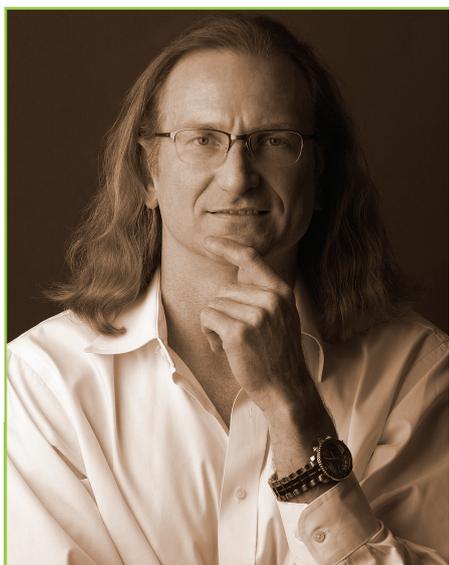


THE SCI-FILES



DOUG SCHOON

Doug Schoon is an internationally recognised scientist, author and educator with over 30 years' experience in the cosmetic, beauty and personal care industry. He is a leading industry authority known for his technical and regulatory work and is co-chair of the *Nail Manufacturers Council (NMC)*.

Doug was CND™'s chief scientist and head of the R&D laboratory, QA, and field testing/evaluation departments for almost 20 years and has authored several books, video and audio training programmes, as well as magazine articles about salon products, safety, and practices for salon professionals.

In 1986, Schoon founded *Chemical Awareness Training Service (CATS)* – the beauty industry's first safety training company. This was followed by his book, *Nail Structure & Product Chemistry*, 1st and 2nd Edition, which has become essential reading for nail professionals. More recently, he has launched *Face-to-Face with Doug Schoon*, an internet learning series that focuses on nails, nail products and services.

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Watch Doug's internet series on nails, nail products and services at www.faceofacewithdougshoon.com

Globally renowned scientist and nail expert, **DOUG SCHOON**, explores the ideas and concerns surrounding nails, techniques and products

FACTS ABOUT BACTERIA & FUNGUS

Some people are so afraid of bacteria that they wash their hands very frequently, not realising that this can damage skin and nails, making their skin more likely to become infected.

Many potential clients have become so overly afraid of bacteria or fungi (aka fungus) that they stay away from salons because they think of them as danger zones. The facts are, most bacteria and fungi are harmless and many are highly beneficial. Only a relative few species, or 'types', cause human infections and many are only infectious under unusual circumstances that don't exist in salons.

Our 'microbiota' is the term used to describe normally occurring bacteria and fungi that live both in and on our bodies. Some may be alarmed to learn that there are about 10 trillion living cells in our bodies and slightly more than 10 trillion microorganisms, too. Interestingly, only about 50 different species account for the majority of the microorganisms we carry around each day. They live harmoniously in/on our bodies and assist us in many ways, including to break down sugars, carbohydrates and fibre so we can digest them. Without these microorganisms, we could not efficiently process many food items and would eventually die from malnutrition.

Microorganisms also help make our immune systems stronger and keep the more potentially harmful microorganisms under control so they don't become over populated. Over population can lead to tissue injury and the spread of organisms to other areas. Nail technicians should be especially aware that some microorganisms

are 'opportunistic', meaning they are normally harmless, but become harmful when the immune system fails to work properly or due to side-effects of drugs or medications, over-fatigue, malnutrition, or more likely in-salon as a result of skin injury.

Microorganisms don't burrow or absorb into the skin to cause infections. Instead, when skin is cut or abraded, this allows normally harmless bacteria to bypass the skin's outer defensive barrier and enter into other tissues where they grow without the normal controls that kept their populations in check.

Normally, the best prevention for skin infection is healthy eating and plenty of rest and to avoid damage or injury of the skin. The skin creates a natural barrier between us and the outside world, so it is very important to keep this barrier intact and healthy.

Nail salons can purchase some great professional salon cleaning and disinfectant products to help protect clients from opportunistic microorganisms. Cleaning and disinfection are important ways to prevent pathogens from reaching potentially infectious levels. Although sterilisation is highly effective and also very useful for salon implements, most things can't be placed into an autoclave. This is why disinfectants and disinfection remain very important for salons to use on a consistent basis.

Proper cleaning and disinfection reduces the levels of potentially harmful pathogens by 99.99% which tremendously reduces infection risks. Cleaning and disinfection in combination with safe practices that prevent cuts, abrasions or other damage to skin during salon services further reduce the risks of infection and improve client safety. **S**

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