

# Limited Esthetician Dos & Don'ts

## DO

Unless an individual possesses a valid and appropriate health occupation license issued by the Maryland Department of Health:

## Don't

<p><b>Body Hair Waxing-</b> Waxing is preferable to shaving because it removes the skin from the root and doesn't leave behind bumps or stray hairs. Unlike the daily routine of shaving or tweezing, waxing offers your clients smooth skin that can be left untouched for up to two weeks.</p>	<p><b>Botox-</b> FDA-approved drug, minimally invasive cosmetic procedure made from a neurotoxin produced by the bacterium clostridium botulinum—or Botulinum toxin performed in the world today.</p>
<p><b>Body Wrapping-</b> involves wrapping or covering the body with treated bandages or a substance like mud or seaweed leaves. It includes substances applied to the skin and sealed in with Mylar foil or thermoplastic wraps, thus creating a “cocoon effect.”</p>	<p><b>Chemical peels-</b> acid solutions applied to the skin. By removing old skin cells, chemical peels reveal the fresher layer below. Chemical peels are also referred to as epidermal exfoliation, chemexfoliation, and derma-peeling.</p>
<p><b>Brow Shaping-</b> Threading, Waxing and Tweezing (A license isn't required to thread)</p>	<p><b>Ultrasonic skincare therapy -</b> utilize the same sound wave technology as medical ultrasounds to deeply penetrate the skin and improve the appearance of sagging skin.</p>
<p><b>Facial extraction -</b>involves the process of clearing a clogged pore, either manually or through mechanical means. Clogged pores—clogged with excess sebum and dead skin cells—result in blackheads, pustules, and pimples, all of which can be removed through facial extraction, either manually or mechanically.</p>	<p><b>eMatrix Sublative Rejuvenation-</b> also known as fractionated bipolar radiofrequency, is an FDA-approved procedure that uses radio frequency to deliver controlled pulses of light and heat into the skin for better texture, tone, and appearance. eMatrix Sublative Rejuvenation delivers radio frequency deep into the layers of the skin.</p>
<p><b>Facial Waxing-</b> waxing of the face, including the eyebrows, forehead, upper lip, cheeks, and chin, as well as the body, including the upper/lower leg, underarms, forearms, and bikini area.</p>	<p><b>IPL Photofacial -</b>intense pulses of light to the skin. The light penetrates deep into the skin, constricting the blood vessels and stimulating the creation of collagen. The IPL device (a small, handheld wand) delivers multiple wavelengths (broad spectrum) of light, which target the lower layer of skin (dermis). It is designed to simultaneously remove the effects of damaged and photo-aged skin while stimulating collagen growth. This non-invasive treatment can be used on the face, hands, neck, and chest.</p>
<p><b>Hydra-facial -</b> one of the most powerful, non-invasive skin resurfacing treatments available</p>	<p><b>Laser Hair/ Skin Removal-</b> is meant to be semi-permanent, allowing your clients to enjoy clean,</p>

<p>today. It combines cleansing, exfoliation, extraction, hydration and antioxidant protection that removes dead skin cells and impurities, while simultaneously delivering moisturizing serums into the skin</p>	<p>hairless skin for months in between visits to the salon. Laser hair removal does <i>not</i> fall within the scope of practice of a conventional esthetician's license, with the exception of a few states – Washington, Virginia, and Utah – which allow master estheticians to perform the service since laser therapy training is integrated into the advanced courses required for this level of licensure.</p>
<p><b>LED light therapy</b> - is a noninvasive, anti-aging procedure that emits packets of light deep into the skin's layers. It triggers cellular activity to allow the skin to heal and rejuvenate.</p>	<p><b>Manual lymphatic drainage</b> - is a pleasant, gentle, and non-invasive massage designed to improve the appearance of the skin by facilitating proper lymphatic flow and drainage.</p>
<p><b>Mask</b>- Masks complement facials, balance the skin, reduce wrinkles and dryness, combat acne, and heal and calm skin affected by free radicals.</p>	<p><b>Microdermabrasion</b> - is a skin resurfacing technique that exfoliates the outermost layer of skin, removing dead skin cells and vacuuming them away.</p>
<p><b>Oxygen therapy</b> - in skincare stems from the premise that the delivery of stable oxygen to the skin increases cell metabolism.</p>	<p><b>Micro-Needling</b>- Also known as micro-puncture or collagen induction therapy, dermal rolling, cosmetic dry needling, and percutaneous collagen induction, deep micro-needling involves the use of small needles to perforate living skin tissue below the stratum corneum.</p>
<p><b>Relaxation Facial Massages</b> - consist of movements that stimulate blood flow and circulation and eliminate toxins, which create a renewed, rosy complexion. Scalp, neck, shoulder, and hand massages may be included in facial massages.</p>	
<p><b>Skin detox</b> - facials and services for clients with different needs, such as acne, clogged pores, dull skin, or fine lines and wrinkles. Detox services using natural ingredients and botanicals are also popular offerings in esthetician's offices.</p>	
<p><b>Skin Polish Exfoliation</b>- involve the use of a tool (brush or sponge) and/or a topical abrasive, such as oatmeal, corn cob meal, date seed powder. Natural estheticians often use rice seeds and bran, both of which have used to relieve inflammation and cleanse and soften the skin.</p>	

<p><b>Spray Tanning</b> - applied with an airbrush tool which distributes a fine mist onto your client's body. The mist's active ingredient, dihydroxyacetone (DHA), reacts with the amino acids in the cells on the top layer of the skin in order to darken it in color. As your skin cells die and are replaced by new cells, however, the color wears off.</p>	
<p><b>Nano-Needling</b> – the use cosmetic, non-medical devices that pierce the skin with needles no longer than .15 mm and that are not marketed as stimulating collagen production.</p>	
<p><b>Dermaplaning</b> – using a razor sharp blade to remove dead skin cells by scraping the surface of the skin. -</p>	

If a procedure **Pricks, Punctures, or Penetrates** the skin beyond the stratum corneum, the outermost layer of the epidermis consisting of dead skin cells, the service is **Prohibited** by the Department of Health and the Board of Cosmetologists.

## 09.22.02.03

### **.03 Prohibitions.**

The following activities are prohibited in any full service or limited practice salon or in regard to any salon-sponsored services:

- A. The performance of services of any kind on a client who has an infectious or contagious disease that presents a hazard to others;
- B. The performance of services of any kind by a licensee or registrant who has an infectious or contagious disease that presents a hazard to clients;
- C. The performance of services of any kind upon the surface of a client's skin, scalp, or nail where the skin, scalp, or nail is inflamed or where a skin infection or eruption is present unless authorized by a physician;
- D. The removal of corns, calluses, or other growths of the skin, such as warts, by cutting;
- E. The use of electrical muscle stimulator devices purported to produce nonsurgical face or body lifts;

F. Cosmetic tattooing;

G. The presence of a dog, cat, bird, or any kind of animal on the salon premises with the exception of a designated service animal;

H. The sale of any hairpieces which previously have been worn including, but not limited to wigs, toupees, wiglets, falls, and switches;

I. The use or possession of a Credo blade or a similar razor-type implement used to cut growths on the skin;

J. Unless an individual possesses a valid and appropriate health occupation license issued by the Maryland Department of Health:

(1) The use of lasers, microdermabrasion equipment, or any other mechanical device used to remove one or more layers of skin; and

(2) The use of any product or method that causes tissue destruction or penetrates the blood fluid barrier, including:

(a) Chemical peels; and

(b) Glycolic acids.