



# 307

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**Provide body electrotherapy treatments**  
As a beauty therapist, you will come across bodies of all shapes and sizes. Whether it's toning, firming, skin improvement, cellulite reduction or pure relaxation that your client wants, you will learn how to meet their needs in this unit. You'll find out how to diagnose their basic body type, in order to adapt how the treatment is carried out, but also to make sure a realistic outcome can be achieved. With your knowledge of the benefits and effects of body electrotherapy treatments, plus the home care and lifestyle advice that you will give them, your clients will be well on their way to getting the figure they want.

# Assignment mark sheet

## Unit 307 Provide body 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

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

### Tick when complete

|  |
|--|
|  |
|  |
|  |
|  |
|  |

### What you must do

Task 2a: Treatment 1

Task 2b: Treatment 2

Task 2c: Treatment 3

Task 2d: Treatment 4

### Grade

|  |
|--|
|  |
|  |
|  |
|  |

### Points

|  |
|--|
|  |
|  |
|  |
|  |

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

#### **Adipose tissue**

The layer of fat cells which lies beneath the dermis, otherwise known as the subcutaneous layer.



#### **Cellulite**

Congested tissue with a dimply 'orange peel' appearance. It is usually cold to the touch and found on the thighs and buttocks.

#### **Contra-action**

An undesirable outcome as a result of a treatment. Some of these cannot be helped and are a natural reaction, but others are the result of poor practice.

#### **Deep vein thrombosis (DVT)**

A blood clot in a deep vein. It commonly affects the leg veins such as the femoral or popliteal vein.

#### **Direct high frequency**

A treatment using ozone to control an oily, pustular or acnied back.



#### **Ectomorph**

A long slender body type, this frame finds it hard to put on weight or muscle.

#### **EMS**

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

#### **Endomorph**

With this body type, the limbs tend to be short, and the hips wider than the shoulders. Weight gain may be a problem.

#### **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.

#### **Hard fat**

Hard fat – feels solid to touch. Often found at the tops of thighs.

#### **Lifestyle patterns**

Habits such as smoking, alcohol intake, sleeping, relaxation, exercise patterns, diet and fluid intake, which have an effect on the body.

#### **Mechanical massage**

A method of massage using a machine with interchangeable heads, giving a deeper effect than that which can be given manually.

#### **Mesomorph**

With this body type, the client has narrow hips compared to their shoulders and muscle tone is usually well developed.

#### **Micro-current**

A treatment which tones, lifts, firms and re-educates muscles, improving collagen and elastin production to help improve body contours and shape.

#### **Soft fat**

Wobbly and spongy to touch. Often found on the abdomen.

#### **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 cellulite.



#### Revision tip

Learn where the muscles of the body are, and what they do. This will help you when carrying out EMS, as you will know where to place the pads when the client decides the areas they want toning.



### Follow in the footsteps of... “ *Charlotte Byrne*”

Charlotte is currently taking her Level 3 VRQ in Beauty Therapy at the Folkestone Academy. Body electrotherapy is her favourite treatment. Charlotte won the Academy’s Student of the Year Award last year. She intends to continue with her training in Beauty Therapy to gain more qualifications, but eventually wants to work in a salon. [Read on for Charlotte’s electrotherapy tips!](#)

## What you must know

### You must be able to:

- 1 Describe salon requirements for preparing yourself, the client and work area
- 2 Describe the environmental conditions suitable for body electrotherapy treatments
- 3 Describe the different consultation techniques used to identify treatment objectives
- 4 Explain the importance of carrying out a detailed body analysis and relevant tests
- 5 Describe how to select products, tools and equipment to suit client treatment needs, body types and conditions
- 6 Describe the different body types, conditions and characteristics
- 7 Explain the contra-indications that prevent or restrict body 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 yourself and the client correctly throughout the treatment
- 11 Describe different body types and conditions
- 12 Explain the importance of using products, tools, equipment and techniques to suit client’s treatment needs, body type and conditions
- 13 Explain the effects and benefits of electrotherapy equipment and products on the skin and underlying structures
- 14 Explain the principles of electrical currents
- 15 Describe how treatments can be adapted to suit client treatment needs, body types and conditions
- 16 State the contra-actions that may occur during and following treatments and how to respond

*Continues on next page*

- 17 Explain the importance of completing the treatment to the satisfaction of the client
- 18 Explain the importance of completing treatment records
- 19 Describe the methods of evaluating the effectiveness of the treatment
- 20 Describe the aftercare advice that should be provided
- 21 Describe the structure, growth and repair of the skin
- 22 Describe body types, conditions, diseases and disorders
- 23 Describe the structure, function, position and action of the muscles of the body
- 24 Describe the location, function and structure of the bones of the body
- 25 Describe the structure and function of the circulatory and lymphatic systems for the body
- 26 Outline the structure and function of the digestive system
- 27 Outline the structure and function of the endocrine system
- 28 Describe the structure and function of the nervous system for the body
- 29 Explain how the ageing process, lifestyle and environmental factors affect the skin, body conditions and underlying structures

#### Revision tip

Think of an **end**omorph as having a heavy rear **end**. A mesomorph begins with **m** and is **m**uscular. This may help you to remember which is which.

“

*The G5 treatment is great for clients that are trying to lose weight or who have very tense muscles.*



Make sure you know the maximum safe setting for body galvanic. This is worked out according to the size of pads used.



If electrode covers are needed, make sure they are damp throughout.

# Body A



Body electrotherapy will not result in weight loss but toning the muscles make the body look more streamlined.



During EMS check the contractions on both sides of the body are equal. Don't worry if the setting dials are different, as our muscle tone and strength differs on each side of the body.

“

The infra red lamp is very effective on cold, tense clients as it really helps them to relax and can relieve muscle pain.

# Electric



Health and safety should always be at the forefront of your mind when performing electrical treatments.

# 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

State the electrotherapy chosen

- 1 Prepare yourself, client and work area for body electrotherapy treatment
- 2 Use suitable consultation techniques to identify treatment objectives \*
- 3 Carry out a body 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, body 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 body 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  |
|--|--|--|--|
| <b>2</b><br><b>Use suitable consultation techniques to identify treatment objectives</b> | <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 body 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> |
| <b>3</b><br><b>Carry out a body analysis and relevant tests</b>                          | <p>Carries out a basic analysis, identifies client's body type, carries out heat sensitivity and tactile sensation tests, records findings.</p>          | <p>Carries out a good analysis, identifies client's body type and conditions, carries out heat sensitivity and tactile sensation tests, records findings.</p>  | <p>Carries out a detailed analysis, identifies client's posture, body type and conditions (ie soft fat, hard fat, cellulite) and skin type and characteristics, records findings.</p>  |

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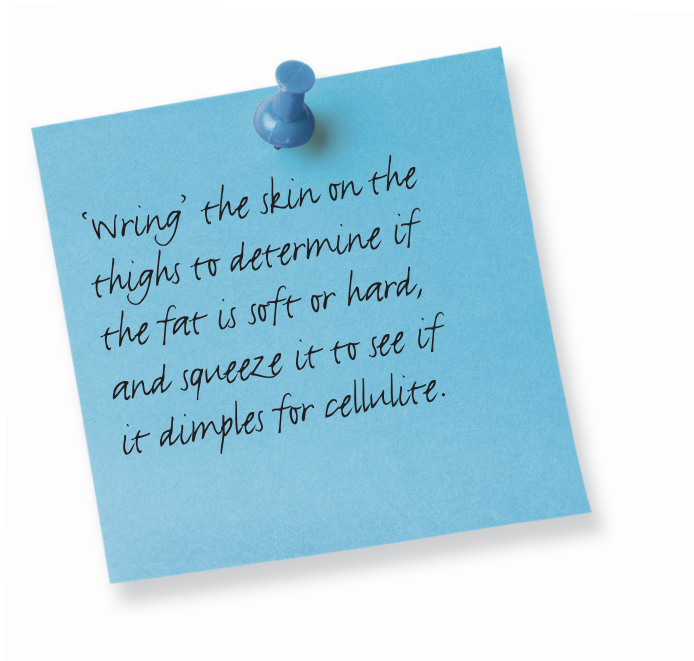
## What you must do

### 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 90.

|  | 1 mark  | 2 marks  | 3 marks  |
|--|---|--|--|
| <b>4</b><br><b>Provide clear recommendations to the client</b> | A basic treatment plan is recommended<br>Examples: explains treatment procedure and any adaptations to meet client treatment needs, equipment to be used. | A good treatment plan is recommended<br>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 body analysis), a choice of products to be used. | A thorough treatment plan is recommended<br>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 body 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. |

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|   | 1 mark   | 2 marks  | 3 marks   |
|---|--|--|---|
| <b>6</b><br><b>Select and use products, tools, electrotherapy equipment and techniques to suit the client treatment needs, body type and conditions</b> | Selects and uses the correct equipment, tools, techniques and basic products based on factors identified in body analysis. | Selects and uses the correct equipment, tools, techniques and a variety of products based on factors identified in body 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 body 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. |
| <b>9</b><br><b>Complete the treatment to the satisfaction of the client</b>   | 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.   |
| <b>11</b><br><b>Provide suitable aftercare advice</b>   | Basic aftercare advice<br>Examples: how to deal with possible contra- actions, product(s) to use, future treatment needs.  | Good level of aftercare advice<br>Examples: how to deal with possible contra- actions, product(s) to use, specific advice (ie what to avoid immediately after the treatment, fluid intake, healthy eating), future treatment needs.    | Excellent aftercare advice<br>Examples: how to deal with possible contra- actions, 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 307 Provide body electrotherapy treatments

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

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