

Spa Health & Regulations

Spa Regulations and Safety

Course Content

- Spa Canada Practice Standards
- Hygiene requirements
- Regulations for spa operations
- Describe safe spa practice

Learning Outcomes

- List Spa Canada Practice Standards
- Discuss hygiene requirements
- Discuss regulations for spa operations
- Describe safe spa practice

The Law in Canada

Health Canada
Work Safe BC

Associations

Spa Canada Practice Standards – Leading Spas of Canada
Beauty Council of BC

Personal Hygiene

(A well done up person makes more money! Proven fact)

Hair, Hands, clothes, breath, body smells/ perspiration

It is a proven fact that people like to do business with people who are well groomed and clean.

***(Distant Education/Correspondence students read the Health Canada Rules pdf)**

Leading Spas of Canada

National Program Assesses Safety & Hygiene Standards in Spas

July 21, 2010

Leading Spas of Canada (LSC) has introduced the Quality Assurance Program to provide consistent standards for safety, hygiene and business standards for the Canadian spa industry, offering reassurance and uncompromising quality for spa guests.

This extensive program was developed by Leading Spas of Canada's Standards & Practices Committee, and is based on the rigorous standards supported by all member spas. The Quality Assurance program includes on-site assessments by third-party evaluators to ensure all the standards are met or exceeded.

Twenty spas have already successfully completed the program and received their Quality Assurance Approved designation, and an additional fourteen spas are currently in the process of obtaining their Quality Assurance Approved (QAA) status.

Upon completing the assessment and meeting or exceeding all standards, the spas receive a certificate and seal of approval for display on-site and in marketing materials, recognizing their Quality Assurance status. The QAA icon serves as a visual indicator for spa guests and staff of the spa's commitment to safety and hygiene standards.

While several 'ratings' programs exist which grade spas based on the amenities available, the Quality Assurance verification process culminates in a strict pass or fail. Spa offerings and amenities vary dramatically and at the heart of this program is not to measure the value of amenities or size of the spa, but the desire to ensure all spas meet essential safety, hygiene and operational standards, offering confidence and comfort to the spa management, employees and the guest.

Diane Sparrow is President of Leading Spas of Canada and has chaired the association's Standards & Practices committee over the past few years as they designed and implemented the Quality Assurance Program. And as the owner of Riverstone Spa at The Forks in Winnipeg, Sparrow is thrilled to see this innovative program come to fruition. "The Quality Assurance program will increase public confidence which is a great marketing tool and a very significant factor to ensuring the continued success of any spa operation. And as an association, Leading Spas of Canada is positioning themselves as world leaders in standards development within the industry. I'm proud of what we've accomplished". All Canadian spas committed to the standards and best practices required by Leading Spas of Canada are encouraged to participate in the program.

For more information about Leading Spas of Canada and the Quality Assurance Program, contact:

Quality Assurance

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For the latest news & spa trends, follow Leading Spas of Canada on Twitter - @LeadingSpas

www.leadingspasofcanada.com

“Quality Assurance Approved” Spas

Congratulations to the following spas whom have already received the “Quality Assurance Approved” designation:

- 100 Fountain Spa, Niagara-on-the-Lake, ON
- Ambiance Day Spa, Saint John, NB
- Amerispa – Chateau Bonne Entente, Quebec City, QC
- Amerispa – Sheraton Laval, Laval, QC
- Amerispa – Fairmont Tremblant, Mont-Tremblant, QC
- Brentwood Bay Lodge & Spa, BC
- Haven Spa at Sidney Pier Hotel & Spa, Sidney, BC
- Holtz Spa, Ottawa, ON
- Phoenix Renewal Centre & Spa, Edmonton, AB
- Riverstone Spa, Winnipeg, MB
- Rosewater Spa of Oakville, Oakville, ON
- Santé Spa Victoria, Victoria, BC
- Santé Spa Calgary, Calgary, AB
- Secret Garden Spa at The Prince of Wales, Niagara-on-the-Lake, ON
- Shear Elegance Salon & Spa, London, ON
- Temple Gardens Mineral Spa Resort, Moose Jaw, SK
- Ten Spa, Winnipeg, MB
- The Grotto Spa at Tigh-na-Mara, Parksville, BC
- The Spa Ritual, Calgary, AB
- Vida Wellness Spa, Wall Centre, Vancouver, BC

Spas registered to participate in the 2010 program and undergoing on-site assessments in 2010:

- En Vogue Day Spa & Gift Studio, Regina, SK
- Kingfisher Oceanside Resort & Spa, Comox Valley, BC
- Swizzlesticks Salon & Spa – Calgary, AB
- The L Spa and Wellness Centre – Grande Prairie, AB
- Amerispa – Auberge Godefroy, Becancour, QC
- Amerispa – Fairmont Le Manoir Richelieu, La Malbaie, QC
- Amerispa – Hilton Lac-Leamy, Gatineau, QC
- Amerispa – Omni Mont-Royal, Mont-Royal, QC
- Amerispa – Westin Resort & Spa Tremblant – Ville de Mont Tremblant, QC
- Amerispa – Estrimont Suites & Spa Resort – Orford, QC
- Spa Lifestyle & Fashion Boutique, Winnipeg, MB
- Spa Rosseau at JW Marriott – Minett, ON
- Undine’s Retreat Day Spa – Chilliwack, BC
- Vivian Medical Spa – Mount Albert, ON

About Leading Spas of Canada

As Canada’s national spa organization, Leading Spas of Canada (LSC) provides support for the development of the Canadian spa industry and the promotion of Canada as the finest spa destination in the world. Led by a dedicated Board of Directors from across the country, LSC represents the broad spectrum of the spa experience, from resort and day spas, destination and mineral springs spas to medical spas, schools and suppliers. Over 175 Association members share a commitment to a stringent set of Standards of Practice and Codes of Ethics, which distinguish them for excellence in spa services and operations in North America and in the world.

Day spas scrub up their standards

Beauty association is trying to bring order to unregulated esthetics industry

By Theresa Tayler and Karen Gram, Postmedia News and Vancouver Sun December 19, 2011 Be the first to post a comment

Chi Spa, at the Shangri-La Hotel, has joined Leading Spas of Canada voluntarily.

Photograph by: Mark van Manen, Vancouver Sun

This past July, a **Quebec woman died following a detoxification treatment** (which included being covered in mud and wrapped in plastic) at a spa near Montreal. In 2004, entertainer **Paula Abdul received a manicure that cost her a year of painful thumb infections, linked to unclean equipment at a U.S. nail salon.**

Following such high-profile stories, one Calgary doctor is urging spa-goers to remember that many services are not regulated by the government — meaning safety and sanitation is left up to spa owners and workers.

“If you were going for a medical procedure, you would never think that the instruments in the hospital wouldn’t be properly sterilized,” says Wendy Smeltzer, a Calgary doctor who has a special interest in esthetic medicine, including facials, Botox and fillers.

“Procedures such as manicures and pedicures require technicians to cut close to the cuticle area. They’re dealing with body parts that can be nicked; bleeding and infections can happen. Yet, there is no set standard in Canada on sterilization.”

Since 2003, when the British Columbia government deregulated the beauty spa industry, anyone can open a beauty salon offering a range of services performed by people with no qualifications.

Smeltzer was a family doctor in private practice and at Foothills Hospital before founding Sante Spa in Calgary more than a decade ago.

“When I started in the medical spa business, I began to realize there was no one really guiding and leading medical standards in the spa industry,” she says.

Non-medical spa treatments, such as pedicures, manicures and facials, aren’t regulated by the College of Physicians and Surgeons of Alberta or B.C.

There’s no standardized testing for those who perform them and there are no health regulations surrounding equipment. Claudia Kurzac, manager of environmental health at Vancouver Coastal Health, says that anyone could open a spa in B.C. without qualifications.

“You or I could open a spa tomorrow if we had the money,” she said, adding health inspectors visit spas every two years — more if it changes hands. They follow the **Public Health Act. “If we determine there is a health hazard, there is action we can take in the form of orders and closures.”**

The Beauty Council of B.C. www.ciabc.net is a voluntary trade association for spa owners and operators. CEO Tara Gilbert says most of their 7,000 members are trained and do get certified by the Beauty Council. They also agree to adhere to the council's code of conduct. But there are many non-members operating in B.C. Some municipalities, including Surrey, New Westminister and North Vancouver have recently decided to draft bylaws requiring spa and salon owners (but not staff) to get certified by the Beauty Council.

The Beauty Council has also recently launched a program similar to the food industry's Food Safe program. Called Beauty Safe, it is a test technicians can take to determine their knowledge of basic safety procedures. But there is no guarantee that once they take the test, they will follow proper procedures, Gilbert says, adding she believes the industry should be regulated.

However, Kurzac says regulations can be slow to catch up to a constantly changing industry. She believes the broader outcome-based guidelines and best practices developed by the Health Authorities can more quickly adapt. For example, health authorities across the province banned fish pedicures — in which live fish nibble at the dead skin on your feet — before they were introduced due to concerns that a foot bath full of fish could not be sanitized between uses. Regulations would normally have come much later.

In the absence of Canadian standards, Smeltzer joined the founding board of the Leading Spas of Canada, a group that sets industry health and safety standards, where she's been instrumental in setting up voluntary standards and an inspection program for spas.

She also sits on the board of the Canadian Association of Aesthetic Medicine, the voice for physicians practicing esthetic medicine.

A priority for Smeltzer is for all spas to put any tools they reuse through an autoclave cleansing process (the same method used by dentists and hospitals), which many spas don't use.

"Alcohol is not enough, nor is soap and water when cleaning spa tools. An autoclave is the only tool that truly sterilizes equipment of bacteria, fungus and virus," Smeltzer says, adding that unsterilized instruments can leave a spa client vulnerable to a variety of infections and viruses, including hepatitis and even HIV.

Kurzac says Vancouver Coastal Health considers manicures and pedicures to be low-risk procedures, because they don't intentionally puncture the skin. As such, they do not require the tools to be autoclaved as they do for tattoo tools. They do require a high level disinfection. That means soaking the tools for a minimum of 20 minutes in a chlorine-based solution.

"That kills most of the micro-organisms," she said. "Yeah, it is not going to kill 100 per cent, but I wonder how many complaints of illnesses of this nature there have been."

Smeltzer would also like to see every spa in Canada join the Leading Spas of Canada and complete its standards and practices certification process.

Spas that take part — including Chi Spa at the Shangri-La Hotel and Undines Spa in Chilliwack — have signed up of their own accord.

Undine Miller, owner and operator of Undines, says she wanted to join Leading Spas because she wanted to be part of an organization that keeps tabs on the industry. The industry needs this because the various esthetics schools teach different standards.

“There are a few out there that are just not abiding by that so it would be really great to have some kind of governing body that is an umbrella for the spa industry.”

Miller signed up for the LSC’s quality assurance program a year ago. It wasn’t cheap, she says which she believes shows her commitment to do the right thing for her clients. Her spa was inspected and recommendations made for improvements. “It was quite rigorous and involved,” she said.

Smeltzer says if spas aren’t regulated by the government, then it’s time for the industry to begin playing watchdog. The Beauty Council’s Gilbert says Leading Spas code of conduct is “definitely solid,” but it is still an honour system. But if consumers seek out member spas that will help.

“[For] the people who are doing the right things, it costs more money and it takes more time. But they should be the ones who prosper.”

***(Distant Education/Correspondence students read the Cosmetology pdf)**

Ergonomics - Work Safe BC

Protecting ourselves from health hazards at work

- *Massage Table height (back issues)*
- *Aromatherapy essential oil overdose (toxins)*
- *Reflexology; our thumbs (joint issues)*
- *Massage; our wrists (joint issues)*
- *Open cuts (we have on our hands or fingers – and if a client has any on any part of the skin we touch – cross contamination could happen)*
- *Touching a client then touching our own face (rubbing an itchy nose for an example)*

Pathogens

Viral - herpes

Bacteria - cold

Fungal -warts

Parasites - bugs

From Wikipedia, the free encyclopedia

A pathogen (Greek: πάθος pathos, "suffering, passion" and γίγνομαι (γεν-) gignomai (gen-) "I give birth to") or infectious agent - in colloquial terms, a germ — is a microbe or microorganism such as a virus, bacterium, prion, or fungus that causes disease in its animal or plant host.[1][2] There are several substrates including pathways whereby pathogens can invade a host; the principal pathways have different episodic time frames, but soil contamination has the longest or most persistent potential for harboring a pathogen.

The body contains many natural orders of defense against some of the common pathogens (such as Pneumocystis) in the form of the human immune system and by some "helpful" bacteria present in the human body's normal flora. However, if the immune system or "good" bacteria is damaged in any way (such as by chemotherapy, human immunodeficiency virus (HIV), or antibiotics being taken to kill other pathogens), pathogenic bacteria that were being held at bay can proliferate and cause harm to the host. Such cases are called opportunistic infection.

Some pathogens (such as the bacterium Yersinia pestis, which may have caused the Black Plague, the Variola virus, and the Malaria protozoa) have been responsible for massive numbers of casualties and have had numerous effects on afflicted groups. Of particular note in modern times is HIV, which is known to have infected several million humans globally, along with the Influenza virus. Today, while many medical advances have been made to safeguard against infection by pathogens, through the use of vaccination, antibiotics, and fungicide, pathogens continue to threaten human life. Social advances such as food safety, hygiene, and water treatment have reduced the threat from some pathogens. Not all pathogens are negative. In entomology, pathogens are one of the "Three P's" (predators, pathogens, and parasitoids) that serve as natural or introduced biological controls to suppress arthropod pest populations.

Viral

Further information: Viral disease

Pathogenic viruses are mainly those of the families of: Adenoviridae, Picornaviridae, Herpesviridae, Hepadnaviridae, Flaviviridae, Retroviridae, Orthomyxoviridae, Paramyxoviridae, Papovaviridae, Polyomavirus, Rhabdoviridae, Togaviridae. Some notable pathogenic viruses cause smallpox, influenza, mumps, measles, chickenpox, ebola (zaire, receus, sudan, ivory coast, bundibugyo, and reston), and rubella. Viruses typically range between 20-300 nanometers in length. [3]

Bacterial

Main article: Pathogenic bacteria

Although the vast majority of bacteria are harmless or beneficial to ones body, a few pathogenic bacteria can cause infectious diseases. The most common bacterial disease is tuberculosis, caused by the bacterium Mycobacterium tuberculosis, which affects just about 2 million people mostly in sub-Saharan Africa. Pathogenic bacteria contribute to other globally important diseases, such as pneumonia, which can be caused by bacteria such as Streptococcus and Pseudomonas, and foodborne illnesses, which can be caused by bacteria such as Shigella, Campylobacter and Salmonella. Pathogenic bacteria also cause infections such as tetanus, typhoid fever, diphtheria, syphilis and Hansen's disease. Bacteria can often be killed by antibiotics because the cell wall in the outside is destroyed and then the DNA. They typically range between 1 and 5 micrometers in length.

Fungal

Main article: Pathogenic fungi

Fungi comprise a eukaryotic kingdom of microbes that are usually saprophytes but can cause diseases in humans, animals and plants. Fungi are the most common cause of diseases in crops and other plants. Life threatening fungal infections in humans most often occur in immunocompromised patients or vulnerable people with a weakened immune system, although fungi are common problems in the immunocompetent population as the causative agents of skin, nail or yeast infections. Most antibiotics that function on bacterial pathogens cannot be used to treat fungal infections because fungi and their hosts both have eukaryotic cells. Most clinical fungicides belong to the azole group. The typical fungal spore size is 1-40 micrometer in length.

Other parasites

Main article: Human parasites

Some eukaryotic organisms, such as protists and helminths, cause disease. One of the best known diseases caused by protists in the genus Plasmodium is malaria. These can range from 3-200 micrometers in length.

Prionic

Main article: Prion

Prions are infectious pathogens that do not contain nucleic acids. Prions are abnormal proteins whose presence causes some diseases such as scrapie, bovine spongiform encephalopathy (mad cow disease) and Creutzfeldt–Jakob disease.[4] The discovery of prion as a new class of pathogen led Stanley B. Prusiner to receive the Nobel Prize in Physiology or Medicine in 1997.

Infection – Immunity

What protection does our body have to infection?

- Mouth
- Stomach acid
- Skin
- Mucus
- Lymph
- T-cells
- Hair –body, eye lashes, nose & ears

What areas of our body do we need to be concerned with?

- Eyes
- Ears
- Nose
- Mouth
- Vaginal / Penis
- Anal
- Open cuts

How can we protect ourselves?

- Gloves
- Stay healthy
- Aromatherapy
- Clean hands
- Clean equipment
- Do not touch our own face

First Aid

If important call 911

Have on hand a first aid kit, tea tree, alum, saline solution

Bleeding

- Scratch someone with your nail
- Nose
- Menstruation
- Anal & Urinary (hydrotherapy)
- Dry brushing before a massage

Burns (anything that can cause immediate or after in the sun/tanning)

- Hot Rock Massage
- Pedicure / Manicare
- Hydrotherapy
- Aromatherapy product
- Heated blankets
- Thai herbal massage products

Choking

Fainting

Eye Injury

Sanitization Rules

Esthetics, Massage or Nails

Greet client

Seat client

Health form is filled out

Practitioner sanitizes their own hands with an antibacterial soap.

Session procedure

Use of tools:

Metal

Sanitizable

Disposable

End of session

Clean up

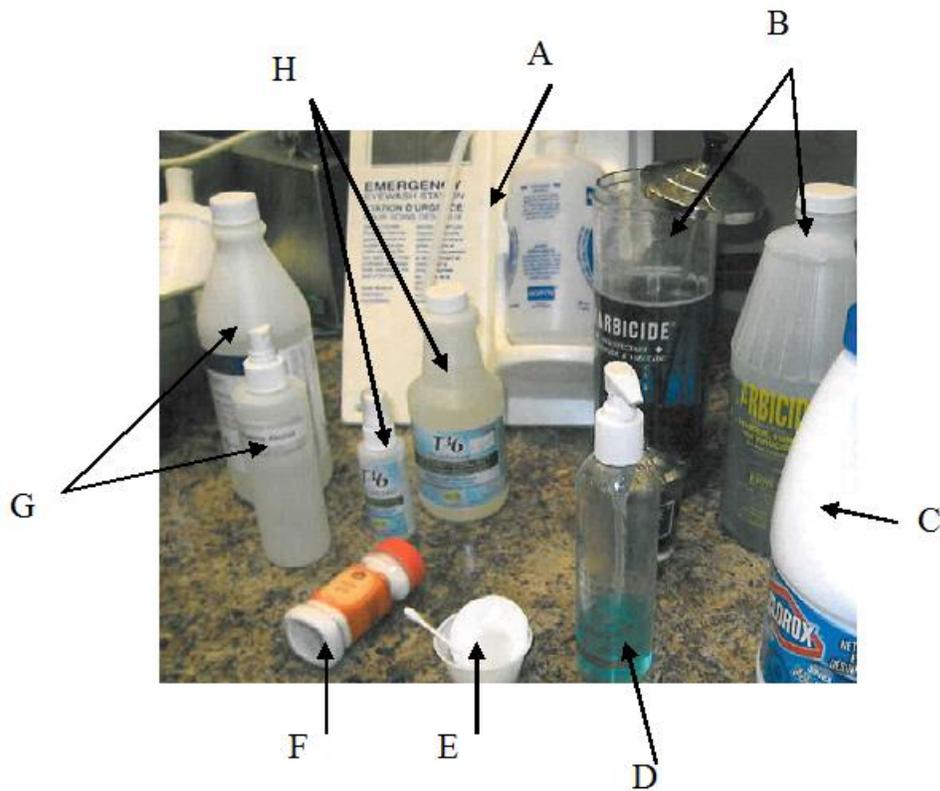
- All disposable items are put into the garbage and disposed of each night.
- All station garbage's are emptied before each new client arrives.
- Towels and sheets are put into laundry hamper and washed during the day.
- All surfaces are cleaned and sprayed with bleach and/or rubbing alcohol.
- Metal tools are washed and then put into T36 disinfectant hospital grade for a minimum 20 minutes.
- Sanitizable tools are washed and sprayed with rubbing alcohol
- Massage tables and headrests are washed and sprayed with rubbing alcohol. I, Connie, have never had a blood stained massage table sheets in the last nine years but if you did you would just dispose of them, which would be put into a separate plastic bag and throw into the garbage. *Bleach???*
- Head rests are covered in a protective cotton fabric or disposable, a new one with every client.
- Sheepskin covers on the massage tables are washed in the washing machine weekly or as needed.
- Floor mats are washed in the washing machine, weekly or as needed.
- Washrooms are lightly cleaned daily and scrubbed down three times in five days or more if needed.
- Floors are swept or vacuumed daily or as needed. Corners included furniture is moved once per week.
- Water coolers have disposable cups.
- All Staff have to be in clean clothes daily and well groomed.

- All products are put into separate disposable containers with each client. A disposable spoon is used to fill or is washed each time.
- No double dipping into any product or wax.
- Glass or stainless steel mixing containers are used. No plastic or wood.
- We do not use needles or any other sharp disposable items.
- All sponges are disposed of after each client unless they can be washed in a washing machine.
- All ventilation is checked yearly.
- Clarite Artificial nails is used for the non-smelling product. Filing of the nails practitioner can use a mask.
- Blood spill procedure:
 - Stop the service and wash your hands.
 - Cover your hands with protective gloves.
 - Supply the injured party with styptic powder or spray and the appropriate dressing to cover the injury.
 - Do not allow containers, brushes, nozzles or styptic container to touch the skin or come into contact with wound.
 - Disinfect the station and implement with disinfectant.
 - Double bag all disposable, blood-soiled articles and discard, making certain that it is sealed to protect anyone from coming in contact with the material.

If the practitioner hurts themselves they need to stop service and wash, disinfect and cover with a bandage or wear plastic gloves.

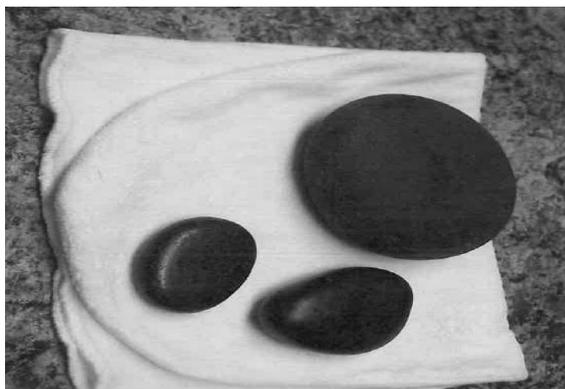
What does a client care about?

- Dirt & dust
- Fluff on floor
- Garbage cans
- Smells
- Clean equipment
- Clean laundry
- Your smells – breath, underarms (female menstruation)
- Dirty nails
- The place is tidy & organized



Items you will need if you have any type of Spa, Health or Beauty business.

- A. Saline Solution - to wash out eyes (Brow & Lash Tinting)
- B. Barbicide – great for plastic items
- C. Bleach – towels or blood spillage
- D. Hand sanitizer
- E. Disposable items
- F. Alum – blood issues on fingers or toes
- G. Rubbing Alcohol – spray to clean metal, table tops, hot rocks or massage beds
- H. T36 – spray on metal items, kills even HIV



Hot Rocks:

Wash with soap and water then after they dry spray with rubbing alcohol



Items like these:

Herbs for Thai Massage

Give to client **cannot be cleaned after use!



**When you have purchased a larger item and have put it into smaller containers; make sure you have LABLED the other containers.