



Pro, Cons and physical demands in the field of Cosmetology

- **Cosmetology, Aesthetics, and Manicuring jobs can offer flexibility.** Most salons, spas, and other places of cosmetology employment have broad hours of operation. This means you won't necessarily have to work 9-5 or Monday-Friday. You might even be able to build your own schedule.
- **Cosmetologists, Aestheticians, and Manicurists are often entrepreneurs.** Many cosmetologists, Aestheticians, and Manicurists develop their own clientele rosters, and some even open their own salons.
- **In the field of Cosmetology, you get to be creative!** Cosmetologists and Aestheticians get the chance to practice their art and get creative by trying out new hair styles, lipstick shades, and makeup application techniques. Manicurists try out new nail styles. Simply put, the field of cosmetology can be fun.
- **Cosmetology is an in-demand field.** According to the Bureau of Labor Statistics, employment for barbers, hair stylists, and cosmetologists is projected to grow 19% faster than the average across all U.S. occupations during the period of 2020-2030. This trend is in part because the demand for advanced hair treatments has risen in recent years. And that trend is expected to continue.
- **Skincare specialists are in demand.** According to the Bureau of Labor Statistics, employment in skin care has increased 29% which is much faster growth than average industry rates in other fields. Great job opportunities are expected in skin care.
- **Manicurist or Pedicurist are in demands.** According to the Bureau of Labor Statistics, employment of manicurists and pedicurists is projected to grow 33% from 2020 to 2030, much faster than the average for all occupations. New types of nail services, such as mini-sessions and mobile manicures and pedicures, may drive employment growth.
- **Cosmetologists are often on their feet all day.** Cosmetology can be tiring. But an active lifestyle [2] can be better for your health. Staying active keeps your metabolism going, helps your body control sugar levels, and can lower blood pressure. Cosmetologists have to be cautious about cuts, burns and dealing with chemicals as a hazard of the profession.
- **Bodily injury risks in the field of Cosmetology, Manicuring, and Aesthetics:** All licensed Cosmetologists, Manicurists, and Estheticians are trained and reminded to eliminate or reduce the following health hazards of the field. Repetitive movements may cause Carpal tunnel or other injury. In an effort to reduce repetitive movement injuries, the industry has some ergonomically designed products/tools. Other hazards of these fields to operator, client and surrounding staff are cuts from shears/razors, chemical exposure, falls due to slippery floors attributed to product spills and hair clippings and burns due from dryers, curling irons, flat irons and chemicals.
- **The field of Cosmetology can be a dirty job.** As a cosmetologist, you'll be dealing with people's hair, skin, and nails, and you need to be prepared for anything.
- **Working with clients isn't always easy.** Cosmetology, Aesthetics, and Manicurist clients can sometimes be challenging, demanding, or negative. But each time you satisfy a client, you may become more experienced and further develop your professional approach.

[1] <https://www.bls.gov/ooh/personal-care-and-service/barbers-hairstylists-and-cosmetologists.htm#tab-6>

[2] <https://www.sovereignhealthcare.co.uk/latest/the-benefits-of-being-on-your-feet>