

Requirements and monitoring of hygiene premises

These instructions compile the requirements and recommendations to which Environmental Services pays attention when monitoring the conditions of beauty salons, solarium facilities, tattooing and piercing parlours, barber shops/hair salons and other premises where skin treatments (such as cupping therapy or hirudotherapy) are carried out. When designing the facilities, the operator or designer should contact Environmental Services at as early a stage as possible. Environmental Services can provide advice and guidance on the designs of the new premises or the changes needed in existing premises.

The instructions are based on the Health Protection Act, the Decree on Housing Health and the instructions of the National Supervisory Authority for Welfare and Health on the application of the Housing Health Decree. The instructions on in-house control and hygienic conditions in accordance with the Health Protection Act are based on the instructions of the National Supervisory Authority for Welfare and Health.

These instructions are a general guideline; more detailed additional instructions are provided on a case-by-case basis. Deviating from the instructions requires additional justifications and clarifications from the operator.

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Monitoring of hygiene premises

Hygiene premises

In these instructions, hygiene premises refer to beauty salons, tattooing and piercing parlours, barber shops, and premises where cupping therapy or hirudotherapy are provided, solarium services are offered or skin treatments comparable to the ones mentioned above are carried out. Barber shop and hair salon services are also included in hygiene premises. If necessary, Environmental Services provides advice and guidance when designing new premises or operations or making changes to existing premises or operations.

At hygiene premises, skin treatments with an associated risk of viral (e.g. hepatitis viruses, HIV), bacterial (e.g. staphylococci and streptococci that may cause different kinds of infections in broken skin) as well as fungal infections are carried out. The risk of infection occurs when pathogens come into contact with a mucous membrane (eyes, nose, mouth) or broken skin, for example. In measures carried out on hygiene premises, the infection may occur as a contact infection directly from equipment used in the procedure that has been contaminated with pathogens or from the hands of the party carrying out the procedure to the customer. The infection may also occur indirectly via surfaces. The risk of infection is affected by the pathogenic microbes carried by customers as well as the customers' susceptibility to infection.

Other authorities

In addition to Environmental Services, matters related to hygiene premises are also handled by parties such as the Regional State Administrative Agency, the Finnish Safety and Chemicals Agency (Tukes), Building Control Services and the Rescue Department. [The National Supervisory Authority for Welfare and Health \(Valvira\) has drawn up guidelines on the hygiene and self-monitoring requirements for beauty salons and other similar facilities, as well as for skin-invasive procedures \(in Finnish\)](#). A separate link to the instructions by the National Supervisory Authority for Welfare and Health can be found at the end of these instructions. In the event that changes are made to the purpose of use of the premises, their ventilation, or water and sewer fittings, the possible license requirements must be determined by contacting Building Control Services. Alteration work requires the permission of the owner of the property.

Consumer safety

Consumer safety must be taken into account in all functions of hygiene premises. Compliance with the Consumer Safety Act is monitored by the Finnish Safety and Chemicals Agency (Tukes). Operators must ensure that consumer goods and services do not cause a hazard to anyone's health or property. Operators must have sufficient and accurate information on the consumer goods and services and assess the risks related to them. Operators must independently notify the Finnish Safety and Chemicals Agency if their product or service may cause a hazard. [Further information on consumer safety](#) is available on the website of the Finnish Safety and Chemicals Agency; a separate link can be found at the end of these instructions.

Notification in accordance with the Health Protection Act

With the exception of barber shops/hair salons, operators must submit a notification concerning the premises mentioned above to the Environmental Services at least 30 days before starting operations in accordance with section 13 of the Health Protection Act. Barber shops/hair salons must submit the notification in question if skin treatments are to be carried out on the premises. The notification obligation also applies to activities carried out at home or as a freelancer. Acupuncture and pedicures are also within the scope of activities that require a notification in accordance with section 13 of the Health Protection Act, when the treatment provider is not a health care professional. [Information on activities subject to notification is described in Section 13 of the Health Protection Act and its appendix \(in Finnish\)](#), and [more specifically in Valvira's guidelines for the application of the notification obligation under Section 13 of the Health Protection Act \(in Finnish\)](#). Separate links to the website of the National Supervisory Authority for Welfare and Health and the notification form can be found at the end of these instructions.

A notification must be submitted concerning starting the operations, substantial changes to the operations, a change of operator, and closing down the operations.

The notification must include:

- the operator's contact information
- a clarification of the location of the premises reserved for the operations
- a clarification of the activities to be carried out
- a clarification of the water supply
- a clarification of ventilation
- a clarification of sewerage
- a clarification of waste management
- potential environmental impact (such as an odour nuisance or a noise disturbance)
- other information necessary to prevent a health hazard.

A floor plan of the premises, must be attached to the notification. The purpose of use of the premises with regard to building control must be checked by contacting Building Control Services.

[You can read more about submitting notifications on the website of the City of Helsinki.](#) A separate link can be found at the end of these instructions. The notification can be submitted via the electronic notification service ilppa at the address ilppa.fi (in Finnish or Swedish) or by using the City of Helsinki's own notification form. In the latter case, the notification should be sent to the address: Environmental Services / Environmental Health Unit, P.O. Box 58235, FI-00099 City of Helsinki, or by email to: kymp.terveydensuojelu@hel.fi.

A notification must also be submitted to Environmental Services on substantial changes to the operations. Substantial changes refer to things like changing the operations from a beauty salon to a tattoo parlour, expanding the premises or activities, and increasing the number of customers who can be accommodated at once. The procedure is the same as above. The Environmental Services must also be notified if the operator on the premises changes or if the operations are closed down.

The processing of notifications on premises mentioned above includes registering the information in the database of monitored sites maintained by the supervisory authority as well as a preliminary risk assessment of the premises. Environmental Services sends the operator a certificate confirming that the notification has been processed and an estimate of the timing of the inspection. A fee in accordance with the Environmental Health Care price list is charged for registering notifications on starting or substantially changing operations as well as a change of operator. A separate [link to the Environmental Health Care price list](#) (in Finnish) can be found at the end of these instructions. After registration, a systematic control inspection in accordance with the Health Protection Act will be carried out of the premises.

Inspections in accordance with the Health Protection Act

All operations subject to a notification obligation under section 13 of the Health Protection Act are inspected in accordance with the environmental health care control plan. A separate [link to the control plan](#) (in Finnish) can be found at the end of these instructions. The frequency of inspections is based on an assessment of the risk factors present at the sites subject to monitoring as well as the likelihood and impact of the realisation of a health hazard.

The aim of monitoring is to prevent health hazards and identify them at an early stage.

Inspections in accordance with the control plan are charged for based on the Environmental Health Care price list. The price of an inspection in accordance with the control plan is determined based on the number of customers who can be accommodated at once on site. Workstations at which activities are carried out at the same time are counted in this calculation. Environmental Services also carry out inspections free of charge based on suspected health hazards. The aim of monitoring is to prevent health hazards and identify them at an early stage.

Inspections can also be carried out as paid document inspections. Document inspections are carried out especially in connection with follow-up inspections (ex-post inspection), when sufficient explanations have been received from the operator regarding the deficiencies and damage detected during the previous inspection to correct the issues in question. Sufficient information about the premises and operations on site are required for a document review.

If necessary, the operator must show how the potential health risks affecting the operations and the conditions of the premises have been identified, how their severity has been assessed and what risk management methods the operator and the employees have adopted (in-house control).

Requirements concerning the premises

The premises must have enough space for the operations. When choosing premises, the operator must establish whether they are technically suitable for their intended purpose. Suitability is affected by factors such as the number and location of water points, possibility of doing laundry (not in a toilet facility), sufficient ventilation, the potential need for local exhaust ventilation as well as the maintenance plan (information about sweeping the flues, cleaning the

valves and the mechanical supply and exhaust ventilation filter change intervals, among other things).

Ventilation must be sufficient and compliant with the instructions on the application of the Housing Health Decree (545/2015) (at least 6 l/s/person). It must be possible to indicate the routes of incoming and outgoing air. Toilets must also have exhaust valves. A mechanical supply and exhaust ventilation system is recommended, especially in premises that can accommodate more than two customers and in areas where chemicals with a strong odour are handled. Other solutions can also be accepted, if they can guarantee sufficient and controlled ventilation.

Additionally:

- The premises must be draught-free. Draughts due to the exit as well as contaminants finding their way indoors can be reduced with a vestibule or an air curtain, for example.
- The premises must have sufficient general lighting as well as work lighting for the workstations.
- The walls, floor, work surfaces and furniture must be undamaged and made of a material that is easy to clean.
- An appropriate dressing room must be reserved for the employees.
- A cloakroom or other clothing storage must be reserved for customers in addition to a waiting room, if necessary.
- Indoor plants should not be kept in hygiene premises. Plants require constant care and cleaning with regard to hygiene. Soil has plenty of microbes that may spread into the room, carried by air currents.

Water points

There must be a separate water point next to the workstation/treatment chair or in its immediate vicinity for washing hands and equipment. The water point must be easily accessible (for example, no closed door between the workstation/treatment chair and water point). If there is only one water point, it should be equipped with two basins. The hygiene of the water point should be taken care of especially if the same water point is used for several functions, such as equipment maintenance and care activities. In this case, it is a good idea to wash and disinfect the water point at the end of equipment maintenance to ensure that it is hygienic for care activities.

The operator should monitor the temperature of domestic water by making sensory observations (the water must be cold and hot enough) to ensure that the water systems do not cause a risk of legionellosis. The quality target for the temperature of domestic water after it has been allowed to run for one minute is under +20 °C. The temperature of water from the hot water system must be at least +50 °C and that of water coming from a faucet may be +65 °C at maximum. [More information about Legionella bacteria in water systems](#) is available on the website of the Finnish Institute for Health and Welfare; a separate link can be found at the end of these instructions.

Storage space and warehouse facilities

Only the tools and equipment related to the operations may be kept on the premises. Enough storage space must be reserved for clean and used textiles (such as towels and work clothes), tools, equipment and other materials. Open shelves are not recommended as a solution for storing tools and equipment. Clean and dirty textiles and equipment must be stored separately.

Cleaning facilities

It is a good idea to reserve a separate hygienic storage space for cleaning tools and supplies, such as a cabinet with doors. Cleaning equipment must not be stored on the floor. For hygiene reasons, cleaning equipment must not be stored in a toilet facility.

The cleaning plan can be drawn up in writing and included in the in-house control plan.

The cleaning equipment must be clean. Cleaning cloths and similar equipment must be washed after use at a temperature that is as high as possible, at least +60 °C but preferably +90 °C. Alternatively, disposable cleaning cloths can be used.

The textiles used in the operations must be cleaned and dried in a washing machine. The washing machine must not be placed in a toilet facility. The cleaning plan can be drawn up in writing and included in the in-house control plan.

Toilet facilities

The toilet facility must have a water point used only for washing hands after going to the toilet. The hand washing stations must be equipped with a hygienic option for drying hands, such as disposable cloth or paper towels as well as liquid soap. The toilet facility must not be used as a storage or equipment maintenance area. Faecal microbes may spread into the air as aerosols when the toilet is flushed. Dedicated cleaning equipment easily distinguishable from other cleaning equipment (e.g. by colour coding) must be reserved for the cleaning of toilet facilities.

Radon

The radon concentration of indoor air in the premises must not pose a health hazard as referred to in section 1 of the Health Protection Act. If necessary, the radon concentration must be determined with appropriate measurements, if there is no prior measurement data on the premises available. Determining the radon concentration is the responsibility of the property owner or the operator. More information and instructions on how to carry out the measurement can be found on the website of the Radiation and Nuclear Safety Authority (STUK). A separate [link to the page on radon by STUK](#) can be found at the end of these instructions. It should be noted that radon measurements can only be taken from September to May and the measurement takes 2–3 months to complete.

Requirements concerning the activities

According to section 2 of the Health Protection Act, the activities must be carried out in such a way that health hazards are prevented as far as possible.

In-house control

According to section 2 of the Health Protection Act, the activities must be carried out in such a way that health hazards are prevented as far as possible. The operator must identify the potential health risks in the conditions on the premises and in the operations and be able to state what has been done to minimise/prevent these risks (in-house control). Sites must have an in-house control plan, which must be followed in the operations. Environmental Services recommends drawing up the in-house control plan in writing.

The in-house control plan must take account of the activity as well as its risk factors and preventing them. Information about the technical suitability of the premises, such as sufficient ventilation, the potential need for local exhaust ventilation, and the maintenance plan (information about sweeping the flues, cleaning the valves and the mechanical supply and exhaust ventilation filter change intervals, among other things), should be included in the in-house control plan. The contact information of the building management/maintenance must also be known. In their activities and in-house control, operators must take into account the promotion of general hygiene and preventing potential infection risks from spreading, including in extraordinary situations (such as an epidemic). The in-house control plan must be maintained and updated as needed, and it must take the measures implemented in extraordinary situations into account in advance.

Description of operations and facilities:

- function/service provided in the facilities
- operating hours
- number of people
- number of toilets and water points
- cleaning and laundry operations
- equipment used in the operations
- mechanical washing of work tools
- disinfection of tools and surfaces
- sterilisation of tools
- health conditions of facilities, such as ventilation, temperature conditions, noise and lighting.

Risk factors in the operations:

- location and environment
- functions involving health risks
- sensitive population groups and risk groups
- changes in operations and facilities
- need for repairs in the facilities
- surfaces and facilities that are easy to clean
- pests
- extraordinary situations.

Preventing the operations' risk factors:

- operations and the sufficiency and suitability of the facilities
- employee orientation and customer guidance
- cooperation and communication between interest groups

- maintenance, cleanliness, order and hygiene of the premises (cleaning plan and the monitoring of its implementation)
- maintenance plans for the property and technical equipment
- monitoring the success of sterilization using indicators
- monitoring the hygienic quality and cleanliness of surfaces using microbiological tests
- monitoring the functionality of equipment used in the operations
- operations in the event of indoor air problems and signs of indoor air problems
- preparedness for epidemics and other disturbance situations
- prevention of pests
- preparedness for extraordinary situations.

The cleaning plan should also be drawn up in writing and added to the in-house control plan. Cleaning and disinfecting the surfaces carefully ensures that the area where the procedures are carried out does not pose a risk of infection. The surfaces of the area where the procedures are carried out must be first cleaned mechanically, because dirt reduces the effectiveness of disinfection. If the surfaces are not in direct contact with the skin being treated, mechanical cleaning is sufficient. However, surfaces contaminated with blood must always be disinfected even if they were not in direct contact with the customer. The cleaning frequency, the cleaning equipment and cleaning agents used, equipment maintenance and how the maintenance and intensified cleaning of the premises is organised should be described in the cleaning plan.

Cleaning hands and equipment

Hygienic working methods are extremely important for preventing infections. Cleaning the equipment carefully, disinfecting it and if necessary, sterilising it ensures that the equipment will not pose a risk of infection. More detailed instructions on cleaning, disinfecting and sterilizing work tools can be found in the hygiene and self-monitoring requirements for beauty salons and other similar facilities, as well as for activities that break the skin; a separate link to the document can be found at the end of these instructions.

Hand washing with soap and disinfection must be performed before each treatment situation or procedure, as needed during treatments, and before putting on disposable gloves. A separate link to [the instructions of the Finnish Institute for Health and Welfare on hand washing](#) can be found at the end of these instructions. In work that breaks the customer's skin, disposable gloves such as vinyl or nitrile gloves, must be used. Disposable gloves only provide short-term protection against microbes and chemicals, and therefore gloves must be changed often. The surroundings must not be touched with protective gloves. Protective gloves must be changed after doing things such as turning a spotlight during a treatment.

Work clothes must be easy to wash with a smooth surface and they must be made out of a dirt-repellent material. Thick, porous knit materials must not be used. Work clothes must be changed sufficiently often. When doing treatments that break the skin, the work clothes should be changed whenever needed, but at least daily.

The equipment must be mechanically cleaned and disinfected and, if necessary, sterilised after each customer. Clean equipment is to be stored so that it is protected from dust and dirt, and hands must always be disinfected before touching clean equipment. In order to ensure successful disinfection and sterilisation, the equipment used in the procedures and the surfaces of the area where the procedures are carried out must be first cleaned mechanically, because dirt reduces the effectiveness of disinfection and sterilisation.

If the equipment is not in direct contact with the skin being treated, mechanical cleaning is sufficient. If the equipment is in contact with the customer, it must always be at least disinfected.

Equipment that penetrates the skin or comes into contact with broken skin or a mucous membrane (such as blades, needles, blackhead extractors) as well as pedicure equipment must always be sterilised using hot air sterilizer or an autoclave, for example.

Disinfection reduces the number of microbes, but it may not destroy their spores. Sterilisation destroys both all microbes and their spores. Multi-use equipment can be sterilised using a method suitable for the purpose, or alternatively, disposable sterile equipment can be used.

Sterilisation refers to effective heating that kills microbes and their spores. Based on current information, using solutions marketed for sterilisation is not a sufficient sterilisation method.

Sterilisation refers to heating an object to a temperature that is high enough to kill the microbes and their spores. In an autoclave, sterilisation is made more effective by the high pressure and hot steam, while hot air sterilisation is based on the high temperature. Equipment-specific instructions must be followed in sterilisation. Based on current information, using solutions marketed for sterilisation is not a sufficient sterilisation method. Sterilised equipment must be stored separately from unsterilised equipment.

If possible, sterile equipment should be stored in sterilisation pouches or packages. In procedures that break the skin, the instruments to be sterilized must be packed before sterilization and kept in their packaging until use. The use-by date must be marked on all packages. The manufacturer's instructions must be followed concerning storage times. The operator must monitor that equipment that is past its use-by date is not used. The effectiveness of sterilisation must be verified by using a quick test (indicators), for example (further information is available from the equipment manufacturer). Sterilization pouches may already have an indicator showing the success of the sterilization process.

Waste management

From the perspective of health protection, waste management must be arranged in such a way that the waste does not pose a health hazard at any stage of waste management. Waste generated by the operations must be stored appropriately before it is taken away so that it does not pose a health hazard or an odour nuisance. The access of pests to the waste containers must also be prevented by ensuring that the waste containers are undamaged and that they are emptied often enough that the container lids can always be closed.

Infectious waste, such as used needles, must be taken to an authorised waste collection site for disposal.

Potentially infectious as well as cutting and sharp waste, such as used needles, blades, and ampoules, must be packed in factory-manufactured sharps containers and delivered to an authorized collection point for disposal, such as a Sortti station.

The operator must also be prepared to combat pests and vermin. Potential risks of pests and vermin must be identified and pest and vermin control must be taken care of whenever necessary.

Things to note by type of site

Beauty salons

- The equipment must be cleaned after each customer. In addition to mechanical cleaning, the equipment must be disinfected and, if necessary, sterilised (see section 'Cleaning the hands and equipment').
- If acrylic nails are applied on the premises, the workstation must have sufficiently efficient local exhaust ventilation. If nail dust is generated by the activities, is important to use local exhaust ventilation to prevent the dust from spreading.
- Separate wash basins/washing stations must be reserved for facials and pedicures.
- Basin bags must be used in pedicure tubs and basins.
- Pedicure equipment must be stored separately from other equipment.

Barber shops and hair salons

- Barber shops and hair salons are required to submit a notification in accordance with section 13 of the Health Protection Act insofar as skin treatments are carried out. However, makeup application, eyebrow and eyelash tinting, or eyelash extensions do not require such a notification.
- In barber shop and hairdressing activities the operator is obliged to carry out in-house control, even when there is no notification obligation under section 13 of the Health Protection Act.
- One water point for every four customers accommodated should be reserved for washing the customers' hair.
- Disposable neck strips must be used under the cape next to the customer's skin.
- The equipment must be cleaned and disinfected after each customer (see section 'Cleaning the hands and equipment').

Tattoo and piercing parlours

- People under 18 years old cannot be tattooed without the written consent of their guardian. Intoxicated people must not be tattooed, either.
- Before tattooing/piercing, the customer must be provided with sufficient information on the safety risks related to tattoos/piercings. Risk factors may include, for example, the customer's potential illnesses or hypersensitivity to the pigments used in tattooing.
- The customer's skin must be disinfected with a disinfectant suitable for the purpose.
- The surfaces of the tattoo station that come into contact with skin must be cleaned/protected after each use.

- The equipment must be cleaned after each customer (see section 'Cleaning the hands and equipment').
- Before tattooing/piercing, the operator must give the customer a customer information form to fill in. A customer information form is a good way to find out the necessary information on their suitability for getting a tattoo/piercing.
- After tattooing/piercing, written aftercare instructions must be given to the customer.

Solarium facilities

Environmental Services carries out inspections of solarium facilities in accordance with the control plan. In the inspections by Environmental Services, control is carried out under the Health Protection Act. In addition to this, matters provided for in the Radiation Act are reviewed during the inspection and the information received is sent to the Radiation and Nuclear Safety Authority for evaluation and to determine potential further measures.

- Each piece of solarium equipment must be placed in a separate area.
- On full body solarium premises, it is important to reserve dressing rooms, toilet facilities and, if necessary, shower facilities for the use of customers.
- The surfaces of the solarium equipment that come into contact with skin must be cleaned after every use.

The safety of solarium equipment and its use is monitored under the Radiation Act.

The Radiation and Nuclear Safety Authority monitors the safety of solarium equipment and its use under the Radiation Act. The main form of monitoring consists of on-site inspections that can be carried out as spot checks without prior notice.

- People under 18 years of age are not allowed to use solarium equipment. The operator must keep signage of the prohibition of those under 18 years visible and check the age of solarium customers. Solarium equipment must be placed or its use arranged in such a way that customers cannot use solarium equipment without the personnel noticing.
- In premises where solarium equipment is used, radiation safety instructions must be clearly visible for the user; the instructions must also include information on the risks of exposure to ultraviolet radiation from the solarium equipment and limiting exposure. At the minimum, the information on radiation safety presented in the poster on solariums by STUK (Figure 1) must be placed on the wall in the vicinity of each piece of solarium equipment. The recommended paper size for presenting the information is A3. A separate link to the [solarium poster by the Radiation and Nuclear Safety Authority](#) can be found at the end of these instructions.

Figure 1. Poster on solariums by the Radiation and Nuclear Safety Authority

AGE LIMIT FOR SUNBED USE IS 18

Using a sunbed increases your risk for skin cancer, so please use your common sense. Sunbed use is forbidden for people under the age of 18 years in Finland.

Choose tanning times according to your skin type. Your skin type affects how easily your skin tans and burns.

Skin type and sensitivity to UV radiation	1. session	2. session	Later sessions
Very sensitive Always burns easily; does not tan	Do not use a sunbed		
Sensitive Burns easily; tans a little	Do not use a sunbed		
Normal Burns fairly easily; tans gradually	5 minutes	10 minutes	10-15 minutes
High tolerance Sometimes burns, always tans well	5 minutes	10 minutes	10-15 minutes

Guidelines for sunbed users

- Use sunbeds according to your own skin type.
- If you use medication, ask your doctor about sunbed use.
- Remove creams and cosmetics before using a sunbed.
- Do not use products that accelerate tanning. Cosmetics and medicines can make the skin more likely to burn.
- Protect your eyes from the sunbed's UV radiation with goggles. Unprotected eyes can become inflamed and be permanently damaged.
- Protect sensitive skin areas such as scars, tattoos and genitals from exposure.
- Do not use sunbeds on a regular basis. Start with a session of 5 minutes at the most. Check the times for later sessions from the table of skin types provided above.
- Leave at least 48 hours between the first two sessions, in order to notice possible side effects.
- Stop using the sunbed and seek medical advice if you experience a rash, itching, or other side effects.
- Do not use a sunbed and sunbathe on the same day.
- Do not use a sunbed more than 20 times per year.
- Do not use a faulty sunbed device. Inform the personnel about any problems you notice.

Health risks from sunbeds

A sunbed use must not cause any skin reddening or sunburn formation.

The strong UV radiation of a sunbed may cause permanent damage to eyes and skin, such as cataracts, low vision and skin cancer.

The younger you start using sunbeds, the higher your risk is to develop melanoma. If you begin regular sunbed sessions before the age of 35, your risk for melanoma increases by 75 %.

Repeated exposure to sunbeds' UV radiation ages your skin prematurely, and increases your risk to develop also basal and squamous cell skin cancers. Consult your doctor if a mole on your skin begins to itch, grow, darken or ulcerate, or if any other unusual skin changes occur.

The Radiation and Nuclear Safety Authority (STUK) does not recommend sunbed use.

Do not use a sunbed if

- you are under 18 years of age
- your skin is currently sunburned
- you burn easily in the sun
- you have a history of sunburns during childhood
- you do not tan in the sun
- your skin is pale or freckled
- you have many moles
- you or a close relative has had skin cancer
- you use photosensitising medication or cosmetics.

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- False or misleading information on the health effects of the solarium equipment and/or the use of cosmetics must not be presented on the solarium premises. For example, a claim that solarium equipment use promotes health or cures illnesses must not be

presented on the premises. Using creams or other products claiming to promote tanning before using solarium equipment must not be recommended, either.

- A named responsible person who is at least 18 years of age and who has received appropriate training for the task must be present in the premises where solarium equipment is used. The responsible person instructs customers in the safe and correct use of solarium equipment, ensures that there is eye protection available for customers, and monitors to ensure that people under 18 years of age cannot use solarium equipment. At least one responsible person must be present during the opening hours of the solarium.
- Self-service solariums are prohibited.
- The premises must have instructions on how to use the timer of the equipment and its other functions, such as an emergency stop switch or fans.
- The structures, equipment, warning signs, operating instructions and eye protection must conform to the standard EN 60335-2-27 (confirmed in Finland: SFS-EN 60335-2-27).
- The equipment must include a timer that can be used to select exposure times and that stops the exposure after the set time. The equipment must work flawlessly.
- Solarium users must be instructed that the starting time can be five minutes at maximum. This also requires that the shortest available exposure time of the equipment is five minutes at maximum.
- The personnel or external parties must not be exposed to UV radiation needlessly.

Cupping therapy

- Cupping therapy requires its own separate treatment room.
- Using the washing facilities or sauna rooms of a public sauna for cupping therapy is not permitted.
- Special attention should be paid to the cleaning of the facilities.
- It is important to reserve dressing rooms, toilet facilities and if necessary, shower facilities for the use of customers.
- Sterile equipment must be used in cupping therapy (see section 'Cleaning the hands and equipment'). Sterile equipment must be stored in the storage areas reserved for it.

Hirudotherapy

Leeches have a long history of medical use, mainly in saving tissues suffering from venous thrombosis and preventing gangrene. In recent years, the use of leeches in plastic surgery, among other things, has started again and increased in popularity around the world. In Finland, leech therapy is offered as a supportive treatment for humans and horses. For humans, the treatments are also offered for beauty and well-being. There is very little research and instructions available on the keeping of leeches used for well-being purposes.

The medicinal leech *Hirudo medicinalis* is most commonly used in medicine; other species utilised include *Hirudo verbana* and *Hirudo michaelseni*. The leech is a CITES (Convention on International Trade in Endangered Species of Wild Fauna and Flora) species, which means that leeches must be accompanied with a certificate proving that they have been raised in captivity. The Animal Transport Act (1429/2006) applies to their transport as appropriate. The keeping and euthanising of medicinal leeches is governed the Animal Welfare Act (693/2023). If deficiencies within the jurisdiction of other authorities are observed during an inspection, they will be reported to the appropriate authorities, such as Finnish Customs with regard to the import of medicinal leeches or the municipal supervising veterinarian with regard to animal welfare.

Keeping leeches and their use in hirudotherapy

- Leeches may not be collected from the wild, and specimens collected from nature cannot be used for hirudotherapy.
- Leeches must always be obtained from a reliable supplier, where the leeches are cultivated in appropriate facilities and fed with animal blood. Reliable operators also ensure that the leeches have fasted appropriately before delivery and use. Some operators have the approval of local authorities; the operator should be asked about the issue.
- Operators should be aware what type of blood has been fed to medicinal leeches and how clean of microbes it is, because microbes may be preserved in blood for a long time in different conditions and temperatures.
- Hirudotherapy is associated with a risk of infections for humans. The *Aeromonas* bacteria live in symbiosis with leeches. The bacteria may cause inflammation, and they may migrate from the leech to the person receiving treatment. The purity of the water in the tank used to store leeches must be ensured carefully; the water must be changed at least twice a week. There should be two tanks for this purpose, so that the cleaning and changing of tanks can be done easily. One tank is washed and disinfected while the other tank is in use. When changing water, it must be noted that the water temperature must be the same in both tanks.
- The tank should be kept in a cool place at a temperature of approximately 4–15 °C. If the tank has to be kept at room temperature, its temperature must not exceed 25 °C. The tank must not be kept in direct sunlight. The tank should be filled approximately 3/4 full with water and a towel or net should be placed on top of it to ensure ventilation while preventing the leeches from escaping. A large rock that has been cleaned should be placed into the tank to make it easier for the leeches to moult. A suitable density is a maximum of eight leeches per litre of water. If the density of animals is too high, it causes physiological stress, cannibalism, various kinds of damage and eye problems in the leeches. Taking care of hygiene also becomes more difficult as the density of animals increases.
- Leeches can survive without blood for a long time, up to several months.
- The same leeches are never used more than once, not even for the same customer.
- Before treatment, the leeches must be rinsed carefully with sterile water. The section of skin to be treated is also rinsed in the same way. The animals are handled gently while wearing nitrile or latex gloves to prevent the leech from latching on during handling. A good way to transfer leeches onto the customer's skin is to pick a leech up with tweezers after rinsing, transfer it into a syringe with the end cut off, cover the open end of the syringe with a finger covered with a disposable glove, and allow the leech to move from the syringe onto the area to be treated.
- The leeches should be monitored during hirudotherapy to ensure that they do not change location or detach themselves after feeding. When a leech detaches itself from skin, it is killed by immersing it quickly in boiling water or 70% ethanol.
- Medicinal leeches used in hirudotherapy are considered a category 2 by-product after they have been euthanised, and the correct disposal method for them is waste incineration. Medicinal leeches cannot be disposed of with biowaste. On the premises, medicinal leeches can be collected separately as hazardous waste and delivered to waste incineration separately.

Further information:

- Health Protection Act (763/1994), in Finnish
- Health Protection Decree (1280/1994), in Finnish
- Decree of the Ministry of Social Affairs and Health on Health-related Conditions of Housing and Other Residential Buildings and Qualification Requirements for Third-party Experts (545/2015)
- Instructions on the application of the Housing Health Decree (Guideline 8/2016, sections I–V, National Supervisory Authority for Welfare and Health), in Finnish
- Instructions on the monitoring of health protection by the National Supervisory Authority for Welfare and Health, in Finnish
- Radiation Act 859/2018, in Finnish
- Waste Act 646/2011
- Decree of the Ministry of the Environment on water supply and sewerage equipment of properties (1047/2017), in Finnish
- General waste management regulations of Kirkkonummi and the Helsinki Metropolitan Area, in Finnish
- Consumer Safety Act (920/2011)
- Animal Transport Act (1429/2006)
- Animal Welfare Act (693/2023)

Links:

- Guidelines on the hygiene and self-monitoring requirements for beauty salons and other similar facilities, as well as for skin-invasive procedures (in Finnish):
[Ohje+kauneushoitola+ja+muun+vastaavan+tilan+sekä+ihoa+rikkovan+toiminnan+hygienian+ja+omavalvonnan+vaatimuksista+2024.pdf](#)
- The Finnish Safety and Chemicals Agency (Tukes): [Products and services | Finnish Safety and Chemicals Agency \(Tukes\)](#)
Further information on permits, the National Supervisory Authority for Welfare and Health [Frontpage | Valvira](#)
Notification form in accordance with section 13 of the Health Protection Act: [Notifications under the Health Protection Act | City of Helsinki](#)
- Environmental Health Care price list (in Finnish):
<http://www.hel.fi/static/ymk/lomakkeet/ymparistoterveydenhuollon-taksa.pdf>
Environmental health care control plan (in Finnish): [ymparistoterveydenhuollon-valvontasuunnitelma.pdf](#)
- The Finnish Institute for Health and Welfare (THL); Legionella bacteria in water systems: <https://thl.fi/en/web/environmental-health/water/legionella-bacteria-in-water-systems>
- Radiation and Nuclear Safety Authority (STUK), Radon at workplaces: [Radon at workplace | Säteilyturvakeskus STUK](#)
- The Finnish Institute for Health and Welfare (THL), Hand washing; [Preventing respiratory tract infections - THL](#)
- Radiation and Nuclear Safety Authority, Solarium poster:
[K18 Solarium juliste englanti.pdf](#)

Changes and Updates

- The name of the current Valvira guideline has been updated.
- Links have been renewed to ensure functionality.
- The section on document inspection has been clarified to reflect the current situation.
- Certain parts of the guideline have been refined to align with Valvira's updated instructions.
- STUK's solarium supervision poster has been updated to match the new poster available on STUK's website.
- The repealed Animal Protection Act mentioned in the additional information has been replaced with the Animal Welfare Act (693/2023).
- The reference to the repealed Animal Protection Decree has been removed.