

CIDESCO

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The CIDESCO World Congress

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President's message

By Anna-Cari Gund

My Dear Friends and Colleagues

I write you this message from my summerhouse in the middle of a Swedish forest close to the Norwegian border. This is where I charge my batteries by spending quality time with my family. No internet access, no mobile network ... the only thing you can do is read, play cards go fishing and contemplate.



Anna-Cari Gund
President of CIDESCO International

Almost a year has passed since I was elected President of CIDESCO and so much has happened. Together with my knowledgeable colleagues, I really feel that we are taking CIDESCO step-by-step into another era. The new way of a more modern approach to education

as well as the implementation of social media helps us spread the word of CIDESCO to a wider audience. Since the last issue of the CIDESCO International LINK, we have set up an account on Facebook and LinkedIn where people can join and follow our activities.

The next step that is currently being developed is an interactive CIDESCO App that will be introduced in November. New brochures and PR material are also in the pipeline.

A regional meeting for Sections, Schools and Examiners was held in Zurich in June and more will follow. For everyone to have more access to regular training we will implement e-learning, through an online platform which is under construction.

I have had the pleasure of speaking to many of the Section Presidents over the past months and it has been a great way to get to know the Sections and the persons behind the scenes who are working so hard on CIDESCO's behalf. To continue to have close contact is very important since the Sections are our "eyes and ears" out there in the World and we need to know the best way to reach out and spread the word about CIDESCO. Every country is different and the Sections can guide us. With transparency and a mutual goal we can encourage growth and ensure

that CIDESCO stays on the top, the preferred international qualification.

I see a future for CIDESCO that is bright and optimistic. Let us work together and make use of the excellent and unique quality that our members possess. This force can only be utilised if we all actively participate in the CIDESCO activities and come up with new ideas and prospects of development. In this way we can all benefit and CIDESCO's reputation and mark of excellence will be what everyone wants to be associated with.

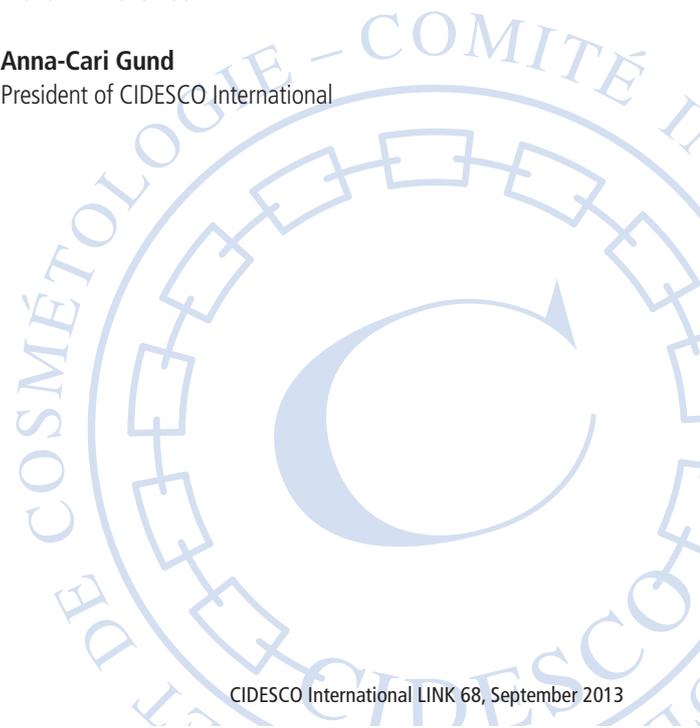
The Board together with Section China kindly invites you to join us for the coming CIDESCO World Congress & Exhibition in Wuhan, China. We look forward to exciting days of educational meetings, the General Assembly as well as social functions and a great Exhibition.

The yearly Make-up & Body Art Competition promises to be an extraordinary event and we are convinced this visit to China will be a memorable and unforgettable journey.

My colleagues join me in sending heartiest thanks for your continuous support.

In the meantime, I wish you all the best and hope to see you in Wuhan in November.

Anna-Cari Gund
President of CIDESCO International



From Sandy's desk

Interview with the new Board of CIDESCO (Part 2)

By Sandy Roy

Dear Colleagues

After introducing you in the last issue of the LINK to the newly elected President and Vice-President of CIDESCO, you may now learn more about our General Secretary and Board Member of Education, Brigitte Sterz and Narelle Blinman respectively.

Brigitte, how long have you been involved with CIDESCO?

I qualified as a CIDESCO Beauty Therapist in 1980 and have been a member of the CIDESCO Section Germany since then. CIDESCO has given me a new perspective for my life.

Voluntarily, I have been working on the BfD (Bundesberufsverband der Fachkosmetiker/innen in Deutschland; Professional Association of Beauticians in Germany) for 24 years and for the National CIDESCO Section Germany for 17 years.



Brigitte Sterz, newly elected General Secretary with her husband and grandchildren

How do you describe your passion for this industry?

I have opened my own Beauty Institute, which was recognized as an International CIDESCO Institute in 1981 and where I am the Managing Director. The cosmetic industry offers us a great platform of new Beauty treatment methods of high quality to perform and I have used this platform to improve my knowledge and skills. I think that a good Beauty treatment will improve the health.

Can you give us 1 short term and 1 long term goal in your new position?

Each Board Member has a specific function – but we have a common goal: to make CIDESCO better known to the public through social media.

What are your major strengths?

I love to work with a team. Through my long professional and life experience, my contact with human beings is diplomatic and secure. I work responsibly and reliably and always like to learn something new.



Sandy Roy – Board Member for Public Relations

Who do you work with directly at the head office?

I work directly with Gerard – our Office Manager. Once a month I have a meeting with Gerard and the staff of the Secretariat.

What are your hobbies?

I enjoy my free time together with my husband and especially with our grandchildren. I love to ride with my husband on the Harley.

Which book could we find next to your bed?

“Madeleine” from Kate Mc Cann. It has touched me very much.

Which type of restaurant would we find you visiting the most?

I love to eat French, Italian and Chinese.

Narelle, how long have you been involved with CIDESCO?

Since 1987. Over the years of being involved in the beauty industry there have been many changes that have occurred. As I was involved in training since 1983, the knowledge required at that time was much less than today. CIDESCO had and still has a very high standard of education which is taught to the therapists of the future. Whilst training students I was constantly reminding them that the knowledge and skills they were being taught was important for their communication with the medical profession and allied therapies.

Some graduates from the school that I owned in Sydney, Australia went on to become medical doctors, nurses, naturopaths, salon owners, school owners and/or teachers. It is important to remember that knowledge is GOLD, and that is what CIDESCO's aim is.

How do you describe your passion for this industry?

Enthusiastic – to ensure students have the most thorough training in theory and practical beauty therapy skills before studying PG (Post Graduate) subjects.



Narelle Blinman, newly elected Board Member for Education with her grandchildren

Can you give us 1 short term and 1 long term goal in your new position?

Short term: Equality with examinations via examiners.

Long Term: Development of future training programs.

What are your major strengths?

Empathy with people, ensuring they are given encouragement.

Who do you work with directly at the head office?

Anne Maestrini, Gerard Gordon, Graziella Colacicco and Timea Vaczlavik.

What are your hobbies?

Gardening – roses particularly. Reading – historical fiction and non-fiction.

Which book could we find next to your bed?

Bandaid for a Broken Leg – life of a young Doctor working with Doctors without Borders.

Which type of restaurant would we find you visiting the most?

Seafood and Steak restaurants.

A big thank you for Brigitte and Narelle for their time and insight of their personality! In the next International LINK I will introduce Ken and myself.

See you in China.

Sandy Roy

PR Board Member ■

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Another Milestone

Happy Birthday! Hedy Dettwiler turns 90!

By Anne Maestrini

Hedy's interests in the Aesthetics World goes back a far way and was initiated by her grandmother. Having tried other avenues which were not convincing, she turned back to Beauty Therapy and took on a teaching job. Soon after, she opened her own Beauty Salon **Insitute de Beauté** in her hometown of Chur, Switzerland.

Her first contact with CIDESCO was at the Congress in New York in 1972 when Dr. Lauda, then President of CIDESCO, was able to convince her to join the CIDESCO family. They met again at a small congress in Switzerland with co-founders Dr. Rovesti and Dr. Poirsson when she was urged to sit the CIDESCO Post Graduate Examination. The CIDESCO diploma marked the beginning of a new era in her profession and not long after, she represented CIDESCO as an International Examiner in both European and overseas countries. She has fond memories of the many people she met, to name a few, Dr. Colli - Italy, Isa Carstens - South Africa, Clara Chee - Malaysia, Jenny Wong - Singapore.

As a Board Member and General Secretary of CIDESCO, she was the only Swiss Member as the Swiss Section was a Member of the Milan group who was fighting against CIDESCO Zurich. A bizarre situation, it was therefore a great pleasure to see her long-time friend Jean Worth elected Vice-President and Joan Thornycroft who in her eyes was like a 'first lady', someone to count on at all times. She also served with Hans Schuster, Ursula van Deelen and Kristina Peltomaa.



The Head Office was then transferred from Vienna to Chur where Hedy lives, and thereafter to Zurich where CIDESCO was legally registered. This was the 'start-up' of CIDESCO and funds were low, therefore office space and furniture were low cost and the bare minimum.



Hedy Dettwiler still enjoys life to the fullest.

Hedy is far from retiring; she still treats two of her clients, trains apprentices in the Salon she owned, fills out her tax form and does the book-keeping for the Salon. She keeps in touch with past CIDESCO colleagues, visits her family and friends and at this prime age is still 'on the ball'. It must be CIDESCO in the veins of many of the past Members that ageing takes a slow path. Another good example is her colleague and friend Joan Thornycroft who is in her 98th year!!

Hedy says, 'I can look back to the many ups and downs but CIDESCO has had a great impact on my life, leaving very many happy memories.'

To all of you CIDESCO Members reading this article, this news must give you the 'drive' to follow this unique path of the CIDESCO Family Organisation.

We wish Hedy a wonderful and healthy year with many more birthdays to come and all the best for her future!

The CIDESCO family ■



Shop Your Generation

Skin Care optimized

By Lydia Sarfati

Consumers are in a confusing spot with endless skincare options offered. From one counter to the next, women and men alike are being wooed by chic looking cosmetic consultants at department store counters donning the 'latest and greatest' cosmetics and skincare. With that said, it is no wonder why many consumers end up with a medicine cabinet full of product and no daily skincare routine.



Lydia Sarfati
Chairman, CIDESCO Section USA

Broken down by generation, this is the ultimate guide to your skin; how to manage the problems your skin is facing, what steps really are crucial to your daily regimen at different ages, and ultimately how to sidestep temptation and trends to properly shop for what you do need. You will save a lot of money and

yield great results if you take advice from a specialist with skin science knowledge.

Generation Y - Prevention – The biggest concern for the members of the fast paced, big spending, try anything new generation Y, is raising awareness that a daily skincare routine is essential. Putting off a routine until mid to late 30s is a concept of the past with new knowledge which suggests that preventing skin damage needs to start as early as teen years. The best way to find out what is best for you is to visit a skincare specialist; voice your concerns, get your skin examined and find a regimen for the specific type of skin you have- generally you will fall under the categories of acne prone, normal to dry, oily/combination or sensitive.

***Tip:** If a consultation doesn't fully address your concerns, you are not in the hands of a specialist. How will you know? Does the product recommendation specifically address the concerns you posed? You have dry skin, but are given the latest anti-aging cream? Ask questions, don't be shy!

Follow a daily regimen that includes cleansing, toning, a serum and a moisturizer. The most important preventative care is wearing a daytime protection cream to help protect the skin against the sun and environmental aggressors. It is also important to shield the sen-

sitive face area with sunglasses and wide brimmed hats, especially in the summer! Find a product line that is packed with antioxidants and protects against free radicals and be sure to schedule regular facial treatments to address deeper skin concerns.



Generation X - Retention – It is imperative that you have a daily skincare routine by now. For most skin types, the main concern at this point is retaining your skin's elasticity and moisture. Well hydrated skin is noticeably healthier. Cleansing, toning, moisturizing and a serum are the foundation of your routine, but with additional concerns, now is the time to add an anti-aging eye cream and a renewing night cream.

In addition, this is the time to begin utilizing supplements to retain youth and beauty from the inside out. A natural freeze-dried Spirulina supplement which contains a wealth of vitamins, minerals and phytonutrients is the perfect addition to any diet. It is a rich source of natural vitamin A, a critical nutrient for problem free skin. It is also a source of Zinc, known to aid in proper skin function. It is no secret that Gen Xers are understandably pressed for time, but no exceptions can be made with this necessary routine.

Boomers - Reversal – The baby boomer generation, for the most part, find themselves addressing mature skin problems, including but not limited to hyper pigmentation, sun damage, fine lines & wrinkles, age spots and believe it or not – acne. To reverse the hands of time takes a hard working peptide-rich product and treatment regimen that will act as an alternative to botox and plastic surgery. If reversing time is your main concern, you must religiously stick to an at home anti-aging program and schedule regular facials to supplement your home efforts.

Across all generations, it is most important to remember to use skincare as a tool to regenerate, nourish and protect skin. Harsh lasers, peels and microdermabrasion treatments sound appealing to some for expected short term results, but these quick fixes do more damage, like thinning skin and lessening elasticity, in the long term. Skin care at every age will help you look your best no matter what your generation! ■

The Bach Flower Remedies

A Brief Exploration

By Louise Cary

When asking for an opinion on the subject of homeopathic treatments regarding their validity and place in the world of healing, health and well-being, one can be met with quite a range of perspectives, some educated and others perhaps not so. This piece is dedicated to the exploration of one particular branch of homeopathic treatment – that of the Bach Flower Remedies. We shall look at the man behind the Remedies; Dr. Edward Bach himself and how he came to discover and develop his great work.



Dr. Edward Bach, 1886 - 1936

Dr. Edward Bach was born in 1886 and grew up to study medicine. He practiced as a surgeon and bacteriologist in London and became established enough to run a few of his own consulting rooms on Harley Street. However, Dr. Bach, pronounced 'Batch' by his colleagues¹, had become frustrated with the nature of his work which treated people like malfunctioning machines, where the focus was primarily on the illness and not the whole person. His own experience and the findings of his research confirmed to him that 'physical disease was not of physical origin, but that it was', as he said, 'the consolidation of a mental attitude.'²

In Scheffer's book 'The Complete Approach' on the remedies he writes 'It was in 1930 that Dr. Bach, then aged 43, gave up his lucrative Harley Street practice, to devote the last six years of his life to the search for a simpler, more natural method of treatment that did not require anything to be destroyed or altered.'³ Dr. Bach

found the answer he was looking for in the simple flowers and plant life of the English countryside around London and Oxfordshire. As he understood, the problems and ailments that his patients suffered with, stemmed from their mental and emotional state of being. He developed within himself a heightened level of sensitivity towards the different states and was even able to generate them within his own being so as to test his treatments on himself before deciding on the ones that worked. After many years of careful research Dr. Bach completed his work with the discovery of the 38 flowers and plants that could be used to restore balance to a troubled mind. According to Nora Weeks, Bach's close friend and colleague 'The 38 remedies constitute a complete system of healing; each plant having been specifically chosen for its primary function – the ability to treat the mind.'⁴ Once his work was finished it wasn't long till Dr. Bach passed away in 1936 at the age of 50 leaving his work to the care of only his closest friends.⁵



Louise Cary
Graduate of Champneys Int. College, UK

During his years of research Bach came to define disease in an entirely new and unconventional way. He explained that when we divert from the guidance of our 'soul' – that part of us which is most pure and seeks to uphold the best of us – by choice or by being misled by others, a conflict will occur between the two fundamental aspects of our own natures; our earthly personalities and spiritual souls, the result of which culminates in disease and dysfunction in the body. As well as this Bach believed that our higher selves were connected to and inseparable from a greater and higher power: the Universe, Creation and God are amongst the list of names. It was his understanding that any wrong act against another and therefore indirectly against this higher power also was a cause for disease and imbalance within the guilty person.

It is here where the remedies are of help to us. Dr. Bach intended that everyone would be able to use the remedies for themselves, however this does require a level of self-awareness to be able to



recognise whatever the imbalance within one's self may be. For that reason the Bach Centre trains people to become sensitive and perceptive consultants to help people use the Remedies most effectively. Bach explains in his writings that the way to tackle the cause of disease – a result of a disjunction between the Soul and the Personality, is not to aggressively fight it, which wastes a valuable amount of energy, but instead through 'a steady development of the opposite virtue, thus automatically washing from our natures all trace of the offender.'⁶ This of course for many is rather difficult to achieve and it is with the Remedies that Dr. Bach intended to help his patients to achieve a greater level of harmony, both within themselves and with the higher power from which comes all life.

What makes the 38 plants that Bach chose for his remedies special to any other is that the energy which resides within them,

which connects them to the rest of creation, is incredibly similar to the energies which represent the positive characteristics of our Soul. It is when we are struggling within ourselves to exist in accordance with our higher self: our Soul, that conflict appears in the form of disease. Once we are aware of where we have gone wrong and begin to try and correct ourselves, we are then able to take the Remedies, which are specific to the disruptive state of mind, having the effect of 'flooding' our being with the positive energy which we are lacking. This will hopefully act to bring about the balance and harmony of mind, body and spirit a lot more quickly than if left to work it out on our own.

Though brief I hope this piece offers insight into what truly is a deeply meaningful and commendable work. Dr. Bach has brought a refreshing and balancing perspective to the care and maintenance of the well-being of a person which reaches far beyond just their physical needs and seeks to encompass the wholeness of their being. ■

Sources:

- ¹ Ramsell Howard, J. 'The Bach Flower Remedies Step by Step' pg.8, Vermilion: London, 2005
- ² Ramsell Howard, J. 'The Bach Flower Remedies Step by Step' pg.10, Vermilion: London, 2005
- ³ Scheffer, M. 'Bach Flower Therapy –The Complete Approach' pg.10, Thorsons: London, 1990
- ⁴ Ramsell Howard, J. 'The Bach Flower Remedies Step by Step' pg.12, Vermilion: London, 2005
- ⁵ The Bach Centre, <http://www.bachcentre.com/centre/drbach.htm>, 'Our Founder, Dr Edward Bach' 5/2/12
- ⁶ Bach, Dr E. 'The Essential Writings of Dr Edward Bach – The Twelve Healers and Heal Thyself', 'Heal Thyself' pg.81, Vermilion: London, 2005

 We thank Louise, our CIDESCO student for her very interesting and insightful research summary. – SR



PROJECTS

Would you like to see your project published in the **CIDESCO International LINK**? Then ask your school to submit your project to CIDESCO Head Office: info@cidosco.com

Regulation Mania

U.S. Estheticians are Losing Ground

By *Susanne S. Warfield*

In the United States (U.S.), estheticians use medical devices to perform facial and body treatments, perform hair removal and body contouring services. The U.S. Food and Drug Administration (FDA) and Center for Devices and Radiological Health (CDRH) are responsible for regulating firms who manufacture, repackage, relabel, and/or import medical devices sold in the United States.

The safety of consumers is why estheticians are licensed in the United States. The U.S. is made up of 50 states, and all but one – Connecticut – provides licensure for estheticians. The use of the term ‘medical devices’ has some state regulatory boards believing that only physicians can use these devices, and in some states, there are proposed laws that would require estheticians to work under ‘physician or medical supervision’. They will lose their businesses and be forced to only work as an employee of the physician. This will not only drive up consumer prices, but the use of non-licensed medical assistants and physician extenders will become rampant. The FDA’s implementation of this Act in 2002 was to ensure consumer safety – but overzealous politicians, and physicians will change the scope of practice of U.S. estheticians and prevent mobility of licensees moving from state to state.

Understanding Medical Device Classification

The FDA regulates a broad range of medical devices, including complicated, high-risk medical devices, such as artificial hearts, and relatively simple, low-risk devices, such as tongue depressors. Medical devices are classified into Class I, II, and III. Devices are assigned to one of three regulatory classes based on the level of control necessary to assure the safety and effectiveness of the device.

Device classification also depends on:

1) Intended use. 2) Indications for use.

For example:

- The ultrasound device may be ‘indicated for use’ on a pregnant woman.
- The ‘intended use’ of the device is to view the fetus.

An ultrasound device may also be ‘indicated for use’ on a client with dry skin. The ‘intended use’ of the device is to help penetrate products. Same medical device classification – two completely different ‘indications for use’, and two completely different intended uses.

The National Coalition of Estheticians, Manufacturers/Distributors & Associations (NCEA) developed to ‘Esthetic Equipment Evaluation’ form to assist the esthetician to ask better questions prior to purchasing new equipment. Obtaining the manufacturer-supplied information given to the FDA, will help the esthetician stay within their scope of practice and ensure compliance with their Code of Ethics.



Susanne S. Warfield
CIDESCO certified Beauty Therapist, USA

- 1. Equipment Identification and Information.** Name, type, model number, and if a Class I device – the manufacturer’s ‘Intended Use Statement’.
- 2. Company Profile.** Information including manufacturer’s and distributor’s contact information.
- 3. Registrations/Certifications.** Is the manufacturer registered with the FDA? If a Class II/III device – what is the FDA Registration number?
- 4. Safety Considerations and Equipment Specifications.** What safety certifications does this equipment have (i.e. UL, CSA, CE)? What kind of power source does the equipment require? Does the manufacturer carry liability insurance on this equipment? Is a certificate of insurance available? Does the equipment have any cross-contamination safeguards, if applicable? What are the contra-indications for use of this equipment?
- 5. Warranty and Service Policies.** Is there a warranty? Extended warranty? Cost? Do you have an equipment loaner program? Are references available?
- 6. Training and Education.** What type of training is included with purchase? Where, When? Total hours? Who are the educators? Is there an additional cost?

Protecting the future of U.S. Esthetician’s right to use medical devices as part of their scope of practice will require understanding the FDA’s requirements as well as ongoing education of each state regulatory board member. The esthetician’s future is no longer just about getting a great education – it’s about becoming an advocate to protect what is already ours that others are trying to take away! ■

A Waxing Horror

Something to smile and ...

By anonymous

I don't think I've ever heard a pleasant waxing story. No one ever says: 'You know what, I've just had the loveliest wax, I feel so relaxed.'

We can fly to the moon, and cook whole meals in under three minutes, but we've yet to develop a humane way of removing body hair, using hot wax.

Nothing about the process is even vaguely dignified, particularly if you're having a wax 'downstairs'. You go into a room with a complete stranger, get your kit off and spread your legs. They don't even have to buy you dinner first. Then they pour hot wax onto your genital area, and rip it off, all while making the most ridiculous small talk. Yes, let's talk about the weather, as if you're not standing there staring at my crotch, shall we? Sometimes the small talk is more excruciating than the wax.

A good friend was at a salon recently. Halfway through her wax there was a knock and without waiting for as much as a 'come in' or 'we're busy in here', the receptionist threw the door open and barged in. The treatment bed was unfortunately positioned so my friend found herself legs akimbo with the entire reception area, and mall beyond that, staring directly at her baby-maker. She couldn't even close her legs because of the wax, and there was nothing around to cover up with. After a few hour-long-seconds the therapist managed to shove the receptionist out and close the door. Then she simply continued as if nothing had happened. 'So, do you have any pets?' she asked my mortified friend in a chatty tone as she ripped another strip off her.

After years of lying back and thinking of England, another friend decided to take matters into her own hands and buy a do-it-yourself cold-wax kit. It comes with strips that you're supposed to rub between your hands to warm up. You peel them apart and apply the sticky side to the 'area', or should we call it 'hairea', and then rip it and all the hair off. In theory.

Wanting to be thorough, my friend decided to blast the strips with her hairdryer on its hottest setting instead of rubbing them between her hands. Then she put one foot up on the edge of the tub and laid two strips overlapping end to end, all the way from the



right side of her bikini line, down-under and then up into her right butt-cheek. She took a couple of life-affirming deep breaths, held the skin around the first strip taut, and ripped.

At this point, not having given birth to a child without an epidural myself, and so having nothing to compare it to, I can only begin to imagine her pain. When her sight finally returned she looked down at the strips in her shaking hand, only to discover they didn't contain a single hair. Confused, she reached down to find the cold, sticky wax bonded to her skin.

Horried, she put her foot down on the ground to get her balance, and that was when the wax stuck both her orifices down under closed. She was sealed as tight as a submarine down there. It was a waxing apocalypse. She hobbled around the bathroom like a penguin, haunted by visions of never being able to poop again. Then she had a revelation. Surely hot water would melt the wax and she'd be able to wash away the homemade chastity belt? So she ran the hottest bath she could stand.

Her final mistake was when she sat down in the bath, causing her already-stuck self to become firmly glued to the bottom of the tub. It turns out scalding water does not melt cold wax. I repeat, scalding water does not melt cold wax. The thought of the entire fire department traipsing in to rescue her naked from the tub with the Jaws of Life proved too much to bear. So she attempted a few MacGyver moves before eventually discovering the cream that came with the kit for removing excess wax – and finally freed her still-hairy self.

But this isn't just about the drastic measures ladies take in the pursuit of hairlessness. Guys are doing it too. Most salons offer dudes a 'back, sack and crack' wax. And for men who'd rather not have a stranger pour boiling wax onto their most prized possessions, there are a ton of DIY hair-removal creams on the market too.

I found this customer review of a tube of men's hair removal cream online: 'Being a loose cannon who doesn't play by the rules, the first thing I did was ignore the warning and smear cream all over my knob and bollocks. The bollocks I knew and loved are now gone. In their place is a maroon-coloured bag of agony, which shoots pain through my body whenever it grazes my thigh or clothing. But I'm giving this product five stars, because despite the fact that my bollocks might fall off, they are indeed now completely hairless.'

And below his comment it says 20180 of the 20304 people who read this review found it helpful. My guess is the other 124 are still in too much agony to respond. ■

 *A small smile in and amongst the serious. -SR*

Land of Icebergs

Furthest North



Skin Clinic in the World

By Johanna Lack

Susanne Melchiorsen from Naestved in Denmark, and Johanna Lack from Folkestone, England were invited to give lectures on skin care and the standard of training in CIDESCO schools and Clinics around the world at Tupaamaq's Beauty Clinic in Ilulissat, Greenland. This Beauty Clinic is the furthest north skin clinic in the world on the west coast of Greenland. The flight there was already amazing!



Johanna at Tupaamaq's Beauty Clinic in Ilulissat Greenland

city was surrounded by icebergs and icefields and at night there was a mystic light over the haunting landscape.

Susanne gave an excellent and well received lecture on skin care to an audience at the Community Centre in Ilulissat, and Johanna discussed the removal of unwanted skin tags and broken veins.

Originally, the lectures were to be given in the Clinic, but too many people wanted to attend so the venue had to be moved to the Community Centre! A huge amount of questions were asked and advice given to the people attending after the talks regarding skin care in such a harsh climate.

It was an amazing experience and I have fallen in love with the icebergs. ■



Beautiful iceberg near Ilulissat

Also known as Jakobshavn after its founder Jacob Severin, who established a trading post, the name of the city Ilulissat means in the Greenlandic Inuit language 'Icebergs'. And indeed, the

Royal Honours...

are given to Joan Thornycroft & Elise Wessels



By Marion Mathews, Josephine Wackett, Anne Maestrini

Joan Thornycroft of Great Britain has been awarded the MBE (Member of the British Empire) by **Her Majesty Queen Elizabeth II** in her New Year's Honours List for Services to the International Professional Beauty Therapy Industry on 12th March 2013. Joan's dedication over almost 70 years, from training with Helena Rubinstein's London beauty salon to establishing a UK-based professional beauty equipment supply company and opening the Bretlands Beauty Centre, have made her an important influence both in the UK and overseas.



Joan at the Buckingham Palace, 12th March 2013 with Princess Anne.

During her eight years with CIDESCO as Board Member for Education she was responsible for setting and overseeing training standards. This has taken her to all corners of the world examining students and lecturing to beauty therapists and salon owners. She had served a three year term as Public Relations Board Member previously. Joan was a founder member of BABTAC – the British association and was subsequently Chairman having first been chair of its CIBTAC Education Committee. In fact she was a true pioneer having introduced many far away countries including New Zealand, Australia, South Africa and the orient to both CIDESCO and CIBTAC. Many were guided by her into founding their own national associations.

Joan has also been much in demand as a consultant advising and helping to set up beauty salons and spas in many countries, which led to the establishment of BISA – the British International Spa Association - again setting standards in this fast-growing wellness industry.

Receiving this award in recognition of her long and important association with professional beauty, Joan says: "I am proud to be awarded the MBE which is an unexpected honour for work I have thoroughly enjoyed doing over all these years."

The whole industry will agree that the award is a well-deserved honour to a worthy recipient.



'Knight of the Order of Orange Nassau' presented to Elise Wessels



Elise with the Mayor of Amsterdam, Eberhard van der Laan.

Elise Wessels, past Education Board Member, and later PR Board Member of CIDESCO, received a Royal decoration from **Her Highness Queen of the Netherlands** for her contribution to the Arts and Culture nationally and internationally, but especially for her museum Nihon No Hanga, which houses a special collection of Japanese Woodblock Prints that is unique in the world.

The Order "Knight of the Order of Orange Nassau" was presented to Elise Wessels by the Mayor of Amsterdam on the 26th April 2013 at a special event. ■

📝 We are proud to recognize these two esteemed women who have led CIDESCO in many positive ways. – SR

Look Good... Feel Better

Put a smile on the face of women with cancer!



By Erika Baumann

It was in 2007 when I first heard about the programme of **Look Good...Feel Better (LGFB)**. It had been introduced in Switzerland in 2006. The foundation in Switzerland was looking for volunteer beauticians to offer the free of charge beauty-workshops at the University Hospital in Basel. I didn't hesitate one moment and volunteered. Since that moment I spend an afternoon once a month with the cancer patients together with my colleagues from the LGFB team. We all take enormous pleasure



Cancer patients at a LGFB make-up workshop.

in helping these women going through cancer treatment to deal with the visible side-effect of their therapy. The positive reactions we get from patients motivate us to support the wonderful charity. By presenting the LGFB programme to you, I would like to encourage you to join the LGFB association in your country as a volunteer beautician for this wonderful programme that really helps women with cancer enormously.

Founded in the United States in 1989, **Look Good...Feel Better** is the beauty, toiletry and perfumery Industry's charity, specifically created to help women combat the visible side-effects of their cancer treatment and restore their self-confidence and self-esteem. The LGFB programme is unique in this respect and works alongside many other cancer support charities as no other organisation does what we do so effectively for women worldwide.

In 25 countries, free skincare and make-up workshops take place in hospitals and cancer centres, hosted by trained volunteer beauty consultants. Patients are shown a 12-step programme, full of hints, tips and specific techniques, using products generously donated by major brands from the Industry.

The programmes worldwide are supported by an invaluable contingent of dedicated, empathetic and skilled volunteer beauticians, beauty advisors and brand consultants. All these women and men are very experienced in their daily roles but utilise their skills and expertise to help and support women going through cancer treatment in the most practical and effective way. They all say that they get a huge amount back from volunteering in this way as it makes them realise that the experience they've gained through working on counter, in a spa or beauty salon, can be used to make a profound difference in someone else's life.



Erika Baumann
CIDESCO Examiner, Switzerland

The LGFB Programme is now widely available – from Argentina to New Zealand, Switzerland to the UK, Australia to Canada – and although each country operates independently they are all part of a close knit 'family' that works together to create the best possible service for women and teenagers struggling through their cancer treatment.

The service is all about helping women regain a degree of control when they are spiralling into an unknown and terrifying experience. Losing your hair can be distressing enough to contemplate but losing eyelashes and eyebrows and suffering other skin related problems can prove to be the last straw for many women. They can turn into virtual recluses because of the way their treatment has forced them to look and can become clinically depressed and unable to face further treatment.

The LGFB workshops aim to turn all that negativity around. After two hours, the ladies leave looking fantastic, smiling for the first time in many weeks, having learned new and very valuable skills and having had the opportunity to meet and chat with other women (10-15 in each session) in the same situation. It's quite extraordinary to see the transformation and that's precisely what keeps LGFB all pushing forwards to increase their reach in every country as the numbers of women diagnosed sadly continues to rise.

The things our patients tell us speak for themselves:

"The workshop changed my life around and showed how I could look like the me I used to be, not the me who happens to be a cancer patient" – Kate Tijou, LGFB Beneficiary

"I had seen the positive effects of LGFB workshops on my patients for many years but nothing prepared me for being diagnosed myself. You don't realise how vulnerable women feel when they look into a mirror and see a stranger staring back. Being shown simple make-up skills made me feel able to go out looking as 'normal' as possible." – Professor Hilary Thomas, Consultant Oncologist and LGFB Beneficiary

"The LGFB consultant showed me how to carefully define my missing eyebrows and enhance my eyes now that I have lost my eyelashes. I look fantastic and can't wait to go home and show my family – I look like me again. Thank you." – Becky Robinson, LGFB Beneficiary

For further information contact Sarahjane Robertson, Executive Director, LGFB UK: sj@lgfb.co.uk or visit the UK website: www.lgfb.co.uk. For Switzerland, please go to: www.lgfb.ch ■

✍️ I had the honour of attending a workshop by LGFB in South Africa. I am witness to the good of this organisation. – SR

Cancer: Boney M. Star

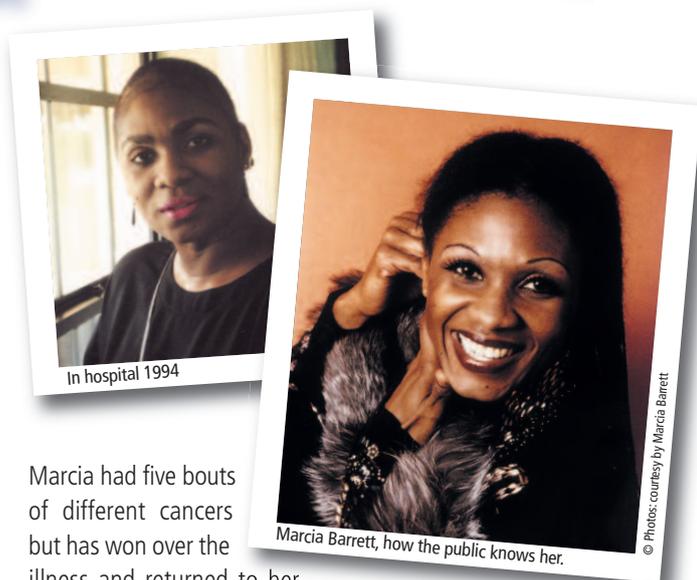
Keeping up a Positive Attitude

By **Daniel Diezi**

Being diagnosed with ovarian cancer in 1994 has changed the life of Boney M. lead vocalist **Marcia Barrett** drastically. Being in the midst of preparation for her solo career, from one moment to the other, she felt like the ground under her feet sweep away. After an emergency operation that saved her life she had to undergo several more operations. There was no time to question faith but there was only one focus: survival.

What followed were six months of horrible chemotherapy: *"When doctors told me, I would lose my hair I laughed. Never would I lose those beautiful braids! I was wrong. After a few days I was bald after having my braided look since 1977."*

However, neither the baldness nor the constant nausea and other side effects could break Marcia's will to live. *"I said, nothing will stop me. I am getting healthy and I am alive! I compensated my look with bright make up and long flashing earrings. And I looked great! I had a beautifully shaped head and was asked several times if I was a model. Even at times, when I visited the hospital for treatment, I was asked as to who I was visiting. My reply was "Please give me my chemo, I have things to do". Everybody just laughed with amazement to see how cheerful I still was, going through that experience."*



Marcia had five bouts of different cancers but has won over the illness and returned to her passion... that neverending love for music.

Today she is again touring worldwide, presenting the legacy of Boney M and has completed a new Double-CD along with other artists like Eddy Grant, Ian Gillan to name a few. Marcia gives motivational speeches globally to other victims of Cancer expressing self inflicted ideas of how to be a survivor. ■

✍️ What an inspiration! – SR

Skin anomalies?

Diagnose: Malignant Fibrous Histiocytoma (MFH)



By Irma Gol

As Beauty Therapists we are always taught to err on the side of caution. Apart from the basic recognition of skin anomalies we are not expected to make judgements about anything that may look a little sinister, but to advise our clients to see their doctor. So imagine my surprise when a benign fibroid, about the size of a man's shirt collar button suddenly looked like a sebaceous cyst.

This fibroid had been on my upper arm all my life. It did not once occur to me that I should perhaps have it checked out. We send our clients to the dermatologist to have their moles checked, why not fibroids? When I bumped my arm on a heavy door that closed on me on a trip to Europe, I noted the sharp pain, and a few days later became aware of a subtle change in the fibroid. As soon as I arrived back home I visited my doctor, who said it looked like a sebaceous cyst and he removed it with a reasonably large enough margin and sent it to the pathologist. I was shocked to learn that it was malignant, that another appointment had been made with a specialist cancer surgeon and that a much larger portion would be excised. My doctor had never seen one and said it is very unusual and that only a small number of these had ever been diagnosed in Tasmania. The result came back all clear, the margins were fine, told to have a CAT scan just in case and this was also clear.



Malignant Fibrous Histiocytoma on a leg (male) – Photo: © 1996 - 2013 DermIS

A few weeks later while on a trip to Singapore for CIDESCO examinations I began to have some night sweating and I felt a little shaky in the morning. I thought I had a cold coming on. Some days later the lymph nodes in my axilla were a little sore and I noted that

they also seemed a little swollen. Subsequent blood tests, ultra sounds and (FNA) Fine Needle Aspiration of the lymph nodes revealed the MFH cells. It seems some microscopic cells were left behind when the excisions were made.

A PET scan noted tumors in the lungs which had not been there previously. So the diagnosis is 'a time limited rarest of very rare sarcoma' that does not often metastasise to the lymph nodes or lungs. I was told to go home and fill my 'bucket list' unsure of how long I would have left. Anywhere between 12 and 18 months or less. I am receiving radiation treatments on my axilla and also on another tumor that has appeared near the site of the first excision.



Irma Gol
CIDESCO Examiner, Tasmania

I will not go into more detailed information about MFH. There are so many web sites and none of them easy to look at, however my reason for writing my story is to hopefully raise awareness of this innocent looking type of fibroid. I ask myself if there was anything else I could have done before hand. Perhaps having the fibroid removed earlier could have saved me, but I was told it is 'only cosmetic' and not to be so vain.

In our profession nothing is 'only cosmetic'. We have all been trained to look after our client's well-being not only their beauty needs, and it is this diligence and careful observation of any skin anomalies that will make us all better qualified to recommend early intervention by a physician.

As for filling my bucket list, it is full. My family, CIDESCO friends all over the world and the wonderful profession I have been engaged in, have given me all a person could wish for and more. ■

Note from CIDESCO editor:

Sadly Irma Gol passed away on the 9th July 2013.
She wished for us to print her article for all to learn from.
We sent her family best wishes from her CIDESCO friends.





Still Looking Beautiful

Cancer and Semi Permanent Make Up

By **Geraldine Flynn**

As a CIDESCO trained Therapist, I have been working in the beauty industry for 15 years and have always had a passion for Make Up.

Semi Permanent Make Up, also known as Micropigmentation is an advanced facial tattooing technique that will enhance your natural beauty and give you back soft, natural features.



Geraldine Flynn
CIDESCO certified Beauty Therapist, UK

I have been working in conjunction with my local Macmillan Cancer Support Centre where I offer pro bono treatments and NHS appointed Hair Boutique now for a number of years. The procedure is completely safe and medically approved and used for a variety of semi permanent cosmetic enhancements including Eyebrows, Eyeliner and Eyelash Enhancement.

The procedure is completed in 2 steps, 4-8 weeks apart after an initial patch test. The colour remains visible for several years, however in order to keep the look fresh and natural, a colour retouch is advisable every 18– 24 months. Semi Permanent Make Up is a fabulous treatment which is completely safe and effective for enhancing facial features for ladies and gents suffering from and recovering from cancer.

Living with hair loss can be hard especially if you lose your brows and or lashes, it takes away from your features and you can feel you have a vacant look. It is safe to have Semi Permanent Make Up whilst battling cancer once your oncology nurse or doctor states your blood count is high enough. The difference this can make is to a client in easing the loss of their hair is invaluable.

THINK BEFORE YOU INK

When seeking Semi Permanent Make Up for yourself or if seeking a technician to recommend to your clientele, it is essential you choose an experienced and competent technician.

I would advise you seek answers to these important questions firstly:

- **Who have they trained with?** After some research I choose to train with a most respected training college in the industry and who provide ongoing training and support.



Before applying the semi permanent Make-up.



After applying the semi permanent Make-up.

- **Insurance and Registration.** Ensure your technician is fully insured and registered to work from nominated premises.

Anyone offering semi-permanent skin colouring, and the premises they work from, must be registered with their local council under the Local Government (Miscellaneous Provisions) Order 1985. Check your country's regulations!

Investigate the equipment and product being used. I use only EU certified and approved products which have been rigorously tested and have individual lot numbers, expiry date and guaranteed sterile needles.

Precision plus digital machine is the most up to date state of the art technology. Using a sterile cartridge system for better implantation with less discomfort and more accurate results. With a penetration range of 50 - 150 insertions per second this system allows steady comfortable treatments whilst causing minimal trauma to the skin.

Question experience. Does your technician specialise in Semi Permanent Make Up or only practice it alongside numerous other treatments and how many treatments per month on average do they perform? Ask to see pictures of work they have completed and ask to see certificates.

It is important that your technician also has Semi Permanent Make Up and so understands how client feels before, during and after the treatment.

Before considering Semi Permanent Make Up, get a referral from your local cancer support centre, surgeon or dermatologist. Possibly ask to speak to a previous client or two who are willing to talk to you to put you at ease.

Lastly make sure you are comfortable and confident with your technician and that the treatment area is clean, hygienic and follow up care is provided.

Treating my clients who are undergoing cancer treatment has been so very rewarding and I look forward to continuing to highlight this superb treatment. ■

First Regional Schools, Sections & Examiners Meeting in Zurich

By CIDESCO Editor

Analyzing the responses from the surveys that had been sent out it was clear that CIDESCO Schools and Sections and accredited Examiners would like to see more training and meetings available in smaller regions. We thank the Schools, Sections and Examiners for their input into the surveys.

A pilot meeting was held on **29th June 2013**, in Zurich at the Head Office with Board Member for Education, Ms. Narelle Blinman. Two meetings were organized. In the morning for the Schools and Sections and in the afternoon for the Examiners. Although both meetings were scheduled only for two hours, they both lasted longer and we realized that the meetings in the future will need to be planned for a longer time.



Schools & Sections Meeting in Zurich

The various points that made up the Agenda were taken from the surveys and it was very interesting to hear the opinions of all attendees on different matters. The meetings also proved very useful having a 'Questions and Answers' session at the end where the participants were able to discuss different topics, brainstorm and help each other with suggestions.

From the positive feedback, the Board is planning to organize more meetings in smaller regions enabling Schools, Sections and Examiners to attend, meet and discuss various matters. These meetings will be held regularly in the future with a representative from either the CIDESCO Board or Education Committee. We are planning to have one meeting per year in each region, therefore we kindly ask you that if there are any issues or topics you would like to discuss please send an email to the Head Office. We are planning to have a similar Agenda in each meeting per year, to have the same information available for everyone. However, region-specific issues can also be discussed at the meetings. ■



Examiners Meeting in Zurich

There were School and Section representatives from all over Europe who participated in the first meeting. Examiners from different countries came in the afternoon to meet each other and participated in the proceedings of the second meeting.

COMING CLOSER

The 61st CIDESCO World Congress & Exhibition in Wuhan, China

By *CIDESCO Editor*

This year's **61st CIDESCO World Congress & Exhibition** hosted in **Wuhan, China** comes closer and closer. And it is packed with a program full of exciting workshops, meetings, interesting lectures, social events and entertainment.

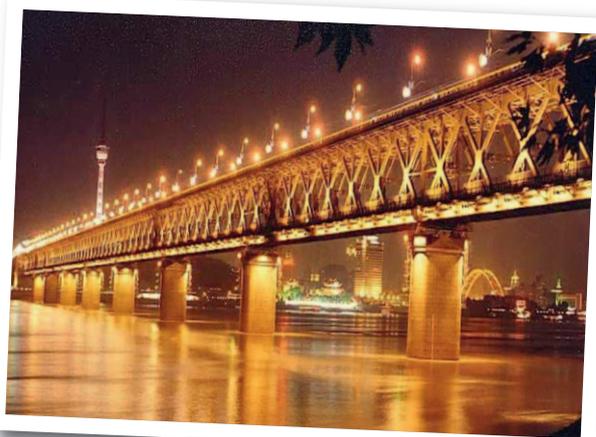


Wuhan, the capital of Hubei province is the most populous city in Central China and is known as 'the nine provinces' leading thoroughfare'. It is a major transportation hub, with dozens of railways, roads and expressways passing through the city. Because of its key role in domestic trans-

portation, Wuhan was sometimes referred to as the 'Chicago of China'. It is recognized as the political, economic, financial, cultural, educational and transportation center of central China.

The 61st CIDESCO World Congress & Exhibition will also give you the unique opportunity to explore Wuhan. With a 3,500-year-long history, Wuhan is one of the most ancient and civilized Metropolitan Cities in China. The city, with its historical sites and beautiful nature such as the Yellow Crane Tower, the monastery at Mt. Wudang or the East Lake, has long been renowned as a center for the arts (especially poetry) and for intellectual studies.

Wuhan – a unique city indeed.



The Congress, held at the **Wuhan International Conference & Exhibition Center**, will be the **meeting venue of the year** for beauty therapists, spa therapists, suppliers of cosmetics and spa managers. CIDESCO is through and through a worldwide organisation, represented in 32 countries, so it will be an ideal opportunity for each to build up their networks, learn what is new within the world of beauty treatments and listen to interesting presentations.



Apart from the Congress and exhibition a magnificent Gala dinner will be held at the restaurant **Cuisine Cuisine** and one of the highlights of the evening will be the Awards Ceremony. Another highlight we are looking forward to is the Make-up & Body Art Competition. If you are a CIDESCO School or Section representative, or an Examiner, please register as soon as possible for the Examiners Workshop and/or Schools Meeting, held on the 7th and 8th November at the Shangri-La Hotel in Wuhan. If you have not received the registration form please download it from the CIDESCO Knowledgebase and send it to the CIDESCO Head Office. **Do not miss the opportunity to be present at these events! See you there! ■**



PROGRAM AT A GLANCE

Thursday, November 7th

- Examiners Workshop at Hotel Shangri-La (by invitation only)

Friday, November 8th

- Schools Meeting at Hotel Shangri-La (by invitation only)

Saturday, November 9th

- Exhibition
- General Assembly at Hotel Shangri-La (by invitation only)
- Lectures Program:
 - Tattoo Removal
 - Herbal Compress Massage Treatment
 - Aroma Jade Massage
 - Discovering Ancient Wisdom of Indonesian Spa Journey
- Opening Ceremony at Cuisine Cuisine

For detailed information about the Congress and application, please visit: www.cidesco-china2013.com

Sunday, November 10th

- Exhibition
- Lectures Program:
 - How to recognise and treat minor skin irregularities
 - CIDESCO Post Graduate Examination
 - Face Lifting Massages
 - Skin Type and Treatment Methods
- Gala Dinner at Cuisine Cuisine

Monday, November 11th

- Exhibition
- Lectures Program:
 - Body Wraps and Scrubs Treatments
 - The Physics of Sugar-Depilation
 - Non-invasive Permanent Rhinoplasty Techniques
- CIDESCO Make-up & Body Art Competition
- Closing Ceremony

Non-invasive treatment of many common minor skin conditions including:

- Skin Tags
- Dilated Capillaries
- Cholesterol Deposits
- Cherry Angiomas
- Fibromas
- Spider naevi
- Keratoses
- Clogged Pores
- Milia

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in Loving Memory

Nina Haas

It is with great regret we inform you of the passing of **Nina Haas**, CIDESCO Honorary President from Germany, in February 2013, at the age of 93.

As a physician, the dermatological components in cosmetics have always been very important to her. She played a major role with the development of holistic cosmetics. She was honoured with the Industry Award "A Life of Beauty" in 2002, for her work and achievements within the professional cosmetic industry.



Nina Haas (left) with Kate Wacz

Nina Haas was elected President of CIDESCO in 1979 and received the title of Honorary President after her term. She was a true Ambassador of CIDESCO and shared her knowledge in all parts of the World. She was committed and dedicated to the Beauty Therapy profession and was admired by her colleagues for her wisdom which she shared generously. She will always be remembered!

Loss leaves a heartache no one can heal, Love leaves a memory no one can steal.

in Loving Memory

Irma Gol

Irma Irene Gol passed away on Tuesday 9th July 2013 after a short battle with cancer (*see article written by her in this LINK*) at the age of 73.

Irma had been involved in the beauty industry since 1981 when she completed her training in Newcastle, NSW, Australia. She conducted a very successful CIDESCO school for approximately 15 years in Newcastle, and trained many beauty therapists over that time, many of whom went into their own business, travelled or even taught for her. Semi-retiring to beautiful Tasmania, Irma still worked in a CIDESCO school lecturing.

Irma was a CIDESCO examiner for many years and well known throughout the world in this capacity. The last exam she conducted



Irma Gol

was at Top to Toe, with Jenny Wong this past December 2012.

Irma was a pioneer of beauty education within the beauty industry in Australia, being one of the first beauty schools to be Government accredited becoming an RTO (Registered Training Organisation). She was highly respected and in the beauty world not only in Australia but also the many countries she visited in her capacity as an Ambassador for CIDESCO.

To Irma's family, the CIDESCO family sends you our sincere condolences at this time.

To Irma, Rest in Peace.

*in loving
Memory*
Ilcsi Molnár



Ilcsi and her son, Ferenc Molnár

Mrs. **Daniel Molnar**, or as most people knew her, **Aunt Ilcsi** was born in Nagykökényes, a small Hungarian village, on 17th April 1926.

Her love of nature and knowledge which she always used in her work came from her great-grandparents and grandparents. She started her career developing natural cosmetic products in 1958. Due to the lack of cosmetics in the fifties she produced her own products using vegetables, fruits, herbs and medicinal waters. To meet the demands of the growing market Ilcsi Beautifying Herbs Ltd. was established. Over the decades many organic farms have been set up, and today Ilcsi Beautifying Herbs is the only Central-Eastern European brand to have a number of BDIH-certified natural cosmetics. Ilcsi is now represented in 45 countries worldwide with 150 different products and 10 electrical appliances. All this could not have been reached without Aunt Ilcsi who became a renowned expert. From the very beginning unlike other companies, Ilcsi Cosmetics used only the freshest and most effective components of the plant. Many of the products have more than 50% organic ingredients. The natural and organic products branded with her name, Ilcsi or alike, have received many awards throughout the years, for example, the Superbrands or Hungarian Quality Product Award.

In 1999 Aunt Ilcsi, as the only Hungarian Beauty Therapist, was awarded the Small Cross Order of Merit of the Hungarian Republic for her activities. She joined the Hungarian and international Beauty Therapy industry at a young age, taught thousands of beauty therapists and represented Hungary abroad.

For the first time in 1962 she participated in the CIDESCO World Congress in Paris and it was always her intention to have a good relationship with CIDESCO. Although she worked hard for Hungary to join CIDESCO, unfortunately this did not happen in her lifetime. As the only Central-Eastern European beauty therapist, she was invited to two CIDESCO World Congresses, Cyprus 1992 and Rio de Janeiro 1993, as a guest speaker. She participated and represented Hungary in numerous World Congresses and supported

make-up artists who won several medals at competitions. She relied on new information presented at the CIDESCO World Congresses and used these ideas in her work. With her countless inventions and developments she was often ahead of her time. She already produced and used organic and natural cosmetics, when the world had not even heard of them yet. She researched the relationship between dentistry, dermatology, internal medicine, biophysics and plant science all her life. The results she found and the fact that she was a beauty therapist with 40 years of experience laid the foundation for the organic and natural products branded with her name. She revolutionized the diagnostics and treatments in Hungary and abroad. Nowadays, more than 10,000 beauty therapists work according to her standards and with her products worldwide. Oscar winner perfume maker, Judith Muller said in an interview about 10 years ago, that "Aunt Ilcsi was a fantastic professional, there was only one problem with her, she was decades ahead of time. Many of her results were considered 'witchcraft' at first, but time, practice and science have proved her right. She always fought for her right and the interest of the beauty therapists, beauty therapy was her life".

In the last 5 years of her life she spent time with her 7 grandchildren and 3 great-grandchildren and she always kept watchful eyes on the profession.

She died on 9th January 2013, after working 55 years in the beauty industry. She was 87 years old.





Graduation at Potchefstroom Academy for Beauty Therapy with principal Tina Schöltz.



CIDESCO Examination held at Butic College of Beauty, Pune, India with Examiner Beverly Crowther and principal Maya Paranjapye.



CIDESCO Examination held at Arcos Akademie, St. Gallen, Switzerland with Examiner Janet Rose and principal Alexandra Wolf Haug.





CIDESCO Examination at Elite Int. School of Beauty and Spa Therapies, Auckland, New Zealand with Examiner Jennifer Maclean and principal Judy West.



CIDESCO Examination held at Independence College of Cosmetology, Missouri, USA with (from left) Linda Clifford (Director), Jamie Haze (Instructor), Maya Paranjaype (Examiner) Susane Crane (Instructor), Leila Cohoon (Owner).



CIDESCO Examination held at Australasian Beauty Therapy Academy, Canberra, Australia with Examiner Jennifer Joy Savannah and principal Ping Gan.



CIDESCO Facial Examination held at Sandy Roy Beauty Therapy Institute, Salt River, South Africa with Examiner Jeannie Sim.



CIDESCO Examination held at the First Estonian Private Cosmetic School, Tallinn, Estonia with Examiner Anne Manthe and principal Merike Ivask.

IMPRESSUM

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You are allowed a cough
You are allowed a sneeze
Adjust your glasses if you please
Or move your hair from the breeze
Just remember to SANITISE Please!!!!

You are allowed to sit
You are allowed to stand
Just remember what's best at hand

Please don't look for help from left or right
Remember they're not always right

Don't forget your personal check list!
The cleanse!
The tint!
The mask!
And any stray bits!

Please do not fret or frown
A smile is much more pleasant to be around

Remember to look neat and tidy
Hair up sleek, nice and shiny

Keep nails varnish FREE
No false nails
Just short and neat

Uniform - clean, neat and dapper
To attract the right points
From the examiner

If you don't understand a question she asks,
Just remember to breathe, relax and re-ask
Then answer confidently with pleasure
So she can see you're a little treasure!

Remember "Surgical Spirit" is your best friend
So sanitise, sanitise 'til the end

You are allowed to explain to your client
what you are doing
What you may see
What you may find

That way she can join in with this in mind

Massage is sacred quiet time!!
So remember the slow, rhythm, rate rhyme
Remember your posture
Straight and tall
and you will look fine through it all

Best of luck goes out to all of you
May good thoughts and prayers see you
through

© by Amanda Bell - 04/03/09
CIDESCO International Examiner and Beauty Lecturer

