

## Sterilising and Hygiene Procedures

Your hands should always be washed regularly with an antibacterial hand wash. This is especially important, before and after treatments and should be performed in front of the client. If you are carrying out waxing, disposable gloves should always be worn. The sterilisation method for each piece of equipment is detailed below and must be followed at all times:

Equipment	Sterilisation Method
Mitts, Muslins and Towels	Any mitts, muslins and towels should be freshly laundered for every guest
Spatulas	A fresh spatula should be used to remove any ESPA product from its container, as well as on every wax dip performed. Once used, the spatula should be thrown away
Body Brushes	A sterilised, dry brush should be used on each guest. The brushes should be washed in hot, soapy water with an antibacterial liquid added (e.g. Carlton Sterilsafe/Trigene) and then rinsed with water. The brushes should then be rough dried on a clean towel and left to air dry on a rack with the bristles facing down
Products	<p>All products must be wiped after every treatment with an antibacterial wipe (e.g. Sterilsafe/Trigene) or suitable sterilising solution on a tissue.</p> <p>At the end of the working day all products including inside the product cap must be wiped with an antibacterial wipe.</p>
Hot/Cold Stones, Jade Rollers, Rose Wands	<p>After every use, all Stones and Crystals will be scrubbed in hot water with antibacterial soap (e.g. Carlton Sterilsafe / Trigene) and then rinsed in warm water. At the end of the day, the stones should be placed on a clean towel and left to air dry, oiled with Nourishing Oil and placed in a spiral</p> <p>Enough sets of stones or crystals must be available to enable a sterilised set to be used on every guest</p>
Foot Bowls	After every use, bowls should be cleaned in hot water with anti-bacterial soap, dried and wiped with a sterilising solution
Surfaces	Cleaned and sprayed with diluted antibacterial spray (eg Carlton Sterilsafe / Trigene) as long as the surfaces are compatible with the product selected
Treatment Couch	The headrest and couch should be cleansed with antibacterial wipes. If you decide to use a heated blanket sprayed with an anti-bacterial spray suitable for the heated blanket
Metal Implements	All metal implements should be sterilised using an autoclave after each use and placed in sterilisation pouches
Clarisonic Brush	<p>Hygiene of the brush heads</p> <p>ESPA do recommend that each treatment room has two brush attachments for each Clarisonic brush, so that one attachment is sterilising while the other is being used. The bristles within the Clarisonic Brush attachment are made from nylon, (which is a material known not to harbour bacteria).</p> <p>The following strict sterilising procedure should be followed after the use of each brush attachment;</p> <p>After each treatment the brush attachment should be detached and thoroughly rinsed of any excess cleanser</p> <p>The brush attachment should be washed thoroughly in hot, soapy water and rinsed</p> <p>Place brush attachment in a hospital grade steriliser for at least 20 mins and rinse again</p> <p>The brush attachment should be dried to remove excess water</p> <p>Store the brush attachment by covering it with the brush attachment cap. Do not store in a steriliser, as the cover cracks and the brush attachment will smell.</p> <p>The brush attachment should be replaced every 3-4 months (when the bristles begin to spread out like a toothbrush). The Clarisonic handle must be charged for 24 hours prior to use (giving up to 30 mins use)</p>