

3rd International Conference and Exhibition on **Cosmetology & Trichology**

July 21-23, 2014 Hampton Inn Tropicana, Las Vegas, USA

If you can't eat it, don't put it on your skin

Sheree Guest

Cosmetology Education Center, USA

As a Cosmetology Instructor, one of the most important lessons to teach students is to read labels, ingredients, and instructions. Even in our industry, "organic products" and "all natural" are regulated by FDA and need an MSDS sheet for them. Students are taught to read ingredients, it is vital in their work to understand how skin can absorb products like a sponge and ingredients get into the blood stream easily just by a simple application of creams and lotions. But the application of a galvanic ensures that the product is driven into the dermal area. The professionals need to take the usual precautions of what they are applying on their client's skin. This is why the mantra taught is "If you can't eat it, don't put it on your skin." Not all products that are ingestible are good for the skin. For example, "Mineral Oil" is a product that can be considered a "natural product." It is also ingestible, the fact remains, it's a petroleum based product. It can cause dermatitis and a host of other maladies. Mineral oil is found in just about every beauty product in our industry, an alternative would be coconut, jojoba, olive, sunflower, or even palm oil. The viscosity of the plant based oils is lighter weight than mineral oil and more readily absorbed into the skin with no proven side effects. Another petroleum based product is paraffin. It is common among the skin and hair products. It can be replaced by bees wax instead. These natural products are safer for the skin and can penetrate into the dermal area more readily and with no harm due to the natural versus man made structure of these products. "If you can't eat it don't put it on your skin".

Biography

Sheree Guest has been in the Cosmetology industry for 38 years as owner or manager of salons and spas in Oklahoma City area and in Miami, Florida. As well as platform work for different industries. She has been teaching for the last 7 years. She was a Director of a Milady Cosmetology school where she wrote curriculum for an advanced coloring course, men's cutting course, and Esthetics course. She now teaches basic Cosmetology and Esthetics for Cosmetology Education Center a Pivot Point School in Tulsa, Ok. She is also pursuing her Bachelor of Science in International Business from Argosy University, where she is a member of the Sigma Beta Delta and Phi Beta Lambda.

shereeguest@yahoo.com