

american spa | DOWNLOADABLE GUIDE



THE ULTIMATE GUIDE TO SPA SANITATION

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REJUVenateTM

SALON & SPA DISINFECTANTS



THE WORD "CLEAN" IS A BUZZWORD

in the spa and beauty industry today, mostly because of the trend in products that are ethically sourced and made without any toxic ingredients. But the word has always been associated with spas and their overall environment and

condition. A spa must not only look clean and tidy but equipment, workspaces, and tools used in the spa should also be properly disinfected every day. When it comes to the health and safety of spa-goers, there's no such thing as cutting corners on proper sanitation to save time, money, or effort.

Cleanliness is not only essential to keeping clients and staff safe while at the spa but it's also important to the reputation of the business. The Ultimate Guide to Spa Sanitation presented by Virox ProBeauty, creators of Rejuvenate Disinfectants, outlines what needs to be disinfected, how to do it, and provides tips to ensure spas offer

the cleanest and healthiest environment for their clients and staff—and passes any state inspections to continue to run a successful business. Virox ProBeauty is the creator of patented Accelerated Hydrogen Peroxide®-based disinfectant cleaner products specifically designed for the professional beauty market. With a successful background and experience in the healthcare market, Virox ProBeauty now offers Rejuvenate Disinfectant Cleaner products formulated specifically for spa surfaces, foot baths, and tools. Rejuvenate disinfectants are EPA-registered hospital-grade disinfectants, which are tough on germs but safer for users and the planet. ●



Rejuvenate disinfectant products can help keep your spa clean and sanitized.

the importance of SPA SANITATION

It's important for any business to maintain a clean and healthy environment, but especially spas, as they offer services in which equipment and tools can easily transmit bacteria and viruses to clients and employees. From viruses such as HIV, hepatitis B and C, herpes, and flu to fungi like athlete's foot and nail fungus, and bacteria that can cause skin infections, there are so many reasons why sanitation at the spa is of the utmost importance. Pathogens can spread through direct person-to-person contact, mucous membranes in the eyes and mouth, and breaks in the skin. What's more, cross-contamination quickly spreads these germs to other items and surfaces at the spa. In addition to the negative health consequences for clients and staff, spas risk health inspector fines, a loss of reputation and social media backlash (poor ratings), and even business interruption or closure. ●



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SAFETY REGULATIONS

To ensure that spas and salons follow the proper sanitation practices, federal and state agencies have implemented guidelines that monitor safety in the workplace. According to the Milady Standard Textbook (Cengage Learning, 2011), the Occupational Safety and Health Administration (OSHA) was created as part of the U.S. Department of Labor to regulate and enforce safety and health standards to protect employees in the workplace. From there, the Occupational Safety and Health Act of 1970 was created to regulate employee exposure to potentially toxic substances and educate employees about the dangers of materials used in the workplace. This regulation led to the creation of the Hazard Communication Standard (HCS), which requires that chemical manufacturers and importers reveal potential hazards associated with their products. And the Safety Data Sheet (SDS) is a result of the HCS. Federal and state laws require that manufacturers supply an SDS for all products that includes the names of hazardous ingredients, safe handling and use procedures, precautions, and flammability warnings. All of these regulations and laws are important to the spa industry, because they address issues relating to the handling, mixing, storing, and disposing of products as well as general safety in the workplace.

Every U.S. state has its own regulations that must be followed to ensure that clients and staff are safe and healthy inside the spa, and it is recommended that each spa research the exact regulations required by their state. Virox ProBeauty, creators of Rejuvenate Disinfectants, developed a simple checklist to help spas ensure their facility is on top of sanitation regulations, and that the sanitation expectations from clients and employees are met:

- Is the spa well-lit, clean, and organized?
- What cleaning and disinfection procedures must be followed within the state that the business is operating in?
- Are tools being reprocessed properly in-between clients, and are they in good condition?
- Are handwashing signs visible for clients and team members?
- Are proper storage areas available to prevent contamination of disinfected items?
- Are gloves worn when needed?
- Are clients aware of your disinfectant products and sanitation procedures?
- Do team members know their responsibilities in providing a safe and healthy space for their clients? ●

pass the test

Sanitation is not only important for the health of spa clients and employees, but it's also important for the reputation of a spa's business. Any indication of an unsanitary spa on social media can be extremely damaging to a business. That's why health inspections are essential. Following these three tips, courtesy of Virox ProBeauty, will help spas to pass their health inspections:

1 KEEP SURFACES CLEAN AND IN GOOD CONDITION

A clean and well-kept spa environment is not only inviting to clients but it also meets an inspector's requirements. Make certain all surfaces, including massage and facial tables, manicure stations, warming equipment, reception areas, countertops, and other surfaces are regularly cleaned and disinfected. Contaminated spa surfaces can transmit a number of germs between clients and workers, including bacteria that

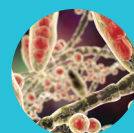


may cause skin infections and staph infections (*Staphylococcus aureus*). Also, be sure to regularly replace or repair furniture

if any damage is present, as it will impact the ability to clean and disinfect properly. In addition, always clean linens and towels, and encourage clients and staff to wash hands frequently and wear gloves when necessary.

2 DISINFECT FOOT BATHS AND KEEP RECORDS

Pedicures are among the most popular spa services, but bacteria and fungi can quickly spread from client to client without proper sanitation. Unclean footbaths can easily spread athlete's foot and nail fungus (caused by the fungus *Trichophyton*

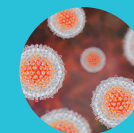


interdigitale) to clients during pedicures. To prevent the spread of germs, foot baths should be cleaned and disinfected after every client

and time of disinfection should be achieved (surface has to be wet for the contact time to kill fungi). Also, be sure to record when the cleaning and disinfection occurred and keep the log up to date, so it can be shown to an inspector if requested.

3 PROPERLY REPROCESS YOUR TOOLS

Reusable tools, including tweezers, comedone extractors, nail clippers, cuticle pushers, and metal nail files must all be cleaned, disinfected, or sterilized correctly after each use. When disinfecting tools, make sure there is enough disinfectant solution in the container to allow for total immersion. Also, immediately dispose of any single-use tools such as emery boards, pumice stones, and buffer blocks. Spa tools have a higher risk of causing infection as they may come into contact with non-intact



skin. Contaminated spa tools can even transmit serious blood-borne infections including HIV and hepatitis B and hepatitis C virus. ●



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SAFETY *words*

The words cleaning, sanitizing, sterilizing, and disinfecting all have to do with maintaining a safe and healthy space, but their actual meanings differ a bit. Cleaning is the act of removing dirt and debris from a surface or item and preparing it for disinfection. Sanitizing helps to reduce bacteria on a surface. Sterilization helps to destroy or eliminate all forms of microbial life. If used properly and according to the label instructions, disinfecting helps kill pathogens, such as bacteria, fungi, and viruses. There are three levels of disinfectants: low-level,

intermediate-level, and high-level. Low-level disinfectants do not kill mycobacteria or bacterial spores but can be used on hand contact surfaces such as countertops, door knobs, light switches, chairs, and neck rests. Intermediate-level disinfectants kill vegetative bacteria, most viruses, and can be used on instruments that touch intact skin, and on surfaces contaminated with blood or bodily fluids. High-level disinfection destroys vegetative bacteria, mycobacteria, fungi, and enveloped (lipid) and non-enveloped (non-lipid) viruses, and reduces bacterial spores. This level of disinfection should be used on instruments that do not penetrate the skin, but can come in contact with non-intact (open) skin or mucous membranes, like nail clippers, cuticle pushers, and nail scissors.

In addition to the various words for disinfection, there are also several forms of disinfectant products that can get the job done, including ready-to-use wipes and concentrate liquid. Rejuvenate Ready to Use Wipes are soaked in ready-to-use liquid to be used as a convenient way to prevent the spread of dirt and germs on surfaces like manicure tables, stainless bowls, work tables and chairs, and non-circulating foot baths. These wipes are intended to be single-use and disposed of after each use. Concentrate liquid, like the Rejuvenate Concentrate, offers the user the option to dilute at ratios based on what is needed. It's ideal for cleaning and disinfecting spa surfaces and foot baths. ●



A STRONG CASE FOR CLEANLINESS

Spas might have to deal with a lot more than just complaints and social media criticism when a client experiences an issue due to poor sanitation. The business might find itself in a lawsuit, which could shut

the business down and draw national attention. There have been many cases of poor sanitation in the past, but there are a few that are among the most well-known. For example, in 2000, more than 100 clients from a California salon developed prolonged boils on their lower legs that left scars as a result of mycobacteria in the spa's whirlpool foot spas that developed because the staff did not properly disinfect the foot spas. In 1994, there was an outbreak of Legionnaires' disease due to an unsanitary

whirlpool spa bath on a cruise ship that sickened 50 passengers. Another case involved family members of a paraplegic woman in Texas who sued a salon, because they charged that the woman died of an improperly disinfected implement that caused an infection on her foot that spread throughout her body, ultimately resulting in a fatal heart attack. While it seems that nail services are the most common culprit of health issues, proper sanitation is important in all areas of a spa. ●

tools of the trade

Spas and salons utilize many different tools on a regular basis, and the type of sanitation treatment depends on the type of tool used and its materials. For example, there are single-use tools, which are usually made from porous materials like foam, paper, and wood, so they cannot be properly cleaned and disinfected. On the other hand, multi-use tools are made from non-porous materials like glass, stainless steel, and hard plastic, which allow them to be cleaned frequently and disinfected in between uses. Most nail tools like nail clippers, cuticle pushers, foot files, nail files, and drill bits are considered semi-critical tools, which require high-level disinfection because they may come in contact with non-intact skin, thus increasing infection risk. While intermediate-level surface disinfectant products are sufficient for foot baths and counters, many multiuse tools and surfaces require the use of a high-level disinfectant like Prevention HLD8 to ensure complete client safety. Prevention HLD8 from the Rejuvenate family of products is an FDA-registered high-level disinfectant that is perfect for use with reusable esthetic tools and implements. It disinfects in only eight minutes without harsh chemicals and is reusable for up to 21 days in a soaking tray. ●



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safety procedures

SURFACE DISINFECTION

1. Remove any dirt and debris from the surface.
2. Apply Rejuvenate Ready to Use Wipes or diluted Concentrate solution.
3. Allow the surface to remain wet for the required contact time.
4. Wipe surfaces dry or allow to air dry.

Surface Checklist:

Work Stations
Treatment Areas
Countertops
Massage and Facial Tables
Chairs
Warming Equipment
Magnifying Lenses
Reception and
Common Areas
Stools
Trolleys
Skincare Equipment
Body Slimming Machines
Facial Steamers

TOOL DISINFECTION

1. Clean tools using water and detergent.



2. Rinse tools with clean water and dry.
3. Fully immerse tools in a high-level disinfectant, like Prevention HLD8, for 8 minutes.
4. Rinse tools with water and dry manually using clean cloth.
5. Store in a clean, closed container to prevent contamination.

Tools and Implements Checklist:

Tweezers
Comedone Extractors
Nail Clippers
Cuticle Pushers
Metal Nail Files
Microblading Handles
Reusable Razor Handles
Drill Bits (excluding carbide)

NON-CIRCULATING FOOT BATH (After Each Client)

1. Drain water from basin, and remove any visible debris.
2. Clean the basin with a clean brush and detergent or Rejuvenate. Rinse and drain.
3. Disinfect basin with Rejuvenate Wipes or diluted Concentrate solution, ensuring surface remains wet with disinfectant for the required contact time.
4. Drain and rinse with clean water.



CIRCULATING FOOT BATH

1. Drain water from basin, and remove visible debris.
2. Remove filter screens, jets, and all other removable parts from the basin. Use a brush to clean any trapped debris with detergent. Rinse the parts with clean water, and place back into the basin for disinfection.
3. Fill the basin with cool water to above jet line. Measure the volume of required Rejuvenate Concentrate to make a 1:16 dilution and add to basin. 1½ ounces of silicone-based antifoam may be added to prevent excessive foaming.
4. Allow the foot bath to circulate with the disinfectant for 30 seconds. Turn off jets, and let the solution sit for 5 minutes.
5. Drain the foot bath, and refill with clean water. Circulate and rinse for 30 seconds. Turn off the jets and drain.

put sanitation FRONT AND CENTER

It's important that clients not only see that a spa is clean from their perspective but it's also crucial to show them and educate them on the many ways the spa takes sanitation seriously. Here are some tips for getting clients to notice a spa's efforts to create the healthiest and safest environment for its customers and staff.

1. Be proud to clean and disinfect in front of clients between services.
2. Use tent cards to show areas that have been recently cleaned and disinfected ensuring customer satisfaction.
3. Store tools properly in labeled containers (disinfected) to prevent contamination.
4. Ensure team members practice good hand hygiene (washing hands with soap and water or hand sanitizer) in front of clients.
5. Keep the space clean and well-organized (even bathrooms and common areas are cleaned and disinfected regularly).
6. Ensure the team wears the appropriate personal protective equipment when necessary with clients, such as face masks and gloves. ●



CONCLUSION

A sanitary spa environment is the only option in today's spa-savvy, health-conscious society. Clients expect a spa business to follow the state and federal regulations and sanitation guidelines, and if they encounter something unsanitary at the spa, it's likely they will not only complain to the spa owner or manager but also report the experience on social media and other outlets. Sanitation is of the utmost importance when running a spa business. As it states in Milady's Standard Nail Technology Sixth Edition (Milady, 2011), "You have many responsibilities as a salon professional, but none is more important than protecting your clients' health and safety. Never take shortcuts for cleaning and disinfecting. You cannot afford to skip steps or save money when it comes to safety."

For more information on Rejuvenate products, visit RejuvenateDisinfectants.com or email info@virox.com.

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