

CHART OF TRUTH

Salon scares

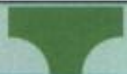
Fancy a pre-Christmas treat at the beautician's? In most cases you'll have a great time, but they can also spread some nasty infections, according to experts quizzed by laser therapy firm [Lunula](#)



Treatment:
haircut
Infection:
head lice

Even in a fancy salon, it's rare for stylists to sterilise their brushes and combs between every client. Head lice spreads by head-to-head contact and can be carried by brush from the hair of an infected person to the hair of someone new. They can affect all types of hair.

What to do
Head lice can be effectively treated using medicated lotions available at any pharmacy or by 'wet combing', using a specially designed head lice comb.



Treatment:
bikini wax
Infection:
cellulitis

This infection of the skin tissue causes the affected areas to turn red and become swollen, hot and painful. It's commonly caused by group A streptococcus bacteria getting under the skin's surface. Waxing can pull off tiny pieces of the skin's outer layer, through which bacteria can enter the body.

What to do
Cellulitis responds well to treatment with antibiotics if it's diagnosed and treated promptly.



Treatment:
manicure
Infection: MRSA

Though not common, MRSA can spread at nail salons, leading to infections on hands and beneath fingernails. Symptoms including discomfort and lack of usual mobility in your hands appear within 24 hours.

What to do:
Patients will often be treated with a high-dose antibiotic over a long period of time, administered by injection or infusion in hospital. If you think you've contracted MRSA, it's important to seek medical attention immediately.



Treatment:
fish pedicure
Infection:
onychomycosis
(fungal nail infection)

Fish pedicures have soared in popularity, but the Health Protection Agency has warned they could spread fungal diseases such as onychomycosis due to the use of utensils that haven't been properly sterilised between clients.

What to do:
Common options are oral and topical treatments. Or you could try [Lunula](#), a low-level laser therapy which works well on fungal infections.*



Treatment:
tanning
Infection:
impetigo

A study published in the Journal of the American Academy of Dermatology swabbed tanning beds at 10 top-rated salons in the US and found they all harboured bacteria, including potentially deadly staph. This can cause facial infection impetigo, a contagious rash of large blisters that may ooze fluid and develop a crust.

What to do:
It can usually be effectively treated with antibiotic creams or tablets within 10 days.



Treatment:
facial
Infection:
herpes

Facial herpes is characterised by fluid-filled blisters that appear on red, swollen areas of the skin and have a tendency to return when the body's immune system is low. It's caught through skin-to-skin contact - often therapists don't wear gloves and it's not always obvious when an individual's infected as they may not have symptoms.

What to do:
Visit your doctor, but topical treatments can be bought at any pharmacy.

Now

*See theindependentlasercentre.co.uk

To find a qualified beauty technician, visit beautyguild.com