

Brought to you by american spa

THE ULTIMATE GUIDE TO SPA SANITATION




PREvention[®]
SPA & SALON DISINFECTANTS

THE ULTIMATE GUIDE TO SPA SANITATION



One of the first things clients notice when they walk into a spa is how clean it looks. But cleanliness isn't really about looking clean. It's about being clean.

That's because it's the germs we can't see that can cause the most harm. Microscopic pathogens are small but mighty, causing infections or illness when given the chance. As a result, spa owners can't afford to cut corners when it comes to the health and safety of their clients and employees. Their business's future and reputation rely on ensuring that everyone is safe from the threat of harmful germs, including viruses, bacteria and fungi, on surfaces, tools and equipment.

The Ultimate Guide to Spa Sanitation, presented by Virox's Prevention Disinfectants, provides a handy guide on what needs to be cleaned, how to disinfect properly and how to make sure that disinfection is top of mind for all employees so that customers can have the confidence that your spa is prioritizing their health and safety.

Prevention Disinfectants are powered by the patented technology Accelerated Hydrogen Peroxide® (AHP®), the same acclaimed technology that is used throughout healthcare facilities across the globe. Virox offers Prevention Disinfectant Wipes and Ready-to-Use Spray, formulated with the modern-day beauty professional

in mind. Prevention Disinfectants are ideal for the common surfaces and equipment found in spas and salons. Registered with the U.S. Environmental Protection Agency (EPA), they are hospital-grade disinfectants that are tough on germs but safe for users and the environment – the active ingredient, Hydrogen Peroxide, is biodegradable and breaks down into water and oxygen. Prevention is simple to use, requires no dilution or mixing, and is effective in killing pathogens in only 1 minute, up to 10 times faster than other disinfectants.

Disinfectants that have longer contact times require re-application or use of multiple wipes owing to evaporation.



CLEAN BREAK

The words cleaning, sanitizing, and disinfecting all have to do with maintaining a safe and healthy space, but their actual meanings differ.

- *Cleaning* is the act of removing dirt and debris from a surface or item and preparing it for disinfection. While this process may physically lift some pathogens off the surface, it does not necessarily kill them.
- *Sanitizing* helps reduce the number of bacteria on a surface. This does not include other types of pathogens, such as viruses or fungi. While sanitizing may be sufficient in some settings, it won't offer spas the full protection they need from the variety of pathogens that can cause infection.
- *Disinfection* kills pathogens on the surface, which can include viruses, bacteria, and fungi. Disinfecting surfaces and equipment regularly is a key step in protecting spas against infection and maintaining compliance with state and local regulations.

WHY DISINFECT

Spas have surfaces and use tools that can easily transmit pathogens to clients and employees. In addition to staff and client safety, infection prevention is also good for business – state and local regulations require adherence to good sanitation practices. Every U.S. state has its own health and safety regulations that spas must follow to ensure that clients and staff remain safe and healthy.

There are many different pathogens, also known as germs, that can hitch a ride on spa surfaces and equipment. These germs can be classified as viruses, bacteria or fungi. Here are a few common examples of each one:

Viruses

- HIV
- Hepatitis B and C
- Herpes
- Flu
- Norovirus
- COVID-19

Fungi

- Athlete's foot
- Nail fungus
- Candida auris

Bacteria

- Staphylococcus
- Pseudomonas that can cause skin infections
- Legionella



WHERE TO DISINFECT

- **Reception and waiting areas:** This sets the tone for the client's visit. It's not enough to set out a bottle of hand sanitizer (but do that, too). Many surfaces within reception areas, including keyboards, computer mice, and point-of-sale equipment can harbor germs and should be disinfected regularly.

- **Nail service areas:** Clients want to leave with shiny nails – and nothing else. Give them peace of mind that the service station has been thoroughly cleaned by ensuring that nail tools and equipment are cleaned and disinfected after each appointment. Footbaths should be emptied and disinfected after each use.

- **Massage therapy rooms:** Clients' goal when seeking a massage is to relax. They can't do that if they're worried about how clean the massage table and face cradle are. After each appointment, clean and disinfect tables, face cradles, and equipment such as cups, stones, rollers, and anything else that comes into contact with the client during their treatment.

- **Esthetic treatment rooms:** On welcoming them into the room, ensure that they are being greeted with surfaces and equipment, such as facial steamers, skincare equipment, and mag lamps that have been properly cleaned and disinfected.



CHOOSE WISELY

Disinfection is one of the most important steps in preventing infections in spas, but it can be challenging to know how to choose a safe, effective disinfectant. Here are 4 things to consider:

- 1. Broad-Spectrum Efficacy:** Choose an EPA-registered, hospital-grade disinfectant to protect against the wide range of pathogens you may encounter.
- 2. Contact Time:** Look for a disinfectant that is safe and effective in a rapid and realistic contact time. While many products require 10 minutes to kill all the pathogens listed on their label, Prevention does it in just 1 minute.
- 3. Safety:** Find a product that is tough on germs but non-irritating to you and your clients, and non-hazardous to the environment. Prevention contains Accelerated Hydrogen Peroxide®, which is gentle on users and environmentally sustainable.
- 4. Simplicity:** Disinfectant products should be simple and straightforward to make it easy for spas to ensure the health and safety of all employees and clients. Prevention requires no mixing, dilution, or daily preparation, and air dries quickly.



WHY PREVENTION?

It's a one-step disinfectant cleaner that kills viruses, bacteria, and fungi in only 1 minute – up to 10 times faster than other disinfectants – and without harmful chemicals. Prevention is Ready-To-Use, with no mixing or dilution required!

WHAT TO ASK YOURSELF

Use this checklist to assess your spa's safety procedures. Post it in your break room as a constant reminder of what needs to be done. After all, cleaning and disinfection aren't one-and-done actions.

- ✓ Is the spa well lit, clean and organized?
- ✓ Is your team aware of the cleaning and disinfection procedures that they must follow based on your state and local health department regulations?
- ✓ Do team members know their responsibilities in providing a safe and healthy space for their clients?
- ✓ Are surfaces being cleaned and disinfected between clients?
- ✓ Are tools being cleaned and disinfected properly between clients, and are they in good working condition?
- ✓ Is proper storage available to prevent contamination of disinfected tools and other items?
- ✓ Are handwashing signs posted prominently for clients and team members to see?
- ✓ Do employees wear gloves when necessary?
- ✓ Is client communication signage placed through the spa to communicate cleaning and disinfection practices?
- ✓ Do you regularly review your sanitation procedures and make updates as required?



A HOW-TO FOR YOUR MOST-USED AREAS

How to Clean & Disinfect Surfaces*

1. If required, pre-clean any visible dirt or debris from the surface.
2. Wipe, spray or foam your disinfectant evenly onto the surface.
3. Allow the surface to remain wet for the required contact time to kill bacteria, viruses, and fungi.
4. Allow surfaces to air dry or wipe any excess solution using a clean cloth, depending on label instructions.

*Always refer to your disinfectant product label and Safety Data Sheet (SDS) for use directions and safety information.

SURFACE CHECKLIST:

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

HOW TO CLEAN AND DISINFECT NON-CIRCULATING FOOT BATHS OR PEDICURE BOWLS

1. Drain water from basin/bowl and remove any visible debris.
2. Thoroughly clean the footbath/bowl and any removable jets/parts with detergent or a one-step cleaner-disinfectant, then rinse with water and drain.
3. Wipe, spray or foam your disinfectant onto the footbath/bowl and removable jets/parts.
4. Allow to remain wet for the required contact time to kill bacteria, viruses, and fungi.
5. Rinse footbath basin or bowl with fresh water.

HOW TO CLEAN AND DISINFECT TOOLS*

1. Clean tools using water and detergent.
2. Rinse tools with clean water and dry.
3. Fully immerse tools in a disinfectant, following product use directions. Once the contact time has been reached, promptly remove the tools from the disinfectant solution.
4. Rinse tools with water and dry with a clean cloth.
5. Store in a clean, closed container to prevent contamination.

*Ensure that tools are disinfected in accordance with state and local regulations.

TOOLS AND IMPLEMENTS CHECKLIST:

Comedone Extractors
Cuticle Pushers
Metal Nail Files
Microblading Handles
Nail Clippers
Reusable Razor Handles
Tweezers

Prevention Ready-to-Use Spray

is ideal for fast and effective disinfection of surfaces and foot baths/pedicure bowls, killing bacteria, viruses and fungi in only 1 minute, providing a fast turnaround between clients.



What's the easiest way to stay safe when using a disinfectant?

Use professional disinfectant products that are EPA-registered, effectively kill pathogens as fast as possible, and contain safe and sustainable ingredients. When disinfecting, it is important to follow sanitation best practices by wearing gloves.

For more cleaning and disinfection protocols, visit [PreventionDisinfectants.com/protocols](https://www.PreventionDisinfectants.com/protocols)

GO GREEN

According to the Green Spa Network, 90% of group members say a sustainability plan enhances their brand's perception – not to mention that it actually helps the environment. To be eco-friendlier, replace cleaning products that have harsh chemicals with gentler ones made from biodegradable ingredients.

Prevention Disinfectants can help. Falling under EPA's lowest toxicity category, they're powered by Accelerated Hydrogen Peroxide® (AHP), a biodegradable technology with an active ingredient that breaks down into oxygen and water, minimizing environmental impact.

Prevention Disinfectants also offers an industry-first Refill Wipes option. Prevention Refill Wipes not only reduce plastic waste by up to 90% when compared to regular wipe tubs, but they are also easy to store and come with cost savings. This offers spas a highly impactful way to reduce plastic waste as much as possible, minimizing overall environmental footprint.



TEST YOUR CLEAN-SAVVY

Now that you have a better understanding of what's required to disinfect a spa, check your knowledge against this short quiz.

1. What are the 3 groups of pathogens that are controlled by surface disinfection?

- A. Viruses, parasites, fleas
- B. Viruses, fungi, parasites
- C. Viruses, bacteria, fungi
- D. Bacteria, parasites, fungi

2. Match each of the following terms to its correct definition:

- A. Cleaning
- B. Disinfecting
- C. Sanitizing

- ▼ Reducing the number of bacteria (but not viruses or fungi) on a surface to a safe level.
- Killing pathogens on a surface, including viruses, bacteria, and fungi; required for most surfaces in spas to prevent the spread of infection.
- Physically removing dirt and debris from a surface.

3. What is the best way to prevent the spread of germs?

- A. Clean once a day.
- B. If it doesn't look dirty, it's probably fine.
- C. Spray some disinfectant onto a surface and rinse it off immediately.
- D. Disinfect equipment, tools, and surfaces regularly, according to the manufacturer's instructions.

4. True or false: Sanitizing and disinfecting are the same.

- A. True
- B. False

5. Complete this sentence: Federal, state and local governments _____.

- A. Have regulations and guidelines for keeping consumers and workers safe at spas.
- B. Offer employees a chance at a free spa treatment for a job well done.
- C. Don't really care what happens at spas.
- D. Dictate what brand of cleaning supplies spa owners should use.

6. When choosing a disinfectant, look for a product that's _____.

- A. Scented
- B. The cheapest
- C. EPA-registered, effective against bacteria, viruses, and fungi
- D. Got an attractive label

7. True or false: To be effective, a disinfectant must have a long contact time.

- A. True
- B. False



COMMIT TO CLEAN

Your most important responsibility is protecting yourself and your clients' health and safety. To do this, you need a disinfectant you can rely on – one that's gentle on your staff and the environment and effective against germs. After all, time is of the essence when accommodating appointments. EPA-registered Prevention, which kills viruses, bacteria, and fungi in 1 minute, meets all these requirements and comes in easy-to-use spray and wipe options.

What's more, Virox offers a complimentary Infection Prevention Certification that more than 35,000 beauty professionals have taken. This course takes just 30 minutes to complete and explains how to identify the risks germs pose, what to look for in selecting a disinfectant, and sanitation best practices tailored to individual services or roles. At the end, you will gain the confidence in knowing you can clean and disinfect responsibly and effectively, and earn a personalized certificate to display.

To take the complimentary certification, please scan:



For more information on Prevention products, visit preventiondisinfectants.com/product-overview or email info@virox.com.


PREvention[®]
EVERYDAY CONFIDENCE

BROUGHT TO YOU BY:

american spa

 **PREvention**[®]
SPA & SALON DISINFECTANTS

 **VIROX**[®]
TECHNOLOGIES INC.

Creators of
 **ACCELERATED**[®]
HYDROGEN PEROXIDE
Patented

 **PREvention**[®]

Prevention[™] is a member of the Virox family of brands.

You must read and follow the instructions on the label for our product and use the product for the particular applications specified on the product label. Product shots have been digitally altered and are not accurate as shown. Refer to product label or reference sheet for a complete list of disinfection claims and additional features.

AHP[®] and Design and Accelerated Hydrogen Peroxide[®] and Design are trademarks of Diversey, Inc.