real-world

working conditions in actual spas, with an enormous amount of feedback from working spa directors and owners regarding what they are looking for in employees. Beyond giving explanations and step-by-step instructions regarding a wide range of spa modalities, the book offers an in-depth look at topics that many other resources do not cover.

## REFERENCE

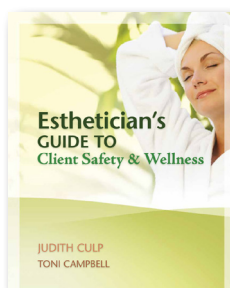
### REFERENCE

## ESTHETICIAN'S GUIDE TO CLIENT SAFETY AND WELLNESS

Judith Culp; Toni Campbell

© 2013, 160pp, Spiral, 9781439057452

### eBook



Accidents happen, even in the structured, pampering environment of a professionally-run salon or spa. How often have you asked yourself "What would I do if...?" What would you do if a client had a heart attack or suddenly stopped breathing? What should you

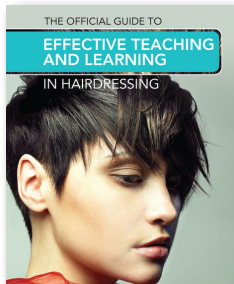
do if your client is burned or breaks out in a strange rash during treatment? The Esthetician's Guide to Client Safety and Wellness is designed to offer practical, safety-based information and tips to decrease the possibility of infection, as well as accidents or injuries during treatment or service. An entire section is dedicated to cautions and contraindications relating to medications that can affect treatment choices, especially for clients dealing with health conditions. Considering the many inherent exposures – not only to the client but to those actually working in the spa, clinic and salon environment – the Estheticians Guide to Client Safety and Wellness is an essential tool and an invaluable resource for esthetic and cosmetology professionals.

## THE OFFICIAL GUIDE TO EFFECTIVE TEACHING AND LEARNING IN HAIRDRESSING

*Elaine White, Training and Educational Consultant; Jane Goldsbro, Director of Standards and Qualifications at the Hairdressing and Beauty Industry Authority (Habia)*

© 2013, 128pp, Paperback, 9781408072660

### eBook



This essential timesaving tool is fully endorsed by Habia and offers Trainee Hairdressers and Fulltime Practitioners advice on ensuring their teaching is interesting, inspiring and motivational for all hairdressing learners. This book motivates readers to

question the teaching and learning techniques they currently use and offers new, constructive ways for the educator to improve the quality of their teaching to hairdressing students. Readers will learn how to deliver a range of different teaching methods that can be used for starter activities and main programme content, all in the context of hairdressing learning and mapped to the hairdressing curriculum. Readers will also have access to a free online companion website offering downloadable templates and text to help prepare for lessons and plan the delivery of the hairdressing curriculum to learners of all ages in any learning environment. This book is suitable for all awarding associations, ensuring students have everything they need to pass their course.

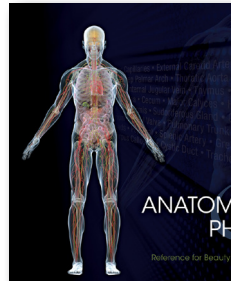
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## STUDENT REFERENCE FOR ANATOMY & PHYSIOLOGY, SPIRAL BOUND VERSION, 2E

*Milady*

© 2012, 36pp, Spiral, 9781111642112

### eBook



Milady's best-selling Student Reference for Anatomy and Physiology has been revised and expanded. This all-new edition includes more comprehensive coverage of the various body systems as well as brief descriptions of each system to increase

understanding of the system's function. This must-have reference for the beauty and wellness student includes cross sections and multiple views of eleven main body systems. This is the perfect addition to any cosmetology, barbering, nail technology, esthetics or massage therapy student's study materials.

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# Notes



**Cengage Learning Asia Pte Ltd**

30A Kallang Place, #12-06

Singapore 339213

T (65) 6410 1200

F (65) 6410 1208

E [asia.info@cengage.com](mailto:asia.info@cengage.com)

URL [www.cengageasia.com](http://www.cengageasia.com)