



## The use of injectables by the professional beautician: a systemic review

*The use of injectables by aesthetic professionals: a systematic review*

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### SUMMARY

The pursuit of aesthetics has become important in the lives of individuals, who, in order to change their appearance and feel good about themselves, have increasingly sought out this area, increasing the demand for the sector. It is known that the professional beautician can work in several segments, which makes the profession gain space and constantly progress, forcing professionals in the area in the continuous search for knowledge and learning. With the development of new technologies, aesthetics and cosmetics have evolved greatly, enabling the use of several treatments, including injectable aesthetic procedures, which are those that penetrate the body with minimal damage.

These have numerous benefits and are used in various treatments, both facial, body and hair. However, some criteria, such as seeking a qualified professional, are not adopted, and this increases the risk of possible complications. Thus, the objective of this study was to verify the possibility of the professional beautician performing injectable aesthetic procedures, analyzing through the legislation, whether the beautician can perform such practices. The methodology used was a bibliographic, systemic and exploratory research, with a qualitative approach. In the results, it was observed that the only law that recognizes the profession of the beautician does not mention anything about the use of injectable aesthetic procedures, either authorizing or denying the use of the practice. Thus, it is concluded that it is up to the professional beautician to want to specialize in this area and deal with the possible consequences that may occur.

**Keywords:** Beautician. Injectables. Invasives. Legislation. Aesthetic Procedures.

### ABSTRACT

The search for aesthetics has become important in people's lives, as they seek to modify their appearance and feel good about themselves, increasingly turning to this field and raising the demand in the sector. It is known that the aesthetic professional can work in various segments, which allows the profession to gain space and progress constantly, pushing professionals in the field to continuously seek knowledge and learning. With the development of new technologies, aesthetics and cosmetics have evolved significantly, enabling the use of various treatments, including injectable aesthetic procedures, which are those that enter the body with minimal damage. These procedures have numerous benefits and are used in various treatments, including facial, body, and hair treatments; however, some criteria, such as seeking a qualified professional, are not always adopted, increasing the risks of possible complications. Thus, the objective of this work was to verify the possibility of the aesthetic professional performing injectable aesthetic procedures, analyzing through legislation, whether the aesthetician can carry out such practices. The methodology used was bibliographic,

systematic, and exploratory research with a qualitative approach. The results showed that the only law recognizing the profession of the aesthetician does not mention anything regarding the use of injectable aesthetic procedures, neither authorizing nor denying the practice. Therefore, it is concluded that it is up to the aesthetic professional to decide whether to specialize in this area and deal with the possible consequences that may arise.

**Keywords:** Aesthetics Professional. Injectables. Invasive. legislation. Aesthetic Procedures.

## 1. INTRODUCTION

The concern regarding the body and beauty is evident, and the search for aesthetics is becoming increasingly important in the lives of all individuals, where more and more people seek services in this sector to feel good about themselves (BARBOSA *et al.*, 2013; CARRILHO *et al.*, 2007).

People's fear of their physical appearance has been boosting the market with the aim of modify one's appearance according to beauty standards, often imposed by society (SILVEIRA *et al.*, 2022). Thus, this demand grows every day, and the profession has been evolving each time. more and more, forcing the aesthetics market, including professionals, there is a constant search for knowledge and learning (ASBAHR, 2014 *apud* BARBOSA *et al.*, 2018).

It is known that the professional beautician can work in different areas, and for this they can qualify in technical level courses or higher level courses, where each modality exercises certain procedures (BRAZIL, 2018).

With the development of technology, aesthetics and cosmetics have evolved a lot, enabling the use of various treatments (SILVEIRA, *et al.*, 2022), and among them are the injectable cosmetic procedures, which are intradermal or subcutaneous injections infused into very small quantities (ROMANI *et al.*, 2023). These procedures have an extensive purpose, as they can be used for various treatments such as: localized fat, hyperchromia various, atrophic scars, stretch marks, facial rejuvenation, tissue sagging, gynoid lipodystrophy, alopecia, weight loss and lean mass gain (SOUZA *et al.*, 2018).

The rapid growth in demand for these procedures has enabled people to undergo these treatments while maintaining a normal life routine (MAIA; SALVI, 2018), and because of this, there have been countless benefits that can be offered to customers (TEDDE; JATENE, 2004). However, so many benefits have caused customers not to adopt some criteria, such as the search for a qualified professional (MENEZES *et al.*, 2020), and this means that the risks of possible complications are not minimized (MAY, 2011).



Therefore, people who want to improve their appearance often resort to this type of procedure without thinking about the consequences, and these have the potential to trigger important health complications (GEMPERLI; MENDES, 2019). In this sense, it is of utmost importance that each person seeks qualified professionals to begin an aesthetic treatment, in addition to having awareness of their needs in order to obtain a satisfactory return, establishing methods and appropriate techniques, always aiming to maintain the health of individuals (FERREIRA *et al.*, 2023).

Therefore, the present work aimed to verify the possibility of the professional beautician perform injectable aesthetic procedures, analyzing through legislation, if the beautician can carry out such practices.

## 2. BIBLIOGRAPHICAL REVIEW

### 2.1 AESTHETICS AND AESTHETICIST

Beauty has become something to be conquered by contemporary individuals (SAMPAIO; FERREIRA, 2009), who when looking in the mirror, do not always see the desired image. In Most of the time, they don't feel beautiful enough, especially when compared to standards of images worshipped by a market that do not suit everyone. Beauty is understood as a set in harmony, and above all, a state of mind, that is, being beautiful means knowing highlight your qualities, accept yourself, value yourself, have self-esteem, and to raise self-esteem small details are capable of causing great effects on appearance and striking changes in way of being and facing life (GOOSSENS, 2005 *apud* FISCHER *et al.*, 2021).

For Salomão *et al.* (2021), aesthetics is a science focused on beauty and awakening something beautiful within each individual. Making peace with the mirror, taking care of skin, hair and body, that is, caring about appearance is synonymous with well-being. Studies show that aesthetic procedures produce positive results, which justifies their importance in improving people's self-esteem, as there is an improvement in their vision of themselves and an increase in their social and interpersonal relationships, as well as an improvement in the quality of life.

In this way, the aesthetics area has been growing and developing at a fast pace, and thus there is a need for a structuring and professionalization process, verifying the training, the skills and competencies of these professionals (BATISTA; CAVAGNARI, 2011). The

improvement in the area met the needs that arose in the job market, which require increasingly prepared and qualified professionals. However, the lack of understanding regarding profession means that the area does not receive its due value and its potential is not recognized, and thus the idea develops that there is no need for trained professionals or that any other training can develop the respective function (KOBERNOVICZ *et al.*, 2017).

A beautician is understood as a professional qualified to carry out the necessary treatments for solve most aesthetic problems, therefore, we can say that the beautician works to improve physiological function of the skin, and this requires skin and its cutaneous appendages (PEREIRA, *et al.*, 2021).

Those interested in working as a beautician can qualify in advanced level courses. technician with a minimum workload of 1,200 hours, in higher education courses, whether bachelor's degrees or technologists with a minimum workload of 2,000 hours, and continue their studies in post-graduate courses. interdisciplinary degree in the area of health and biological sciences, among others (BRASIL, 2023; BRAZIL, 2016).

A qualified professional in the field of aesthetics is one who is able to select and use cosmetic products, evaluate and suggest aesthetic treatments, and manage services in the sustained area in the precepts of science, health, beauty and management, associated with the broad vision of technological innovations and the aesthetic and ethical principles involved in enhancing personal image and quality of life, always seeking trends, techniques and technologies of aesthetics and beauty (UNIVALI, 2008 *apud* FEY *et al.*, 2011).

Currently, the profession of beautician has several qualifications such as: procedures facial, body and hair aesthetics; apply visagism and makeup techniques; prepare and apply evaluation programs for clients undergoing aesthetic procedures; propose and participate in studies scientists for the development of new technologies in the area of innovative aesthetic treatments, as well as for the evaluation of new products, procedures, protocols and their applicability; plan, organize and manage companies in the aesthetics and cosmetics sector; and evaluate and prepare opinions technician in his/her field of training (BRAZIL, 2016).

Fari and Nogueira (2007) emphasize that for this new professional to conquer his space in the job market, there is a constant need to seek knowledge, since every day movements that talk about self-care and body acceptance are growing, however, behind this image worship can have pitfalls that can help reinforce stereotypes and beauty standards. Therefore, the search for an aesthetic procedure must be guided by licensed professionals. and prepared, emphasizing that this must be qualified, updated and prepared, to transmit



security and guarantee the effectiveness of the service offered, as well as ensuring the quality of execution, materials and that are within the parameters of health regulatory bodies (MENEZES *et al.*, 2020; NORMANDO, 2012).

## 2.2 AESTHETIC PROCEDURES

The term aesthetic procedure is broad and encompasses a variety of interventions that have with the aim of alleviating or correcting a certain imperfection. In this sense, a skin cleansing is an aesthetic procedure, in the same way that plastic surgery is (MARRA, 2023).

Aesthetic procedures when performed as a resource for the conception of beauty, helps to enhance the aesthetics of each person, raising their self-esteem and consequently improving your behavioral state, however, beauty does not mean perfection, but acceptance and valuing each individual (FISCHER *et al.*, 2021).

Due to the natural physiological process of aging, people have sought alternatives to reduce or delay the appearance of these signs. In this way, the procedures aesthetics have become an attractive option for individuals seeking to rejuvenate in a way general, having some advantages when compared to surgical procedures (MAIA; SALVI, 2018).

It is clear that the growing demand for aesthetic interventions has increased in recent times, and with this increase, it becomes essential for the professional specialized in aesthetics, responsible for such procedures, understand what defines beauty and what leads the patient to seek this ideal (CASTRO, 2021).

Promoting beauty should be something that attributes positive points to human characteristics. and not something that sacrifices or imposes stipulated standards. Therefore, aesthetic procedures carried out by professionals in the field of aesthetics are intended to promote beauty, well-being and improve unsightly aspects of each person (BRAVO; BARBOSA, 2018; FISCHER *et al.*, 2021).

The aesthetic procedures offered include invasive and non-invasive techniques, where Invasive methods consist of methods that penetrate the skin's natural barriers, such as, injectables, and non-invasive methods that do not use needles or medications, such as relaxing massage (LIMA *et al.*, 2021).

Some of the most sought after and enabled non-invasive aesthetic procedures professional beautician are: skin cleansing, lymphatic drainage, modeling massage or with oils

essential, pre and post-operative, etc. Invasive aesthetic procedures are also injectables, among the most sought after include: fillers, botulinum toxin, non-aspirative hydrolipoclasia, drying of small vessels (PEIM), application of enzymes, etc. (VIEIRA; CASTRO, 2018).

Photo 1. Diamond *peeling*



Source: Borges and Scorza (2016, p. 89)

## 2.3 INJECTABLE AESTHETIC PROCEDURES

Injectable aesthetic procedures are considered invasive, as they are performed entering the body with minimal damage to the entry point, which may be the skin, cavity or anatomical opening (MARIANI; PÊGO-FERNANDES, 2014).

These were developed primarily with the aim of replacing lost volume and/or correction of dermal, subcutaneous and even muscular imperfections, which resulted from a trauma, surgical defect, lipoatrophy condition (acne scars, environmental agents, HIV etc.), photoaging or chronological aging. However, they were also taken into account consideration for women who care about beauty and who, due to lack of time, do not are able to step away from their daily activities as they did before. As these procedures do not require a recovery period, injectables have become the main alternative of aesthetic treatment, before opting for surgical intervention (ROMANI *et al.*, 2023).

The desire for facial and body modifications, in addition to the benefits of the transformations that these procedures provide, boosted innovation and the dissemination of the use of these procedures, which are increasingly innovative and have a significant impact on people's lives. each individual and the way they are perceived globally (LIMA *et al.*, 2024).



In Brazil, during 2014, surgeries represented 82.6% in the national ranking, while in 2018, injectable aesthetic procedures were numerically equal to surgical ones. This is justified by the ease of scheduling, speed of completion, and minimum time return to the client's daily activities, due to the possibility of being done in stages, without changes abrupt changes in appearance and are often more financially accessible (MENEZES *et al.*, 2020).

Injectables are resources widely used by professionals in the aesthetic health field, because the results obtained are extremely relevant and their application is relatively simple. It consists of intradermal or subcutaneous injections of various diluted mixtures of natural extracts of plants, homeopathic agents, pharmaceuticals, vitamins and other bioactive substances that are infused in very small quantities, ranging from 0.1 ml to 0.2 ml, through multiple dermal punctures instead of a few injections. Injectable cosmetic procedures are becoming increasingly popular, mainly due to its extensive purpose, which can be used for facial rejuvenation treatment, sagging, gynoid lipodystrophy, alopecia, reduction of measurements, weight loss etc. (ROMANI *et al.*, 2023).

Photo 2. Lip filler with hyaluronic acid



Source: Junior *et al.* (2021, p. 5)

## 2.4 RISKS

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It should be noted that, among the aesthetic procedures, which in themselves encompass many aspects, There are many issues to be considered, such as risks, which, as in Every procedure must be properly explained to the client who wishes to undergo such aesthetic procedure, whether injectable or not (MARTINS; FERREIRA, 2020).

According to Maio (2011), to minimize the risk of complications after these procedures, it is essential that the professional carries out a good anamnesis of the client, describing the main complaints, health problems, pre-existing allergies, as well as medications you use, as consequences in this type of procedure have the potential to trigger important complications to health, and in these cases, less serious damage may occur, such as edema and bruising, in addition to more serious damages such as death (GEMPERLI; MENDES, 2019).

Therefore, it is essential that the professional who performs injectable aesthetic procedures have knowledge in subjects or contents of human anatomy and physiology, in addition to semiology and pharmacology and other therapeutic and pharmacological resources, so that the techniques used during injectable aesthetic procedures are successful. But beyond the knowledge anatomical and pharmacological, a detailed anamnesis of the client must be carried out, local asepsis and use of appropriate instruments for each technique in order to minimize the main complications that usually include: inflammation, bruising, infection, nodules, hypertrophic scars and tissue necrosis. If complications occur, despite all necessary care, most of them can be treated, providing the client with safe treatment (BARROS *et al.*, 2023; BRAZIL, 2014).

Photograph 3. Lip cyanosis after hyaluronic acid filling



Source: Moro *et al.* (2023, p. 3,594)





Photograph 4. Onset of nasal necrosis due to hyaluronic acid filling



Source: Tonaco and Matias (2020, p. 125)

## 2.5 LEGISLATION FOR THE PROFESSIONAL AESTHETICIAN

### 2.5.1 LAW Nº 13.643/18

In Brazil, through Law No. 13,643/18, the profession of beautician was regulated, which includes the Beautician and the Cosmetologist, and the Aesthetics Technician (BRAZIL, 2018), and was established that it is the responsibility of technical level professionals to: perform facial aesthetic procedures, body and hair, using cosmetic products, techniques and work resources equipment registered with the National Health Surveillance Agency (ANVISA); request, when deem necessary, an opinion from another professional to complement the aesthetic evaluation; observe the medical or physiotherapy prescription presented by the client, or request, after examining the situation, medical or physiotherapy evaluation. For higher education professionals, in addition to the activities described previously, it is also his responsibility: technical responsibility for the beauty centers that execute and apply aesthetic resources, observing the provisions of the law; the direction, coordination, supervision and teaching of subjects related to courses that include studies with a concentration in aesthetics or cosmetology, as long as the laws and regulations regulating the activity are observed teaching; auditing, consultancy and advice on cosmetics and specific equipment for aesthetics registered with ANVISA; the preparation of reports, technical-scientific opinions, studies, marketing or experimental work and research related to aesthetics and cosmetology, in its area of activity; the preparation of the service program, based on the client's situation, establishing the techniques to be used and the number of applications required; observe the

medical prescription presented by the client, or request, after evaluating the situation, a prior prescription medical or physiotherapy (BRAZIL, 2018).

## 2.6 BILLS FOR PROFESSIONAL AESTHETICIANS

Although there is only one regulated law regarding the professional beautician, there are several bills that aim to provide more skills to these professionals.

### 2.6.1 BILL Nº 2.304/19

Among these projects, there is Bill No. 2,304 of 2019, which amends Article 8 and adds and amends sections of Article 6 of Law No. 13,643/18, which regulates the professions of beautician, which includes the beautician and cosmetologist, and the aesthetics technician (BRASIL, 2019).

In Art. 6, amend section II as follows: the management, supervision and teaching of subjects relating to courses that include studies with a concentration in aesthetics or cosmetology, provided that the laws and regulations governing teaching activities are observed, and are the responsibility of exclusive to the professional graduated in aesthetics and cosmetology the coordination of technical courses and higher education in aesthetics and cosmetology; adds section VII: the acquisition and prescription of vibrational, phytotherapeutic, vitamin, mineral, venotonic, eutrophic, lipolytic substances, enzymatic, amino acids, lactobacilli, antioxidants, moisturizers, tissue repair, biostimulants, biologicals, master or reference formulations of cosmetics, cosmeceuticals, dermocosmetics, essential oils, master and reference formulations for physical *peels* , chemical, enzymatic and biological, following ANVISA instructions and for exclusive use in aesthetic procedures to be performed according to the protocol developed by the professional beautician and cosmetologist; adds section VIII: the prescription and performance of procedures that involve the use of lasers (low, medium and high power) and other technological resources used for aesthetic purposes; add section IX: perform electrotherapeutic technologies, phototherapeutic, manual and cosmetological techniques, and injectable, scarifying and piercing techniques non-surgical, which do not reach holes and cavities; and amends Art. 8 as follows: the beautician and a cosmetologist is recognized as a professional in aesthetic health, and must comply with and enforce the rules relating to biosafety and health legislation, considering, without fail, that

the exercise of this act must be based on scientific knowledge and skills, which cover good prescribing practices, semiology and pharmacology (BRASIL, 2019).

The justification for the project is that Law No. 13,643/18 brings many shortcomings and does not clearly regulate the skills and abilities of graduates in aesthetics and cosmetology, causing a series of restrictions to legally qualified professionals. It should be considered that the graduated professional cannot purchase sterile pharmacological substances for use in their work techniques, being forced to acquire the products from the hands of representatives, increasing prices, or forcing them to resort to doctors, biomedical professionals or dentists, so that they can provide the recipes and be technically responsible for the acquisition of the products. The purchase of the materials and products needed for the procedures is of utmost importance, and just the fact that it is not stated in Law No. 13,643/2018 that beauticians and cosmetologists are health professionals, it is already a factor that hinders professional activity (BRASIL, 2019).

In the publication of the Ministry of Education of the year 2016, dealing with the National Catalog of Courses, aesthetics and cosmetology is inserted in the technological axis of environment and health, which includes technologies capable of promoting improvements in quality of life, in addition, curricular organization of the courses, in accordance with what is stipulated by the MEC (Ministry of Education), is focused on biosafety and other essential factors for carrying out the aesthetic procedures, using specific techniques, materials and equipment specific (BRAZIL, 2019).

The professional cosmetologist works on tissue repair and improving skin quality. in dermatological treatment, reducing discomfort, decongesting, calming, and improving the epithelial absorption capacity, in addition, these professionals support treatments doctors with their techniques and resources, regarding the post-operative period of plastic surgeries or tissue repair of burn patients. In this way, it is not possible to leave any doubts in the law as to the positive collaboration that such professionals bring to the health field, as these professionals are prepared to perform their duties, and should therefore have the right to acquire the necessary materials and products in the most appropriate and efficient manner (BRASIL, 2019).

Another point in need of change concerns the prescription of substances, as there is a complaint common among professionals that they are constantly questioned about their authority to prescribe, as the prescription of substances is regulated in Brazil by Federal Law No. 5,991/1,973, of Decree No. 3,181/1,999, which regulates Law No. 9,787/1,999 and of Resolution CFF No. 357/2.001, of the Federal Pharmacy Council. The prescription has clear rules to be followed

and is imbued with the professional's responsibility, based on some general precepts, which, certainly, are not ignored by beauticians and cosmetologists. Likewise, they need, in some cases, carrying out procedures using sharp objects, for example, and such procedures do not go against the medical act, Law No. 12,842/2013, which determines in Art. 4 to be exclusive to the doctor invasive procedures, but in paragraph 4 it indicates as invasive the following procedures that affect internal organs and the body's natural orifices (BRAZIL, 2019).

It remains to reinforce the fact that professionals in aesthetics and cosmetology are trained during the thousands of hours of study in their undergraduate studies, which gives them greater authority than others professionals for course coordination, that is, there are sufficient subsidies to support the changes proposed in this document (BRAZIL, 2019).

#### 2.6.2 BILL Nº 1.135/22

There is also Bill No. 1,135 of 2022, which aims to amend Art. 5 and adds paragraph of Art. 6 of Law No. 13,643/18, to provide for the possibility of beauticians and technicians in aesthetics prescribe, within their area of activity, products that are not exclusive to the class medical (BRAZIL, 2023).

In Art. 5, amend section I as follows: perform facial aesthetic procedures, body and capillary, using equipment registered with ANVISA as work resources and products that do not require a medical prescription, except in cases where there is prior evaluation and prescription from a doctor responsible for indicating the aesthetic treatment (BRASIL, 2023).

In Art. 6, add item VII: the prescription, within its area of activity, of products that are not exclusive to the medical profession. The justification for this bill mentions the reference imprecisely made to cosmetic products in the law, which creates serious uncertainty in the work of beauticians and aesthetic technicians who are subject to the interpretation of what they can or cannot acquire and prescribe. This situation leads to the extreme of sometimes not being able to buy even substances sanitizing and disinfecting the work environment. In addition, most of the products used by these professionals have a different classification than simple cosmetics, such as drugs and compositions that can be purchased or manipulated without a prescription by any person, however, when referred by aesthetic professionals, encounters barriers, especially by pharmaceutical establishments (BRASIL, 2023).

Beauticians and beauty technicians are also professionals who are part of teams multidisciplinary in the performance of integrative and complementary practices, where the therapeutic practice and the products used directly assist in the recovery of the client's health and well-being. It is important to highlight that the current regulation of the profession establishes the legal limit of the activity of beauticians and aesthetic technicians, who cannot perform acts exclusive to doctors (BRAZIL, 2023).

Finally, it is worth highlighting that the aforementioned bill does not offend the code of ethics. professional beautician, technicians and technologists, established by FEBRAPE (Brazilian Federation of Professional Beauticians), since, in its wording, it delimits the possibility of prescription by beauticians of products that are not exclusive to the medical profession. Therefore, the changes presented are not intended to expand the skills of these professionals nor to harm the medical act law (Law No. 12,842/2013), but rather, to pacify the divergences in the market of work regarding the products to be prescribed and purchased by these specialists (BRASIL, 2023).

#### 2.6.3 BILL N° 4.484/23

And finally, there is Bill No. 4,484 of 2023, which regulates the professions of cosmetology and aesthetics, and creates the Federal Council and Regional Councils of Cosmetology and Aesthetics. These are created with the task of supervising the practice of the professions of beauticians and cosmetologists at undergraduate, technologist and technical level as defined in this law (BRAZIL, 2023).

The justification for this document is to create the Federal Council and the Regional Councils, as a supervisory body for the practice of the professions of beauticians and cosmetologists. The creation of the supervisory entity will mainly ensure the Brazilian population's safety in services hygiene and body and facial aesthetics and other applications that are provided in accordance with the regulated professional best practices, increased awareness and search for treatments preventive aesthetics in favor of more expensive and risky invasive procedures (BRAZIL, 2023).

We are living a moment of great importance, evolution and recognition of the profession of beautician and cosmetologist, however after regulation by Law No. 13,643/18, the fight continues in tireless but unsuccessful search for the creation of the National Council of Aesthetics and Cosmetology. Professionals strive to guarantee the right achieved after a hundred years of profession and there were more than fifty years of struggle for regulation, however, we see

collapse the career with the invasion of other professions, in addition to the lack of regulation at ANVISA and mainly due to the lack of a regulatory entity that regulates and sets rules for the sector. On the other hand, there is a concern for the health of the population, who are exposed to immeasurable risks, with the advancement of science, technology and clandestinity, and due to lack of supervision (BRAZIL, 2023).

According to a survey carried out by ABIHPEC (Brazilian Industry Association of Personal Hygiene, Perfumery and Cosmetics) together with the FSB Research Institute, Brazil is the third country with the largest consumer market for beauty products and equipment and aesthetics, only behind the United States which has a percentage of 16.5% and China which accounts for 10.3% of all world consumption. This data is from the year 2016, considered one of the most positive years for this sector, and the growing concern with health and beauty (BRAZIL, 2023).

In view of the increase in life expectancy of the population, the age group is increasingly of teenagers and even the elderly is growing more and more, due to the offer of services and palliative and complementary care treatments, the reliability of teamwork multidisciplinary health (BRAZIL, 2023).

This is a necessary and preventive measure, not only for the recognition and appreciation of the aforementioned professionals, as well as the regularization and stipulation of standards and rules legal, reducing the clandestine activity of professionals and clinics, *spas*, beauty salons, commercial and others, which operate irregularly without due structural care, biosafety, social security and collections required by public administration and surveillance bodies Sanitary (BRAZIL, 2023).

The objective is to create a Council that enforces the Law, respecting professionals, clinics and especially the Brazilian population, as it is observed that the constant growth of establishments that offer aesthetic and dermatological treatments without the proper authorizations and without safety standards, it causes the population to suffer irreparable losses (BRASIL, 2023).

### 3. METHODOLOGY

This study is of a bibliographic, systemic and exploratory nature, with qualitative approach, which aims to analyze whether the beautician professional can perform procedures injectable aesthetics.



Scientific articles displayed in periodicals were used as material, as well as undergraduate, postgraduate, master's or doctoral academic work, as well as legislation, by judge their viability for healthcare professionals.

The initial search for study materials took place between August 2024 and June 2025, through research in the Google Scholar databases, Latin American and Caribbean Literature in Health Sciences (LILACS), *Scientific Electronic Library Online* (SciELO) through the Library

Virtual Health (BVS), in addition to specialized and government magazines, books and websites, using the keywords: beautician, injectables, invasive, legislation and aesthetic procedures.

The inclusion and exclusion criteria for selecting articles were: articles with an emphasis on theme of the work, written in Portuguese, available in full for free in the collection online, and with a date filter of 20 years of publication. The selected articles were submitted to reading of the complete content to analyze the relevance of the theme with the guiding question of the work.

#### 4. RESULTS AND DISCUSSIONS

Through research, it was possible to observe that the market in question is evolving constantly, and in this way, it is clear that the category of aesthetics encompasses two very different universes. distinct, represented on the one hand by beautification services, which include activities such as hairdresser, manicure, pedicure, waxing, etc., and on the other side by beauty services, where perform specialized procedures, including those classified as invasive/injectable, which are those that cause the rupture of natural barriers or penetrate cavities of the organism, and those with the use of devices/equipment and cosmetics (PARANÁ, 2018).

Table 1 presents a summary of the legislation and bills for the professional beautician, and highlights what this professional is able to do in his/her respective role, both currently and in the future, if any bill is approved.

Table 1 – Compilation of legislation and draft laws for the beautician profession

Law/Project Reference of Law		Objective	What does it say?
Brazil (2018)	Law No. 13,643	Regulates the professions of beautician, who understands the	It is the responsibility of the aesthetics technician and the beautician and cosmetologist perform aesthetic procedures facial, body and hair, using as



		beautician and cosmetologist, and aesthetics technician.	working resources cosmetic products, techniques and equipment registered with the Agency National Health Surveillance Agency (ANVISA).
Brazil (2019)	Project of Law No. 2,304/19	Amends art. 8 and adds and amends paragraphs of art. 6 of Law No. 13.643/18, which regulates the beautician professions, which understands the beautician and cosmetologist, and technician in aesthetics.	<p>In art. 6, amend section II as follows: [...]</p> <p>the teaching activity being the responsibility of exclusive to professionals graduated in aesthetics and cosmetology the coordination of technical courses and higher education in aesthetics and cosmetology;</p> <p>Adds section VII: acquisition and prescription of vibrational, phytotherapeutic substances, vitamin, mineral, venotonic, eutrophic, lipolytic, enzymatic, amino acids, lactobacilli, antioxidants, moisturizers, repairers tissue, biostimulants, biological, magistral or reference of cosmetics, cosmeceuticals, dermocosmetics, essential oils, formulations masterful and reference physical peels, chemical, enzymatic and biological, observing the instructions from ANVISA and for use exclusively in aesthetic procedures to be performed according to the protocol developed by professional beautician and cosmetologist;</p> <p>Adds section VIII: prescription and carrying out procedures involving the use of lasers (low, medium and high power) and other technological resources used for aesthetic purposes;</p> <p>Adds section IX: implement technologies electrotherapeutics, phototherapeutic, manual and cosmetological, and injectable techniques, non-surgical scarifying and sharp objects, that do not reach holes and cavities;</p> <p>Amends Article 8 as follows: [...] comply with the biosafety standards and health legislation, where the exercise of this act should be based on knowledge and skills</p>

			scientific, which cover good practices of prescription, semiology and pharmacology.
Brazil (2023)	Project of Law No. 1,135/22	Amends Law No. 13,643, which regulates the professions of beautician and cosmetologist, and aesthetics technician, to provide the possibility of beauticians and the aesthetic technicians prescribe, within its area of activity, products that are not proprietary of the medical class.	In art. 5, amend section I as follows: [...] using products as resources that dispense medical prescription, except in cases where there is prior evaluation and prescription by a doctor responsible for indicating aesthetic treatment; In art. 6, add item VII: prescription, within its area of operation, of products that do not are exclusive to the medical profession.
Brazil (2023)	Project of Law No. 4,484/23	Regulates the professions of cosmetology and aesthetics, creates the Federal Council and the Councils Regional Cosmetology and Aesthetics, and provides other measures.	Adds several articles and amends art. 9 of the as follows: the Federal Council and the Regional Councils of Cosmetology and Aesthetics with the task of supervising the exercise of the professions of beauticians and cosmetologists at undergraduate level, technologist and technical level defined in this law.

Source: Prepared by the authors of the work, (2025).

It was observed that beauticians and cosmetologists need to have a technical course or higher to be able to work in the area, and according to the level of their training, they can perform certain procedures, including the use of equipment and complementary therapies in aesthetics (PARANÁ, 2018). However, the only Law that recognizes the exercise of the profession of beautician does not mention at no time anything regarding the use of injectable aesthetic procedures, whether authorizing as denying the use of the practice.

The bills aim to increase the competence of the beautician professional in relation to other activities, such as acquiring and prescribing, in addition to cosmetic products, substances that do not are exclusive to the medical profession, giving professionals more security and freedom in the performance of their profession. And also, the creation of a Regional/Federal Council, which aims to protection of the beautician professional in relation to the procedures performed, even if these are not are injectable.

Unfortunately, the image of the beautician is not seen as that of a knowledgeable professional. comprehensive, but rather someone who only performs manual or practical work, without any development of your intellectual side. From this, it is evident that as a result of the

learning that the professional beautician acquired during graduation, he does not have a broad and in-depth knowledge in certain areas such as anatomy, pharmacology, semiology, etc., what is necessary and essential to qualify in the area of aesthetic health, whether performing injectable aesthetic procedures or prescribing substances, and in this way, your training to enter the area requires specialization with a postgraduate degree (CARREIRO; OLIVEIRA, 2013).

Therefore, it is suggested that professionals who want to work with aesthetic procedures injectables, do a postgraduate degree in the area with an emphasis on aesthetic injectables, guaranteeing these a specialization and better knowledge in the area. However, according to the only legislation of the professional beautician, this does not say whether or not this professional can perform aesthetic procedures injectables.

## 5. FINAL CONSIDERATIONS

It is clear that the aesthetics market has been growing more and more, where several products and procedures are launched and conquered by different audiences. However, it is essential that when undergo any aesthetic treatment, especially injectables, an analysis should be carried out by the professional who will perform the procedure in order to avoid possible complications that may arise.

In this sense, it is of utmost importance that the qualified professional is aware of the need for technical, anatomical and biosafety knowledge, and to be able to identify possible obstacles in the procedure through a good anamnesis, in addition to the technical capacity of deal with the incidents, as well as with one's own emotions in the face of the conflict, always aiming at the well-being, health and satisfaction of individuals (FERREIRA *et al.*, 2023).

Therefore, as the Professional Beautician Law does not mention whether it is legally authorized working with injectable aesthetic procedures, it is up to the professional to want to specialize in this area and deal with the possible consequences that may occur, such as a complaint or even a legal process, since this professional class does not yet have Regional/Federal Council that defends it, making it clear that this profession has many agendas for if they materialize, which demonstrates a certain lack of investment and government interest.

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