



306

Provide facial electrotherapy treatments
This is where skincare gets exciting! For those of you who are serious about improving your clients' skin, this unit will give you the knowledge, techniques and expertise to really make a difference. You will be able to provide a really deep cleanse for those with congestion and blackheads, and make dry, scaly skin dewy and soft. These treatments are a pleasure to receive, but as a bonus they are also very relaxing and therapeutic to give!

Assignment mark sheet

Unit 306 Provide facial electrotherapy treatments

Your assessor will mark you on each of the practical tasks in this unit. This page is used to work out your overall grade for the unit. You must pass **all** parts of the tasks to be able to achieve a grade. For each completed practical task, a pass equals 1 point, a merit equals 2 points and a distinction equals 3 points.

Conversion chart

Grade	Points
Pass	1–1.5
Merit	1.6–2.5
Distinction	2.6–3

What you must know	Tick when complete
Task 1a: produce an information sheet	
Task 1b: produce a chart	
Task 1c: produce a fact sheet	
Task 1d: anatomy and physiology	
Or tick if covered by an online test	

What you must do	Grade	Points
Task 2a: Treatment 1		
Task 2b: Treatment 2		
Task 2c: Treatment 3		
Task 2d: Treatment 4		

Total points for graded tasks	
Divided by	÷ 4
= Average grade for tasks	
Overall grade (see conversion chart)	

Candidate name:

Candidate signature: Date:

Assessor signature: Date:

Quality assurance co-ordinator signature (where applicable): Date:

External Verifier signature (where applicable): Date:

What does it mean?

Some useful words are explained below

Acid mantle

The layer of sebum and sweat on the skin's surface that provides lubrication and protects against bacteria.

Comedone

Commonly known as a blackhead, this is a plug of oxidised sebum in the opening of a pore or follicle.

Contra-indication

A condition that prevents treatment from taking place, or makes it necessary to modify the treatment.

Dehydrated skin

This is a lack of water or moisture within the skin as opposed to a lack of oil, and can occur on any skin type.

Desincrustation

A treatment using a negatively charged galvanic current to break down the acid mantle, soften keratin, dilate pores, and saponify sebum to make deep extraction work possible.

Direct high frequency

A treatment using ozone to control an oily, pustular or acned skin.

EMS

This stands for electro muscle stimulator. It uses a faradic current to tighten and tone muscles, for a lifting, anti-ageing effect.



Erythema

Redness of the skin resulting from dilation of blood vessels, due to stimulation, irritation or allergy.

Faradic current

A direct, interrupted, surging current used in EMS to cause muscle contraction.

Galvanic current

A constant, direct current where the client forms part of the circuit, used in iontophoresis and desincrustation.

Impetigo

A bacterial skin infection where small blisters break open and then crust over to form honey-coloured scabs.

Indirect high frequency

This uses an alternating oscillating current, which flows through both the client and the therapist during facial massage to provide a warming and stimulating effect.

Iontophoresis

Uses a galvanic current to 'push' the selected product into the skin using a charged electrode.



Mature skin

In beauty therapy terms, this is any skin over the age of 25. However, the skin is generally not classed as being mature until the signs of ageing are apparent.

Micro-current

Sometimes referred to as a non-surgical face lift. This treatment uses a low frequency current to re-educate the facial muscles and increase production of collagen and elastin.

Oxygenating cream/serum

A product used with direct high frequency (DHF) to improve and enhance its effects.

Ringworm

A contagious fungal infection where there are circles of red itchy skin, which heal from the centre.

Skin analysis

A careful assessment of the skin to determine its type and condition, taking into account contributory factors.

Skin type

A way of classifying the skin according to the amount of oil it produces. The skin types are: normal, dry, oily, and combination.

Sterilisation

The complete destruction of micro-organisms and their spores.

Vacuum suction

A treatment designed to stimulate lymphatic drainage, remove excess waste, reduce puffiness, and temporarily fill out fine lines and wrinkles.

What you must know

You must be able to:

- 1 Describe salon requirements for preparing themselves, the client and work area
- 2 Describe the environmental conditions suitable for facial electrotherapy treatments
- 3 Describe the different consultation techniques used to identify treatment objectives
- 4 Explain the importance of carrying out a detailed skin analysis and relevant tests
- 5 Describe how to select products, tools and equipment to suit client treatment needs, skin types and conditions
- 6 Describe the different skin types, conditions and characteristics
- 7 Explain the contra-indications that prevent or restrict facial electrotherapy treatments
- 8 Explain how to communicate and behave in a professional manner
- 9 Describe health and safety working practices
- 10 Explain the importance of positioning themselves and the client correctly throughout the treatment
- 11 Explain the importance of using products, tools, equipment and techniques to suit client's treatment needs, skin type and conditions
- 12 Describe the effects and benefits of electrotherapy equipment and products on the skin and underlying structures

Continues on next page

Revision tip

A detailed skin analysis will allow you to choose the most appropriate treatment and products to improve and maintain the condition of the skin.



Follow in the footsteps of... “ Alice O'Shea

Alice is currently taking her Level 3 VRQ in Beauty Therapy at The London College of Beauty Therapy. Facial electrotherapy is her favourite treatment, because it gives such great results. As well as finishing her qualification, Alice loves working at the Caci Clinic. In the future Alice would like to do more training and one day open her very own Beauty salon. [Read on for Alice's electrotherapy tips!](#)

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- 13 Explain the principles of electrical currents

 - 14 Describe how treatments can be adapted to suit client treatment needs, skin types and conditions

 - 15 State the contra-actions that may occur during and following treatments and how to respond

 - 16 Explain the importance of completing the treatment to the satisfaction of the client

 - 17 Explain the importance of completing treatment records

 - 18 Describe the methods of evaluating the effectiveness of the treatment

 - 19 Describe the aftercare advice that should be provided

 - 20 Describe the structure, growth and repair of the skin

 - 21 Describe skin types, conditions, diseases and disorders

 - 22 Describe the structure, function, position and action of the head, neck and shoulder muscles

 - 23 Describe the location, function and structure of the bones of the head, neck and shoulder

 - 24 Describe the structure and function of the circulatory and lymphatic systems for the head, neck and shoulder

 - 25 Explain how the ageing process, lifestyle and environmental factors affect the condition of skin and underlying structures
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Revision tip

A dry skin will have small pores, with a matt appearance. It lacks sebum and so blemishes are rare, but the downside is that it is prone to ageing more than other skins.



Make sure you apply plenty of oil when using vacuum suction and that your vacuum is not set too high. This prevents bruising.

Facial

Modifying and adapting the treatment by altering the time, pressure, products and techniques to suit the client's skin on the day will show the best results and keep the client coming back.



Image courtesy of Crystal Clear

Image courtesy of Carlton Group

include your client when planning the treatment. Finding out how the client feels about their skin, and what matters to them is as important as carrying out the visual skin analysis.



Facial electrotherapy treatments can really help treat comedones.

Electric

“

Make sure you position yourself well and maintain a good posture throughout the treatment.

What you must do

Practical observations

This page shows what you need to do during your practical task. You can look at it beforehand, but you're **not** allowed to have it with you while carrying out your practical task. You must achieve **all** the criteria; you can achieve 1 mark, 2 marks or 3 marks for the criteria indicated with *****.

Conversion chart

Grade	Marks
Pass	11–13
Merit	14–19
Distinction	20–23

Please tick when all pre-observation requirements have been met

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- State the electrotherapy chosen
-
- 1 Prepare yourself, client and work area for facial electrotherapy treatment
 - 2 Use suitable consultation techniques to identify treatment objectives *
 - 3 Carry out a skin analysis and relevant tests *
 - 4 Provide clear recommendations to the client *
 - 5 Position yourself and client correctly throughout the treatment
 - 6 Select and use products, tools, electrotherapy equipment and techniques to suit the client treatment needs, skin type and conditions *
 - 7 Communicate and behave in a professional manner
 - 8 Follow health and safety working practices
 - 9 Complete the treatment to the satisfaction of the client *
 - 10 Record and evaluate the results of the treatment
 - 11 Provide suitable aftercare advice *

Total

Grade

Candidate signature and date

Assessor signature and date

Provide a facial electrotherapy treatment											
Treatment 1			Treatment 2			Treatment 3			Treatment 4		
1			1			1			1		
1	2	3	1	2	3	1	2	3	1	2	3
1	2	3	1	2	3	1	2	3	1	2	3
1	2	3	1	2	3	1	2	3	1	2	3
1			1			1			1		
1	2	3	1	2	3	1	2	3	1	2	3
1			1			1			1		
1			1			1			1		
1	2	3	1	2	3	1	2	3	1	2	3
1			1			1			1		
1	2	3	1	2	3	1	2	3	1	2	3

What you must do

Practical observations descriptors table

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with * on the previous page.

	1 mark	2 marks	3 marks
2 Use suitable consultation techniques to identify treatment objectives	<p>Basic consultation</p> <p>Examples: uses open and closed questions, checks for contra-indications, identifies the treatment objectives correctly.</p>	<p>Good consultation</p> <p>Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations; identifies the treatment objectives and any factors that may limit or restrict the treatment.</p>	<p>Thorough consultation</p> <p>Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations, how client feels about their skin and what improvement they would like to achieve; identifies the treatment objectives and any factors that may limit or restrict the treatment, allows the client to ask any questions to confirm understanding.</p>
3 Carry out a skin analysis and relevant tests	<p>Skin cleansed, magnifier and light used. Some recording of skin characteristics.</p>	<p>Skin cleansed, magnifier and light used, good observations of skin characteristics recorded.</p>	<p>Skin is cleansed thoroughly, magnifier and light used, detailed observations of skin characteristics recorded.</p>

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What you must do

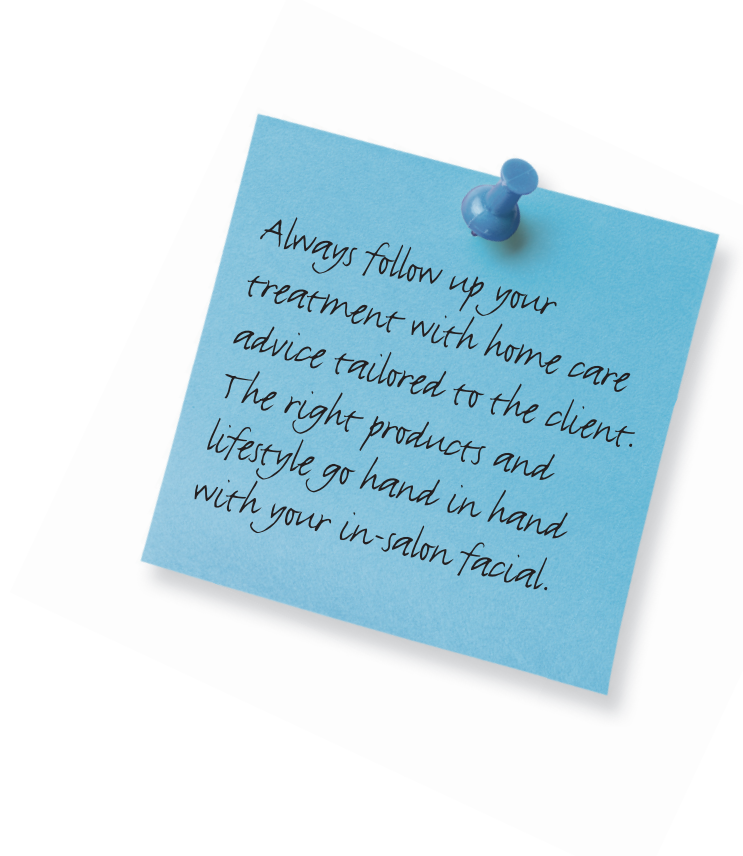
Practical observations descriptors table (continued)

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with * on page 76.

	1 mark	2 marks	3 marks
4 Provide clear recommendations to the client	A basic treatment plan is recommended Examples: explains treatment procedure and any adaptations to meet client treatment needs, equipment to be used.	A good treatment plan is recommended Examples: explains treatment procedure and any adaptations to meet client treatment needs, equipment to be used based on factors identified during consultation (lifestyle, medication (if any), contra-indications, results of skin analysis), a choice of products to be used.	A thorough treatment plan is recommended Examples: explains treatment procedure and any adaptations to meet client treatment needs, equipment to be used based on factors identified during consultation (lifestyle, medication (if any), contra-indications, results of skin analysis), a choice of products to be used, explains effects and benefits of the type of equipment used and the adaptation/ modification to suit client treatment needs, allows the client to ask questions about the treatment plan.
6 Select and use products, tools, electrotherapy equipment and techniques to suit the client treatment needs, skin type and conditions	Selects and uses the correct equipment, tools, techniques and basic products based on factors identified in skin analysis.	Selects and uses the correct equipment, tools, techniques and a variety of products based on factors identified in skin analysis, explains effects and benefits of the products and equipment to the client as appropriate throughout.	Selects and uses the correct equipment, tools, techniques and a variety of products based on factors identified in skin analysis, explains effects and benefits of the products and equipment to the client as appropriate throughout, adapts and modifies the techniques used, explains the treatment to the client as appropriate throughout.

Continues on next page

	1 mark	2 marks	3 marks
9 Complete the treatment to the satisfaction of the client	The treatment is completed within the agreed time and brought to a satisfactory close.	The treatment is completed within the agreed time, brought to a satisfactory close and positive feedback is gained from the client.	The treatment is completed within the agreed time, brought to a satisfactory close and positive feedback is gained from the client, shows the client the results of the treatment and allows the client to ask questions.
11 Provide suitable aftercare advice	Basic aftercare advice Examples: how to deal with possible contractions, product(s) to use, future treatment needs.	Good level of aftercare advice Examples: how to deal with possible contractions, product(s) to use, specific advice (ie what to avoid immediately after the treatment, fluid intake, healthy eating), future treatment needs.	Excellent aftercare advice Examples: how to deal with possible contractions, product(s) to use, specific advice (ie what to avoid immediately after the treatment, fluid intake, healthy eating), recommends future treatment programme (regular treatments, introduction of new/ alternative treatments).



Comment form

Unit 306 Provide facial electrotherapy treatments

This form can be used to record comments by you, your client, or your assessor.



Apply enough gel during galvanic treatments and maintain contact with the client while turning the current up slowly.

Image courtesy of iStockphoto.com/HadelProductions

