



313

Provide self tanning

Bronzed skin makes many people feel healthier and more attractive. However, these days getting a natural or sun bed tan is becoming unpopular as awareness grows that UV rays age the skin and can result in skin cancer. An even, all-over sun-kissed look can be difficult to achieve at home, meaning more and more people look for the results only a professional can achieve. In this unit you will learn how to apply the perfect tan to the body and face. You will also learn how to advise clients about preparing for the treatment, as well as the home care they can follow to preserve the colour and care for their skin.

Assignment mark sheet

Unit 313 Provide self tanning

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.

What you must know	Tick when complete
Task 1a: produce an information sheet	
Task 1b: produce an information sheet	
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 2: Provide self tanning		

Overall grade

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

Chloasma

A hyper-pigmentation disorder resulting in darker patches of skin.



Contra-indications

Conditions that prevent a treatment from taking place or may require the therapist 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.

Development time

The length of time a product should be left on before the self tan produces the desired effect.

Dihydroxyacetone (DHA)

A sugar found in self tanning products, which reacts with the amino acids in the skin to produce a tanned effect.



Exfoliation

The removal of dead skin cells from the surface of the skin to leave it smooth and even, prior to the application of the self tan.

Guide colour

The colour of the product when it is first applied to the skin. When washed off following the development time, the true colour will be visible. This will be unique to each client.

Hyper-pigmentation

Increased melanin production, causing darker areas of skin.

Hypo-pigmentation

Decreased melanin production on areas of the skin, resulting in paler patches.

Longevity of tan

The length of time that the tan lasts before fading.

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.

Melanin

The pigment formed in skin by melanocytes. It gives the skin colour and provides natural protection against UV rays. It also has the function of absorbing heat from the sun.



PPE

Equipment, such as gloves, aprons and respiratory equipment, that is intended to be worn or held by a person at work to protect them against one or more risks to their health and safety.

Skin analysis

A careful assessment of the skin to determine its type, condition and colour.

Skin patch test

A test where a small amount of product is applied to the skin and left on for 24 hours to check whether the client will react to the product.

SPF

Stands for sun protection factor. It is present in sunscreen products applied to protect the skin from the effects of the sun's rays. Professionals recommend wearing a minimum of SPF 15 regularly.

Ventilation

A ventilation system circulates air within a building to remove stale air and fumes, and replaces it with fresh air.

Vitiligo

A hypo-pigmentation disorder resulting in areas of very pale skin.

Revision tip

Wearing gloves during the application of a self tan not only prevents your hands from becoming stained, but also reduces the risk of contact dermatitis, irritation or allergy.



Follow in the footsteps of... “ *Lauren Key*”

After achieving her Level 3 Diploma in Beauty Therapy at the Bournemouth and Poole College, Lauren went on to work at the UK's most prestigious spa hotel, The Chewton Glen. After four years at Chewton Glen she opened her own salon, LaSpa Health and Beauty. LaSpa has been established for three years, providing professional treatments to a strong and regular client base. Whilst running her salon Lauren completed her teacher training in Beauty Therapy. In the future her goal is to combine the two professions. [Read on for Lauren's self tanning 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 self tanning treatments
- 3 Describe the different consultation techniques used to identify treatment objectives
- 4 Explain the importance of carrying out a skin analysis
- 5 Describe how to select products and equipment to suit client treatment needs and skin conditions
- 6 Explain the contra-indications that prevent or restrict self tanning treatments
- 7 Compare the benefits of self tanning treatments with UV tanning treatments
- 8 Explain how to communicate and behave in a professional manner
- 9 Describe health and safety practices

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- 10 Explain the importance of positioning yourself and client correctly throughout the treatment

 - 11 Explain the importance of using products, equipment and techniques to suit client's treatment needs and skin condition

 - 12 Describe the effects and benefits of self tanning treatments and products on the skin

 - 13 Describe the structure and function of the skin

 - 14 Describe the contra-actions that might occur during or following treatments and how to respond

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

 - 16 Explain the importance of completing treatment records

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

 - 18 Describe the aftercare advice that should be provided
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Tell your clients to exfoliate and moisturise their skin every morning a few days before they apply self tan.



Image courtesy of naturasun

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Dilute the self tanner with an equal amount of moisturiser for feet, ankles, elbows and knees.

Self tanner

The client's privacy and modesty is very important during self tanning. Build a rapport with your client during the consultation so that they don't feel too self-conscious.



Remember that self tan does not protect against burning!

Image courtesy of Decléor

Image courtesy of Guinot



Timing

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Experiment with a variety of product ranges to find your client's perfect shade. Unless their natural skin tone is very dark, start off with a product that has a lower concentration of DHA, and give them two or three applications, spread out over a few days.

A thorough exfoliation prior to the application of self tan will result in a more even and longer-lasting end result.

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	12–14
Merit	15–20
Distinction	21–24

Please tick when all pre-observation requirements have been met

- 1 Prepare yourself, the client and the work area for self tanning treatment
- 2 Use suitable consultation techniques to identify treatment objectives *
- 3 Carry out a skin analysis
- 4 Advise the client on how to prepare for the treatment *
- 5 Provide clear recommendations to the client *
- 6 Position yourself and the client correctly throughout the treatment
- 7 Follow health and safety working practices
- 8 Communicate and behave in a professional manner
- 9 Select and use products, equipment and techniques to suit client's treatment needs and skin conditions *
- 10 Complete the treatment to the satisfaction of the client *
- 11 Record and evaluate the results of the treatment
- 12 Provide suitable aftercare advice *

Provide self tanning treatment		
1		
1	2	3
1		
1	2	3
1	2	3
1		
1		
1	2	3
1	2	3
1		
1	2	3

Total

Grade

Candidate signature and date

Assessor signature and date

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	Basic consultation Examples: uses open and closed questions, checks for contra-indications, identifies the treatment objectives correctly.	Good consultation Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations with regard to depth of colour and longevity of tan and reasons/ occasion for having tan; identifies the treatment objectives and any factors that may limit or restrict the treatment.	Thorough consultation Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations with regard to depth of colour and longevity of tan and reasons/ occasion for having tan, identifies the treatment objectives and any factors that may limit or restrict the treatment, allows the client to ask any questions to confirm understanding.
4 Advise the client on how to prepare for the treatment	Advises the client on the items of clothing and jewellery that need to be removed, gives basic information on how the equipment and products are used.	Advises the client on the items of clothing and jewellery that need to be removed, gives detailed information on how the equipment and products are used and how the client should be positioned during the treatment, explains the treatment procedure.	Advises the client on the items of clothing and jewellery that need to be removed, gives detailed information on how the equipment and products are used and how the client should be positioned during the treatment, explains the treatment procedure, makes the client feel at ease by explaining how their privacy will be ensured during the treatment, allows the client to ask questions.

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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 146.

	1 mark	2 marks	3 marks
5 Provide clear recommendations to the client	A basic treatment plan is recommended Example: explains treatment procedure and any adaptations to meet client treatment needs.	A good treatment plan is recommended Examples: explains treatment procedure and any adaptations to meet client treatment needs, takes into account client lifestyle and expectations.	A thorough treatment plan is recommended Examples: explains treatment procedure and any adaptations to meet client treatment needs, takes into account client lifestyle and expectations and skin colouring characteristics, identifies any necessary modifications.
9 Select and use products, equipment and techniques to suit client's treatment needs and skin conditions	Correctly selects equipment and applies the tanning products according to treatment objective.	Correctly selects equipment and applies the tanning products according to treatment objective. Takes into account the client's natural skin tone and colouring characteristics, and considers the depth of colour, longevity of tan required and occasion for application.	Correctly selects equipment and applies the tanning products according to treatment objective. Takes into account the client's natural skin tone and colouring characteristics, and considers the depth of colour, longevity of tan required and occasion for application, adapts and modifies the techniques used as necessary, correctly explains the treatment throughout.
10 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, the product is allowed to dry and client is given sufficient time to get dressed.	The treatment is completed within the agreed time and brought to a satisfactory close, the product is allowed to dry and client is given sufficient time to get dressed, the client is asked for feedback.

Continues on next page

1 mark

2 marks

3 marks

12
Provide suitable
aftercare advice

Basic aftercare advice
Examples: how to deal with possible contra- actions, product(s) to use, future treatment needs.

Good level of aftercare advice
Examples: how to deal with possible contra- actions, product(s) to use, specific lifestyle advice (ie SPF information), future treatment needs.

Excellent aftercare advice
Examples: how to deal with possible contra- actions, product(s) to use/avoid, specific lifestyle advice (ie SPF information), provides information on how to prolong/maintain tan, recommends future treatment programme (a course of tanning treatments, introduction of new/ alternative treatments).

Image courtesy of naturasun



Advise your clients to prolong their tan by moisturising the skin daily.

Comment form

Unit 313 Provide self tanning

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



Image courtesy of Xen-Tan

Image courtesy of Su-do Professional – The art of the Sunless Tan (www.su-doprofessional.co.uk)

