



## A Compendium for Advanced Aesthetics: A Guide for the Advanced or Master Aesthetician

**Mary Nielsen**

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*Nielsen's knowledge, experience, and teaching acumen are apparent in every section of A Compendium for Advanced Aesthetics.*

Mary Nielsen's *A Compendium for Advanced Aesthetics* is a comprehensive and invaluable tool for anyone pursuing a career as an aesthetician. A business owner, educator, and mentor, Nielsen has years of experience in the medical aesthetics field, and the experience shows in her detailed guide.

The book provides an overview of everything an aesthetician would need to know, from state regulations and legislation to the anatomy of human skin and hair, and safety procedures if a client were to have an accident or experience medical issues while under treatment.

Arranged into easy-to-reference sections, the work is well organized and easy to navigate. It will be accessible to those who want to read the book in its entirety to get a better feel for the industry, as well as to those who simply wish to brush up on a certain procedure or protocol.

The book covers a variety of skin types and disorders, various forms of treatments for skin disorders and anti-aging, and a section on developing a career in the rapidly changing field of medical aesthetics. The end of each chapter wraps up with review questions, making it a handy study companion. The work is detailed and instructive enough for classroom use.

Writing is technical and educational, but never difficult to understand. With complete citations and well-placed graphics, charts, and graphs, information is presented in a structured and visually pleasing manner. Many of the graphs and charts will serve nicely as a point of easy reference.

Scattered throughout the book is a fascinating history of the medical aesthetics industry. It also contains a psychological exploration of our fascination with procedures such as tattoos and anti-aging techniques. Such information adds a depth and richness to the work, making it more entertaining and, hopefully, helping to nurture a more well-rounded and knowledgeable aesthetician.

The book closes with a number of useful appendixes for facilitated reference. Common forms that an aesthetician may need, a laser safety protocol, and helpful links to professional resources are just a few of its valuable resources.

Nielsen's knowledge, experience, and teaching acumen are apparent in every section of *A Compendium for Advanced Aesthetics*, an extremely useful guide for all in the field, whether they are just starting out or are seeking refreshers for careers that are already well underway.

ANGELA MCQUAY (December 5, 2017)

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