

Anatomy and Physiology for Hair and Beauty



What you will learn

This course provides essential knowledge of human anatomy and physiology as it relates to hair, beauty and aesthetic treatments. It is designed to help professionals understand how the body works, why this knowledge is vital for safe practice, and how it underpins effective treatment delivery.

Who this course is for

This course is ideal for:

- Hair and beauty professionals
- Beauty, spa and aesthetic practitioners
- Salon owners and managers
- Learners completing beauty or therapy qualifications
- Anyone seeking CPD in anatomy and physiology

No previous medical or scientific knowledge is required.

What you will learn

By the end of this course, you will understand:

- The structure and function of the skin, including layers, cells and skin types
- The anatomy of hair and nails and how this links to treatments
- The skeletal and muscular systems and their relevance to posture and movement
- The circulatory and lymphatic systems and their role in skin health and healing
- The nervous and endocrine systems and their influence on the body and skin
- How body systems work together during beauty treatments
- Common contra-indications and contra-actions
- Why anatomy and physiology knowledge is essential for safe, professional practice

What you'll gain

- A strong foundation in anatomy and physiology for beauty practice
- Increased confidence in delivering safe and effective treatments
- Improved understanding of client suitability and treatment planning
- Knowledge to support CPD and professional development
- Greater credibility and professionalism within the industry

How you'll learn

- Clear, easy-to-understand explanations
- Beauty-specific examples and scenarios
- Structured, self-paced learning
- Content suitable for CPD or qualification support
- No prior scientific background required

Why This Course Matters

A sound understanding of anatomy and physiology is essential for safe and professional beauty practice. This course ensures you can confidently assess clients, recognise risks, and deliver treatments in line with industry standards while protecting client wellbeing.