
INTRODUCTION TO THE MANUAL

Dr. Aurelia Fonda

Dr. Aurelia Fonda:

- currently **working** at the **Italian Ministry of Health**, spokeswoman for the **Directorate General of Health Prevention of the European RAPEX alert system, graduated in Medicine and Surgery** at the University of Milan with honors (1989);
- **specialised in Hygiene and Preventive Medicine (Hygiene and Hospital Practices)** at University of Milan (under Prof. A. Pagano) with honors (1993);
- from 9/16/1999 until 9/30/2006 director **at the Ministry of the Environment, responsible for the technical contents drafts of the environmental and health regulations**, as part of the contingency of experts required by Italian law 475/88, **in particular contributed to the drafting of Italian Presidential Decree 254/2003 regulating Health Waste Management**;
- in 2006 received **a personal decoration from the Italian Minister of the Environment** for institutional health and waste activity;
- **lecturer and tutor in the Italian-Tunisian Seminar on Hospital Waste Management** organized by the Italian Directorate General for Relations with the European Union and for International Relations of the Tunisia Health Ministry as part of the conference Les 15ème Journées Nationales d'Hygiene, Hammamet, Tunisia;
- **lecturer in 2012 and 2014 at the courses Authorization, Control and Supervision in the Field of Tattoo and Permanent Make-up**, organized by the **Higher Institute of Health** and ONDICO, **teacher at numerous courses for the NAS**.

Three adjectives to describe Simona: Enthusiastic, determined, professional.

Three adjectives to identify the manual: Detailed, complete, necessary.

I met Simona by phone and what impressed me most about her is her determination and enthusiasm.

Correct hygienic-sanitary guidelines for operators in the aesthetics sector as well as in people services in general is particularly delicate for those who ever believes in prevention. We wish to do our best because the customer has the right that all the precautions are respected and the transmission risk of serious illnesses is minimized.

The phone call of Simona brought me back in time when – only just after my graduation – I used to work in the health department and I was responsible for shop inspection. This is why I gladly accepted to read and revise this manual; it makes a fluent and even catchy reading and is at the same time accurate and complete.

I hope this text can find its right place among the desks of young people who choose to work in the field of aesthetics services (permanent makeup, aesthetics, tattoo, piercing), but that it will also be read by those who already work as such and want to refresh to ensure the best results for their customers.

Good luck to everyone.

Aurelia Fonda





European Confederation of Professional Beauticians and Cosmeticians

CEPEC - European Confederation of Professional Beauticians and Cosmeticians - based in Brussels, is the **European Confederation of national associations representing beauty centers** in EU countries;

- was **created in 1995** by a group of national aesthetics associations and the first meeting between the representatives of the various countries took place in Tunisia. Since then, many **members** have joined the CEPEC which **today consists of Cyprus, France, Greece, Italy, Spain, Luxembourg, Malta, Slovenia, Latvia, Estonia, Finland**;
- is committed to promoting better conditions **for the development of aesthetics companies at European level** and has been very active towards the European institutions by presenting matching positions on the issues that have an impact on the profession of esthetician;
- is currently engaged in **various projects** developed along the lines of EU programs, such as Erasmus+ to create a European standard **for social aesthetics specialization** or, in a project Capacity Building to promote best practices and to **strengthen representation** in countries where this does not exist;
- is a **member of UEAPME (European Association of Craft, Small and Medium-sized Enterprises) the organization** of employers representing **the interests of crafts, businesses and SMEs (small and medium-sized enterprises)** at European level (about **12 million enterprises employing 55 million people** across Europe) and participating in various committees of this organization (training, environment, social, fiscal, etc.).

CEPEC:

- **called my book Hygiene and Safety a useful and necessary tool, authorizing me to use the CEPEC logo** in future publications, events and manifestations;
- **recognizing the importance of hygiene for the safety** of the esthetics centers and of their clients them, is committed to **promoting** a higher degree of **knowledge and competence** among the operators in the sector regarding the aspects of hygiene and safety and, for this reason, considered that **the diffusion of the book Hygiene and Safety in beauty centers and the training schools** could provide a very important contribution with its specific contents;
- **will publish Hygiene and Safety on their website** as from September 2018. The Associations of aesthetics centers in the various EU countries participating in CEPEC will be able to invite **Simona Casadei** to directly promote the dissemination of the manual in their country and every single organization can advertise the manual also through its website.



Mrs. Laura Grilli
President of C.E.P.E.C.

BIOGRAPHY

Simona Casadei

Thanks for opening this page.

My name is **Simona Casadei** and I'm an aesthetician and tattoo - make-up artist who has specialized and worked in permanent make-up for 25 years.

In 1997, I have opened a private studio with registered trademark and logo: **Carpe Diem Tattoo** by Simona Casadei.

From 2000 to 2017, I was the sole owner and operator of my **Carpe Diem Tattoo** studio dedicated exclusively to **permanent make-up: eyebrows (with machine and microblading), eyes, lips, scars, breast areola, tricopigmentation and needling (CIT - collagen induction treatment)**.

I am the founding partner of the first ever Italian Association of Permanent Make-up ATEC (Association for Corrective Aesthetic Tattoos) which for almost 10 years I have directed together with the President and Vice President. In the ATEC, I have been dealing with the sector's novelties by following manufacturing companies, courses, products, fairs and congresses to be able to convey all the information to our members.

I started working as a make-up artist in the showbiz world of Milan in 1993 and then carried on with artistic tattoos to obtain the Aesthetics Diploma, specializing in permanent make-up, which is my true passion.

I participated in the first course on the aesthetic tattoo of breast cancer patients organized by the LILT (Italian League for the Fight against Tumors) at the Treviso Hospital, Italy, becoming among the first certified aestheticians in Italy for this type of treatment.

I have followed **advanced courses all over Italy and abroad with world celebrities** (including: Holgher **Hoffman, Van Der Velden, Toni Belfatto, Natalia Yeremenco, Mary Rictherson, Victoria Ammoscato, Katerina Zapletalova, Alexandra Goreka, Branko Babik, Nadia Gulan, Karen Betts, David Zhang, etc...**) which I am very proud of as I have met wonderful people who have helped me grow and become the professional I am today.

In 2016, I published my first book **Hygiene and Safety - Complete guidelines for: aesthetic treatment, permanent make-up, tattoos, piercing** (Italian edition) and **I have registered it © in Italy and worldwide.**

Since then, the manual contents have been checked, updated and enriched in order for them to be perfect and provide total safety. In particular:

- in the second edition of 2017, **the chapters dealing with scientific topics have been reviewed by public health physicians**, and the manual has been **translated into English**;
- in the third edition of 2018, **the sanitary and waste-related issues were reviewed by Dr. Aurelia Fonda, hygiene and preventive medicine specialist at the Ministry of Health in Italy.**

I was a **speaker** at **congresses, conferences, fairs and events** of the sector and **hygiene inspector in the International Competitions of Microblading and Permanent Make-up.**

In recent years, **I worked with several aesthetics, make-up and nail art magazines**, writing articles on industry news.

My aim is to spread the hygiene message over the world of aesthetics, permanent make-up, tattoo and piercing, by divulgating all the secrets I have acquired over so many years of experience in the sector.

I have a thousand new projects for the future, always in the field of permanent make-up!

