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6003-530 MARCH 2022

Level 3 Advanced Technical Diploma in Beauty and Spa Therapy (540)

Level 3 Beauty and Spa Therapy – Theory exam (1)

If provided, stick your candidate barcode label here.

**Tuesday 8 March 2022
09:30 – 12:10**

Candidate name (first, last)

First

Last

Candidate enrolment number

Date of birth (DDMMYYYY)

Gender (M/F)

Assessment date (DDMMYYYY)

Centre number

Candidate signature and declaration*

- If additional answer sheets are used, enter the additional number of pages in this box.
- Before taking the examination, **all candidates** must check that their barcode label is in the appropriate box. Incorrectly placed barcodes may cause delays in the marking process.
- Please ensure that you staple additional answer sheets to the **back** of this answer booklet, clearly labelling these with your full name, enrolment number, centre number and qualification number in BLOCK CAPITALS.
- All candidates need to use a **black/blue** pen. **Do not** use a pencil or gel pen, unless otherwise instructed.
- If provided with source documents, these documents **will not** be returned to City & Guilds, and will be shredded. Do not write on the source documents.

***I declare that I had no prior knowledge of the questions in this examination and that I will not divulge to any person any information about the questions.**

You should have the following for this examination

- a pen with black or blue ink

General instructions

- Use black or blue ball-point pen.
- The marks for questions are shown in brackets.
- This examination contains **19** questions. Answer **all** questions.
- Answer the questions in the spaces provided. Answers written in margins or on blank pages will **not** be marked.
- Cross through any work you do not want to be marked.



1 State **four** benefits to a therapist of promoting a suitable facial product to the client. (4 marks)

2 Explain **two** opportunities that a therapist can use to initiate sales to a regular client. (4 marks)

3 State **two** types of epithelial tissue. (2 marks)

4 State the location of **each** of the following bones. (1 mark)

a) Atlas. (1 mark)

b) Ilium. (1 mark)

c) Calcaneus. (1 mark)

5 State the body system that relates to **each** of the following pathologies. (1 mark)

a) Tendonitis.

b) Osteoporosis. (1 mark)

6 Describe **three** characteristics of arteries. (3 marks)

7 State **two** vessels that carry lymph in and out of the lymph node. (2 marks)

8 Explain **two** roles of the endocrine system. (4 marks)

9 State **two** functions of the gall bladder. (2 marks)

10 Explain **two** functions of the respiratory system. (4 marks)

11 When carrying out a body analysis, the therapist notices that a client has a forward pelvic tilt.
State **three** muscles that are shortened. (3 marks)

12 State **three** petrissage massage techniques. (3 marks)



- 13 Explain the adaptations to make when carrying out a body massage on a female client with kyphosis.

(6 marks)

- 14 State the type of current used in **each** of the following body electrotherapy treatments.

a) Galvanic.

(1 mark)

b) Electro-muscle stimulator (EMS).

(1 mark)

c) Mechanical massage (G5).

(1 mark)



15 State **four** safe working practices that should be followed when carrying out desincrustation on a client with oily skin. (4 marks)

16 A client has just completed the first treatment of a course of Electro-muscle stimulator (EMS) on the abdomen and legs.

State **four** aftercare recommendations that would be given to the client. (4 marks)

17 Explain the process of incorporating Electro-muscle stimulator (EMS) and Infra-red on a client with weak muscles on their upper arms, buttocks and posterior upper legs.

(6 marks)

18 A therapist is carrying out an iontophoresis facial treatment using an actively charged product.

Explain the benefits of using the anode during this treatment.

(6 marks)



19 The information given in the table below is a case study of a client who has come into the salon for treatment. The client has a 4 hour booking to include consultation and at least one body electrotherapy, one facial electrotherapy and one body massage treatment.

Name:	Sheridan
Gender:	Female
Age:	33
Height:	5 ft 8 in/1.73 m
Weight:	9 stone
Medical history:	Had appendix operation when 11 years old
Medication:	Contraceptive Pill
Comments:	Works as a PA to a company director in a busy finance firm and spends a lot of the day sitting in front of a computer screen. Her job becomes more stressful when her boss gives her a list of tasks that need to be completed to a tight deadline.

Sheridan’s aim for the session is to unwind and relax. She is going on a hen weekend to a Spanish resort in the autumn and wants to think about all treatment options that would benefit her.

Sheridan has tight pectorals and rotator cuff muscles from being in front of the computer, and is concerned about her thighs, hips and buttocks as she has noticed that her trousers are getting tighter. Sheridan tends to binge on food and nibbles constantly at work. She likes to do a park run on Saturdays but doesn’t have time for other exercise activities.

Sheridan has noticed her skin has become puffy and has open pores and congestion on the nose and chin. The cheek areas seem more normal although the area turns red, particularly when she drinks alcohol.

Physical Body/Face

Observations: Rounded shoulders developing into kyphosis, body weight is on the toes and the back is leaning forward. Soft and hard fat around the hips, thighs and buttocks. Skin on body is coarse and mottled. Her face has open pores and papules on the T-zone, the cheeks have a tendency to slight redness and puffiness around the chin and neck area.

Discuss the treatment options available, recommending a justified treatment plan for the client.

(15 marks)


