

Learner Journal
Level 2 Technical Certificate

Beauty Therapy



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Level 2 Technical Certificate

Beauty Therapy

Name:

City & Guilds enrolment number:

Date registered with City & Guilds:

Date enrolled with centre:

Centre name:

Centre number:

Centre address:

Centre contact:

IQA name:

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First edition 2017

Reprinted 2019

ISBN 9780851933832

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Front cover image: Valua Vitaly/Shutterstock.com
Back cover image: Yuriy Maksymiv/Shutterstock.com

Foreword

A few words from Emma Mackay

Industry Manager (Hairdressing, Beauty and Retail) at City & Guilds

What an incredibly exciting time for you, starting your new qualification. This Learner Journal has been produced to support and guide you through your chosen qualification and aid you in excelling towards employment within the sector area that you have selected.

I have been working in the beauty and spa therapy industry for over 20 years and have absolutely loved every second. My initial training equipped me with the skills, knowledge and confidence to enable me to have a successful and varied career. This industry has presented such exciting opportunities for me such as working in salons and health spas, presenting on television and moving into Further Education (FE) to both teach within and manage a beauty therapy department. I worked as a consultant for City & Guilds, producing and developing qualification content and assessment material both for the UK and internationally. I now work as the Hair and Beauty Portfolio Manager within City & Guilds and look after all of the beauty, spa, nails, media make-up, theatrical/special effects make-up, complementary therapies, hairdressing and barbering qualifications both nationally and internationally.

A career within the beauty, spa, nail, media make-up or theatrical/special effects industries is incredibly exciting. This Learner Journal has a number of inspirational sections and will provide you with hints and tips around trade testing, synoptic assignments, examination preparation, qualification content, employer support and much, much more. The quotes, unit details and support tools all work really well together to give you a comprehensive support resource.

I truly hope that you enjoy the learning that forms this qualification. Preparation for your end of qualification synoptic assignment and examination is key! Likewise, the inclusion of selected optional units, where applicable, will help to equip you with an exciting range of skills and knowledge that I am sure will help to shape your successful and long-lasting career within the sector.

I want to take this opportunity to wish you the very best of luck throughout your chosen career.



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Introduction

Welcome to your City & Guilds Learner Journal. It is designed to help you work towards your beauty qualification by:

- showing you what you need to cover
- helping you to record your achievements and evidence.

In this journal, you will find forms that can support you and your tutors in your learner journey. You'll also find helpful pictures, hints, tips and more from leading people in the beauty sector – all designed to make the qualification simple to understand and more fun to do!

We're sure that you will have lots of questions about your qualification, and this introduction should answer some of them. Of course, your tutor/assessor should also be on hand to explain things and be your guide, but here are the answers to the main questions you may have at this early stage.

What qualification am I doing?

This City & Guilds Level 2 Technical Certificate in Beauty Therapy aims to provide you with a range of essential technical and practical skills and knowledge, which will equip you to seek employment or further training within the beauty industry.

This qualification is suitable for anyone over the age of 16 years. You don't need any previous knowledge or experience to start this qualification.

What do I need to achieve?

Your qualification is divided into units. Each unit covers a different area of your work as a therapist. The qualification structure is made up of mandatory and optional units. Mandatory units are units that you must complete. There are also optional units, where you can select the units that best match your interests and the needs of your salon.

To achieve the **Level 2 Technical Certificate in Beauty Therapy** you must successfully complete **both** the mandatory assessment **as well as** the optional assessment components for your chosen optional unit. In addition, you must achieve the mandatory employer involvement requirement for this qualification.



What will the trade test (synoptic assignment) involve?

Synoptic assignment requires learners to draw together their learning from across the qualification to achieve specific outcomes or solve problems. The focus is on bringing together, selecting and applying learning from across the qualification, rather than demonstrating achievement against units or subsets of the qualification content.

Your skills will be assessed through the synoptic assignment component. In this **externally set, internally marked and externally moderated** assessment you will be given an appropriately levelled, substantial, occupationally relevant outcome to achieve or problem to solve. You will be marked against assessment objectives (AOs) such as your breadth and accuracy of knowledge, understanding of concepts and the quality of your technical skills, as well as your ability to use what you have learned in an integrated way to achieve a considered and high quality outcome. These are detailed on page 25.

A typical assignment brief could be to carry out a range of treatments on a client in a salon environment over a period of 7–8 hours. This will require you to use your skills and knowledge of a range of treatments from across the qualification. You will be required to draw from your knowledge and understanding across the range of the qualification content to effectively carry out the treatments using appropriate techniques, including client care, promotion and selling, evaluation of service and aftercare advice.

What will the externally marked exam involve?

The external assessment will draw from across the mandatory content of the qualification, using a range of shorter questions to confirm breadth of knowledge and understanding. Extended response questions are included to go into more depth, giving you the opportunity to demonstrate higher level understanding and integration through discussion, analysis and evaluation, thus ensuring that the assessment can differentiate between 'just able' and higher achieving learners.

Command words

In examinations, certain words, often called command words, are commonly used as prompts to give an indication of the type of response that is expected by the question. These words commonly include 'state', 'describe', 'explain' and 'discuss'.

- The command word 'describe' requires you to give a representation of something in words: a 'picture in words'.
- An 'explain' question requires you to give reasons or suggest causes.
- A 'discuss' or 'evaluate' question will usually be graded using level of response marking. You will be required to compose a response which considers the topic of the question. You will need to compare and contrast, and consider any pros and cons; provide a discussion or argument which is justified and supported.

While these words give an indication of what is expected, it is important to understand that they do not stand on their own. In preparation for the exam, you should not simply focus on learning the meanings of these words in isolation of the rest of the question, but on interpreting the full question or task. The command words give an indication of what is wanted and, in the context of the instruction or question, the full meaning should be clear. For example, the questions below all use the word 'describe', but all require different sorts of answers.

Question

Answer required

Describe a _____ .
(Describe how they look).

Describe the process for _____ .
(Describe a sequence of events).

Describe the effect of _____ .
(Describe the changes following some sort of impact).

In examinations, the numbers of marks available can also give an indication of the depth of response expected. Half marks are never used:

- AO1 type questions typically require a separate point per mark
- AO2 type questions may require a point or limited explanation for 1 mark, with a further mark available for more depth or explanation
- AO4 questions would expect a higher quality of response for higher marks, and these are usually marked using level of response marking.

How are the optional units assessed?

The optional units will be assessed through unit assignments. The unit assignments are externally set, internally marked and externally moderated. The assignments require candidates to identify and use effective skills, knowledge and understanding from across the unit content area. Candidates will be judged against the unit grading criteria.

The assessments for the optional units will require that you have experienced the full breadth of mandatory learning of the qualification in order to better demonstrate the rounded performance expected at higher grades.

How will I be graded?

Individual assessments will be graded pass/merit/distinction where relevant. The grade boundaries for pass and distinction for each assessment will be set through a process of professional judgement by technical experts.

Once all your assessments are complete, your evidence and the proposed marks from your tutor will be submitted to City & Guilds for moderation. City & Guilds will set the grade boundaries for each assessment and publish the results.

Grades from the synoptic and external assessment make up the overall qualification grade. The synoptic assignment will contribute 60% to the overall qualification grade. The external exam will contribute 40%. A Distinction* is available at qualification level for those who have achieved high-end Distinction.

While optional units must be achieved to get a qualification grade, the individual optional unit grades will not count towards your grade, although they will be displayed on your certificate.

Where do I go if I need more information about my assessments and qualification?

The most important sources of information you are likely to need are listed below.

- Your tutor/assessor is the most important source of information about your qualification.
- Your centre's student handbook or prospectus will provide more details.

On the rare occasions you might disagree with an assessor's decision, you should use your centre's appeals procedure. Ask an assessor or your Internal Quality Assurer (IQA) to help you if you are unsure of how to do this.

Your centre will refer any unresolved problems to City & Guilds. Make a note of your centre's website address here:

The City & Guilds website (www.cityandguilds.com) or City & Guilds Customer Relations (01924 930800).

The Habia website (www.habia.org.uk).



Qualification structure

For the **Level 2 Technical Certificate in Beauty Therapy** the teaching programme must cover the content detailed in the structure below.

Mandatory units

Unit number	Unit title	GLH
201	Anatomy and physiology	60
202	Principles of practice for beauty therapists	30
203	Hair removal treatments	60
204	Facial and skin analysis treatments	60
205	Manicure services	30
206	Pedicure services	30
207	Light cured gel polish	60
208	Lash and brow treatments	60
209	Apply make-up	30

Optional units

A minimum of 30 GLH are required from optional units

Unit number	Unit title	GLH
210	Male skincare treatments	30
211	Tanning treatments	30
212	Introduction to the spa industry	30



Tracking your progress

On the following two pages, you can tick when you have covered all the topics and the scope/range for each unit.

You may find it useful to keep track of how you're progressing through the units.

Mandatory units

201: Anatomy and physiology

- Topics achieved
- All scope/range covered
- All 'Knowledge and understanding' explored

Sign: _____ Date: _____

202: Principles of practice for beauty therapists

- Topics achieved
- All scope/range covered
- All 'Knowledge and understanding' explored

Sign: _____ Date: _____

203: Hair removal treatments

- Topics achieved
- All scope/range covered
- All 'Knowledge and understanding' explored

Sign: _____ Date: _____

204: Facial and skin analysis treatments

- Topics achieved
- All scope/range covered
- All 'Knowledge and understanding' explored

Sign: _____ Date: _____

205: Manicure services

- Topics achieved
- All scope/range covered
- All 'Knowledge and understanding' explored

Sign: _____ Date: _____

206: Pedicure services

- Topics achieved
- All scope/range covered
- All 'Knowledge and understanding' explored

Sign: _____ Date: _____

207: Light cured gel polish

- Topics achieved
- All scope/range covered
- All 'Knowledge and understanding' explored

Sign: _____ Date: _____

208: Lash and brow treatments

- Topics achieved
- All scope/range covered
- All 'Knowledge and understanding' explored

Sign: _____ Date: _____

209: Apply make-up

- Topics achieved
- All scope/range covered
- All 'Knowledge and understanding' explored

Sign: _____ Date: _____

Optional units

Highlight the optional units that you've chosen to do.

210: Male skincare treatments

- Topics achieved
- All scope/range covered
- All 'Knowledge and understanding' explored

Sign: _____ Date: _____

211: Tanning treatments

- Topics achieved
- All scope/range covered
- All 'Knowledge and understanding' explored

Sign: _____ Date: _____

212: Introduction to the spa industry

- Topics achieved
- All scope/range covered
- All 'Knowledge and understanding' explored

Sign: _____ Date: _____



Summary of optional unit achievement

Your assessor will use this section to confirm that you have covered all the scope/range for the optional units and let you know what grade you are aiming towards.

Candidate name: _____

Candidate enrolment number: _____

Centre name: _____

Centre number: _____

Optional units	Unit grade	Date achieved	Assessor signature	Candidate signature	IQA signature (if sampled)
210: Male skincare treatments					
211: Tanning treatments					
212: Introduction to the spa industry					

Note: City & Guilds unit numbers are three-digit numbers in front of the unit titles (eg 210, 211, 212...). These numbers are to be used for results entry purposes, confirming achievement of units for which certification is requested. NOS unit numbers are shown in brackets.

IQA signature: _____

Date: _____



Values and behaviours

Beauty therapists need to be able to carry out consultations with clients, demonstrate the professionalism, values, behaviours, communication skills and safe working practices associated with their role, and be able to work without supervision to a high level of precision, with exceptional client care skills.

Values

The following key values underpin the delivery of treatments in the beauty sector.

- 1 A willingness to learn.
- 2 The completion of treatments in a commercially viable time.
- 3 Meeting both organisational and industry standards of appearance.
- 4 Ensuring that personal hygiene and protection meet accepted industry and organisational requirements.
- 5 A flexible working attitude.
- 6 A team worker.
- 7 Maintaining customer care.
- 8 A positive attitude.
- 9 Personal and professional ethics.
- 10 The ability to self-manage.
- 11 Creativity skills.
- 12 Excellent verbal and non-verbal communication skills.
- 13 The maintenance of effective, hygienic and safe working methods.
- 14 Adherence to workplace, suppliers' or manufacturers' instructions for the safe use of equipment, materials and products.



Behaviours

The following behaviours underpin the delivery of treatments in the beauty sector.

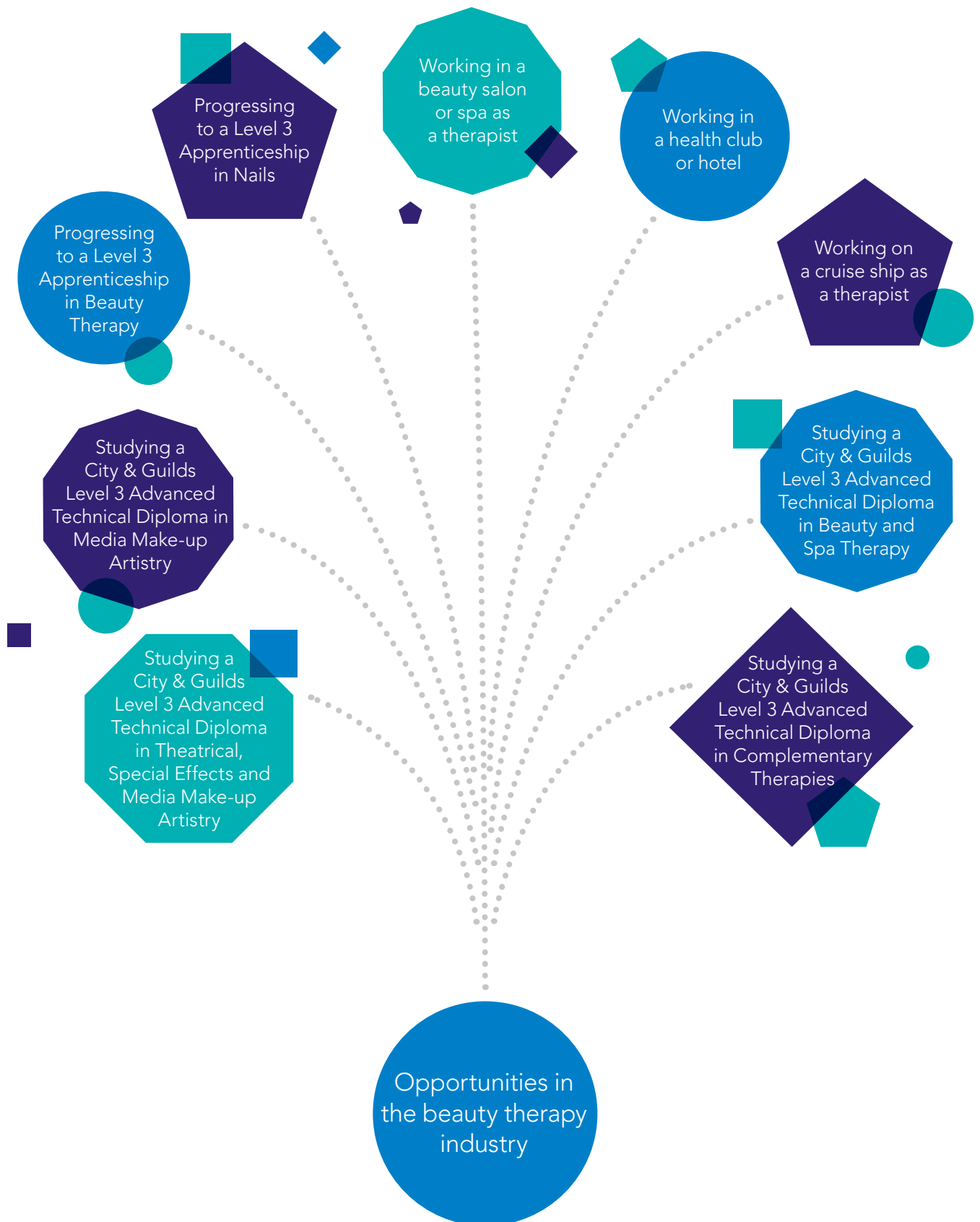
These behaviours ensure that clients receive a positive impression of both the salon and the individual.

- 1 Meeting the salon/spa's standards of behaviour.
- 2 Greeting the client respectfully and in a friendly manner.
- 3 Communicating with the client in a way that makes them feel valued and respected.
- 4 Identifying and confirming the client's expectations.
- 5 Treating the client courteously and being helpful at all times.
- 6 Keeping the client informed and reassured.
- 7 Adapting the behaviour to respond effectively to different client behaviour.
- 8 Responding promptly to a client seeking assistance.
- 9 Selecting the most appropriate way of communicating with the client.
- 10 Checking with the client that you have fully understood their expectations.
- 11 Responding promptly and positively to the client's questions and comments.
- 12 Allowing the client time to consider the response and give further explanation when appropriate.
- 13 Quickly locating information that will help the client.
- 14 Giving the client the information they need about the treatments or products offered by the salon.
- 15 Recognising information that the client might find complicated and checking whether they fully understand it.
- 16 Explaining clearly to the client any reasons why their needs or expectations cannot be met.



Beauty therapist

Career planner and next steps



Membership organisations

The British Association of Beauty Therapy & Cosmetology (BABTAC)

The British Association of Beauty Therapy & Cosmetology (BABTAC) is the UK's leading membership organisation for professionals working in the beauty, hair, holistic and sports therapy industries.

Established in 1977, the organisation was created by industry professionals, for industry professionals.

There are two types of membership available with BABTAC: those looking to be insured and those looking for a beneficial membership with a recognised organisation that offers access to discounts, training opportunities, industry advice and exclusive offers. Individual practitioners who are therapists, hairdressers, holistic practitioners and specialists can enjoy the same level of benefits as salons and spas.

To find out more visit <https://www.babtac.com/>

Federation of Holistic Therapists (FHT)

The Federation of Holistic Therapists (FHT) is the UK and Ireland's leading professional association for beauty, spa, complementary and sports therapists. As well as insurance, the FHT offers a wide range of membership benefits to support you, every step of your therapy career.

As an FHT Student Member, you can enjoy:*

- International Therapist magazine and regular e-newsletters and blogs
- discounted products and seminars
- free downloadable resources and more than 350 articles online
- FHT Student Member badge and card
- FHT Code of Conduct and Professional Practice
- student insurance, with cover starting from £1 million
- competitions and lots more.

For therapists hoping to work in complementary healthcare, the FHT also runs the largest Accredited Register to be independently approved by the Professional Standards Authority for Health and Social Care. If eligible to be listed on this register, there is no additional fee to fully qualified FHT members.

To find out more, including our full range of membership benefits when you qualify and upgrade, please visit www.fht.org.uk

*Eligibility criteria/terms and conditions apply – please see website.

Trade testing

What is trade testing?



“A trade test is your opportunity to showcase yourself and your skills. First impressions matter, so look the part, be prepared with the right tools, have confidence in your ability, demonstrate with passion and smile! Don’t be average, be excellent.”

Debbie Weaver, **Steiner**



“A trade test is used by employers as part of the interview process when recruiting new technicians to join their team. You will be asked to carry out one or two treatments to demonstrate how competent you are in providing a professional service for their clients and the level of your beauty skills.”

Susan Cressy, **Susan Cressy Spa & Beauty Therapy**



“A trade test is where your practical ability is assessed to gauge your skill-set following a successful verbal interview.”

Alicia Haynes, **Guinot**

How do I prepare for a trade test?

📌 This is your opportunity to impress, to stand out from the crowd, so remember the 4 P's:

1. Prepare thoroughly, research the company, treatment range and timings
2. Professional attitude and approach to performance
3. Polite, pleasing manner
4. Polished treatment performance. 📌

Angela Wheat, **Gemini Beauty**



📌 Always arrive professionally groomed for your trade test, exactly as you would for a day at the salon; wear a clean smart uniform and appropriate shoes, short nails, natural-looking make-up and your hair neatly out of your face. This might be the first impression you make, so ensure you impress them with your professional appearance. 📌

Angela Moulding, **Carlton Professional**



📌 Treat the trade test as a real client experience and remember to communicate with the client/interviewer, explaining what you are going to do throughout the treatment and checking for client comfort throughout the treatment. To stand out from the rest of the candidates, demonstrate your retailing and treatment planning skills by recommending two retail products, offer a course of treatments and ask the client/interviewer to book their next treatment. 📌

Martine Jarman, **Skin Genius**



📌 Make sure your interviewer is aware of your underpinning knowledge of the treatment you are performing: use the correct names of muscles; explain how a current works. Clients like knowledgeable technicians and employers want people who understand what they are doing. 📌

Rachel Halling, **Champneys**



Trade testing (synoptic assignment)

Getting ready for your trade test (synoptic assignment)

Towards the end of your qualification you will be assessed on carrying out a variety of beauty services on a number of clients within a commercially set time.

This will be assessed to make sure you have the necessary skills, knowledge, values and behaviours to confirm that you are now ready to be employed in the beauty industry.

This end 'trade test' will require you to use consultation techniques to identify client requirements and build a professional rapport.

You will draw on the knowledge, understanding and practical skills you have developed during the qualification to deliver a range of personalised beauty services, adapting to any factors as required during the services.

You will be marked on the quality and accuracy of your practical performance and your ability to reflect on the services carried out. It is therefore important that you carry out your work to the highest standard you can.

You should show how well you know and understand the subject and how you are able to use your knowledge and skills together to complete the tasks.

Mock trade test (sample assignment)

You will be provided with the sample assignment/mock trade test by your tutor. The assignment will be in the form of a brief that will detail exactly what you will be expected to carry out.

The assignment will cover a range of services from across the units in the mandatory content of this qualification.



Marking grid

The assessments for this qualification are set against a series of assessment objectives (AOs). They are designed to allow judgement of the candidate to be made across a number of different categories of performance. Each assessment for the qualification has been allocated a set number of marks against these AOs, based on weightings recommended by stakeholders of the qualification.

Assessment objective	Level 2 Technical Certificate in Beauty Therapy Examples of types of knowledge expected	Weighting
AO1 Recall of knowledge relating to the qualification Learning Outcomes.	Health and safety; hygienic working practices; legislation; contra-indications and contra-actions.	10%
AO2 Understanding of concepts, theories and processes relating to the Learning Outcomes.	Consultation techniques to identify treatment objectives; skin analysis; adaptations to suit the clients' needs; specific order of treatments; product knowledge and selection of products, tools and equipment; positioning client and therapist; aftercare, advice and recommendations.	20%
AO3 Application of practical/technical skills.	Selection and preparation of products, tools and equipment for specific treatments; preparation of self eg appearance, PPE, personal hygiene, posture, professional standards; preparation of treatment area; consultation techniques; interaction with client throughout including respecting client needs eg protecting modesty, positioning of client; client confidentiality; analysis of areas to be treated; treatment techniques; advice and recommendations.	40%
AO4 Bringing it all together – coherence of the whole subject.	Linking consultation, products and treatments; making relevant adaptations based on treatment objectives; providing advice and guidance based on treatments provided and client treatment objectives; working within time frames.	20%
AO5 Attending to detail/perfecting.	Personal presentation; preparation and maintenance of treatment area; maintaining focus on client throughout treatment; pace and flow of delivery of treatment; timings; recording client records accurately.	10%

Mock assessment feedback form

Task/AO

1 Tutor feedback:

Learner self-reflection/evaluation:

2 Tutor feedback:

Learner self-reflection/evaluation:

3 Tutor feedback:

Learner self-reflection/evaluation:

Task/AO

4

Tutor feedback:

Learner self-reflection/evaluation:

5

Tutor feedback:

Learner self-reflection/evaluation:

Revision tips

These revision tips will help you prepare for your external assessment.

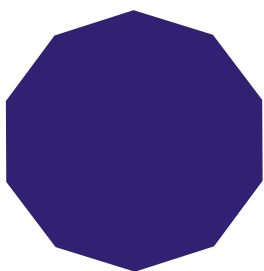
- Regularly check your knowledge and understanding to ensure that you still remember key content covered at the start of the qualification.
- Take opportunities to recap, revise and recall, both in the classroom and using blended and online resources and activities. Find out which learning strategies work best for you.
- Use a range of different revision strategies that best meet your learning needs. For example, creating cue or flash cards can help you to remember key knowledge content. You could make use of mobile learning apps to prepare your own revision flash cards to help develop a secure understanding of key terminology, concepts and frameworks.
- Familiarise yourself with how to deal with different command verbs, such as the differences between responses which describe, explain, compare or evaluate.
- Ensure you have developed your note-taking skills. This will prepare you to capture and summarise the most important aspects of the content. These notes will be invaluable when you are preparing for your examination and help to identify any gaps in your knowledge and understanding.
- Don't just memorise facts and figures, but try to make links and deeper connections. Visualisation and concept mapping can help you to apply your knowledge and understanding in different contexts and situations.
- You will need to manage your time effectively as independent candidates.
- Creating revision timetables or planners is a useful exercise to help you prioritise your learning activities, focusing on areas where there might be gaps in your understanding. There's an example of a revision timetable on page 31.
- It's important to stay fit and healthy in order to be well-prepared physically and mentally to demonstrate your knowledge and understanding. Remember to get enough sleep, drink plenty of water, eat well and get enough downtime in the build-up to the exam. Simple relaxation techniques can help if you are feeling stressed.



Revision planner

Week commencing: _____

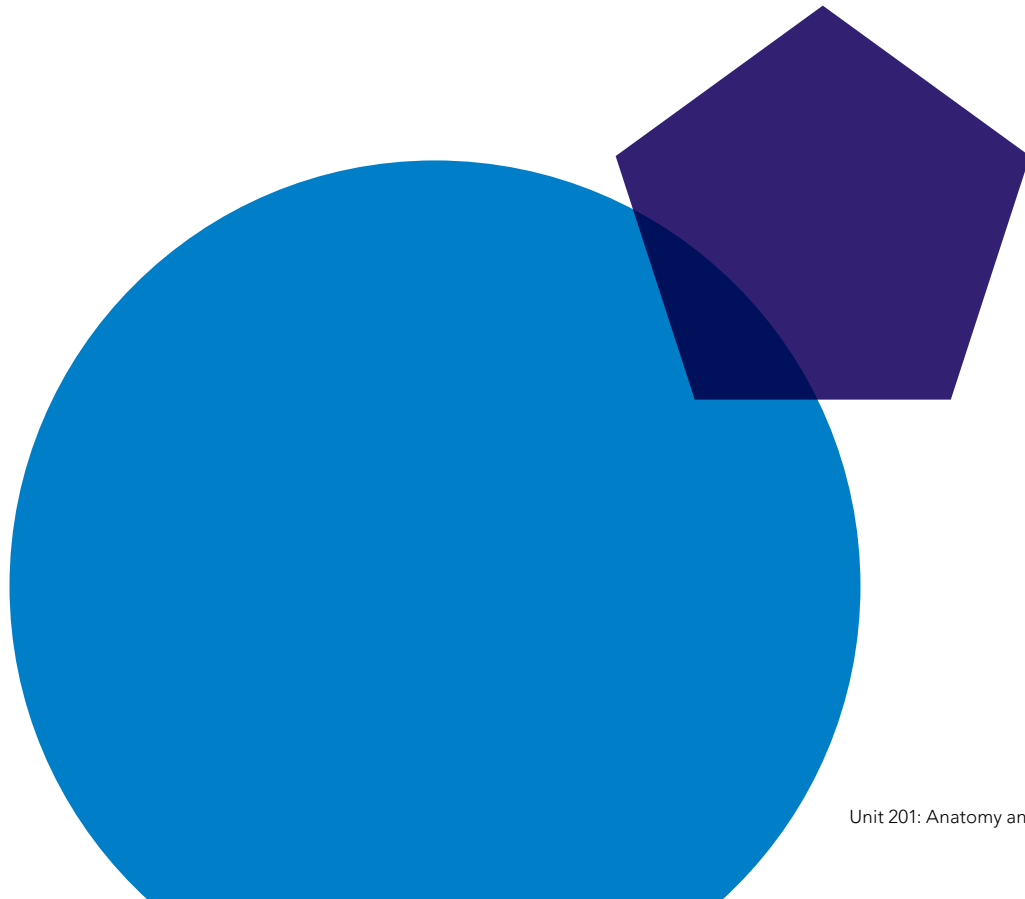
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9.00 am							
10.00 am							
11.00 am							
12.00 am							
1.00 pm							
2.00 pm							
3.00 pm							
4.00 pm							
5.00 pm							
6.00 pm							
7.00 pm							
8.00 pm							
9.00 pm							
10.00 pm							



Unit 201: Anatomy and physiology

The purpose of this unit is for you to gain an understanding of the anatomy and physiology of the body and be able to apply this knowledge when carrying out a range of beauty therapy treatments.

You will be introduced to the structure and functions of the skin, hair and nails to include the contra-indications that are common to these areas. You will also understand the body systems that are fundamental to the hands, feet and head including muscular, skeletal, circulatory and lymphatic.



What is this unit about?

Unit 201: Anatomy and physiology

Mandatory

This unit has **six** outcomes.

Outcome 1

Understand the key structure and functions of cells

Outcome 2

Understand the structure, function and growth of the skin, hair and nails

Outcome 3

Understand the locations of the bones and key functions of the skeletal system

Outcome 4

Understand the key structure and functions of the muscular system

Outcome 5

Understand the key structure and functions of the cardiovascular system

Outcome 6

Understand the key structure and functions of the lymphatic system

Getting started

Introduce yourself to the unit by asking yourself:

- How are the nails formed?
- What is the function of the skin?
- Why do we have different types of hair over the body?
- Why do the hands and feet often get cold?
- What are the different conditions that affect the nails and skin?
- Do I know the names of any bones of the head, hands and feet?
- Could I identify any muscles of the head and shoulders?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.



Hints and tips

When revising actions of the facial muscles, use a mirror to assist you. Run through a range of expressions and link them with the associated muscles.

What is this unit about? Continued

Unit 201: Anatomy and physiology

Topics

Outcome 1

Understand the key structure and functions of cells

- 1.1 Structure of cells
- 1.2 Functions of cells

Outcome 2

Understand the structure, function and growth of the skin, hair and nails

- 2.1 Structure, functions and growth cycle of the skin
- 2.2 Structure, functions and growth cycle of the hair
- 2.3 Structure, functions and growth cycle of the nail
- 2.4 Disorders and diseases of the skin, hair and nails

Outcome 3

Understand the locations of the bones and key functions of the skeletal system

- 3.1 Functions of the bones of the head
- 3.2 Location of the bones of the head and upper torso
- 3.3 Location of the bones of the arms and hands
- 3.4 Location of the bones of the leg and foot
- 3.5 Types of joints and range of movement

Outcome 4

Understand the key structure and functions of the muscular system

- 4.1 Structure and functions of the muscular system
- 4.2 Primary muscles of head and upper torso
- 4.3 Primary muscles of arm and hand
- 4.4 Primary muscles of lower leg and foot

Outcome 5

Understand the key structure and functions of the cardiovascular system

- 5.1 Structure of cardiovascular system
- 5.2 Functions of blood
- 5.3 Primary vessels of head, arm and lower leg

Outcome 6

Understand the key structure and functions of the lymphatic system

- 6.1 Structure of the lymphatic system
- 6.2 Functions of the lymphatic system
- 6.3 Location of lymph nodes in head, lower arm and lower leg

“To give a truly great massage, the therapist must have good integral knowledge of body systems: from bones and muscles to circulation, lymphatics and the nervous system.”

Candice Gardner, **Dermalogica**

dermalogica[®]

Values and behaviours

Keep a note on the client's records of any raised moles they have and be aware of any sudden changes in colour or size, or if the mole begins to weep or bleed. Avoid excessive stimulation over and around the mole.



Unit planner

Unit 201: Anatomy and physiology

Complete the 'What I know' and 'What I want to learn' sections before you begin this unit to help you plan your learning.

What I know

What I want to learn

Complete the 'What I have learnt' section at the end of the unit. This reflection will enable you to apply your skills and knowledge as part of the trade test or skills check.

What I have learnt

What do you need to know?

Unit 201: Anatomy and physiology

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Cells

understand the key structure of cells: membrane, nucleus, cytoplasm, mitochondria, centrioles

understand the key functions of cells: reproduction, osmosis, diffusion

Skin

understand the structure of the epidermis layer: stratum corneum, stratum lucidum, stratum granulosum, stratum spinosum, stratum germinativum

understand the structure of the dermis layer: papillary, reticular, hair follicle, sebaceous glands and sebum, eccrine and apocrine sweat glands, arrector pili muscle, sensory nerve endings, capillary network

understand the subcutaneous structure: adipose tissue

understand the functions of the skin: sensation, light touch, pressure, vibration, mechanical, thermal, heat regulation, vasoconstriction, vasodilation, sweating, absorption, protection, excretion, secretion, synthesis of vitamin D

understand the functions of cells within the epidermis: Langerhans, melanocytes, keratinocytes

understand the functions of cells within the dermis: reticular layer – fibroblast cells produce collagen, elastin and glycosaminoglycan, papillary layer – contains blood supply, mast cells, histamine, macrophages, lymphatic vessels

understand the growth cycle of the skin: continuous cell formation, cell maturation, cell death, desquamation

Hair

understand the structure of the hair shaft: cuticle, cortex, medulla

understand the structure of the hair follicle: dermal papilla, hair bulb, arrector pili muscle, sebaceous gland, capillary loop

understand the structure of different hair types and textures: lanugo, vellus, terminal, fine hair, coarse hair

understand the functions of the hair: protection, insulation

understand the growth cycle of the hair: anagen, catagen, telogen

Continues on next page

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.

What do you need to know? Continued

Unit 201: Anatomy and physiology

You need to:

Nails

understand the structure of the nails: nail bed, matrix, nail grooves, cuticle, lunula, eponychium, hyponychium, perionychium, proximal nail fold, nail plate, free edge

be able to recognise common nail shapes: fan, square, oval, round, narrow, pointed, hook, ski jump, involuted/ingrowing

understand the functions of the nails: protection of sensitive fingertips and toes, aid the gripping and grasping of objects

understand the factors affecting nail growth: mitosis, keratinisation, natural growth rate, effect of damage through sport, health, medication, lifestyle, age, occupation

Common disorders and diseases of the skin

understand common bacterial infections of the skin, including: impetigo, conjunctivitis, hordeolum/stye, furuncles/boils, carbuncles, folliculitis, paronychia

understand common viral infections of the skin, including: herpes simplex, herpes zoster/shingles, verrucae/warts

understand common fungal infections of the skin, including: tinea corporis, tinea unguium, tinea pedis, onychomycosis

understand common infestations of the skin, including: scabies, pediculosis corporis, pediculosis capitis

understand common sebaceous glands disorders, including: milia, comedones, seborrhoea, steatomas, sebaceous cysts, acne vulgaris

understand common pigmentation disorders of the skin, including: ephelides, lentigines, chloasma, vitiligo, albinism, vascular naevi, dilated capillaries

understand common skin disorders involving abnormal growth, including: psoriasis, seborrhoeic warts, keloids, verrucae filiformis, hyperkeratosis

understand common skin allergies, including: dermatitis – eczema, urticarial, malignant tumours, rosacea

Common disorders and diseases of the nails

understand common disorders and diseases of the nails, including: anonychia, beau's lines, koilonychias, leuconychia, longitudinal furrows, lamellar dystrophy, onychophagy, onycholysis, onychocryptosis, onychogryphosis, onychomadesis, onychoptosis, koilonychias, eggshell nails, severely bruised nail

Continues on next page

Unit 201: Anatomy and physiology

You need to:

understand common disorders and diseases of the cuticles, including:

pterygium, hang nail

understand common disorders and diseases of the hair, including: alopecia

Bones of the head and upper torso

understand the functions of the bones of the head: to protect the brain,

to provide facial structure

be able to identify the bones of the head: frontal, parietal, temporal,

occipital, sphenoid, ethmoid, nasal, zygomatic, maxillae,

mandible

be able to identify the bones of the upper spine: cervical vertebrae – atlas and axis, thoracic vertebrae

be able to identify the bones of the upper torso: ribs, sternum, clavicle, scapula

understand the relationship between the sinuses and the bones of the head, including: frontal, ethmoidal, sphenoidal, maxillary

Bones of the arms and hands

be able to identify the bones of the arms, including: humerus, radius,

ulna

be able to identify the bones of the hands, including: carpals – scaphoid,

lunate, triquetrum, pisiform, trapezium, trapezoid, capitate, hamate,

metacarpals, phalanges

Bones of the legs and feet

be able to identify the bones of the legs, including: femur, patella, tibia,

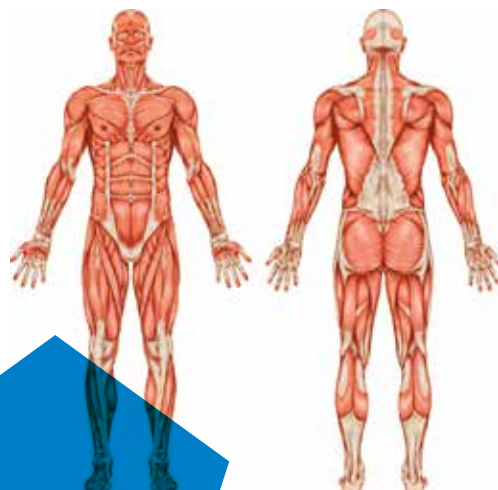
fibula

be able to identify the bones of the feet, including: tarsals – talus, calcaneus,

navicular, medial cuneiform, intermediate cuneiform, lateral cuneiform, cuboid,

metatarsals, phalanges

Continues on next page



What do you need to know? Continued

Unit 201: Anatomy and physiology

You need to:

Joints

be able to identify the basic types of joints: fixed – fibrous, semi-movable – cartilaginous, freely movable – synovial

be able to identify the locations and types of synovial joints: gliding, hinge, pivot, ball and socket, condyloid, saddle

understand the ranges of joint movement: flexion, extension, pronation, supination, planter flexion, dorsi flexion, inversion, eversion, circumduction, medial rotation, lateral rotation, abduction, adduction

Muscular system

understand the structure of the muscular system: myoblasts, actin, myosin, myofibrils

understand the functions of the muscular system: movement, maintaining posture, production of heat

Muscles of the head and upper torso

understand the locations and actions of the muscles of the head: frontalis, occipito-frontalis, temporalis, procerus, corrugators, orbicularis oculi, nasalis, orbicularis oris, risorius, buccinator, quadrates labii superioris, depressor labii, mentalis, triangularis, masseter, platysma, sternocleido-mastoid, zygomatic

understand the locations and actions of the muscles of the upper torso: trapezius, deltoid, levator scapulae, pectoralis major/minor

Muscles of the arms, wrists and hands

understand the locations and actions of the muscles of the arm: biceps, triceps, brachioradialis, flexor carpi radialis, flexor carpi ulnaris, extensor carpi radialis – longus/brevis, extensor carpi ulnaris

understand the locations and actions of the muscles of the wrist and hand: flexor digitorum, extensor digitorum, thenar eminence, hypothenar eminence

Muscles of the legs, ankles and feet

understand the locations and actions of the muscles of the lower leg: gastrocnemius, soleus, tibialis anterior, tibialis posterior

understand the locations and actions of the muscles of the ankle and foot: digitorum longus – extensor/flexor, hallucis longus – extensor/flexor

Cardiovascular system

understand the structure of the heart: atrium, ventricle, aorta, pulmonary artery, pulmonary vein, superior/inferior vena cava

understand the composition of the blood: atrium, erythrocytes, leucocytes, thrombocytes, plasma

understand the types of blood vessels: arteries, arterioles, veins, venules, capillaries

Continues on next page

Unit 201: Anatomy and physiology

You need to:

Blood

understand the main functions of the blood: transport, heat regulation, defence, clotting

Blood vessels

be able to identify the primary blood vessels of the head: carotid artery – common, external, internal, jugular vein – internal, external

be able to identify the primary blood vessels of the arm and hand:

brachial artery, brachial vein, radial artery, radial vein, ulnar artery, ulnar vein, deep palmar arch, superficial palmar arch, digital artery, digital vein

be able to identify the primary blood vessels of the lower leg and foot:

anterior tibial artery, anterior tibial vein, posterior tibial artery, posterior tibial vein, medial plantar artery, plantar venous vein, dorsal metatarsal artery, dorsal metatarsal vein, dorsal digital artery, dorsal digital vein

Lymphatic system

understand the structure of the lymphatic system: lymph composition, lymphatic capillaries, lymphatic vessels, lymphatic nodes

understand the functions of the lymphatic system, including: transport, fighting infection, absorption

be able to identify the lymph nodes in the head: buccal, sub-mental, sub-mandibular, anterior auricular (mastoid), posterior auricular (parotid), occipital, superficial cervical, deep cervical, axillary

be able to identify the lymph nodes in the lower arm: supraclavicular, cubital

be able to identify the lymph nodes in the lower leg: popliteal

Hints and tips

Learning correct anatomical names and physiological terms will be invaluable as you progress with your qualifications. Reading and understanding the theory behind your skills will be easier and it will help you to be accurate in the execution of the techniques you are currently learning.

Useful words

Unit 201: Anatomy and physiology

Some terms that you will come across in this unit are explained below.

Absorption

The process whereby chemicals or nutrients enter the bloodstream via the stomach or intestines.

Cardiovascular system

The description of something relating to the heart and blood vessels.



Desquamation

This is also known as 'skin peeling': the shedding of the outer layers of the skin.



Excretion

The process our bodies use to get rid of unwanted substances. The skin is a minor excretory organ that excretes sweat (containing water), salts, urea and uric acids.

Lymphatic system

The network of vessels and organs that stretches throughout the body, providing transport of nutrients to tissues and draining excess fluid from spaces between cells into the bloodstream.

Osmosis

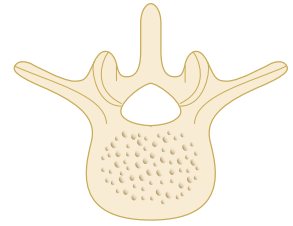
The movement of water molecules from a weaker or more diluted solution through a semi-permeable membrane.

Physiology

The biology of a living organism and the way bodily parts function.

Vertebrae

The series of small bones that form the spine (backbone).



Hints and tips

Your skin sheds over 30,000 dead skin cells every minute of the day. This is part of the natural repair process of your skin barrier function. Healthy skin means regular cell renewal of the protective epidermal barrier.

Did you know that your body regenerates itself at night? That is why sleep is so important – it keeps our systems running smoothly and our skin in good shape.]

Lesley Corridan, Dermalogica

dermalogica[®]

Supplementary comments

Unit 201: Anatomy and physiology

Use this space to record any workplace, employer or client comments.

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Has all topic content been covered?

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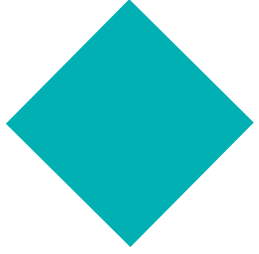
We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Candidate signature: _____ Date: _____

Assessor signature: _____ Date: _____

IQA signature (if sampled): _____ Date: _____





Unit 202:

Principles of practice for beauty therapists

The purpose of this unit is to provide you with an understanding of working practices within the beauty industry. You will be able to comply with relevant legislation and work professionally, following safe working practices.

When working within the beauty industry, it is important to recognise that the way in which therapists present themselves and conduct their behaviour becomes representative of both the beauty profession and their employer and place of work. When a client seeks the expertise of a beauty therapist, they are placing their personal health and wellbeing into the hands of a person that they expect to be professional throughout their treatment.

You will develop the skills required to work in the industry in a professional manner. You will know how to communicate throughout the whole client journey in order to provide the best possible treatment outcome for your clients, adopting professional behaviours and standards at all times. You will also be encouraged to identify the attributes that can be used to make yourself more desirable to future employers. You will understand the importance of the client consultation process and how the preparation of the treatment area will influence their view of the establishment.

What is this unit about?

Unit 202: Principles of practice for beauty therapists

Mandatory

This unit has **four** outcomes.

Outcome 1

Understand safe working practices and relevant legislation

Outcome 2

Understand professional beauty standards

Outcome 3

Understand communication processes

Outcome 4

Understand the client journey



Getting started

Introduce yourself to the unit by asking yourself:

- Can I keep myself and others safe whilst at work?
- How does my personal appearance affect the reputation of the business?
- What does the term professionalism mean within the beauty industry?
- What can I do to ensure I am displaying a professional attitude at all times?
- How can I ensure the salon environment meets with the client's expectations?
- What do I have to consider in order to make my client's experience a positive one?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.

Always use a sterile spatula to dispense products from pots or jars. Never use your fingers as this will cause bacteria to breed within the product and result in cross contamination.]

Ellie Tidy, Guinot

GUINOT
INSTITUT • PARIS

Hints and tips

Never assume a client knows how to use a product you have recommended. If possible, let them try before they buy and instruct clearly on how the product should be used.

What is this unit about? Continued

Unit 202: Principles of practice for beauty therapists

Topics

Outcome 1

Understand safe working practices and relevant legislation

- 1.1 Safe working practices
- 1.2 Legislation relevant to the beauty industry

Outcome 2

Understand professional beauty standards

- 2.1 Standards of personal appearance
- 2.2 Standards relating to the work environment

Outcome 3

Understand communication processes

- 3.1 Communication methods
- 3.2 Questioning techniques

Outcome 4

Understand the client journey

- 4.1 Prepare for the client appointment
- 4.2 Provide professional client care
- 4.3 Create and promote retail opportunities

Hints and tips

Your appearance is a great advertisement of your skill. Look after your skin and make-up throughout the day to show what products can do.



Values and behaviours

Treat everyone equally, ensuring that you do not make any unsuitable comments regarding age, gender, disability, sexual orientation, race, religion, marital status, and so on.



What do you need to know?

Unit 202: Principles of practice for beauty therapists

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Safe working practices

understand the importance of following health and safety in order to prevent injuries, accidents and cross-infection, including: recognise hazards and risks which exist in the work area, understand the importance of risk assessments, follow procedures for storage and handling of chemical products, follow industry hygiene and safety practices to include sterilisation, sanitisation, cleaning and disinfection, maintain safe environmental conditions – lighting, ventilation, temperature and positioning of equipment, follow sustainable working practices – minimising pollution, reducing and managing waste, reducing energy usage, check equipment to ensure clean and safe to use such as PAT testing, trailing wires, secure plugs, follow workplace, manufacturer or supplier instructions for the safe use of equipment, materials and products, the importance of correct posture and working techniques to minimise fatigue and risk of injury, follow procedures for dealing with spillages such as water and chemicals, dispose of waste products safely to include contaminated and non-contaminated waste, storage and handling of products containing chemicals, use of PPE such as goggles, mask, gloves and aprons

Continues on next page

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.

Hints and tips

Let your client know that you are washing your hands – it will make them feel assured that they are within a hygienic salon.



Phil Jones

What do you need to know? Continued

Unit 202: Principles of practice for beauty therapists

You need to:

Legislation

understand the impact of health and safety legislation on working practices in the beauty industry, including:

- Health and Safety at Work Act (HASAWA)
- The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)
- Material Safety Data Sheet Regulations (MSDS)
- PPE at Work Regulations
- The Health and Safety (First Aid) Regulations
- The Manual Handling Operations Regulations
- The Control of Substances Hazardous to Health Regulations (COSHH)
- The Electricity at Work Regulations
- The Environmental Protection Act
- The Management of Health and Safety at Work Regulations
- Workplace regulations (Health, Safety & Welfare)
- The Provisions & Use of Work Equipment
- The Health and Safety (Information for Employees) Regulations
- Regulatory Reform Order (Fire Safety) Consumer/employee legislation

understand the impact of consumer and employee legislation on working practices in the beauty industry, including:

- The Equality Act
- The Data Protection Act
- Consumer Rights Act
- Working Time Regulations

Professional appearance

understand the importance of your personal hygiene when promoting treatments, including: body odour, teeth/breath, hair, nails

understand the importance of your uniform when promoting treatments, including: tunic – clean, pressed, fits correctly, access to spare uniform in case of spills, socks/stockings/tights, eg natural colour or similar colour to uniform, flat shoes, eg closed toe and heel, practical, comfortable

understand the importance of your personal appearance when promoting treatments, including: day make-up professionally applied, hair – clean, tied up and away from face, hands should be clean, with cuts, abrasions and broken skin covered, nails should be short and manicured, no jewellery

Hints and tips

Always ensure that consultation cards are completed with as much detail as possible after every treatment.

Continues on next page

What do you need to know? Continued

Unit 202: Principles of practice for beauty therapists

You need to:

Professional standards

understand the importance of maintaining hygiene in the work environment, including: hard surfaces disinfected, clean stain-free sheets, blankets, pillows, fresh bed roll and towels for every client, health and safety procedures in place, basic risk assessment carried out, work economically to minimise waste and manage resources effectively

understand the importance of preparing the look of the treatment area, including: décor, layout of work area, lighting

understand the importance of preparing the sound in the treatment area, including: background noise, ambient music/sounds

understand the importance of preparing the smell of the treatment area, including: clean and fresh, oils/burners – relaxing, rejuvenating, soothing

understand the purpose of preparing the treatment area: creates positive experience for the client, adds to a positive reputation for the business

understand the importance of team working and demonstrating respect and consideration for others, including: colleagues, employers, management, other practitioners in the beauty industry

recognise the professional behaviour required in the workplace, including: positive attitude demonstrated through posture, eye contact, politeness, attentiveness, respect for the client's needs and the needs of colleagues, visitors and the business, follow salon requirements, professional attitude of respect, reliability, honesty that is ethical and supportive, effective time management including attendance and punctuality, use initiative, self-evaluation

Continues on next page



What do you need to know? Continued

Unit 202: Principles of practice for beauty therapists

You need to:

Communication methods

understand the different methods of communication, including: verbal – language used, confident attitude, tone of voice, telephone manner, listening techniques, questioning techniques, body language – posture, eye contact, facial expressions, visual aids – treatment records, leaflets, portfolio of work, nail polish wheel

understand the impact of poor communication, including: complaints, loss of business, loss of reputation, staff demotivation

Questioning techniques

understand the purpose of questioning techniques, including: gather information from client regarding their health and preferences, build a healthy client and therapist relationship, avoid misunderstandings, persuasion

understand the different methods of questioning techniques, including: asking quality questions to gather information, open questions – who, what, why, when, how, probing questions – gathering specific information, drawing information out of a client who is not forthcoming, closed questioning – explore own or client understanding of a subject, concluding the conversation

Prepare for the client appointment

understand the pre-appointment considerations, including: providing treatment information, booking enquiries and appointments, providing advice prior to appointment, courtesy phone call/messaging service

understand the importance of meeting and greeting clients, including: check-in clients, eg positive facial expressions/body language, eye contact, friendly, open attitude, customer services, eg providing refreshments, reading material, bookings – knowledge of the clients booked in to the therapists' columns, handling transactions, handling complaints, handling referrals, communicating with therapists, visitors, suppliers

Professional client care

understand the purpose of the consultation process, including: establish a suitable area to discreetly consult with clients, position the client for consultation, eg face to face, no barriers, identify factors that will influence the treatment objectives – contra-indications, previous contra-actions, provide recommendations for the client treatment, select materials and equipment required, determine areas to be treated, select equipment and procedures to be used, accurately record client information

Retail and treatment opportunities

recognise opportunities to create and promote retail and further courses of treatment, including: identify the needs of the client and which products and treatments will meet those needs, describe the features and benefits of a range of products and treatments, provide a demonstration of products and treatments where possible, follow-up appointment to retain clients, promotion of further treatments to increase sales, close the sale

What do you need to cover?

Unit 202: Principles of practice for beauty therapists

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Escort the client to the treatment area:

exchange polite conversation

secure personal belongings

offer refreshments

Provide effective client care throughout treatments, to include:

manage client expectations

be considerate of client requirements

engage with client to make them feel comfortable

take into account client privacy and modesty

avoid making false claims, eg misleading product/service information, misleading pricing/discounts

provide referral information

provide advice and recommendations

note any contra-actions

evaluate the treatment

seek and record any client feedback

Interpret buying signals – when the client is ready to buy:

spending time

focusing on one

product or treatment

asking specific questions about a product or treatment

discussing a price

holding money/purse/wallet

displaying positive body language

Interpret buying signals – when the client is not ready to buy:

avoiding eye contact

quick movements

handling products with little interest

making excuses why they don't want to buy yet

studying lots of different products

The synoptic assignment for this qualification will require you to use your skills and knowledge of a range of treatments from across the mandatory units in this qualification.

Hints and tips

Don't let a customer leave without recommending further treatment or service. Spend time following a treatment to guide or action plan on how they can maintain their skin.



Useful words

Unit 202: Principles of practice for beauty therapists

Some terms that you will come across in this unit are explained below.



Hazard

Anything with the potential to cause harm, eg electricity and chemicals.

Risk

The likelihood or chance that a hazard will actually cause harm.



Sanitisation

Making an item, tool or workspace clean and hygienic.



PPE

Personal Protective Equipment. 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.

Sterilisation

The complete destruction of bacteria, micro-organisms and their spores.

📌 Tie in information from a consultation with the skin analysis to tell your clients what you can see and feel while you are looking at their skin. Ask questions to clarify what you find, always search for the 'why'. 📌

Candice Gardner, Dermalogica

dermalogica[®]



Scope record

Unit 202: Principles of practice for beauty therapists

Use this section to track your coverage of the scope of content for this unit.

Tick, date and sign each time you practise the skills listed below.

Escorting the client

Record the techniques that were used to escort the client.

Exchange polite conversation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Secure personal belongings	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Offer refreshments	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Client care

Record the techniques that were used during the treatment.

Manage client expectations	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Be considerate of client requirements	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Engage with client to make them feel comfortable	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Take into account client privacy and modesty	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Avoid making false claims, eg misleading product/service information, misleading pricing/discounts	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Provide referral information	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Provide advice and recommendations	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Note any contra-actions	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Evaluate the treatment	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Seek and record any client feedback	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

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Unit 202: Principles of practice for beauty therapists

Positive buying signals Record the instances when the client indicated they were ready to buy.

Spending time focusing on one product or treatment	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Asking specific questions about a product or treatment	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Discussing a price	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Holding money/purse/wallet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Displaying positive body language	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Negative buying signals Record the instances when the client indicated they were not ready to buy.

Avoiding eye contact	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Quick movements	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Handling products with little interest	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Making excuses why they don't want to buy yet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Studying lots of different products	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Always follow up with a first-time client with a phone call or text. Let a new client know they can call you if they have any questions. »

Jacquie Slater, Dermalogica

dermalogica[®]



Supplementary comments

Unit 202: Principles of practice for beauty therapists

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Has all topic content been covered?

This section must be signed when all the topic content has been covered. Remember to fill in the 'What I have learnt' section on page 48.

We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

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Assessor signature: _____ Date: _____

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Unit 203:

Hair removal treatments

The purpose of this unit is for you to understand the processes and techniques involved in preparing clients and the work area for waxing treatments. You will be able to carry out waxing techniques to meet the client's treatment objectives.

You will be able to consult with the clients and provide them with suitable recommendations to deal with unwanted hair between treatments and minimise any unwanted and avoidable contra-actions

You will carry out a variety of waxing treatments on a wide range of clients to suit their diverse needs and expectations. In order to do this, you will need to be aware of the capabilities and the limitations of the treatments you are providing, and it is essential that you are aware of up-to-date techniques and current trends. In any hair removal treatment, it is imperative that you are able to follow safe, hygienic working practices. You must be able to recognise contra-indications and know how they may impact upon the treatment.

What is this unit about?

Unit 203: Hair removal treatments

Mandatory

This unit has **three** outcomes.

Outcome 1

Prepare and consult with client

Outcome 2

Provide hair removal treatments

Outcome 3

Provide advice and recommendations to clients

Hints and tips

Always check temperature of wax before beginning a treatment. You don't want to burn the client or yourself!

Getting started

Introduce yourself to the unit by asking yourself:

- What are the different hair removal methods?
- Will the hair grow back thicker after treatment?
- How long does a wax treatment last?
- What equipment is available for waxing?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.



When carrying out a consultation for waxing treatment always consider the client's social, work and holiday commitments. This will enable you to get the best result at the right time for the client.]

Janice Brown, House of Famuir

HOUSE OF FAMUIR
COSMETIC . HEALTH & BEAUTY

What is this unit about? Continued

Unit 203: Hair removal treatments

Topics

Outcome 1

Prepare and consult with client

- 1.1 Prepare self and the treatment area
- 1.2 Consult with client
- 1.3 Analyse areas to be treated
- 1.4 Prepare client for treatment

Outcome 2

Provide hair removal treatments

- 2.1 Waxing products
- 2.2 Provide waxing treatment

Outcome 3

Provide advice and recommendations to clients

- 3.1 Contra-actions
- 3.2 Provide advice and recommendations

Hints and tips

Ensure areas to wax are cleaned thoroughly before the treatment to prevent wax from slipping and not sticking to the hairs properly.



Values and behaviours

Waxing is a very personal treatment and it is especially important to make the client feel comfortable and at ease if they are going to have to undress and expose parts of their body to you. You must always behave professionally and make them feel that their modesty, privacy and comfort are important.

What do you need to know?

Unit 203: Hair removal treatments

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Prepare self and treatment area

understand the importance of preparing the treatment areas, taking into account: health, safety, hygienic practices, suitable environmental conditions for clients and treatment

understand the importance of preparing products, consumables and tools for carrying out hair removal treatments

Client consultation

understand the process of consulting with the client, using various techniques to determine treatment objectives, including: questioning, listening, verbal/non-verbal – eye contact, body language, visual aids, reference to client records, discuss treatment objectives and obtain signed consent prior to treatment

confirm treatment plan with client, taking into consideration client characteristics and preferences and complete records

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.

Continues on next page

Hints and tips

If wax is applied in the wrong direction of hair growth, hairs can become matted in the wax, preventing a clean removal.



What do you need to know? Continued

Unit 203: Hair removal treatments

You need to:

Contra-indications

understand the types of contra-indications that would prevent hair removal treatments, including: bacterial infection, fungal infection, viral infection, infestations, severe skin conditions, medication (Retinal A, Roaccutane, steroids), recent laser treatment, recent microdermabrasion, chemical peels

understand the types of contra-indications that would restrict hair removal treatments, including: bruising, varicose veins, skins conditions, verrucae filiformis (skin tags), cuts and abrasions, moles, allergies, recent scar tissue, diabetes

Analysis of treatment areas

understand the importance of analysis prior to treatment, including: areas to be treated, skin condition, hair growth

Preparing for the treatment

understand the importance of correctly preparing yourself and the client for the hair removal treatment

understand the importance of carrying out sensitivity tests on the client prior to commencing the hair removal treatment

understand the importance of preparing the client's skin prior to commencing the hair removal treatment

Continues on next page

Hints and tips

Ingrowing hairs can be minimised if the client is advised to exfoliate and moisturise regularly at home in between wax treatments.



Unit 203: Hair removal treatments

You need to:

Waxing products

understand the difference between products and application processes of products, including: warm wax, hot wax

Providing wax treatments

understand the importance of: carrying out pre-wax tests – on yourself, on the client, explaining the treatment procedure to the client before commencing

Safe working practices

ensure safe working practices for carrying out the hair removal treatment, including: position of client and therapist, skin support, direction of application and removal, disposal of waste including contaminated waste

Contra-actions

be able to recognise contra-actions to the treatment and contra-actions which are the result of poor practice, including: swelling, allergic reaction, itchiness/irritation, severe erythema, removal of skin/tissue damage, bruising

understand the importance of taking remedial action to alleviate symptoms that can occur during or after treatments, including: stop treatment, remove product, apply cold compress, refer to GP/pharmacist if necessary, record on client record card

Advice and recommendations

understand the importance of providing advice and recommendations following treatment, including restrictions such as: make-up, perfumed products, touching the area, tight clothing

understand the importance of updating client records following treatment, including: client feedback, effects of treatment, advice provided



What do you need to cover?

Unit 203: Hair removal treatments

The synoptic assignment for this qualification will require you to use your skills and knowledge of a range of treatments from across the mandatory units in this qualification.

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Ensure suitable environmental conditions, to include:

lighting
heating
ventilation
atmosphere (music)

Ensure suitable hygiene practices, to include:

sterilisation – tweezers, spatulas
sanitise work area, hands
PPE – disposable gloves, apron

Position equipment appropriately, to include:

trolley
magnifying lamp
couch

Prepare and select hair removal products, to include:

sterilising solution
pre-wax lotion,
talc-free powder
antiseptic lotion
wax products (warm and hot)
after wax lotion/oil
soothing product

Prepare and select hair removal tools and equipment, to include:

protective sheet
wax heater
contamination bin
wax strips (fabric and paper)
spatulas
tweezers
sterilising equipment, eg autoclave
skin sensitivity test equipment, eg thermal (hot and cold)

Prepare and select treatment consumables, to include:

tissues
gloves
apron
cotton wool
couch roll

Analyse areas to be treated, to include:

facial – sides of face, lip, chin
full and half leg
toes and feet where hair growth is present
bikini – lower abdomen
bikini – high bikini line
bikini – inner thighs
underarm
forearm

Analyse skin condition, to include:

elasticity
texture
sensitivity

Analyse hair growth, to include:

texture – fine, coarse, dense, sparse
previously waxed
ingrowing hairs
direction of hair growth

Continues on next page

Hints and tips

It is important to keep your client warm. If your client becomes cold, the hair follicle will tighten around the hair, making the treatment more uncomfortable and the hair difficult to remove.

Unit 203: Hair removal treatments

Prepare for hair removal treatment, to include:

- remove appropriate clothing
- protect remaining clothing/hair
- maintain client modesty and privacy
- ensure client comfort and correct positioning
- position of therapist

Carry out sensitivity tests:

- thermal – hot
- thermal – cold

Prepare the skin:

- sanitise skin
- apply talc-free powder or pre-wax lotion

Select a waxing method suitable for the client's needs and objectives:

- warm wax
- hot wax

Provide recommendation to avoid activities which may cause contractions, to include:

- avoidance of UV exposure or tanning preparations
- heat treatments
- strenuous exercise
- swimming

Advise the client on certain post-treatment restrictions, to include:

- make-up
- perfumed products
- touching the area
- tight clothing

Provide product recommendations to enhance treatment objectives, to include:

- soothing lotion
- soothing gel

Assist the client with future treatment planning, to include:

- discuss hair growth cycle
- agree frequency of return visits

Phil Jones

Check the direction of hair growth before beginning your wax treatment. This helps prevent broken hairs, hairs or wax left on client's skin and any undue redness, bruising or irritation.]

Penny Hallworth, Champneys

CHAMPNEYS
COLLEGE



Useful words

Unit 203: Hair removal treatments

Some terms that you will come across in this unit are explained below.

Antiseptic lotion

A lotion that provides a barrier to prevent infection, reduce inflammation and cool the skin tissues.



Autoclave

A heated container that uses steam to sterilise metal tools/equipment such as tweezers.

Contamination bin

A container for waste items that may be harmful or unhygienic if left out in the spa or salon environment, eg used wax strips.



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.

Contra-indication

A condition the client is experiencing before treatment which may stop the treatment from taking place or mean the treatment is restricted or has to be adapted.



Exfoliation

The removal of dead skin cells from the surface of the skin to leave it smooth and even, eg prior to the application of tanning products.

Hair growth pattern

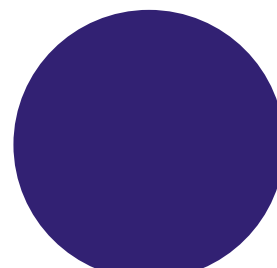
The way the hair grows above the skin's surface. This will be different for each body area but common patterns occur.

Soothing products

Products applied to the skin following waxing hair removal to reduce skin irritation and redness, and encourage skin repair.

Hints and tips

Ensure you stretch the client's skin appropriately in the area to be treated. This helps to make the client feel comfortable and pain-free and can help to avoid bruising.



Scope record

Unit 203: Hair removal treatments

Use this section to track your coverage of the scope of content for this unit. Tick, date and sign each time you practise the skills listed below.

Environmental conditions Record the conditions that were checked prior to the treatment.

Lighting	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Heating	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Ventilation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Atmosphere (music)	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Hygienic practices Record the hygienic practices that were adhered to prior to the treatment.

Sterilisation – tweezers, spatulas	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Sanitise work area, hands	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
PPE – disposable gloves, apron	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Continues on next page

Any exfoliation must be deep. Spend time on this and note on consultation the areas of hard skin.
Sasha Fillaudeau, Hale Country Club & Spa



Unit 203: Hair removal treatments

Equipment

Record the equipment that was positioned correctly for the treatment.

Trolley	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Magnifying lamp	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Couch	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Treatment products

Record the products that were selected prior to the treatment.

Sterilising solution	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Pre-wax lotion	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Talc-free powder	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Antiseptic lotion	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Warm wax products	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hot wax products	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
After wax lotion/oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Soothing product	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Treatment tools

Record the tools that were prepared prior to the treatment.

Protective sheet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Wax heater	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Contamination bin	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Wax strips (fabric and paper)	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Spatulas	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tweezers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sterilising equipment, eg autoclave	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Skin sensitivity	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Test equipment, eg thermal (hot and cold)	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Unit 203: Hair removal treatments

Treatment consumables	Record the consumables that were prepared prior to the treatment.		
Tissues	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Gloves	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Apron	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cotton wool	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Couch roll	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Areas to be treated	Record the areas of the client's body that were analysed for treatment.		
Facial – sides of face, lip, chin	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Full leg	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Half leg	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Toes and feet where hair growth is present	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Bikini – lower abdomen	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Bikini – high bikini line	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Bikini – inner thighs	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Underarm	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Forearm	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

It's important to make your client aware of any hairs just under the skin at time of treatment. These hairs are too short to remove but will quickly emerge from the skin. Without your explanation the client will think you have done a poor job. Get the client to look and feel. Explain clearly that these hairs will quickly appear and this is not re-growth but the growth of hairs not long enough for removal at that time of treatment. 🗨️

Janice Brown, House of Famuir

Unit 203: Hair removal treatments

Skin condition

Record the client's skin conditions that were analysed for treatment.

Elasticity	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Texture	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sensitivity	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Hair growth

Record the client's hair conditions that were analysed for treatment.

Texture – fine, coarse, dense, sparse	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Previously waxed	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ingrowing hairs	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Direction of hair growth	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page



Unit 203: Hair removal treatments

Preparation for treatment Record the preparation that was carried out prior to treatment.

Remove appropriate clothing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Protect remaining clothing/hair	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Maintain client modesty and privacy	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure client comfort and correct positioning	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Position of therapist	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Sensitivity tests Record the patch tests that were carried out prior to treatment.

Thermal – hot	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Thermal – cold	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Prepare the skin Record the skin preparation that was carried out prior to treatment.

Sanitise skin	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Apply talc-free powder or pre-wax lotion	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Waxing methods Record the types of wax that were used during the treatment.

Warm wax	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hot wax	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Contra-actions Record the recommendations of activities to avoid that were provided following the treatment.

UV exposure or tanning preparations	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Heat treatments	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Strenuous exercise	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Swimming	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Unit 203: Hair removal treatments

Post treatment restrictions

Record the post-treatment restrictions that the client was advised of.

Make-up	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Perfumed products	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Touching the area	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tight clothing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Enhancing treatment objectives

Record the product recommendations provided to enhance the client's treatment objectives.

Soothing lotion	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Soothing gel	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

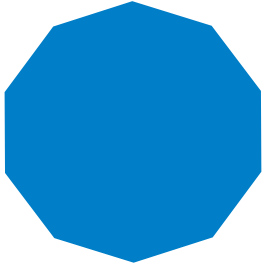
Future treatments

Record the recommendations given when planning future treatments with the client.

Discuss hair growth cycle	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Agree frequency of return visits	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Hints and tips

A strip with too much wax on won't pick up any more wax if re-used. Discard it and use a new strip if this happens.



Unit 204: Facial and skin analysis treatments

The purpose of this unit is to give you the knowledge, understanding and practical techniques involved in preparing clients and the work area for skin analysis and a facial treatment.

You will understand how to diagnose skin types and perform a facial treatment to improve the appearance of the skin.

This unit will help you to understand how to perform a client consultation and be able to recognise the different types of contra-indications and take the necessary action to deal with them. You will use your communication skills to document the client's needs and recommend an ongoing treatment plan.

You will follow safe, hygienic working practices and will recognise the importance of appearance and conducting yourself professionally to meet expected industry standards.

What is this unit about?

Unit 204: Facial and skin analysis treatments

Mandatory

This unit has **three** outcomes.

Outcome 1

Prepare and consult with client

Outcome 2

Provide facial and skin analysis treatment

Outcome 3

Provide advice and recommendations to clients

Hints and tips

Use open questions during skin analysis, then listen to your client's feedback – the more information you can gather, the better.

Getting started

Introduce yourself to the unit by asking yourself:

- How do you assess the client's skin to determine which products should be used and why?
- What are the benefits of a facial treatment to a client and how often can they be performed?
- What advice can I give to clients for them to gain the best outcome of their treatment and future treatments?
- How does offering a facial service benefit a beauty business?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.



“The skin analysis is the most important part of the facial – use verbal, visual and tactile techniques to ensure you give as much detail as possible.”

Alicia Haynes, **Guinot**

GUINOT
INSTITUT • PARIS

What is this unit about? Continued

Unit 204: Facial and skin analysis treatments

Topics

Outcome 1

Prepare and consult with client

- 1.1 Prepare self and the treatment area
- 1.2 Consult with client
- 1.3 Prepare client for treatment

Outcome 2

Provide facial and skin analysis treatment

- 2.1 Skin types and conditions
- 2.2 Classifications of massage
- 2.3 Carry out skin analysis
- 2.4 Provide a facial treatment

Outcome 3

Provide advice and recommendations to clients

- 3.1 Contra-actions
- 3.2 Provide advice and recommendations

Hints and tips

Questions about a client's lifestyle will give insight into why their skin may be behaving a certain way. From busy schedules to exercise routines, all can influence what skin conditions your client may experience.



Phil Jones



Values and behaviours

When you select your footwear, think about shoes that will enable you to move around quietly. Try rubber soles and avoid heels – this will help to keep your movements around the salon quiet and avoid disturbing clients during treatment.

What do you need to know?

Unit 204: Facial and skin analysis treatments

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Prepare self and treatment area

understand the importance of preparing the treatment areas, taking into account: health, safety, hygienic practices, suitable environmental conditions for clients and treatment

understand the importance of preparing products, consumables and tools for carrying out facial and skin analysis

Client consultation

understand the process of consulting with the client, using various techniques to determine treatment objectives, including: questioning, listening, verbal/non-verbal – eye contact, body language, visual aids, reference to client records, discuss treatment objectives and obtain signed consent prior to treatment

confirm treatment plan with client, taking into consideration client characteristics and preferences, and complete records

Contra-indications

understand the types of contra-indications that would prevent facial treatments, including: bacterial infection, fungal infection, viral infection, severe eczema, severe psoriasis, dermatological skin conditions, contagious eye infections, chemotherapy, radiotherapy

understand the types of contra-indications that would restrict facial treatments, including: broken bones, recent scar tissue, skin allergies, cuts and abrasions, epilepsy, diabetes, skin disorders, undiagnosed skin lesions and swellings, ingredient allergies, medication, prior advanced procedures such as injectables or peeling

Continues on next page

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.

Hints and tips

Always let your client know how you are tailoring the treatment to meet their needs, for example: that you are using different masks on specific areas.



What do you need to know? Continued

Unit 204: Facial and skin analysis treatments

You need to:

Preparing for the treatment

○ understand the importance of correctly preparing yourself and the client for the facial treatment

Skin types

recognise the different skin types, including: ○ dry, ○ oily, ○ combination

recognise key features of common skin conditions, including: ○ sensitivity – broken capillaries, redness, ○ pigmentation – hyper and hypo pigmentation, ○ ageing – lack of muscle tone, wrinkles, ○ dehydration – lacking in water, fine lines, tightness, ○ congestion – open/blocked pores, comedones, milia, pustules, papules

Massage classifications

understand the different classifications of massage and their benefits, including: ○ effleurage, ○ petrissage, ○ vibration, ○ tapotement

Treatment objectives

○ understand the importance of identifying treatment objectives through analysis of the client's skin type and condition

Continues on next page



Hints and tips

Educate your client while analysing their skin. Focus on their primary skin concern and advise them on how you can support them in targeting their priority.

Unit 204: Facial and skin analysis treatments

You need to:

Facial treatment procedure

understand the importance of explaining the treatment procedure to the client before commencing, including: ○ skin preparation and cleansing, ○ exfoliation, ○ extractions, ○ massage techniques – face, neck, décolleté, shoulders, ○ face masks, ○ completion of the facial treatment

Contra-actions

be able to recognise contra-actions to the treatment and contra-actions which are the result of poor practice, including: ○ swelling, ○ allergic reaction, ○ itchiness/irritation, ○ severe erythema, ○ tissue damage, ○ watery eyes

understand the importance of taking remedial action to alleviate symptoms that can occur during or after treatments, including: ○ stop treatment, ○ remove product, ○ apply cold compress/eye bath if necessary, ○ refer to GP/pharmacist if necessary, ○ record on client record card

Advice and recommendations

understand the importance of providing advice and recommendations following treatment, including restrictions such as: ○ make-up, ○ perfumed products, ○ touching the area, ○ tight clothing

understand the importance of updating client records following treatment, including: ○ client feedback, ○ effects of treatment, ○ advice provided



Understanding the skin, its functions and abnormalities across different ethnicities is essential to providing effective treatments and ensuring positive outcomes. »

Penny Hallworth, **Champneys**

What do you need to cover?

Unit 204: Facial and skin analysis treatments

The synoptic assignment for this qualification will require you to use your skills and knowledge of a range of treatments from across the mandatory units in this qualification.

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Ensure suitable environmental conditions, to include:

lighting
heating
ventilation
atmosphere (music)

Ensure suitable hygiene practices, to include:

sterilisation – brushes, sponges
sanitise work area, hands

Position equipment appropriately, to include:

trolley, couch, stool
magnifying lamp
steamer, hot towels
mirror and skin analysis equipment

Prepare and select facial and skin analysis products, to include:

eye make-up remover
cleanser
toner
exfoliator
massage medium
mask (setting and non-setting)
eye care
lip care
serums
moisturisers
sunscreen

Prepare and select facial and skin analysis tools, to include:

mask brushes
bowls
scissors
cleansing brush
hot towels
mitts

Prepare and select treatment consumables, to include:

spatulas
cotton wool
tissues
bed roll
gauze

Prepare for a facial treatment, to include:

remove appropriate clothing
position of client to meet needs of treatment
position of therapist
maintain client modesty and privacy
protect client hair
check client comfort

Carry out skin type analysis to identify the treatment objectives, such as:

improve skin condition
aid relaxation
adapt treatment

Prepare and cleanse the skin for treatment:

eye cleanse
lip cleanse
décolleté cleanse
first cleanse
second cleanse
tone
skin warming – hot towels, steamers

Use different exfoliation techniques and effects suitable for the client's objectives:

physical/mechanical
enzyme digestion

Continues on next page

Hints and tips

If your treatment is for a returning client, let them know what the positive effects have been of using the recommended products on their skin compared to their last visit.

Unit 204: Facial and skin analysis treatments

Use different extraction techniques suitable for the client's objectives:

manual extractor
comedone extractor

Use different massage media suitable for the client's objectives:

warm oil
pre-blended facial oils
cream

Use different massage techniques for different effects, to include:

inhalations – to relax and prepare client for massage

stimulating – lifting, firming techniques to increase circulation and create warmth

pressure points – to aid relaxation

lymphatic drainage – to drain fluid and toxins to the lymphatic nodes

Apply a face mask using different types of mask, to include:

setting (peel-off)
non-setting (cream)

Apply finishing products on completion of facial treatment, to include:

tone
eye care
lip care
treatment serums
moisturiser
sunscreen

Provide recommendation to avoid activities which may cause contractions, to include:

avoidance of UV exposure or tanning preparations
heat treatments
strenuous exercise
swimming

Advise the client on certain post-treatment restrictions, to include:

make-up
touching the area

Assist the client with future treatment planning, to include:

frequency of return visits

Assist the client with adapting their lifestyle to support the effects of the treatment, to include:

water intake
healthy diet
avoid direct sunlight



📌 Share useful guidelines with the client on how they can address their concerns, both through lifestyle changes and adjustments to their home care regime, to achieve their healthiest skin. 📌

Lesley Corridan, **Dermalogica**

dermalogica[®]

Useful words

Unit 204: Facial and skin analysis treatments

Some terms that you will come across in this unit are explained below.

Bacterial infection

An infection caused by contagious bacteria, eg impetigo.



Comedone

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

Contagious

The description of a disease that can spread from one person to another, usually by direct contact.

Dermatological

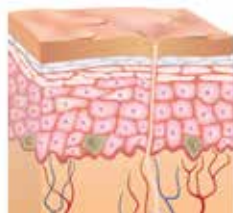
Anything relating to the appearance, diagnosis and treatment of skin conditions and disorders.

Eczema

A condition that causes the skin to become itchy, red, dry and cracked. Eczema commonly develops through allergic reaction or food intolerance, but it can also be inherited and is often linked to asthma.

Epidermis

The upper or outer layer of the two main layers of cells that make up the skin.



Erythema

A reddening of the skin caused by increased circulation in the tiny capillaries near the skin's surface. In combination with irritation and tingling, it can be a sign of an adverse reaction.

Fungal infection

An infection caused by a plant-based micro-organism called a fungus, eg ringworm.

Pigmentation

The visible colouring of the skin at the surface, eg melanin in the skin.



Psoriasis

A skin condition where skin cells are produced very quickly, causing red, flaky, crusty patches of skin covered with silvery scales. Psoriasis is often linked to stress and can be hereditary.



Serum

A non-greasy skincare product that is easily absorbed by the skin, often promoted as holding a high concentration of active substances.



When discussing your client's lifestyle or current skin care regime, ensure you are objective and non-judgmental. Demonstrate your professionalism through offering relevant advice and education. This will build the client's trust in your credibility.

Jacquie Slater, **Dermalogica**

dermalogica

Scope record

Unit 204: Facial and skin analysis treatments

Use this section to track your coverage of the scope of content for this unit.

Tick, date and sign each time you practise the skills listed below.

Environmental conditions **Record the conditions that were checked prior to the treatment.**

Lighting	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Heating	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Ventilation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Atmosphere (music)	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Hygienic practices **Record the hygienic practices that were adhered to prior to the treatment.**

Sterilisation – brushes, sponges	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Sanitise work area, hands	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Equipment **Record the equipment that was positioned correctly for the treatment.**

Trolley, couch, stool	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Magnifying lamp	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Steamer, hot towels	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Mirror and skin analysis equipment	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Continues on next page

During analysis of the skin, make sure to illuminate and magnify the skin effectively. This allows you to clearly notice any visual changes to the skin texture, tone and colour. Remember to warn your client that you may be bringing a light over their eyes to ensure a positive treatment experience. »

Candice Gardner, Dermalogica

dermalogica[®]

Treatment products	Record the products that were selected prior to the treatment.		
Eye make-up remover	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cleanser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Toner	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Exfoliator	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Massage medium	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Mask (setting and non-setting)	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Eye care	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lip care	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Serums	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Moisturisers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sunscreen	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Remember to inform your client and shield their eyes before using a magnifying lamp during a skin analysis. »

Ellie Tidy, **Guinot**



Unit 204: Facial and skin analysis treatments

Treatment tools	Record the tools that were prepared prior to the treatment.		
Mask brushes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Bowls	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Scissors	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cleansing brush	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hot towels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Mitts	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Treatment consumables	Record the consumables that were prepared prior to the treatment.		
Spatulas	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cotton wool	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tissues	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Bed roll	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Gauze	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Preparation for treatment	Record the preparation that was carried out prior to treatment.		
Remove appropriate clothing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure correct client position	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure correct therapist position	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Maintain client modesty and privacy	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Protect client hair/clothing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Check client comfort	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Unit 204: Facial and skin analysis treatments

Skin type analysis

Record the analyses that were carried out prior to treatment.

Improve skin condition	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Aid relaxation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Adapt treatment	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Prepare the skin

Record the skin preparation that was carried out prior to treatment.

Eye cleanse	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Lip cleanse	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Décolleté cleanse	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
First cleanse	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Second cleanse	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Tone	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Hot towels	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Steamers	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Exfoliation techniques

Record the types of exfoliation that were used during the treatment.

Physical/mechanical	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Enzyme digestion	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Extractions techniques

Record the types of extraction that were used during the treatment.

Manual extractor	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Comedone extractor	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Continues on next page



Unit 204: Facial and skin analysis treatments

Massage media	Record the massage media that were used during the treatment.		
Warm oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Pre-blended facial oils	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cream	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Massage techniques	Record the massage techniques that were used during the treatment.		
Inhalations – to relax and prepare client for massage	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Stimulating – lifting, firming techniques to increase circulation and create warmth	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Pressure points – to aid relaxation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lymphatic drainage – to drain fluid and toxins to the lymphatic nodes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Face masks	Record the types of face masks that were used during the treatment for different effects.		
Setting (peel off)	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Non-setting (cream)	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page



Unit 204: Facial and skin analysis treatments

Finishing products

Record the finishing products that were applied on completion of the treatment.

Tone	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Eye care	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lip care	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Treatment serums	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Moisturiser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sunscreen	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Treatment recommendations

Record the recommendations of activities to avoid that were provided following the treatment.

UV exposure or tanning preparations	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Heat treatments	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Strenuous exercise	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Swimming	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Post treatment restrictions

Record the post-treatment restrictions that the client was advised of.

Make-up	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Touching the area	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Treatment planning

Record the recommendations given when planning future treatments with the client.

Agree frequency of return visits	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
----------------------------------	--------------------------------------	--------------------------------------	--------------------------------------

Lifestyle changes

Record the recommended lifestyle adaptations for clients to support the effects of treatment.

Water intake	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Healthy diet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Avoid direct sunlight	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Supplementary comments

Unit 204: Facial and skin analysis treatments

Use this space to record any workplace, employer or client comments.

Comments	Date
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Has all topic content been covered?

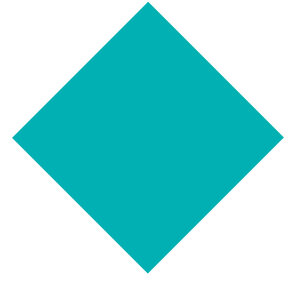
This section must be signed when all the topic content has been covered. Remember to fill in the 'What I have learnt' section on page 84.

We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Candidate signature: _____ Date: _____

Assessor signature: _____ Date: _____

IQA signature (if sampled): _____ Date: _____



Unit 205:

Manicure services

The purpose of this unit is for you to understand the processes and techniques involved in preparing clients and the work area for manicure. You will be able to carry out manicure techniques to improve the appearance of hands and nails; in addition to this you will be able to consult with clients and provide them with relevant advice and recommendations.

You will carry out a variety of manicure services to suit different client's needs and expectations.

You will follow safe hygienic working practices. They will be able to recognise the different types of contra-indications and take the necessary action to deal with them.

You will know how to deal with various contra-actions if they occur and be aware of the importance of maintaining up to date client records. This unit is based on developing the skills and techniques needed to carry out different manicure services to industry standards.

What is this unit about?

Unit 205: Manicure services

Mandatory

This unit has **three** outcomes.

Outcome 1

Prepare self, client and work area

Outcome 2

Provide manicure treatments

Outcome 3

Provide advice and recommendations to clients

Getting started

Introduce yourself to the unit by asking yourself:

- How can I improve my technique when applying nail polish?
- How can I improve the condition of my own nails?
- Why have my nails got ridges?
- Why do my nails split?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.



Hints and tips

Be gentle; hold your client's hand carefully and with respect.

What is this unit about? Continued

Unit 205: Manicure services

Topics

Outcome 1

Prepare self, client and work area

- 1.1 Prepare self and working area
- 1.2 Prepare tools, equipment and products
- 1.3 Consult with client
- 1.4 Prepare client for treatment

Outcome 2

Provide manicure treatments

- 2.1 Provide manicure treatments
- 2.2 Apply nail finish

Outcome 3

Provide advice and recommendations to clients

- 3.1 Contra-actions
- 3.2 Provide advice and recommendations



svetara/shutterstock.com

Hints and tips

Keep an eye on the catwalk, fashion magazines and social media for latest trends. Keep a look book of your own and add to it weekly if you can.

Values and behaviours

It is critical that every nail technician understands the structure and workings of the skin and nails, in order to work effectively and safely for themselves and their clients.



Unit planner

Unit 205: Manicure services

Complete the 'What I know' and 'What I want to learn' sections before you begin this unit to help you plan your learning.

What I know

What I want to learn

Complete the 'What I have learnt' section at the end of the unit. This reflection will enable you to apply your skills and knowledge as part of the trade test or skills check.

What I have learnt

What do you need to know?

Unit 205: Manicure services

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Prepare self and treatment area

understand the importance of preparing the treatment areas, taking into account: health, safety, hygienic practices, suitable environmental conditions for clients and treatment

understand the importance of preparing products, consumables, tools and equipment for carrying out manicure services

Client consultation

understand the process of consulting with the client, using various techniques to determine treatment objectives, including: questioning, listening, updating client records

carry out visual skin and nail analysis, taking into account: skin type – normal, dry, dehydrated, skin condition – mature, pigmentation, moles, scar tissue, nail condition – brittle, damaged, bitten, weak, oily, hang nails, ridges, split, nail shape – oval, tapered, square, squoval, claw, fan, pointed

discuss treatment objectives and required finish prior to treatment, including: reduce nail length, smooth irregularities, improve cuticles, improve skin condition, basic manicure, luxury manicure, finish – French, dark, light

confirm treatment plan with client, taking into consideration client characteristics and preferences and complete records

Continues on next page

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.



Hints and tips

Concentrate on your client when they are with you; don't be distracted by others in the salon.

What do you need to know? Continued

Unit 205: Manicure services

You need to:

Contra-indications

understand the types of contra-indications that would prevent manicure treatments, including: bacterial infection, fungal infection, viral infection, severe eczema, severe psoriasis, severe nail separation

understand the types of contra-indications that would restrict manicure treatments, including: broken bones and sprains, recent scar tissue, skin allergies, open wounds, diabetes, skin disorders, undiagnosed lumps and swellings

Preparing for the treatment

understand the importance of correctly preparing yourself and the client for the manicure treatment

Manicure treatments

be able to offer a range of manicure treatments to clients, including: basic services, luxury services, nail finishes

Continues on next page



Hints and tips

Ensure you understand the anatomy of the nail – some clients may ask you questions and you should always know the answer.

Unit 205: Manicure services

You need to:

Contra-actions

be able to recognise contra-actions to the treatment and contra-actions which are the result of poor practice, including: swelling, allergic reaction, itchiness/irritation, severe erythema, tissue damage

understand the importance of taking remedial action to alleviate symptoms that can occur during or after treatments, including: stop treatment, remove product, refer to GP/pharmacist if necessary, record on client record card

Advice and recommendations

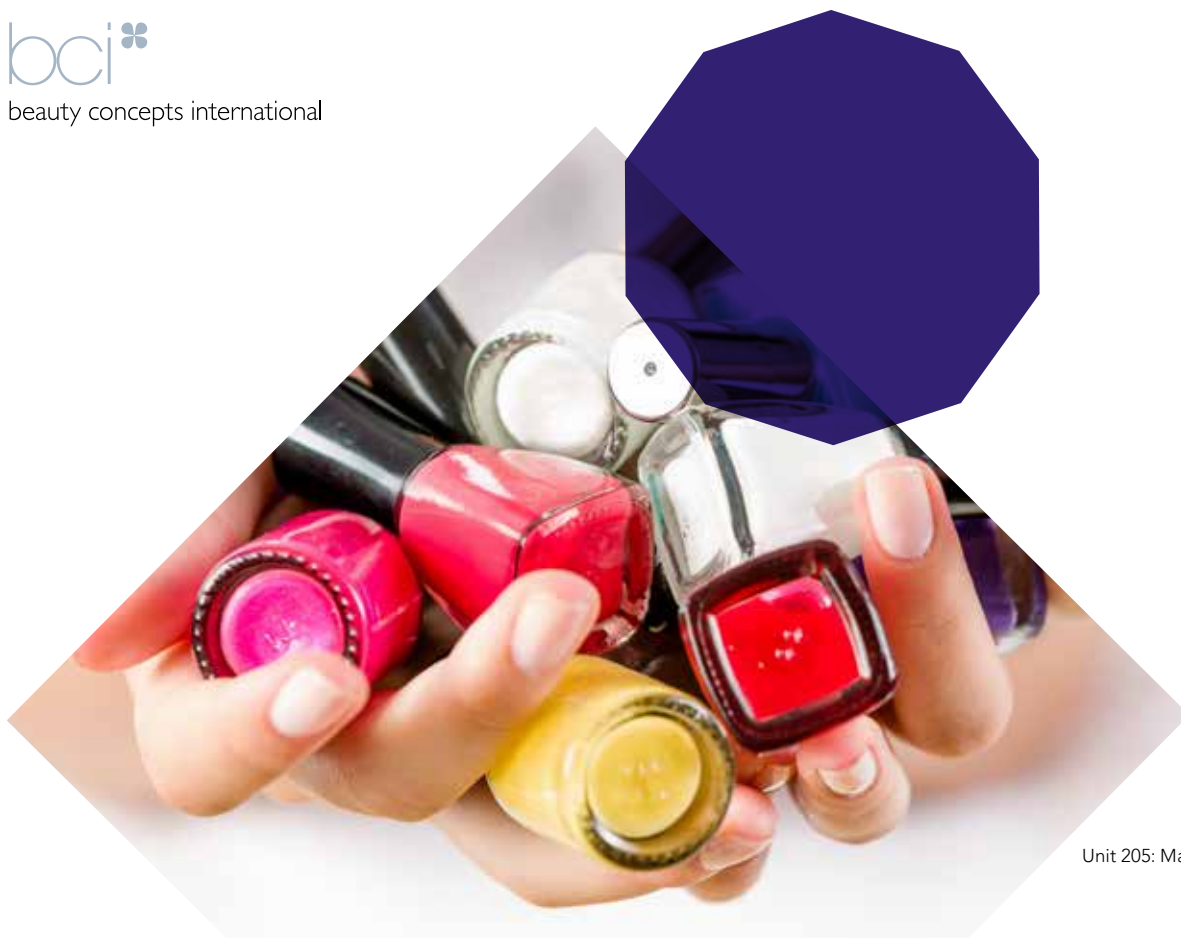
understand the importance of providing advice and recommendations following treatment, including: time intervals between services, course of services, advanced or upgraded services, homecare advice, retail recommendations

👉 Practise painting from day one and do it every day until you are perfect, then practise some more. If a friend drops by for coffee, paint their nails! 🍷

Brenda Griffin, **Beauty Concepts International**



beauty concepts international



What do you need to cover?

Unit 205: Manicure services

The synoptic assignment for this qualification will require you to use your skills and knowledge of a range of treatments from across the mandatory units in this qualification.

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Ensure suitable environmental conditions, to include:

- lighting
- ventilation
- atmosphere (music)
- climate control
- tidy workspace
- hygienic – sterilisation, sanitisation
- methods of waste disposal
- seating and work station
- use of PPE – face masks

Position equipment appropriately, to include:

- trolley
- nail station
- client chair
- therapist stool

Prepare and select manicure products, to include:

- sanitiser
- polish remover
- exfoliator
- cuticle cream/oil
- hand soak
- cuticle remover
- massage medium – cream, lotion, oil
- hand mask
- paraffin wax
- base coat – ridge fillers, conditioning treatments
- top coat – quick dry, high shine
- nail polish
- specialist products – anti-ageing products, AHA peels

Prepare and select manicure tools and equipment, to include:

- nail file
- nail clippers
- buffer
- hoof stick
- cuticle knife
- cuticle nippers
- orangewood stick
- spatula
- bowl
- paraffin wax heater
- thermal mitts

Prepare and select treatment consumables, to include:

- lint-free wipes
- cotton wool
- tissues
- couch roll
- towels

Continues on next page



Update your display stand regularly to suit the season's trends and colour changes. »

Kruti Gandhi, **Essie Professional**

essie
USA's nail salon expert. Since 1981.
PROFESSIONAL APPLICATION

What do you need to cover? Continued

Unit 205: Manicure services

Prepare the client for treatment, to include:

remove appropriate clothing

check position of client and therapist

sanitise client hands

ensure client comfort

Provide basic manicure services, including:

filing and shaping

cuticle work

effleurage

petrissage

rotation massage

friction massage

Provide luxury manicure services, including:

exfoliating – chemical, mechanical

heat treatments – thermal mitts, paraffin wax

masks – nourishing, moisturising, warming, anti-ageing

Apply a range of nail finishes, to include:

base coat – ridge filler, conditioning treatments

French

light

dark

top coat – quick-dry, high-gloss

Hints and tips

Hold the cuticle knife at an angle when nipping the nails to make sure you remove all the cuticle and ensure a nice finish when painting.



Phil Jones

Useful words

Unit 205: Manicure services

Some terms that you will come across in this unit are explained below.

Brittle

The description of something that is hard but able to break easily.

Consumables

Materials and items that need to be used in the course of a treatment, such as: cotton wool, tissues, couch roll and spatulas for decanting products.



Effleurage

A stroking technique used to begin the massage and complete an area. It is also useful to link movements to provide flow and rhythm in the massage.

Eponychium

The thickened layer of epidermal tissue over the base of the nail.



Nail bed

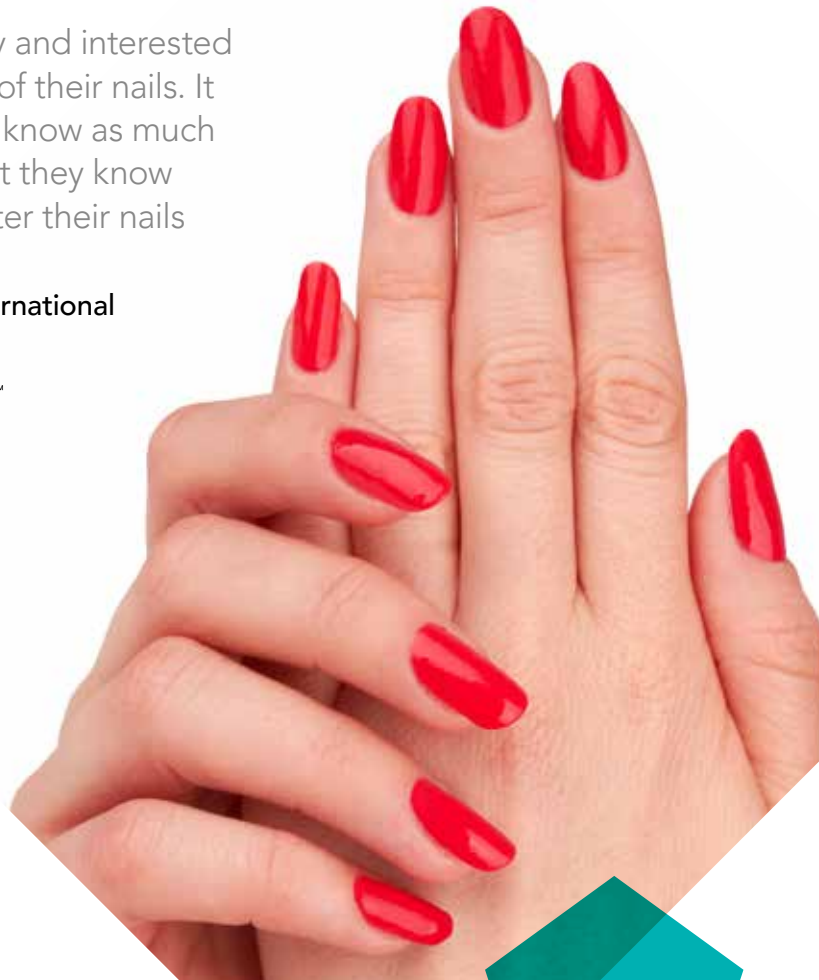
The skin beneath the nail plate made of two types of tissues: the deeper dermis and the epidermis.

Viral infection

An infection caused by a virus, eg cold sore.

👉 Clients today are savvy and interested in improving the health of their nails. It is important that clients know as much as their therapist, so that they know why they should look after their nails post-treatment. 🗨️

Susan Gerrard, **Gerrard International**



Scope record

Unit 205: Manicure services

Use this section to track your coverage of the scope of content for this unit. Tick, date and sign each time you practise the skills listed below.

Environmental conditions **Record the conditions that were checked prior to the treatment.**

Lighting	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Ventilation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Atmosphere (music)	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Climate control	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Tidy workspace	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Hygienic – sterilisation, sanitisation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Methods of waste disposal	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Seating and work station	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Use of PPE – face masks	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Equipment **Record the equipment that was positioned correctly for the treatment.**

Trolley	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Nail station	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Client chair	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Therapist stool	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Continues on next page

When filing the nail plate, keep the nail file loose in your hands. The more rigid you are, the harder it will be to file.]

Sasha Fillaudeau, Hale Country Club & Spa



Unit 205: Manicure services

Manicure products	Record the products that were selected prior to the treatment.		
Sanitiser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Polish remover	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Exfoliator	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle cream/oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hand soak	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle remover	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Massage medium – cream, lotion, oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hand mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Paraffin wax	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Base coat – ridge fillers, conditioning treatments	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Top coat – quick dry, high shine	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail polish	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Specialist products – anti-ageing products, AHA peels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page



“Attitude, confidence, image, knowledge and great practical skills are all of the criteria I look for. It’s not always the best nail technician who gets the job but the one who has all-round people skills.”
Jacqui Jefford, International judge

Unit 205: Manicure services

Manicure tools and equipment

Record the tools that were prepared prior to the treatment.

Nail file	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail clippers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Buffer	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hoof stick	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle knife	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle nippers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Orangewood stick	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Spatula	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Bowl	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Paraffin wax heater	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Thermal mitts	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Treatment consumables

Record the consumables that were prepared prior to the treatment.

Lint-free wipes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cotton wool	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tissues	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Couch roll	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Towels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Preparation for treatment

Record the preparation that was carried out prior to treatment.

Remove appropriate clothing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Check position of client and therapist	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure client comfort	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sanitise client hands	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Unit 205: Manicure services

Basic manicure

Record the basic services that were carried out as part of the treatment.

Filing and shaping	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle work	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Effleurage	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Petrissage	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Rotation massage	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Friction massage	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Luxury manicure

Record the luxury services that were carried out as part of the treatment.

Chemical exfoliation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Mechanical exfoliation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Thermal mitts	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Paraffin wax	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nourishing mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Moisturising mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Warming mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Anti-ageing mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Nail finishes

Record the finishes that were applied as part of the treatment.

Base coat – ridge filler, conditioning treatments	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
French	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Light	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Dark	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Top coat – quick-dry, high-gloss	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Self-reflection and observation feedback

Unit 205: Manicure services

Use this section to reflect on your performance as you practise and develop your skills. Give yourself a score from the 'Level of my performance' key below and add your comments. Your tutor will also give you feedback based on their observation.

Level of my performance

- 1 I am still learning this technique
- 2 I am still practising this technique
- 3 I can now demonstrate competence of this technique
- 4 I can now work at commercial standard and timings for this technique

Date	Self-reflection (Learner)	Score	Observation feedback (Tutor)	Score

Continues on next page

Supplementary comments

Unit 205: Manicure services

Use this space to record any workplace, employer or client comments.

Comments	Date
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

Has all topic content been covered?

This section must be signed when all the topic content has been covered. Remember to fill in the 'What I have learnt' section on page 104.

We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Candidate signature: _____

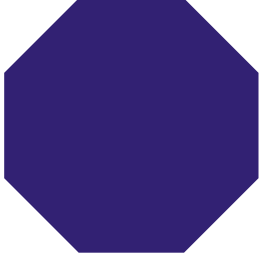
Date: _____

Assessor signature: _____

Date: _____

IQA signature (if sampled): _____

Date: _____



Unit 206: Pedicure services

The purpose of this unit is for you to understand the processes and techniques involved in preparing clients and the work area for pedicure. A pedicure is a superficial cosmetic treatment to the feet so you will be aware of the limitations of treatment in terms of understanding what you can and cannot treat, and refer to an appropriate professional where necessary. You should be able to analyse the feet and nails.

You will be able to carry out pedicure services to improve the appearance and condition of the foot and lower leg. In addition to this, you will

also be able to consult with clients and provide them with relevant advice and recommendations on general foot and nail care.

You will carry out a range of pedicure services to suit the needs and expectations of different clients. You will follow safe, hygienic working practices. You will be able to recognise different types of contra-indications and take the necessary action to deal with them. You will also know how to deal with contra-actions if they occur and be aware of the importance of maintaining up-to-date client records.

What is this unit about?

Unit 206: Pedicure services

Mandatory

This unit has **three** outcomes.

Outcome 1

Prepare self, client and working area

Outcome 2

Provide a range of pedicure services

Outcome 3

Provide advice and recommendations to clients

Hints and tips

Keep your work area clean and free of unnecessary clutter.

Ask your client how they like their feet to be held and how strong they would like their massage.

Brenda Griffin, Beauty Concepts International



beauty concepts international

Getting started

Introduce yourself to the unit by asking yourself:

- Why are my toenails discoloured?
- How can I prevent ingrowing toenails?
- How can I manage hard skin?
- What is a fungal infection?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.



What is this unit about? Continued

Unit 206: Pedicure services

Topics

Outcome 1

Prepare self, client and working area

- 1.1 Prepare self and working area
- 1.2 Prepare tools, equipment and products
- 1.3 Consult with client
- 1.4 Prepare client for treatment

Outcome 2

Provide a range of pedicure services

- 2.1 Provide pedicure services
- 2.2 Apply nail finish

Outcome 3

Provide advice and recommendations to clients

- 3.1 Contra-actions
- 3.2 Provide advice and recommendations



Values and behaviours

For pedicures, if the client is sitting on a couch, protect it with a couch cover and a towel, and place a piece of couch roll across the foot of the couch. If the client is sitting in a chair, protect the floor area with a towel or bath mat covered with a piece of couch roll.



Hints and tips

The maximum commercially viable service time for pedicure treatments is 50 minutes.

Unit planner

Unit 206: Pedicure services

Complete the 'What I know' and 'What I want to learn' sections before you begin this unit to help you plan your learning.

What I know

What I want to learn

Complete the 'What I have learnt' section at the end of the unit. This reflection will enable you to apply your skills and knowledge as part of the trade test or skills check.

What I have learnt

What do you need to know?

Unit 206: Pedicure services

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Prepare self and treatment area

understand the importance of preparing the treatment areas, taking into account: health, safety, hygienic practices, suitable environmental conditions for clients and treatment

understand the importance of preparing products, consumables, tools and equipment for carrying out pedicure services

Client consultation

understand the process of consulting with the client, using various techniques to determine treatment objectives, including: questioning, listening, updating client records

carry out visual skin and nail analysis, taking into account: skin type – normal, dry, dehydrated, skin condition – mature, pigmentation, moles, scar tissue, nail condition – brittle, damaged, bitten, weak, ridges, split, nail shape – oval, square, claw, fan, involuted, ingrown

discuss treatment objectives and required finish prior to treatment, including: reduce nail length, smooth irregularities, improve cuticles, improve skin condition, basic pedicure, luxury pedicure, finish – French, dark, light

Continues on next page

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.



Hints and tips

Be aware of your client's mobility and modesty; ensure they are comfortably seated before you commence your service.

What do you need to know? Continued

Unit 206: Pedicure services

You need to:

○ confirm treatment plan with client, taking into consideration client characteristics and preferences and complete records

Contra-indications

understand the types of contra-indications that would prevent pedicure treatments, including: ○ bacterial infection, ○ fungal infection, ○ viral infection, ○ severe eczema, ○ severe psoriasis, ○ severe nail separation

understand the types of contra-indications that would restrict pedicure treatments, including: ○ broken bones and sprains, ○ recent scar tissue, ○ skin allergies, ○ open wounds, ○ diabetes, ○ skin disorders, ○ undiagnosed lumps and swellings

Preparing for the treatment

○ understand the importance of correctly preparing yourself and the client for the pedicure treatment

Pedicure treatments

be able to offer a range of pedicure treatments to clients, including: ○ basic services, ○ luxury services, ○ hard skin removal, ○ massage – effleurage, petrissage, rotation, friction, ○ nail finishes

Continues on next page

Hints and tips

Always recommend that the client applies a base coat underneath coloured toenail polish to prevent the nail bed from staining.



Unit 206: Pedicure services

You need to:

Contra-actions

be able to recognise contra-actions to the treatment and contra-actions which are the result of poor practice, including: swelling, allergic reaction, itchiness/irritation, severe erythema, tissue damage, ingrown toenails

understand the importance of taking remedial action to alleviate symptoms that can occur during or after treatments, including: stop treatment, remove product, refer to GP/pharmacist if necessary, record on client record card

Advice and recommendations

understand the importance of providing advice and recommendations following treatment, including: time intervals between services, course of services, advanced or upgraded services, homecare advice, retail recommendations

■ When carrying out the service, talk about the products and their benefits. It will help with retailing. ■

Kruti Gandhi, **Essie Professional**

essie
USA's nail salon expert. Since 1981.
PROFESSIONAL APPLICATION



What do you need to cover?

Unit 206: Pedicure services

The synoptic assignment for this qualification will require you to use your skills and knowledge of a range of treatments from across the mandatory units in this qualification.

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Ensure suitable environmental conditions, to include:

- lighting
- ventilation
- atmosphere (music)
- climate control
- tidy workspace
- hygienic – sterilisation, sanitisation
- methods of waste disposal
- seating and work station
- use of PPE – face masks

Position equipment appropriately, to include:

- trolley
- nail station
- client chair
- therapist stool
- foot spa

Prepare and select pedicure products, to include:

- sanitiser
- polish remover
- exfoliator
- cuticle cream/oil
- cuticle remover
- massage medium – cream, lotion, oil
- foot mask – warming, cooling
- base coat – ridge fillers, conditioning treatments
- top coat – quick dry, high shine
- varnish
- specialist products – anti-fungal spray products, callous remover

Prepare and select pedicure tools and equipment, to include:

- nail file
- nail clippers
- buffer
- hoof stick
- cuticle knife
- cuticle nippers
- orangewood stick
- spatula
- rasp
- paraffin wax heater
- thermal booties

Prepare and select treatment consumables, to include:

- lint-free wipes
- cotton wool
- tissues
- couch roll
- towels

Continues on next page

What do you need to cover? Continued

Unit 206: Pedicure services

Prepare the client for treatment, to include:

remove appropriate clothing

protect remaining clothing

check position of client and therapist

ensure client comfort and modesty

prepare skin – sanitise feet

clean and dry feet

Provide basic pedicure services, including:

soak feet

filing and shaping

cuticle work

effleurage

petrissage

rotation

friction

Provide luxury pedicure services, including:

exfoliating – chemical, mechanical

heat treatments – thermal booties, paraffin wax

masks – nourishing, moisturising, warming, cooling

Apply a range of nail finishes, to include:

base coat – ridge filler, conditioning treatments

French

light

dark

top coat – quick-dry, high-gloss, matt

Be discreet when recognising any contra-indications to service and discussing them with your client in an open salon environment. **■**

Brenda Griffin, **Beauty Concepts International**



beauty concepts international

Hints and tips

When using a foot file or rasp, keep feeling to check that you are removing only the hard skin and not the soft, living skin underneath.



Useful words

Unit 206: Pedicure services

Some terms that you will come across in this unit are explained below.



Discoloured

The visible, undesired lack of colour compared to the tissue's natural state.

Ingrown toenail

Discomfort or pain around the side of the nail as well as redness and swelling. It is caused by poorly fitting shoes and incorrect nail care, in particular incorrect filing or cutting of the nail. It is often seen on the big toe.



Petrissage

Kneading movements that apply pressure by rolling or lifting the tissues. Petrissage movements can use the whole of the palm

of the hand, the pads of the thumb, the fingers or the knuckles. These movements are deeper and more stimulating.

Hoof stick

A manicure or pedicure tool used to remove dead skin and cuticle from the surface of the nail to form a neat nail contour.



Scope record

Unit 206: Pedicure services

Use this section to track your coverage of the scope of content for this unit.
Tick, date and sign each time you practise the skills listed below.

Environmental conditions **Record the conditions that were checked prior to the treatment.**

Lighting	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Ventilation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Atmosphere (music)	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Climate control	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Tidy workspace	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Hygienic – sterilisation, sanitisation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Methods of waste disposal	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Seating and work station	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Use of PPE – face masks	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Equipment **Record the equipment that was positioned correctly for the treatment.**

Trolley	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Nail station	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Client chair	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Therapist stool	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Foot spa	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Continues on next page



Unit 206: Pedicure services

Pedicure products	Record the products that were selected prior to the treatment.		
Sanitiser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Polish remover	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Exfoliator	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle cream/oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle remover	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Massage medium – cream	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Massage medium – lotion	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Massage medium – oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Warming foot mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cooling foot mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Base coat – ridge fillers, conditioning treatments	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Top coat – quick dry, high shine	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Varnish	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Specialist products – anti-fungal spray products, callous remover	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

“All the employers that recruit from us request therapists that are good at recommending other treatments or services.”

Rochelle Saneria, London College of Beauty Therapy

L C B T

World Class Providers of Beauty, Make-up, Hair & Fitness Training to the Industry

Pedicure tools and equipment

Record the tools that were prepared prior to the treatment.

Nail file	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail clippers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Buffer	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hoof stick	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle knife	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle nippers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Orangewood stick	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Spatula	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Rasp	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Paraffin wax heater	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Thermal booties	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page



Unit 206: Pedicure services

Treatment consumables Record the consumables that were prepared prior to the treatment.

Lint-free wipes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cotton wool	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tissues	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Couch roll	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Towels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Preparation for treatment Record the preparation that was carried out prior to treatment.

Remove appropriate clothing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Protect remaining clothing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Check position of client and therapist	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure client comfort and modesty	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sanitise client feet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Clean and dry feet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Unit 206: Pedicure services

Basic pedicure

Record the basic services that were carried out as part of the treatment.

Soak feet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Filing and shaping	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle work	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hard skin removal	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Effleurage	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Petrissage	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Rotation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Friction	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Luxury pedicure

Record the luxury services that were carried out as part of the treatment.

Chemical exfoliation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Mechanical exfoliation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Thermal booties	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Paraffin wax	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nourishing mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Moisturising mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Warming mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cooling mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Nail finishes

Record the finishes that were applied as part of the treatment.

Base coat – ridge filler, conditioning treatments	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
French	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Light	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Dark	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Top coat – quick-dry, high-gloss, matt	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:



When painting a client's toenails, keep a steady hand by using your little finger to balance. »

Sasha Fillaudeau, Hale Country Club & Spa



Supplementary comments

Unit 206: Pedicure services

Use this space to record any workplace, employer or client comments.

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Has all topic content been covered?

This section must be signed when all the topic content has been covered. Remember to fill in the 'What I have learnt' section on page 122.

We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Candidate signature: _____ Date: _____

Assessor signature: _____ Date: _____

IQA signature (if sampled): _____ Date: _____



Unit 207:

Light cured gel polish

The purpose of this unit is for you to confidently apply light cured gel polish and understand the technology that underpins the process. You will understand the difference in different lamps and curing times, and how this might affect the outcome of the treatment.

The nail industry is a fast-paced, trend-led industry and light cured gel polish has revolutionised manicure and pedicure treatments. Many nail salons rely extensively on light cured gel polish. This unit will allow you to develop transferable

skills which will be valuable to the nail and beauty industry. You will work directly with clients. This will allow you to demonstrate your communication skills and design a treatment plan suitable for your individual clients. You will be able to apply and remove light cured gel polishes to clients' hands and feet.

You will take responsibility for health and safety, personal presentation, hygiene and safe working practices which are transferable to other industries.

What is this unit about?

Unit 207: Light cured gel polish

Mandatory

This unit has **four** outcomes.

Outcome 1

Understand chemicals and light curing technology

Outcome 2

Prepare self, client and work area for treatment

Outcome 3

Apply and remove light cured gel polish treatments

Outcome 4

Provide advice and recommendations to clients

Getting started

Introduce yourself to the unit by asking yourself:

- What is the difference between polish and light cured gel polish?
- How does light cured gel polish work?
- Why has light cured gel polish become so popular in the nail industry?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.

Always make sure the nail plate is well hydrated to ensure long-lasting gel polish. »

Sasha Fillaudeau, Hale Country Club & Spa



Hints and tips

Paint your gel polish thinly and in even layers, capping each free edge as you go.



What is this unit about? Continued

Unit 207: Light cured gel polish

Topics

Outcome 1

Understand chemicals and light curing technology

- 1.1 Chemicals in gel polish products
- 1.2 Light curing technology

Outcome 2

Prepare self, client and work area for treatment

- 2.1 Prepare self and the work area
- 2.2 Prepare tools, equipment and products
- 2.3 Consult with clients
- 2.4 Prepare client for treatment

Outcome 3

Apply and remove light cured gel polish treatments

- 3.1 Prepare nails
- 3.2 Apply light cured gel polish
- 3.3 Remove light cured gel polish

Outcome 4

Provide advice and recommendations to clients

- 4.1 Contra-actions
- 4.2 Provide advice and recommendations

Hints and tips

Flash cure your nail art designs as you work to ensure success.



Values and behaviours

Be sure to use the correct form of UV light source according to the manufacturer's instructions: an LED or UV lamp.



Unit planner

Unit 207: Light cured gel polish

Complete the 'What I know' and 'What I want to learn' sections before you begin this unit to help you plan your learning.

What I know

What I want to learn

Complete the 'What I have learnt' section at the end of the unit. This reflection will enable you to apply your skills and knowledge as part of the trade test or skills check.

What I have learnt

What do you need to know?

Unit 207: Light cured gel polish

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Chemical in gel polish products

be able to identify types of chemicals used in UV/LED gel polish, including:
 oligomers, photo initiators, bonders/dehydrators, solvents – acetone, isopropyl alcohol (IPA)

be able to define chemical terms, including: polymerisation, exothermic reaction

Light curing technology

understand the technologies relating to the light curing process, including:
 selection of lamps, following manufacturers' instructions

recognise the differences between UV and LED lamps used for light curing gel polish, including: different light sources, lamp wattage, curing times – flash curing, over curing, light spectrum, lamp maintenance – cleaning, replacing bulbs, lamp adaptation for hands and feet

Prepare self and treatment area

understand the importance of preparing the treatment areas, taking into account: health, safety, hygienic practices, suitable environmental conditions for clients and treatment

understand the importance of preparing products, consumables, tools and equipment for carrying out gel polish services

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.

Continues on next page

Hints and tips

Keep up with the colour trends, as they change very quickly.



What do you need to know? Continued

Unit 207: Light cured gel polish

You need to:

Client consultation

understand the process of consulting with the client, using various techniques to determine treatment objectives, including: questioning, listening, updating client records

carry out visual skin and nail analysis, taking into account: skin type – normal, dry, dehydrated, skin condition – mature, pigmentation, moles, scar tissue, nail condition – brittle, damaged, bitten, weak, oily, hang nails, ridges, split, nail shape – oval, tapered, square, squoval, claw, fan, pointed

confirm treatment plan with client: taking into consideration client characteristics and preferences, discussing treatment objectives and required finish prior to treatment

Contra-indications

understand the types of contra-indications that would prevent treatment, including: bacterial infection, fungal infection, viral infection, severe eczema, severe psoriasis, severe nail separation

understand the types of contra-indications that would restrict treatment, including: broken bones and sprains, recent scar tissue, skin allergies, open wounds, diabetes, skin disorders, undiagnosed lumps and swellings, excessive perspiration

Continues on next page

■ Gel polishes are at the forefront of the industry at the moment; there are so many brands to choose from and the looks that you can achieve with it are limitless. ■

Joanne Brittles, **Just Nails and a Little Beauty**



Unit 207: Light cured gel polish

You need to:

Preparing for the treatment

understand the importance of correctly preparing yourself and the client for the gel polish treatment

Apply and remove light cured gel polish

understand the importance of following manufacturers' instructions when carrying out light cured gel polish treatments, including: preparing the natural nail plate, preparing the lamp for treatment, applying light cured gel polish, removing light cured gel polish

understand the consequences of incorrect removal of light cured gel polish

Contra-actions

be able to recognise contra-actions to the treatment and contra-actions which are the result of poor practice, including: lifting/chipping or premature loss of colour, damage to the nail plate, ie splitting and thinning of natural nail, sensitising skin or nail bed, allergic reaction/over exposure, bacterial infection, fungal infection

understand the importance of taking remedial action to alleviate symptoms that can occur during or after treatments, including: removal of nail enhancement, advise client to abstain from further treatments, refer to GP/pharmacist if necessary, record on client record card

Advice and recommendations

understand the importance of providing advice and recommendations following treatment, including: frequency of return, care of gel polish for longevity, retail and treatment recommendations – cuticle oil, nail treatment, hand/foot cream

👉 Use an orange stick to cleanse around the nail walls, cuticle area and free edge – this will prevent the gels from lifting and chipping. 🗨️

Kruti Gandhi, **Essie Professional**



Hints and tips

Take your time with removal and don't force products off the nail plate.

What do you need to cover?

Unit 207: Light cured gel polish

The synoptic assignment for this qualification will require you to use your skills and knowledge of a range of treatments from across the mandatory units in this qualification.

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Ensure suitable environmental conditions, to include:

lighting

ventilation

atmosphere (music)

climate control

client's comfort and privacy

personal and workspace hygiene

methods of waste disposal

use of PPE – face masks

Position equipment appropriately, to include:

trolley

nail station

client chair

therapist stool

Prepare and select gel polish products, to include:

nail prep products – natural nail cleanser, dehydrator

light cured gel polish colours

base gel/bonder

gel top coat

gel cleanser

hand sanitisers

cuticle oil

product remover

nail enamel remover

Prepare and select gel polish tools and equipment, to include:

UV/LED lamp

nail clippers/ nail scissors

selection of nail files and buffers

cuticle tools

Prepare and select treatment consumables, to include:

orangewood sticks

disposable paper towels

towels

tissues

lint-free pads/cotton wool

removal wraps

toe separators

Prepare the client for treatment, to include:

remove jewellery

check position of client and therapist

ensure client comfort and modesty

sanitise client hands and feet

[Continues on next page](#)

Hints and tips

Offering a mini-manicure after carrying out a removal is a great example of client care.

What do you need to cover? Continued

Unit 207: Light cured gel polish

Prepare the natural nail plate, to include:

sanitise

file and shape

cuticle work

reduce surface shine

dehydrate nail plate

Apply light cured gel polish following manufacturers' instructions, to include:

apply base gel/bonder

ensure thin consistent colour application – dark colour, French

apply top coat to cover colour evenly

remove inhibition (sticky) layer

apply cuticle oil

Remove light cured gel polish from the natural nail:

buff topcoat prior to soaking

chemical – individual nail wraps on natural nail

remove gel ensuring nails and skin are free of product and undamaged



Useful words

Unit 207: Light cured gel polish

Some terms that you will come across in this unit are explained below.

Exothermic

Chemical reaction that releases energy either by light or heat.

LED lamp

A light-emitting diode lamp.



Light curing

Preserving or hardening of gel nail polish using an LED or UV lamp to dry the gel quickly onto the nail.

Oligomers

A type of polymer or synthetic plastic/resin.



Orangewood sticks

Disposable sticks used during a treatment to push back the cuticle.



Scope record

Unit 207: Light cured gel polish

Use this section to track your coverage of the scope of content for this unit. Tick, date and sign each time you practise the skills listed below.

Environmental conditions Record the conditions that were checked prior to the treatment.

Lighting	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ventilation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Atmosphere (music)	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Climate control	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Client's comfort and privacy	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Personal and workspace hygiene	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Methods of waste disposal	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Use of PPE – face masks	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Equipment Record the equipment that was positioned correctly for the treatment.

Trolley	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail station	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Client chair	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Therapist stool	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Be aware of the condition of your client's nails after removal before you recommend reapplication. Sometimes, the nails just need a rest and nourishment. ▶

Brenda Griffin, **Beauty Concepts International**



beauty concepts international



Unit 207: Light cured gel polish

Gel polish products

Record the products that were selected prior to the treatment.

Nail prep products – natural nail cleanser, dehydrator	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Light cured gel polish colours	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Base gel/bonder	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Gel top coat	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Gel cleanser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hand sanitisers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Product remover	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail enamel remover	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Gel polish tools and equipment

Record the tools that were prepared prior to the treatment.

UV/LED lamp	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nail clippers/nail scissors	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Selection of nail files and buffers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle tools	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Treatment consumables

Record the consumables that were prepared prior to the treatment.

Orangewood sticks	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Disposable paper towels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Towels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tissues	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lint-free pads/cotton wool	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Removal wraps	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Toe separators	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Unit 207: Light cured gel polish

Preparation for treatment Record the preparation that was carried out prior to treatment.

Remove jewellery	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Check position of client and therapist	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure client comfort and modesty	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sanitise client hands and feet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Preparation of the nail plate

Record the preparations that were carried out as part of the treatment.

Sanitise	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
File and shape	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticle work	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Reduce surface shine	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Dehydrate nail plate	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Hints and tips

Over-curing can occur when using UV gels, causing a burning sensation on the nail bed. Be sure to use the correct form of UV light source according to the manufacturer's instructions.



Unit 207: Light cured gel polish

Applying light cured gel polish

Record the gel polish application services that were carried out as part of the treatment.

Apply base gel/bonder	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure thin, consistent colour application	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Dark colours	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
French	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Apply top coat to cover colour evenly	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Remove inhibition (sticky) layer	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Apply cuticle oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Removing light cured gel polish

Record the gel polish removal services that were carried out as part of the treatment.

Buff topcoat prior to soaking	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Chemical – individual nail wraps on natural nail	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Remove gel ensuring nails and skin are free of product and undamaged	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Offer homecare advice together with the retail products needed to achieve the ultimate results. Never assume the client does not want to buy; homecare advice is just an extension of the service they are receiving. »

Susan Gerrard, **Gerrard International**



Supplementary comments

Unit 207: Light cured gel polish

Use this space to record any workplace, employer or client comments.

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Has all topic content been covered?

This section must be signed when all the topic content has been covered. Remember to fill in the 'What I have learnt' section on page 142.

We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Candidate signature: _____ Date: _____

Assessor signature: _____ Date: _____

IQA signature (if sampled): _____ Date: _____



Unit 208:

Lash and brow treatments

The purpose of this unit is for you to understand the processes involved in preparing both clients and the work area for eyelash and eyebrow treatments. You will be able to consult and do a patch test prior to treatment and provide clients with advice to achieve the desired outcomes.

Both lash and brow treatments should be delivered safely to clients. You should provide advice and recommendations to the client and book the next appointment to maintain the look of lashes and brows.

You will be working safely and following hygienic working practices. You will understand the types of contra-indications that may occur and know contra-actions. You will be aware of the importance of maintaining up-to-date client records and codes of safe practice.

What is this unit about?

Unit 208: Lash and brow treatments

Mandatory

This unit has **three** outcomes.

Outcome 1

Prepare and consult with client

Outcome 2

Provide lash and brow treatments

Outcome 3

Provide advice and recommendations to client

Hints and tips

Use a clean orange stick to measure the start and finish points of the client's eyebrow to help create a flattering eyebrow shape.

Getting started

Introduce yourself to the unit by asking yourself:

- Is the tint used for eyebrows and lashes the same as hair dye?
- What are the current trends and colours for eyebrow shapes?
- How long does the tint last?
- What is lash lifting?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.



Always discuss tint colour choice with a client, and give your professional opinion. This ensures client satisfaction with the colour result.]

Penny Hallworth, **Champneys**

CHAMPNEYS
COLLEGE

What is this unit about? Continued

Unit 208: Lash and brow treatments

Topics

Outcome 1

Prepare and consult with client

- 1.1 Prepare self and the treatment area
- 1.2 Consult with client
- 1.3 Prepare client for treatment

Outcome 2

Provide lash and brow treatments

- 2.1 Types of eyelash and eyebrow treatments
- 2.2 Provide eyelash tint
- 2.3 Provide eyebrow tint
- 2.4 Carry out eyebrow shaping
- 2.5 Carry out lash lifting
- 2.6 Apply strip lashes

Outcome 3

Provide advice and recommendations to client

- 3.1 Contra-actions
- 3.2 Provide advice and recommendations



bikeriderlondon/Shutterstock.com



Values and behaviours

As you get older, the thickness and quantity of lashes change. This must be taken into account when choosing lashes for clients of different ages.

Unit planner

Unit 208: Lash and brow treatments

Complete the 'What I know' and 'What I want to learn' sections before you begin this unit to help you plan your learning.

What I know

What I want to learn

Complete the 'What I have learnt' section at the end of the unit. This reflection will enable you to apply your skills and knowledge as part of the trade test or skills check.

What I have learnt

What do you need to know?

Unit 208: Lash and brow treatments

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Prepare self and treatment area

understand the importance of preparing the treatment areas, taking into account: health, safety, hygienic practices, suitable environmental conditions for clients and treatment

understand the importance of preparing products, consumables, tools and equipment for carrying out lash and brow treatments

Preparing for the treatment

understand the importance of correctly preparing yourself and the client for lash and brow treatments, including: skin sensitivity patch test, pre-treatment advice

Client consultation

understand the process of consulting with the client, using various techniques to determine treatment objectives, including: questioning, listening, updating client records, carrying out visual lash and brow analysis, discussing treatment objectives prior to treatment

Continues on next page

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.

Hints and tips

Ask the client to keep their eyes closed to prevent tint getting into the eyes. Thinly applying petroleum jelly close to lashes and brows will also prevent any tint from staining the skin.



What do you need to know? Continued

Unit 208: Lash and brow treatments

You need to:

Contra-indications

understand the types of contra-indications that would prevent treatment, including: bacterial infection – conjunctivitis, blepharitis, fungal infection – ringworm, viral infection – styes, infestations – head lice, lash lice, scabies, allergies, positive reaction to patch test

understand the types of contra-indications that would restrict treatment, including: broken bones and sprains, medications – topical vitamin A, Roaccutane, steroids, skin tags, moles, non-infectious conditions – eczema, cataracts, psoriasis, dermatitis, watery eyes, contact lens wearers should be able to remove them prior to treatment

Eyelash and eyebrow treatments

understand the different types of eyelash and eyebrow treatments, including: depilatory waxing, electrolysis, IPL (Intense Pulse Light), threading, semi-permanent make-up, lash extensions, perming

understand the importance of providing treatments that take into consideration the client's characteristics and preferences, including: eyelash tinting, eyelash lifting, applying strip lashes, eyebrow tinting, eyebrow shaping

Continues on next page

Hints and tips

Before you begin an eyebrow treatment, brush the client's brows against and with the growth to check their natural shape.



You need to:

Contra-actions

be able to recognise contra-actions to the treatment and contra-actions which are the result of poor practice, including: severe erythema, watery eyes, itchiness, swelling and allergic reaction

understand the importance of taking remedial action to alleviate symptoms that can occur during or after treatments, including: stop treatment, remove product, apply cold compress/eye bath if necessary, refer to GP/pharmacist if necessary, record on client record card

Advice and recommendations

understand the importance of providing advice and recommendations following treatment, including: avoiding activities that may affect the finished results – direct sunlight, water on lashes, guidance on correct removal of strip lashes, product recommendations to enhance treatment objectives, promotion of additional link treatments to benefit the client, future treatment planning

understand the importance of updating client records following treatment, including: client feedback, effects of treatment, advice provided

Hints and tips

Always mix the tint up just before you are ready to apply it. If the tint is left to oxidise for too long, the colour will not be effective.



What do you need to cover?

Unit 208: Lash and brow treatments

The synoptic assignment for this qualification will require you to use your skills and knowledge of a range of treatments from across the mandatory units in this qualification.

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Ensure suitable environmental conditions, to include:

lighting
ventilation
atmosphere (music)
heating

Ensure suitable hygienic practices, to include:

sterilisation – tweezers, brushes, equipment
sanitisation – work area, hands

Position equipment appropriately, to include:

trolley
magnifying lamp
client chair/couch
therapist stool

Prepare and select lash and brow treatment products, to include:

tinting products – hydrogen peroxide, tint, stain remover
lifting products
strip lashes
hair removal products
aftercare products

Prepare and select treatment consumables, to include:

disposable gloves for waxing
headband
eye shields
cotton wool pads

Prepare and select lash and brow treatment tools, to include:

tweezers
timer
bowl
tinting dish
orangewood sticks
mirror
scissors
brushes – disposable lash brushes, eyebrow brush

Discuss treatment objectives prior to treatment, to include details such as:

brow shape
brow and lash tint
lash lift
lash extensions

Prepare the client for treatment, to include:

protect client's clothing and hair
check position of client and therapist
ensure client comfort and modesty
prepare client eye area and skin

Carry out sensitivity test:

skin test for eyelash/brow tint
glue test prior to applying strip lashes

Provide eyelash tint treatments, to include client preferences:

prepare and apply tint according to manufacturers' instructions
remove tint with no unnecessary staining of the skin
show client the results to confirm treatment objectives have been met

[Continues on next page](#)

Provide eyebrow tint treatments, to include client preferences:

prepare brow area – protection of surrounding skin

prepare and apply tint according to manufacturers' instructions to enhance brow colour

remove tint with no unnecessary staining of the skin

Carry out eyebrow shaping, to include client preferences:

prepare brow area for shaping

wax or tweeze hair to suit client treatment needs, supporting the surrounding skin

check eyebrow shape during and after treatment

apply aftercare product

show client the results to confirm treatment objectives have been met

Prepare lashes and eye area for eyelash lifting, to include client preferences:

prepare eyelashes and eye area – protect lower lashes

select shields according to the length of natural lashes and client preference

position shields on upper lid

Apply lash lift products following manufacturers' instructions:

apply upper lashes individually onto shield

lifting

fixing

moisturising

monitor timings according to manufacturers' instructions

remove products at each stage of the lifting and fixing process

remove lashes from shields avoiding loss of lashes

show client the results to confirm treatment objectives have been met

Apply strip lashes, to include client preferences:

prepare eyelashes and eye area

select lashes according to client's natural lash length and preferences

apply lashes

ensure lashes are set and even

show client the results to confirm treatment objectives have been met

Provide recommendation to avoid activities which may cause contra-actions, to include:

avoid direct sunlight

avoid getting water on lashes

Provide product recommendations to enhance treatment objectives, to include:

mascara

lash and brow enhancer serums

brow powder or pencil to fill in any natural gaps

Assist the client with future treatment planning, to include:

agree frequency of return visits

Hints and tips

Remember that hair differs in porosity with each client. Red hair can be more resistant to tint and may require a longer processing time.



Useful words

Unit 208: Lash and brow treatments

Some terms that you will come across in this unit are explained below.

Cataracts

A medical eye condition where the lens becomes opaque and vision is blurred.

Conjunctivitis

An inflammation of the membrane covering the eye. The eyes may be itchy and red, and pus may be present.



Dermatitis

Dermatitis can occur when your skin comes into contact with substances that can irritate it and cause allergies. It is not

contagious to others but it can spread around your own skin, eg hands, face, lips, arms and eyes.

Dye

A substance used to add colour to something, or to change its original colour.

False lash application

The use of strip or flared lashes that are applied to the client for a special occasion. These usually last for an evening or, if treated carefully, a week.



Sensitivity/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 reacts to it.

Tint

A shade or variety of a colour that can be used in a dye.

Hints and tips

Always move to the front of the client to check both eyebrows are even and the shape is the look that the client desires.

Scope record

Unit 208: Lash and brow treatments

Use this section to track your coverage of the scope of content for this unit.

Tick, date and sign each time you practise the skills listed below.

Environmental conditions Record the conditions that were checked prior to the treatment.

Lighting	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Ventilation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Atmosphere (music)	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Hygienic practices Record the hygienic practices that were adhered to prior to the treatment.

Sterilisation – tweezers, brushes, equipment	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Sanitisation – work area, hands	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Equipment Record the equipment that was positioned correctly for the treatment.

Trolley	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Magnifying lamp	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Client chair/couch	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Therapist stool	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Lash and brow products Record the products that were selected prior to the treatment.

Tinting products – hydrogen peroxide, tint, stain remover	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Lifting products	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Strip lashes	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Hair removal products	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Aftercare products	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Continues on next page

Unit 208: Lash and brow treatments

Treatment consumables Record the consumables that were prepared prior to the treatment.

Disposable gloves for waxing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Headband	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Eye shields	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cotton wool pads	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Lash and brow tools Record the tools that were prepared prior to the treatment.

Tweezers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Timer	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Bowl	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tinting dish	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Orangewood sticks	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Mirror	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Scissors	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Brushes – disposable lash brushes, eyebrow brush	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Treatment objectives Record the objectives that were discussed with the client prior to treatment.

Brow shape	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Brow and lash tint	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lash lift	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lash extensions	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Placing a warm cloth or cotton pad over the area for a few minutes before you begin to pluck helps to relax the skin and make the follicles less 'tight', and as a result makes removal easier and more comfortable for your client.]

Janice Brown, House of Famuir



Unit 208: Lash and brow treatments

Preparation for treatment Record the preparation that was carried out prior to treatment.

Protect client's hair and clothing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Check position of client and therapist	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure client comfort and modesty	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Prepare client's eye area and skin	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Sensitivity testing Record the patch tests that were carried out prior to treatment.

Skin test for eyelash/brow tint	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Glue test prior to applying strip lashes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Eyelash tint Record the techniques that were carried out as part of the treatment.

Prepare and apply tint according to manufacturers' instructions	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Remove tint with no unnecessary staining of the skin	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Show client the results to confirm treatment objectives have been met	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

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Unit 208: Lash and brow treatments

Eyebrow tint

Record the techniques that were carried out as part of the treatment.

Prepare brow area – protection of surrounding skin	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Prepare and apply tint according to manufacturers' instructions to enhance brow colour	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Remove tint with no unnecessary staining of the skin	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Eyebrow shaping

Record the techniques that were carried out as part of the treatment.

Prepare brow area for shaping	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Wax or tweeze hair to suit client treatment needs, supporting the surrounding skin	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Check eyebrow shape during and after treatment	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Apply aftercare product	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Show client the results to confirm treatment objectives have been met	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

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Hints and tips

When booking an eyelash or brow tinting treatment, check that the client has had a patch test at least 24–48 hours before, in order to prevent any skin reactions.



Unit 208: Lash and brow treatments

Eyelash lift preparation	Record the preparatory steps taken as part of the treatment.		
Prepare eyelashes and eye area – protect lower lashes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Select shields according to the length of natural lashes and client preference	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Position shields on upper lid	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Eyelash lift treatment	Record the application steps taken as part of the treatment.		
Apply upper lashes individually onto shield	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lifting	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Fixing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Moisturising	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Monitor timings according to manufacturers' instructions	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Remove products at each stage of the lifting and fixing process	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Remove lashes from shields avoiding loss of lashes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Show client the results to confirm treatment objectives have been met	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Strip lash treatment	Record the application steps taken as part of the treatment.		
Prepare eyelashes and eye area	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Select lashes according to client's natural lash length and preferences	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Apply lashes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ensure lashes are set and even	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Show client the results to confirm treatment objectives have been met	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Unit 208: Lash and brow treatments

Product recommendations

Record recommendations given to enhance the treatment objectives.

Mascara	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lash and brow enhancer serums	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Brow powder or pencil to fill in any natural gaps	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Treatment planning

Record treatment planning agreed with the client.

Frequency of return visits	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
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Unit 209: Apply make-up

The purpose of this unit is for you to understand the processes involved in preparing clients and the work area for make-up treatments. You will be able to consult with clients and provide them with advice and recommendations about maintenance of the look, make-up products and removal products and methods.

You will also apply make-up for specific occasions, working safely and following hygienic working practices. You will understand the types of contra-indications that may occur and know contra-actions when applying make-up. You will be aware of the importance of maintaining up-to-date client records.

What is this unit about?

Unit 209: Apply make-up

Mandatory

This unit has **three** outcomes.

Outcome 1

Prepare and consult with client

Outcome 2

Apply make-up

Outcome 3

Provide advice and recommendations

Getting started

Introduce yourself to the unit by asking yourself:

- How do I create smoky eyes?
- How do I create the perfect flick with my eyeliner?
- Why does my make-up go shiny?
- Why should I remove my make-up?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.

Hints and tips

To prevent any cross-contamination, decant your make-up products onto a make-up palette and always sharpen eye pencils before use. Also avoid blowing onto make-up palettes and brushes. This is unhygienic and unprofessional!



What is this unit about? Continued

Unit 209: Apply make-up

Topics

Outcome 1

Prepare and consult with client

- 1.1 Prepare self and treatment area
- 1.2 Consultation techniques
- 1.3 Prepare client for treatment

Outcome 2

Apply make-up

- 2.1 Face shapes
- 2.2 Apply make-up

Outcome 3

Provide advice and recommendations

- 3.1 Contra-actions
- 3.2 Provide advice and recommendations

Values and behaviours

After the job, it is important to gain as much feedback as possible to help you evaluate your work.



Hints and tips

Always add a little moisturiser to the foundation base when blending around jawline/neck area to prevent any demarcation lines.

What do you need to know?

Unit 209: Apply make-up

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Prepare self and treatment area

understand the importance of preparing the treatment areas, taking into account: health, safety, hygienic practices, suitable environmental conditions for clients and treatment

understand the importance of preparing products, consumables, tools and equipment for applying make-up

Client consultation

understand the process of consulting with the client, using various techniques to determine treatment objectives, including: questioning, listening, verbal/non-verbal – eye contact, body language, updating client records, carrying out visual skin analysis, discussing treatment objectives prior to treatment

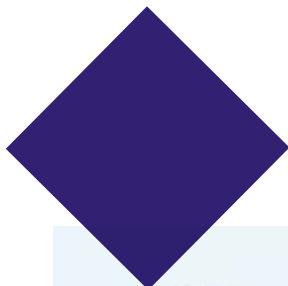
confirm treatment plan with client, taking into consideration client characteristics and preferences and complete records

The external assessment will come from the mandatory content of this qualification to confirm your breadth of knowledge and understanding.

Continues on next page

Hints and tips

Remember that when applying wax-based products such as concealers and foundations, you must not overwork the product, as your fingers will warm the wax and the product will be less efficient.



What do you need to know? Continued

Unit 209: Apply make-up

You need to:

Contra-indications

understand the types of contra-indications that would prevent make-up services, including: bacterial infection, fungal infection, viral infection, severe eczema, severe psoriasis, dermatological skin conditions, contagious eye infections

understand the types of contra-indications that would restrict make-up services, including: recent scar tissue, skin allergies, cuts and abrasions, epilepsy, diabetes, skin disorders, undiagnosed skin lesions and swellings, ingredient allergies, medication, prior advanced procedures such as injectables or peeling

Preparing for the treatment

understand the importance of correctly preparing yourself and the client for the make-up application

Face shapes

be able to identify the various face shapes and the differences in suitable make-up treatments for each

Applying make-up

be able to apply make-up treatments for day and evening wear, including: face make-up, eye make-up, cheek make-up, lip make-up

Continues on next page



Only use shiny iridescence products on blemish-free skin otherwise it brings attention to blemishes.

Angela Wheat, Gemini Beauty



Unit 209: Apply make-up

You need to:

Contra-actions

be able to recognise contra-actions to the treatment and contra-actions which are the result of poor practice, including: severe erythema, watery eyes, itchiness, swelling and allergic reaction

understand the importance of taking remedial action to alleviate symptoms that can occur during or after treatments, including: stop treatment, remove product, apply cold compress/eye bath if necessary, refer to GP/pharmacist if necessary, record on client record card

Advice and recommendations

understand the importance of providing advice and recommendations following treatment, including: product recommendations to enhance treatment objectives, maintaining the look, removal of products, promotion of additional link treatments to benefit the client

understand the importance of updating client records following treatment, including: client feedback, effects of treatment, advice provided

Hints and tips

Keep checking the make-up from the front of the client to ensure that it is applied evenly to both sides of the client's face.



What do you need to cover?

Unit 209: Apply make-up

The synoptic assignment for this qualification will require you to use your skills and knowledge of a range of treatments from across the mandatory units in this qualification.

Hints and tips

Always use a primer and base to achieve the best possible finish. For oily or acne-prone skin, a primer is essential.

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Ensure suitable environmental conditions, to include:

lighting
ventilation
atmosphere (music)
heating

Ensure suitable hygienic practices, to include:

sterilisation – brushes, sponges
sanitisation – work area, hands

Position equipment appropriately, to include:

trolley
magnifying lamp
client chair/couch
therapist stool

Prepare and select make-up application products, to include:

cleanser
toner
moisturiser
exfoliator
concealers/colour correctors
foundation
powder
contouring products
blusher/bronzers
eye shadows
eye liner
mascara
lip products
brow products

Prepare and select make-up application tools, to include:

brushes
sponges
headbands
palette

Prepare and select treatment consumables, to include:

disposable applicators
spatulas
tissues
cotton wool
cotton buds
couch roll

Prepare the client for treatment, to include:

remove glasses, piercings, jewellery
protect client clothing
protect client hair
position of therapist
position client to ensure their comfort

Prepare the client's skin for treatment, to include:

cleanse
exfoliate if necessary
tone/blot
moisturise, blot, apply make-up primer

Identify different face shapes, such as:

oval
square
oblong
round
triangle
heart
pear

Continues on next page



Unit 209: Apply make-up

Apply face make-up for day and evening wear, to include:

concealer/colour correctors – green, lilac, yellow

foundation colour match, eg fair, olive, dark skin tones

apply foundation

blend edges into the hair line

blend into jawline
apply powder

highlight and shade to enhance face shape

Apply eye make-up for day and evening wear, to include:

eye shadow

blend over eye socket

apply and blend colour through socket line

eye liner – top and bottom lashes

mascara – top and bottom lashes

enhance brows

eyebrow palette

eyebrow pencil

Apply cheek make-up for day and evening wear, to include:

powder blusher

cream blusher

Apply lip make-up for day and evening wear, to include:

line

shape

colour – brush on

Provide product recommendations to enhance treatment objectives, to include:

concealers

foundations

powder

contouring products

blusher

eye products – mascara, shadow, liner

lashes

lip products

brow products

Provide product recommendations to maintain the look, to include:

re-application of products

set make-up

Provide product recommendations to correctly remove make-up, to include:

product suitable for removal

method of removal



Every client's face will have slightly different proportions. Ensure you account for this when using corrective techniques.

Penny Hallworth, **Champneys**

Useful words

Unit 209: Apply make-up

Some terms that you will come across in this unit are explained below.

Abrasion

An injury caused by something that rubs or scrapes against the skin.

Blotting

Drying of a wet substance on the skin using absorbent material.



Concealer

A skincare product that is used to cover up blemishes and can brighten dull-looking skin.

Hypopigmentation

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

Palette

A thin board used to lay and mix colours.



Skin lesion

An area of skin tissue that has been wounded or suffered a disease such as an ulcer or tumour.



Contouring

Using make-up in a particular way to enhance the shape or bone structure of the face.



Scope record

Unit 209: Apply make-up

Use this section to track your coverage of the scope of content for this unit.

Tick, date and sign each time you practise the skills listed below.

Environmental conditions Record the conditions that were checked prior to the treatment.

Lighting	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Ventilation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Atmosphere (music)	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Heating	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Hygienic practices Record the hygienic practices that were carried out prior to the treatment.

Sterilisation – brushes, sponges	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Sanitisation – work area, hands	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Equipment Record the equipment that was positioned correctly for the treatment.

Trolley	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Magnifying lamp	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Client chair/couch	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Therapist stool	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

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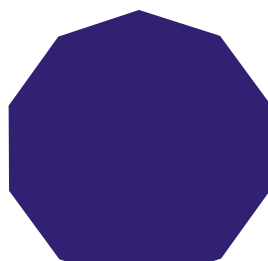
Nothing is impossible. Once you have chosen the desired look, you have to look at how you can achieve it! Always have your final vision in your mind and think about the next step ahead to achieve it. »

Fiona Chandler-Day, Richard Ward Hair and Metrospa

richard ward™
HAIR & METROSPA

Hints and tips

On mature eyes always avoid any iridescence products. They will only highlight any lines, wrinkles or flaws.



Make-up products

Record the products that were selected prior to the treatment.

Cleanser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Toner	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Moisturiser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Exfoliator	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Concealers/colour correctors	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Foundation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Powder	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Contouring products	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Blusher/bronzers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Eye shadows	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Eye liner	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Mascara	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lip products	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Brow products	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page



Unit 209: Apply make-up

Make-up tools

Record the tools that were prepared prior to the treatment.

Brushes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sponges	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Headbands	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Palette	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Treatment consumables

Record the consumables that were prepared prior to the treatment.

Disposable applicators	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Spatulas	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tissues	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cotton wool	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cotton buds	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Couch roll	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Preparation for treatment

Record the preparation that was carried out prior to treatment.

Remove glasses, piercings, jewellery	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Protect client clothing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Protect client hair	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Position of therapist	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Position client to ensure their comfort	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Unit 209: Apply make-up

Skin preparation

Record the skin preparation that was carried out prior to treatment.

Cleanse	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Exfoliate if necessary	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tone/blot	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Moisturise, blot, apply make-up primer	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Face shapes

Record the different face shapes that were made up as part of the treatment.

Oval	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Square	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Oblong	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Round	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Triangle	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Heart	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Pear	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Face make-up

Record the products and techniques that were applied as part of the treatment.

Concealer/colour correctors – green, lilac, yellow	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Foundation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Colour match, eg fair, olive, dark skin tones	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Apply foundation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Blend edges into the hair line	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Blend into jawline	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Apply powder	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Highlight and shade to enhance face shape	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Unit 209: Apply make-up

Eye make-up

Record the products and techniques that were applied as part of the treatment.

Eye shadow	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Blend over eye socket	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Apply and blend colour through socket line	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Eye liner – top and bottom lashes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Mascara – top and bottom lashes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Enhance brows	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Eyebrow palette	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Eyebrow pencil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Cheek make-up

Record the products and techniques that were applied as part of the treatment.

Powder blusher	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cream blusher	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Hints and tips

Use a peach or orange tone to neutralise scars. Lilac gives a boost to dull and tired-looking skin or yellow skin tones.

Unit 209: Apply make-up

Lip make-up

Record the products and techniques that were applied as part of the treatment.

Line	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Shape	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Colour – brush on	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Product recommendations

Record recommendations given to clients to enhance their treatment objectives.

Concealers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Foundations	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Powder	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Contouring products	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Blusher	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Eye products – mascara, shadow, liner	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lashes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lip products	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Brow products	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Product recommendations

Record recommendations given to clients to maintain the look.

Re-application of products	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Set make-up	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Product removal recommendations

Record recommendations given to clients to correctly remove make-up.

Product suitable for removal	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Method of removal	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Supplementary comments

Unit 209: Apply make-up

Use this space to record any workplace, employer or client comments.

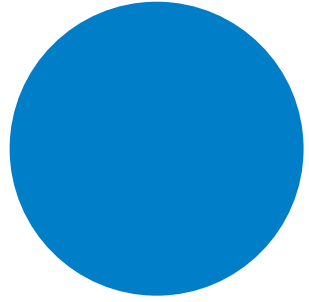
Comments	Date
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Has all topic content been covered?

This section must be signed when all the topic content has been covered. Remember to fill in the 'What I have learnt' section on page 180.

We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Candidate signature:	Date:
Assessor signature:	Date:
IQA signature (if sampled):	Date:



Unit 210:

Male skincare treatments

The purpose of this unit is for you to understand the processes and techniques involved in preparing clients and the work area for male skincare treatments. You will be able to carry out a variety of services to meet the client's treatment objectives. You will be able to consult with the clients and provide them with suitable recommendations to maintain optimum skin condition between treatments.

In any skincare treatment or hair removal treatment, it is imperative that you are able to follow safe, hygienic working practices in line with health and safety regulations. You must be able to recognise the contra-indications and how they may impact upon the treatment. You will be aware of the contra-actions that can occur and how to deal with them.

What is this unit about?

Unit 210: Male skincare treatments

Optional

This unit has **three** outcomes.

Outcome 1

Prepare and consult with client

Outcome 2

Provide male skincare services

Outcome 3

Provide advice and recommendations to the client

Hints and tips

If you are aiming to attract the male market, you should make sure that the reception area is neutral and includes male-oriented displays.

Getting started

Introduce yourself to the unit by asking yourself:

- How do I carry out a facial treatment on a male client?
- What if my client has facial hair?
- How will waxing treatments differ on a male client?
- How do I shape eyebrows on a male?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.



Consider your skincare products and techniques when treating male skin to avoid pulling male hair and causing discomfort. »

Penny Hallworth, Champneys

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What is this unit about? Continued

Unit 210: Male skincare treatments

Topics

Outcome 1

Prepare and consult with client

- 1.1 Prepare self and treatment area
- 1.2 Consult with the client
- 1.3 Prepare client for treatment

Outcome 2

Provide male skincare services

- 2.1 Skin types and conditions
- 2.2 Classifications of massage
- 2.3 Analyse areas to be treated
- 2.4 Provide facial treatment
- 2.5 Provide waxing treatment
- 2.6 Provide brow shaping

Outcome 3

Provide advice and recommendations to the client

- 3.1 Contra-actions
- 3.2 Provide advice and recommendations

Hints and tips

Male skin has a coarser texture because of a thicker dermal layer and bigger pore size.



Roman Samborskiy/Shutterstock.com

Values and behaviours

Be careful you do not scare off male clients. Include current magazines for your male clients as well as ladies' magazines.



What do you need to know?

Unit 210: Male skincare treatments

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Prepare self and treatment area

understand the importance of preparing the treatment areas, taking into account: health, safety, hygienic practices, suitable environmental conditions for clients and treatment

understand the importance of preparing products, consumables, tools and equipment for carrying out male skincare services

Client consultation

understand the process of consulting with the client, using various techniques to determine treatment objectives, including: questioning, listening, verbal/non-verbal – eye contact, body language, updating client records, carrying out visual skin analysis, discussing treatment objectives prior to treatment

confirm treatment plan with client, taking into consideration client characteristics and preferences and complete records

This optional unit is assessed by means of an assignment. The assignment includes both theory and practical tasks. One overall grade will be provided, against criteria, for each optional unit. This assignment is externally set and internally marked.

Continues on next page

Hints and tips

On average male skin has 32% more collagen than female skin, which means male skin tends to age more slowly.



What do you need to know? Continued

Unit 210: Male skincare treatments

You need to:

Contra-indications

understand the types of contra-indications that would prevent male skincare treatments, including: bacterial infection, fungal infection, viral infection, infestations, severe skin conditions, medication – retinal A, Roaccutane, steroids, recent laser treatment, recent microdermabrasion; chemical peels, sunburn

understand the types of contra-indications that would restrict male skincare treatments, including: bruising, skin conditions, recent scar tissue, skin allergies, cuts and abrasions, skin tags, diabetes, moles, undiagnosed skin lesions and swellings

Preparing for the treatment

understand the importance of correctly preparing yourself and the client for treatment, including: eye treatments, hair removal treatments, skincare treatments

Skin types

be able to recognise the main skin types, including: dry, oily, combination

Continues on next page



Unit 210: Male skincare treatments

You need to:

Skin conditions

understand common skin conditions and their key features, including:

○ sensitivity – broken capillaries, redness, ○ pigmentation – hyper and hypopigmentation, ○ ageing – lack of muscle tone, wrinkles, ○ dehydration – lacking in water, fine lines, tightness, ○ congestion – open/blocked pores, comedones, milla, pustules, papules

Massage classifications

understand the different classifications of massage and their benefits, including: ○ effleurage, ○ petrissage, ○ vibration, ○ tapotement

Adapting treatment

understand the importance of analysis in order to adapt the treatment where appropriate, including: ○ areas to be treated, ○ skin condition, ○ hair growth

Facial treatment procedure

understand the importance of explaining the treatment procedure to the client before commencing, including: ○ skin preparation and cleansing, ○ exfoliation, ○ extractions, ○ massage techniques – face, neck, décolleté, shoulders, ○ face masks, ○ completion of the facial treatment

Continues on next page

Hints and tips

Men exfoliate as part of their shaving regime without being aware they are doing it, so it is important that they are educated to rebalance and protect their skin from dryness and over-sensitivity.

What do you need to know? Continued

Unit 210: Male skincare treatments

You need to:

Hair removal treatment

understand the differences between products and their application processes for male waxing treatments, including: warm wax, hot wax

understand the importance of: carrying out pre-wax tests – on yourself, on the client, explaining the treatment procedure to the client before commencing

ensure safe working practices for carrying out the hair removal treatment, including: position of client, skin support, application following direction of hair growth, removal against the direction of hair growth, check temperature of wax throughout the treatment, disposal of waste including contaminated waste

understand the importance of demonstrating to the client: the result of the treatment, how treatment objectives have been met

Eyebrow shaping

understand the importance of carrying out eyebrow shaping, with consideration of the client's characteristics and preferences

Continues on next page



Hints and tips

When analysing a male client's skin condition, make sure you take into account the growth pattern of facial hair, how much there is and its texture.

Unit 210: Male skincare treatments

You need to:

Contra-actions

be able to recognise contra-actions to the treatment and contra-actions which are the result of poor practice, including: ○ severe erythema, ○ watery eyes, ○ itchiness, ○ swelling and allergic reaction, ○ bruising, ○ tissue damage/ removal of skin

understand the importance of taking remedial action to alleviate symptoms that can occur during or after treatments, including: ○ stop treatment, ○ remove product, ○ apply cold compress/eye bath if necessary, ○ refer to GP/pharmacist if necessary, ○ record on client record card

Advice and recommendations

understand the importance of providing advice and recommendations following skincare treatments, including: ○ avoiding activities which may cause contra-actions, ○ specific products to enhance treatment objectives, ○ promotion of additional link treatments to benefit the client, ○ treatment planning, ○ lifestyle factors

understand the importance of providing advice and recommendations following waxing and brow shaping treatments, including: ○ avoiding activities which may cause contra-actions, ○ specific products to enhance treatment objectives, ○ promotion of additional link treatments to benefit the client, ○ treatment planning

understand the importance of updating client records following treatment, including: ○ client feedback, ○ effects of treatment, ○ advice provided

Understanding the skin, its functions and abnormalities across different ethnicities is essential to providing effective treatments and ensuring positive outcomes. »

Rachel Halling, Champneys

CHAMPNEYS
COLLEGE

What do you need to cover?

Unit 210: Male skincare treatments

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Ensure suitable environmental conditions, to include:

lighting
ventilation
atmosphere (music)
heating

Ensure suitable hygienic practices, to include:

sterilisation –
tweezers, brushes,
sponges, equipment
sanitisation –
work area, hands

Position equipment appropriately, to include:

trolley
magnifying lamp
client chair/couch
therapist stool
steamer/hot towels
mirror and skin
analysis equipment

Prepare and select male facial skincare products, to include:

cleanser
toner
moisturiser
exfoliator
massage medium
mask (setting and
non-setting)
eye care
lip care
serums
sunscreen

Prepare and select male facial skincare treatment tools, to include:

mask brushes
cleansing brushes
bowls
scissors
hot towels
mitts

Prepare and select male facial skincare consumables, to include:

spatulas
tissues
cotton wool
gauze
couch roll

Prepare and select male brow shaping products, to include:

pre-cleanser
soothing cream/gel

Prepare and select male brow shaping tools, to include:

tweezers
scissors

Prepare and select male brow shaping consumables, to include:

brushes
cotton wool pads

Prepare and select male waxing products, to include:

sterilising solution
pre-wax lotion
talc-free powder
antiseptic lotion
wax products
(warm and hot)
after wax lotion/oil
soothing product

[Continues on next page](#)

Unit 210: Male skincare treatments

Prepare and select male waxing tools, to include:

protective sheet
wax heater
contamination bin
tweezers
scissors
sterilising equipment
sensitivity test equipment (hot and cold)

Prepare and select male waxing consumables, to include:

spatulas
tissues
cotton wool
apron
couch roll
wax strips (fabric and paper)
gloves

Prepare for male facial skincare treatment, to include:

remove appropriate clothing
protect client clothing/hair
maintain client modesty and privacy
position of therapist
position of client to ensure their comfort

Prepare for male hair removal treatment, to include:

carry out sensitivity tests – thermal (hot and cold)
prepare the skin – sanitise, apply talc-free powder or pre-wax lotion

Prepare and cleanse the skin for treatment:

first cleanse
second cleanse
tone
skin warming – hot towels, steamers

Use different exfoliation techniques and effects suitable for the client's objectives:

physical/mechanical
enzyme digesting

Use different extraction techniques suitable for the client's objectives:

open comedone
closed comedone
manual extractor
comedone extractor

[Continues on next page](#)

Hints and tips

When carrying out male facial treatments, apply the cleanser in reverse order to female clients. Work with the male facial hair growth by beginning at the centre of the forehead and finishing with the décolleté.



What do you need to cover? Continued

Unit 210: Male skincare treatments

Use different massage media suitable for the client's objectives:

warm oil

warm cream

Use different massage techniques for different effects, to include:

inhalations – to relax and prepare client for massage

stimulating – lifting, firming techniques to increase circulation and create warmth

pressure points – to aid relaxation

lymphatic drainage – to drain fluid and toxins to the lymphatic nodes

Apply a face mask using different types of mask, to include:

setting (peel off)

non-setting (cream)

Apply finishing products on completion of facial treatment, to include:

tone

eye care

lip care

serum

moisturiser

sunscreen

Analyse areas to be treated in order to adapt treatment:

back

chest

Analyse skin condition in order to adapt treatment:

elasticity

texture

sensitivity

Analyse hair growth in order to adapt treatment:

texture – fine, coarse, dense, sparse

previously waxed

ingrowing hairs

direction of hair growth

Select a waxing method suitable for the client's needs and objectives:

warm wax

hot wax

Continues on next page



Unit 210: Male skincare treatments

Carry out eyebrow shaping treatments, to include client preferences:

prepare brow area for shaping

remove hair supporting the surrounding skin

wax

tweeze

check eyebrow shape during and after treatment

apply aftercare product

Provide skincare recommendations to avoid activities which may cause contra-actions, to include:

avoidance of UV exposure or tanning preparations

heat treatments

strenuous exercise

touching the area

Provide skincare product recommendations to enhance treatment objectives, to include:

facial wash

exfoliator

aftershave balm

moisturiser

sun protection factor

Assist the client with future treatment planning, to include:

frequency of return visits

Advise the client on lifestyle factors to be aware of that can affect skincare objectives, to include:

water intake

healthy diet

protection from UV light

Provide brow shaping recommendations to avoid activities which may cause contra-actions, to include:

avoidance of UV exposure or tanning preparations

heat treatments

swimming or exercise

touching the area

perfumed products

Provide brow product recommendations to enhance treatment objectives, to include:

soothing gel/lotion

moisturiser

exfoliator

Assist the client with future waxing/brow shaping treatment planning, to include:

frequency of return visits

discuss hair growth cycle

Hints and tips

The male hormone testosterone stimulates fibroblasts to produce collagen at puberty, which means that male skin has a thicker dermis than female skin.

Useful words

Unit 210: Male skincare treatments

Some terms that you will come across in this unit are explained below.

Elasticity

The degree to which a material can return to its normal shape after being stretched or compressed.

Gauze

A thin piece of transparent fabric used like a dressing, eg cotton or silk.



Massage medium

The product that is used to carry out a massage in order to provide slip and glide, eg oil or cream.



Skin tags

Tiny skin extensions made up of loose fibrous tissue. Many have no known cause; some might be caused by surface friction (eg along a neck line or under a bra strap).

Tapotement

A rhythmic, stimulating movement performed to stimulate the skin and muscle tissues.



Scope record

Unit 210: Male skincare treatments

Use this section to track your coverage of the scope of content for this unit.
Tick, date and sign each time you practise the skills listed below.

Environmental conditions **Record the conditions that were checked prior to the treatment.**

Lighting	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Ventilation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Atmosphere (music)	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Heating	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Hygienic practices **Record the hygienic practices that were adhered to prior to the treatment.**

Sterilisation – tweezers, brushes, sponges, equipment	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Sanitisation – work area, hands	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Equipment **Record the equipment that was positioned correctly for the treatment.**

Trolley	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Magnifying lamp	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Client chair/couch	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Therapist stool	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Steamer/hot towels	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Mirror and skin analysis equipment	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

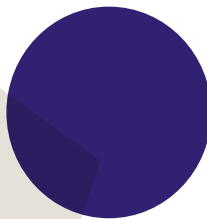
Continues on next page

Male facial skincare products

Record the products that were selected prior to the treatment.

Cleanser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Toner	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Exfoliator	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Massage medium	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Mask (setting and non-setting)	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Eye care	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lip care	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Serum	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Moisturiser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sunscreen	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page



Hints and tips

Don't use dry cotton wool on male skin. The cotton threads will stick to the hair growth and will be difficult to remove.

Unit 210: Male skincare treatments

Facial skincare tools

Record the tools that were prepared prior to the treatment.

Mask brushes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cleansing brushes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Bowls	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Scissors	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hot towels	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Mitts	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Facial skincare consumables

Record the consumables that were prepared prior to the treatment.

Spatulas	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cotton wool	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tissues	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Couch roll	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Gauze	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Male brow shaping products

Record the products that were selected prior to the treatment.

Pre-cleanser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Soothing cream/gel	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Brow shaping tools

Record the tools that were prepared prior to the treatment.

Tweezers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Scissors	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Unit 210: Male skincare treatments

Brow shaping consumables

Record the consumables that were prepared prior to the treatment.

Brushes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cotton wool pads	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Male waxing products

Record the products that were selected prior to the treatment.

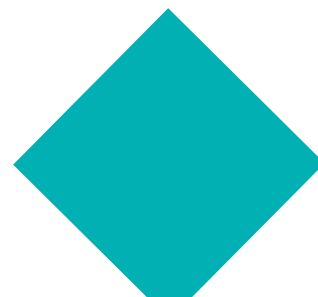
Sterilising solution	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Pre-wax lotion	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Talc-free powder	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Antiseptic lotion	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Wax products (warm and hot)	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
After wax lotion/oil	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Soothing product	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Waxing tools

Record the tools that were prepared prior to the treatment.

Protective sheet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Wax heater	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Contamination bin	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tweezers	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Scissors	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sterilising equipment	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sensitivity test equipment (hot and cold)	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page



Unit 210: Male skincare treatments

Waxing consumables

Record the consumables that were prepared prior to the treatment.

Spatulas	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tissues	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cotton wool	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Apron	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Couch roll	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Wax strips (fabric and paper)	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Gloves	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Preparation for male facial skincare treatment

Record the preparation that was carried out prior to treatment.

Remove appropriate clothing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Protect client clothing/hair	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Position of therapist	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Position of client to ensure their comfort	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Maintain client modesty and privacy	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page



Unit 210: Male skincare treatments

Preparation for male hair removal treatment

Record the preparation that was carried out prior to treatment.

Carry out sensitivity tests – thermal (hot and cold)

Date and sign:

Date and sign:

Date and sign:

Prepare the skin – sanitise, apply talc-free powder or pre-wax lotion

Date and sign:

Date and sign:

Date and sign:

Prepare the skin

Record the skin preparation that was carried out prior to treatment.

First cleanse

Date and sign:

Date and sign:

Date and sign:

Second cleanse

Date and sign:

Date and sign:

Date and sign:

Tone

Date and sign:

Date and sign:

Date and sign:

Hot towels

Date and sign:

Date and sign:

Date and sign:

Steamers

Date and sign:

Date and sign:

Date and sign:

Exfoliation techniques

Record the types of exfoliation that were used during the treatment.

Physical/mechanical

Date and sign:

Date and sign:

Date and sign:

Enzyme digestion

Date and sign:

Date and sign:

Date and sign:

Extraction techniques

Record the types of extraction that were used during the treatment.

Open comedone

Date and sign:

Date and sign:

Date and sign:

Closed comedone

Date and sign:

Date and sign:

Date and sign:

Manual extractor

Date and sign:

Date and sign:

Date and sign:

Comedone extractor

Date and sign:

Date and sign:

Date and sign:

Massage media

Record the massage media that were used during the treatment.

Warm oil

Date and sign:

Date and sign:

Date and sign:

Warm cream

Date and sign:

Date and sign:

Date and sign:

Continues on next page

Unit 210: Male skincare treatments

Massage techniques	Record the massage techniques that were used during the treatment.		
Inhalations – to relax and prepare client for massage	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Stimulating – lifting, firming techniques to increase circulation and create warmth	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Pressure points – to aid relaxation	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lymphatic drainage – to drain fluid and toxins to the lymphatic nodes	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Face masks	Record the types of face masks that were used during the treatment for different effects.		
Setting (peel off)	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Non-setting (cream)	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Finishing products	Record the finishing products that were applied on completion of the facial treatment.		
Tone	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Eye care	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Lip care	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Treatment serums	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Moisturiser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sunscreen	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

📌 Don't leave selling to the end of a treatment. Immerse your clients in the products and what they can do for them throughout: educate them and they will be ready to make a purchase. 📌

Rachel Halling, **Champneys**

CHAMPNEYS
COLLEGE

Unit 210: Male skincare treatments

Analyse skin areas

Record the areas that were analysed in order to adapt treatment for male clients.

Back	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Chest	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Analysing skin conditions

Record the conditions that were analysed in order to adapt treatment to male clients.

Elasticity	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Texture	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sensitivity	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Analyse hair growth

Record the growth types that were analysed in order to adapt treatment to male clients.

Texture	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Previously waxed	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Ingrowing hairs	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Direction of growth	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Male waxing

Record the waxing methods that were selected as suitable to the treatment.

Warm wax	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hot wax	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Eyebrow shaping treatments

Record the techniques that were used as part of the treatment.

Prepare brow area for shaping	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Remove hair supporting the surrounding skin	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Wax	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Tweeze	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Check eyebrow shape during and after treatment	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Apply aftercare product	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Unit 210: Male skincare treatments

Facial treatment recommendations

Record the recommendations of activities to avoid that were provided following the facial skincare treatment.

UV exposure or tanning preparations	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Heat treatments	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Strenuous exercise	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Touching the area	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Facial product recommendations

Record recommendations given to enhance the facial skincare treatment objectives.

Facial wash	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Exfoliators	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Aftershave balm	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Moisturiser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sun protection factor	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Brow shaping recommendations

Record the recommendations of activities to avoid that were provided following the brow shaping treatment.

UV exposure or tanning preparations	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Heat treatments	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Swimming or exercise	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Touching the area	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Perfumed products	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Hints and tips

Recommend that male clients use a scrub for up to two minutes in the shower if they suffer with ingrown hairs and/or razor rash.

Unit 210: Male skincare treatments

Brow product recommendations

Record recommendations given to enhance the brow shaping treatment objectives.

Soothing gel/lotion	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Exfoliator	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Moisturiser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Treatment planning

Agree frequency of return visits	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Discuss hair growth cycle	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Lifestyle changes

Record the recommended lifestyle adaptations for clients to support the effects of treatment.

Water intake	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Healthy diet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Protection from UV light	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:



Supplementary comments

Unit 210: Male skincare treatments

Use this space to record any workplace, employer or client comments.

Comments	Date
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Has all topic content been covered?

This section must be signed when all the topic content has been covered. Remember to fill in the 'What I have learnt' section on page 200.

We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Grade

Candidate signature: _____

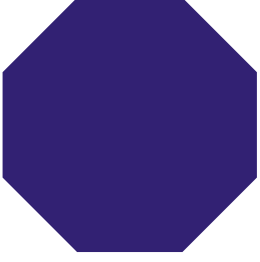
Date: _____

Assessor signature: _____

Date: _____

IQA signature (if sampled): _____

Date: _____



Unit 211:

Tanning treatments

The purpose of this unit is for you to carry out spray tanning treatments to suit a range of different client needs and expectations. You will be able to advise clients about preparing for the treatment and how to maintain the tan between treatments.

You will also develop an awareness of the dangers associated with UV tanning and how to protect against sun damage by wearing a Sun Protection Factor (SPF).



What is this unit about?

Unit 211: Tanning treatments

Optional

This unit has **four** outcomes.

Outcome 1

Prepare and consult with client

Outcome 2

Provide tanning treatment

Outcome 3

Provide advice and recommendations to the client

Outcome 4

Understand the risks associated with UV rays

📌 Clients should remove jewellery, contact lenses and make-up to ensure an even tan and prevent damage to their personal items. 📌

Penny Hallworth, **Champneys**

CHAMPNEYS
COLLEGE

Hints and tips

Always keep a record on the client card of the tanning brand used and depth of colour desired to maintain client satisfaction.

Getting started

Introduce yourself to the unit by asking yourself:

- Have I used self-tan in the past?
- Am I aware of the dangers associated with UV tanning?
- What are the visual signs of sunburnt skin?
- What is my own skin tone?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.



What is this unit about? Continued

Unit 211: Tanning treatments

Topics

Outcome 1

Prepare and consult with client

- 1.1 Prepare self and treatment area
- 1.2 Consult with client
- 1.3 Prepare client for treatment

Outcome 2

Provide tanning treatment

- 2.1 Prepare client skin for tanning
- 2.2 Provide spray tanning treatment

Outcome 3

Provide advice and recommendations to the client

- 3.1 Types of contra-actions
- 3.2 Provide advice and recommendations

Outcome 4

Understand the risks associated with UV rays

- 4.1 Types and effects of UV rays
- 4.2 Risks of UV tanning
- 4.3 Sun Protection Factor (SPF)

Hints and tips

Always ensure that a sunbed client is properly monitored and checked throughout the service to prevent overexposure to the UV rays.



Irma Bg/Shutterstock.com

Values and behaviours

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



What do you need to know?

Unit 211: Tanning treatments

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

Prepare self and treatment area

understand the importance of preparing the treatment areas, taking into account: health, safety, hygienic practices, suitable environmental conditions for clients and treatment

understand the importance of preparing products, consumables, tools and equipment for carrying out spray tanning treatments

Client consultation

understand the importance of contacting the client prior to treatment to:

arrange a skin sensitivity patch test, provide pre-treatment advice, discuss precautions to take, eg if client has had depilatory treatments

understand the process of consulting with the client, using various techniques to determine treatment objectives, including: questioning, listening, carrying out visual skin analysis – hyper and hypopigmentation, updating client records, discussing treatment objectives prior to treatment

confirm treatment plan with client, taking into consideration client characteristics and preferences and complete records

Contra-indications

understand the types of contra-indications that would prevent tanning treatments, including: bacterial infection, fungal infection,

viral infection, infestations, product allergies, recent microdermabrasion; laser/IPL treatments

understand the types of contra-indications that would restrict tanning treatments, including: eczema, psoriasis, dry sensitive skin, dermatitis, recent scar tissue, cuts and abrasions, sunburn

Continues on next page

This optional unit is assessed by means of an assignment. The assignment includes both theory and practical tasks. One overall grade will be provided, against criteria, for each optional unit. This assignment is externally set and internally marked.

Hints and tips

Ensure your tanning room is warm and private before commencing treatment to prevent the client from being cold or uncomfortable.



What do you need to know? Continued

Unit 211: Tanning treatments

You need to:

Preparing for the treatment

○ understand the importance of correctly preparing yourself and the client for treatment

check that the client's skin has been adequately prepared for the spray tanning treatment, to include: ○ first cleanse, ○ second cleanse, ○ tone, ○ skin warming, ○ exfoliated, ○ moisturised – knees, elbows

Contra-actions

be able to recognise contra-actions to the treatment and contra-actions which are the result of poor practice, including: ○ severe erythema, ○ watery eyes, ○ itchiness, ○ swelling and allergic reaction, ○ coughing/wheezing

understand the importance of taking remedial action to alleviate symptoms that can occur during or after treatments, including: ○ stop treatment, ○ remove product, ○ apply cold compress/eye bath if necessary, ○ refer to GP/pharmacist if necessary, ○ record on client record card

Advice and recommendations

understand the importance of providing advice and recommendations following tanning treatments, including: ○ avoiding tight clothing, ○ avoiding baths or showers for at least eight hours, ○ avoiding chlorinated pools, saunas and steam rooms, ○ avoiding using AHAs, ○ specific products to enhance treatment objectives, ○ promotion of additional link treatments to benefit the client, ○ treatment planning

understand the importance of updating client records following treatment, including: ○ client feedback, ○ effects of treatment, ○ advice provided

Continues on next page



Hints and tips

Work quickly and apply a good coverage of tanning product to produce an even tanning result.

Unit 211: Tanning treatments

You need to:

Types of UV rays

understand the effects of UVA rays on the skin, including: ageing, skin cancer

understand the effects of UVB rays on the skin, including: heat, sunburn

Risks of UV tanning

understand the risks of UV tanning associated with different types of skin cancer, including: melanoma, basal cell cancer, squamous cell cancer

understand the photo-ageing effects of UV tanning on the skin, including: loose skin, wrinkling, thickening, age spots

UV protection methods

recognise the methods which best protect against the risks and effects of UV tanning, including: use of SPF, wearing protective clothing, eg hats, sunglasses, avoid direct UV rays in the middle of the day

Benefits of using SPF

recognise the benefits of using Sun Protection Factor (SPF) products to protect against the risks and effects of UV tanning, including: avoid burning, prevent premature ageing of the skin, reduce risk of skin cancer



What do you need to cover?

Unit 211: Tanning treatments

Scope of content

This section gives details of the scope of content you need to cover to ensure that all the learning outcomes can be achieved before your trade test. You need to:

Ensure suitable environmental conditions, to include:

lighting

ventilation

heating

Ensure suitable hygienic practices, to include:

disinfect tanning tent

sanitise work area and hands

Position equipment appropriately, to include:

trolley

tanning tent

tanning machine

extractor

Prepare and select spray tanning products, to include:

sanitiser

tanning lotion

oil-free moisturiser

Prepare and select spray tanning tools, to include:

tanning tent

tanning machine

Prepare and select spray tanning consumables, to include:

disposable footwear

disposable underwear

hair protection

face mask

Provide pre-treatment advice, to include:

exfoliate full body

no make-up

no deodorants

no body lotions

Prepare for spray tanning treatment, to include:

remove appropriate clothing and jewellery

protect client's hair

maintain client modesty and privacy

sanitise feet

position client to meet needs of treatment

check client comfort

select products for skin tone/colouring

Ensure non-treatment areas are adequately protected, to include:

palms of hands

soles of feet

nails

cuticles

Continues on next page

Hints and tips

Personal protective clothing is important to use for tanning treatments to prevent staining to clothing or ingestion of products by the therapist.



Unit 211: Tanning treatments

Carry out the tanning treatment procedure, to include:

position self and client correctly

explain the sensation and noise of the machine to the client

apply tan in sequence to ensure even coverage following manufacturers' guidelines

remove excess tan from palms of hands, toes, fingernails

check the application is even

allow sufficient drying time

clean area and dispose of waste

Provide recommendations to avoid activities which may cause contractions, to include:

tight clothing

bath/shower for at least 8 hours

chlorinated pools, sauna, steam rooms

use of Alpha Hydroxy Acids (AHA)

Provide product recommendations to enhance treatment objectives, to include:

exfoliators

moisturiser

Sun Protection Factor

Assist the client with future treatment planning, to include:

frequency of return visits

Hints and tips

Ensure that the client prepares their skin before their tanning treatment by exfoliating and moisturising regularly at home.



Useful words

Unit 211: Tanning treatments

Some terms that you will come across in this unit are explained below.

Development time

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



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.

Hyperpigmentation

Increased melanin production, causing darker areas of skin.



Melanoma

A tumour made of melanin-forming cells (containing dark brown pigment of moles).



SPF

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.

UV tanning

A treatment where a client uses a sunbed that gives out ultraviolet (UV) radiation to tan the skin.

Hints and tips

If the tan has developed well on one area of the body but not on others, it may be due to: application technique, preparation of the area, client's homecare or the characteristics of that area.



Scope record

Unit 211: Tanning treatments

Use this section to track your coverage of the scope of content for this unit.

Tick, date and sign each time you practise the skills listed below.

Environmental conditions Record the conditions that were checked prior to the treatment.

Lighting	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Ventilation	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Heating	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Hygienic practices Record the hygienic practices that were adhered to prior to the treatment.

Disinfect tanning tent	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Sanitise work area, hands	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Equipment Record the equipment that was positioned correctly for the treatment.

Trolley	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Tanning tent	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Tanning machine	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Extractor	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Spray tanning products Record the products that were selected prior to the treatment.

Sanitiser	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Tanning lotion	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Oil-free moisturiser	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Spray tanning tools Record the tools that were prepared prior to the treatment.

Tanning tent	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:
Tanning machine	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:	<input type="checkbox"/> Date and sign:

Continues on next page

Unit 211: Tanning treatments

Spray tanning consumables

Record the consumables that were prepared prior to the treatment.

Disposable footwear	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Disposable underwear	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Hair protection	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Face mask	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Pre-treatment advice

Record the advice that was provided to clients prior to attending the treatment.

Exfoliate full body	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
No make-up	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
No deodorants	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
No body lotions	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Preparation for spray tanning treatment

Record the preparation that was carried out prior to treatment.

Remove appropriate clothing and jewellery	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Protect client's hair	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Maintain client's modesty and privacy	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sanitise feet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Position client to meet needs of treatment	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Check client's comfort	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Select products for skin tone/colouring	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Hints and tips

To ensure an even spray-tan application, make sure that you always hold the spray gun straight and at right angles to the body.

Unit 211: Tanning treatments

Protecting non-treatment areas

Record the areas that were adequately protected prior to starting treatment.


Palms of hands	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Soles of feet	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Nails	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Cuticles	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

The tanning treatment procedure

Record the procedure steps that were carried out as part of the treatment.

Position self and client correctly	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Explain the sensation and noise of the machine to the client	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Apply tan in sequence to ensure even coverage following manufacturers' guidelines	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Remove excess tan from palms of hands, toes, fingernails	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Check the application is even	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Allow sufficient drying time	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Clean area and dispose of waste	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Continues on next page

Remember that when spray tanning you can always apply a second coat but it is very difficult to remove the product if you have sprayed on too much. 

Sarah Farrell, Senior EQA at City & Guilds for Beauty

Unit 211: Tanning treatments

Treatment recommendations

Record the recommendations of activities to avoid that were provided following the treatment.

Tight clothing	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Bath/shower for at least 8 hours	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Chlorinated pools, sauna, steam rooms	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Use of Alpha Hydroxy Acids (AHA)	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Product recommendations

Record the product recommendations given to enhance the tanning treatment objectives.

Exfoliators	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Moisturiser	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
Sun Protection Factor	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:

Treatment planning

Record the recommendations given for future treatment planning.

Agree frequency of return visits	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:	<input type="radio"/> Date and sign:
----------------------------------	--------------------------------------	--------------------------------------	--------------------------------------

Hints and tips

Tell clients to adapt their make-up to their new skin tone, with a slightly darker foundation.



Supplementary comments

Unit 211: Tanning treatments

Use this space to record any workplace, employer or client comments.

Comments	Date
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Has all topic content been covered?

This section must be signed when all the topic content has been covered. Remember to fill in the 'What I have learnt' section on page 228.

We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Candidate signature: _____

Assessor signature: _____

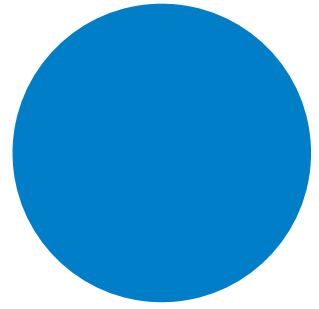
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Date: _____



Unit 212:

Introduction to the spa industry

The purpose of this unit is for you to be able to identify the effects and benefits of spa treatments and how the skills developed as beauty therapists can be utilised when working in a spa environment.

The spa industry can be traced back for thousands of years, developing from the early civilisations' uses of mineral-enriched waters to heal and

treat a variety of ailments. You should be able to identify the origins of spa therapies, their historic benefits and their influence on the modern spa.

Throughout this unit you will gain an understanding of the range of employment opportunities available in the spa industry, types of spa experiences and the requirements for operating a spa.

What is this unit about?

Unit 212: Introduction to the spa industry

Optional

This unit has **four** outcomes.

Outcome 1

Understand the history and development of the modern day spa

Outcome 2

Understand a range of spa treatments

Outcome 3

Understand spa operations

Outcome 4

Understand legislation required for the spa industry

Getting started

Introduce yourself to the unit by asking yourself:

- How will learning about the spa industry benefit me?
- What is a spa?
- How do spa treatments differ from beauty treatments?
- Could I have a pedicure before using a whirlpool?
- Will I still be able to work in a spa with a beauty qualification?
- Are spa treatments regulated?

Following your journey through this unit you will have the opportunity to reflect on your performance, action plan for further development and explore linking this treatment to many others, in order to:

- maximise client satisfaction
- meet client objectives
- understand and apply link selling techniques in preparation for your role within the spa or salon
- explore the concept of trade testing
- prepare yourself for running a busy column within the beauty sector.

When using oil blends, always select the aromatherapy blend that meets treatment objective, eg relaxation, energising, uplifting, calming...

Angela Wheat, Gemini Beauty



Hints and tips

Spa treatments such as saunas, steam and massage treatments can be very beneficial to clients suffering with joint and muscular pain.

What is this unit about? Continued

Unit 212: Introduction to the spa industry

Topics

Outcome 1

Understand the history and development of the modern day spa

- 1.1 Impact of key civilisations in the development of spas
- 1.2 Types of spa experiences

Outcome 2

Understand a range of spa treatments

- 2.1 Heat treatments and their benefits
- 2.2 Chill treatments and their benefits
- 2.3 Hydrotherapy treatments and their benefits
- 2.4 Treatments provided by therapists

Outcome 3

Understand spa operations

- 3.1 Staff roles and responsibilities
- 3.2 Stages of the client journey

Outcome 4

Understand legislation required for the spa industry

- 4.1 Health and safety legislation
- 4.2 Spa industry regulating bodies

Hints and tips

Essential oils should always be stored in dark amber-coloured glass containers to prevent exposure to sunlight, which leads to evaporation and deterioration of oil, as these oils are highly volatile.



Values and behaviours

Your facial expressions and body language give away a lot of information, so remember to be welcoming and use positive actions. Maintaining eye contact with the client shows that you are interested.

What do you need to know?

Unit 212: Introduction to the spa industry

This section gives details of what you need to know to ensure all the learning outcomes for this unit can be achieved. Tick the sentences below when you are confident you fully understand these areas.

You need to:

The development of spa treatments

understand the impact of key civilisations in history that have influenced the development of modern-day spas, including: Babylonians, Ancient Greeks – recognised the benefits of regular bathing and massage, Roman Empire – hygiene and health, recreation, rehabilitation of wounded soldiers, Dark Ages and Middle Ages – bathing prohibited, spas used as churches, Renaissance – research into mineral content of spa waters used for medicinal purposes, 19th to 21st century – a development of massage and spa treatments, introduction of spa therapy qualification

Types of spa experiences

be able to identify and compare a range of different spa experiences available to clients, including: day spa – health, beauty, relaxation, fitness, resort and cruise ship spa – holiday, relaxation, fitness, destination spa – holistic treatments and activities, lectures, nutrition, medical spa – medical and holistic services, spiritual/Ayurvedic spa – balancing the mind, body and spirit, thermal spa – built around a natural hot spring with mineral- and sulphur-rich waters

Continues on next page

Hints and tips

Always carry out a full consultation to ensure that the client is suitable for spa treatments.

This optional unit is assessed by means of an assignment. The assignment includes both theory and practical tasks. One overall grade will be provided, against criteria, for each optional unit. This assignment is externally set and internally marked.



What do you need to know? Continued

Unit 212: Introduction to the spa industry

You need to:

Heat treatments

be able to describe and compare different types of heat treatments, including:

- sauna bath – Finnish or Tyrolean, dry heat alternating with cooler shower, 70–100°C,
- steam cabinet – steam alternating with cooler shower, can be used as a pre-heat treatment, 50–55°C,
- steam rooms – caldarium, tepidarium, hammam, rasul and serail,
- Japanese salt room – combines steam, essential oils and salt, 45–48°C

understand the benefits of experiencing a heat treatment, including:

- improved circulation,
- vasodilation,
- improved skin texture and colour,
- increased lymphatic circulation,
- relaxes tight muscles in preparation for massage

removal of toxins, ○ prevents the build-up of lactic acid following exercise,

- provides a deep cleansing detoxifying experience

Continues on next page

Spas provide an experience for the five senses – sight, sound, smell, touch and taste. Think of the client's spa visit as a journey for the senses! 🗨

Penny Hallworth, **Champneys**

CHAMPNEYS
COLLEGE



You need to:

Chill treatments

be able to describe and compare different types of chill treatments such as ice treatments, including: ice room, crushed ice application, ice cave

be able to describe and compare different types of chill treatments such as cold water treatments, including: cold bath, cold affusions, cryotherapy, plunge pool, cold footbath, alternative showers, cold compress

understand the benefits of experiencing a chill treatment, including: circulation slowed, vasoconstriction, analgesic (numbs pain), tightens and tones skin, increased metabolism, invigoration, cools body between heat treatments, reduces inflammation in joints and muscle tissue

Hydrotherapy treatments

be able to describe and compare different types of hydrotherapy treatments, including: spa pool – hot water circulated using high-power air jets, hydrotherapy bath – high-power jets directed at specific areas, flotation – enclosed tank, warm, salt- and mineral-enriched water, Vichy shower – also known as a rain shower, Kneipp therapy – hot and cold water treatment using minerals and plant herbs, Watsu – Shiatsu movements performed while floating in water

understand the benefits of experiencing a hydrotherapy treatment, including: relaxation, improved muscle condition, increased metabolism, increased lymphatic circulation, improves flexibility, improved skin condition, improved sleep, increased energy levels, induces a sense of wellbeing

Continues on next page

Hints and tips

Heat and humidity are high in spas, and ventilation must be adequate for safety and hygiene.



What do you need to know? Continued

Unit 212: Introduction to the spa industry

You need to:

Treatments provided by therapists

be able to describe and compare different types of treatments provided by therapists, including: body massage, aromatherapy, Indian head massage, exfoliation, wraps, facials, hand and foot treatment

Spa roles and responsibilities


understand the different staff roles and responsibilities of those working in a spa, including: spa director – head of operations, facilities, in charge of budgets, spa manager – overall day-to-day operations, staff management, senior therapists – mentoring, developing treatments, spa therapists – provide treatments, information on products, spa receptionist/treatment co-ordinator – bookings, timetabling, memberships, spa product trainer – product house

Client spa journey

understand the stages of the client's spa journey, including: stages of the client's spa journey, client anticipation and expectations – pre-booking information, spa location, reception meet and greet, consultation, spa facilities – use of spa, treatments, aftercare and recommendations – products, post-treatment advice, the journey's end – follow-up contact, compliments card, phone call, email, newsletters and promotions

Continues on next page



Warmth, comfort and modesty are extremely important throughout any body treatment. 

Rachel Halling, **Champneys**

CHAMPNEYS
COLLEGE

Unit 212: Introduction to the spa industry

You need to:

Health and safety legislation

understand the health and safety legislation that applies to the spa environment, including: ○ Health and Safety at Work Act (HASAWA), ○ Personal Protective Equipment at Work Regulations, ○ Control of Substances Hazardous to Health Regulations (COSHH), ○ Workplace Health, Safety and Welfare Regulations

Spa industry regulators

be able to identify the bodies responsible for regulating the spa industry, including: ○ International Spa Association (ISPA), ○ European Spa Association (ESPA), ○ UK Spa Association

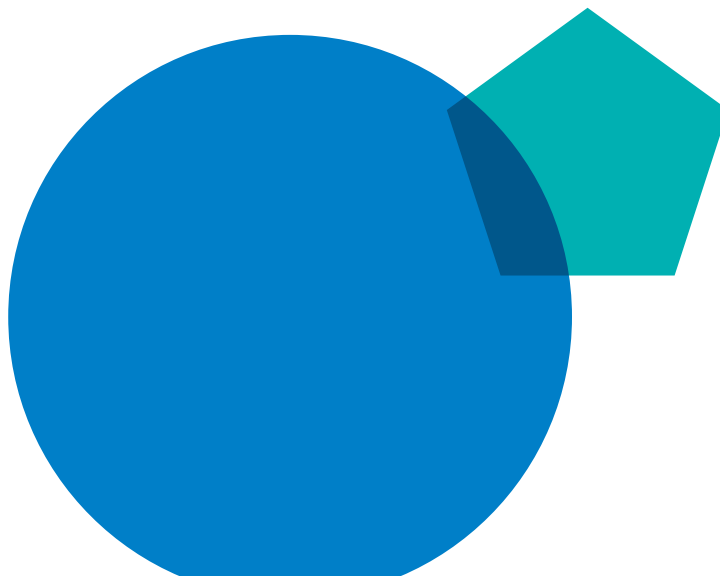
Always go above and beyond for your customer; whether this is researching their skin condition to provide better service, tailoring the treatment to their specific needs or calling your suppliers to source products just for them. They will remember you, and will be more likely to recommend you to others.

Angela Moulding, Carlton Professional



Hints and tips

Spa equipment should always be switched off correctly to prevent accidents and hazards.



Useful words

Unit 212: Introduction to the spa industry

Some terms that you will come across in this unit are explained below.

Analgesic

A therapy or medicine that works to relieve pain.

Cryotherapy

The use of cold temperatures in the treatment of various cases of tissue damage and lesions.



Hydrotherapy

The use of water in the treatment of different conditions, including arthritis and related rheumatic complaints. Hydrotherapy differs

from swimming because it involves special exercises that you do in a warm-water pool.

Legislation

Statutory law or laws which have been enacted by a country or industry governing body.

Metabolism

The chemical processes that occur within living organisms to maintain life.



Minerals

Naturally occurring compounds, such as calcium and zinc, found in various foods that are vitally important in the normal growth and

function of organs, bones, cells, nerves, muscle tissue, hormones and enzymes.

Renaissance

A period in European history from the 14th to the 17th century.

Toxins

Waste substances produced by antigens in the body.



Vasoconstriction

The constriction (tightening) of blood vessels in the body which leads to an increase in blood pressure.

Vasodilation

The dilation (widening) of blood vessels in the body which leads to a decrease in blood pressure.

By ensuring your Front of House staff are as knowledgeable as the therapists themselves, the feeling of being in 'expert hands' is key to ensuring a client enjoys every element of their spa experience.

Nicci Anstey, **Elemis**

ELEMIS

Self-reflection and observation feedback

Unit 212: Introduction to the spa industry

Use this section to reflect on your performance as you practise and develop your skills. Give yourself a score from the 'Level of my performance' key below and add your comments. Your tutor will also give you feedback based on their observation.

Level of my performance

- 1** I am still learning this technique
- 2** I am still practising this technique
- 3** I can now demonstrate competence of this technique
- 4** I can now work at commercial standard and timings for this technique

Date	Self-reflection (Learner)	Score	Observation feedback (Tutor)	Score

Continues on next page

Supplementary comments

Unit 212: Introduction to the spa industry

Use this space to record any workplace, employer or client comments.

Comments	Date
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Has all topic content been covered?

This section must be signed when all the topic content has been covered. Remember to fill in the 'What I have learnt' section on page 246.

We confirm that this evidence is authentic and the assessments were conducted under specified conditions and that all the performance criteria, range and essential knowledge requirements have been met for this unit.

Grade

Candidate signature:

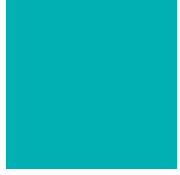
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Assessor signature:

Date:

IQA signature (if sampled):

Date:



More information



Health and safety and other legislation

It is essential to know your responsibilities for health and safety as defined by any specific legislation covering your job role. The following are the principal items of legislation which apply to general beauty salon operations and, therefore, to employers and employees/trainees alike.

- Health and Safety at Work Act.
- The Reporting of Injuries, Diseases and Dangerous Occurrence Regulations (RIDDOR).
- The Health and Safety (First Aid) Regulations.
- The Regulatory Reform (Fire Safety) Order.
- The Manual Handling Operations Regulations.
- The Control of Substances Hazardous to Health (COSHH) Regulations.
- The Electricity at Work Regulations.
- The Environmental Protection Act.
- The Management of Health and Safety at Work Regulations.
- The Health and Safety (Information for Employees) Regulations.
- Data Protection Act.
- Working Time Directives.
- Cosmetic Products Regulations.
- Sale of Goods Act.
- Distance Selling Regulations (note: replaced June 2014 by Consumer Contracts Regulations).
- Trade Descriptions Act.
- Consumer Protection legislation.
- Disability Discrimination Act.



Environmental and sustainable working practices

You must know the different types of working methods that promote environmental and sustainable working practices. These form part of the knowledge range required for your qualification.

- 1 Reducing waste and managing waste (recycle, reuse, safe disposal).
- 2 Reducing energy usage (energy efficient appliances, low energy lighting, utilising solar panels).
- 3 Reducing water usage and other resources.
- 4 Preventing pollution.
- 5 Using disposable items.
- 6 Using recycled, eco-friendly furniture.
- 7 Using low-chemical paint.
- 8 Using organic and allergy-free nail products.
- 9 Using environmentally friendly product packaging.
- 10 Choosing responsible domestic products (Fairtrade tea and coffee).
- 11 Encouraging carbon-reducing journeys to work.



Claire Morgan Jones

Phil Jones

Glossary of terms

Abrasion

An injury caused by something that rubs or scrapes against the skin.

Absorption

The process whereby chemicals or nutrients enter the bloodstream via the stomach or intestines.

Analgesic

A therapy or medicine that works to relieve pain.

Antiseptic lotion

A lotion that provides a barrier to prevent infection, reduce inflammation and cool the skin tissues.

Autoclave

A heated container that uses steam to sterilise metal tools/equipment such as tweezers.

Bacterial infection

An infection caused by contagious bacteria, eg impetigo.

Blotting

Drying of a wet substance on the skin using absorbent material.

Brittle

The description of something that is hard but able to break easily.

Cardiovascular system

The description of something relating to the heart and blood vessels.

Cataracts

A medical eye condition where the lens becomes opaque and vision is blurred.

Comedone

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

Concealer

A skincare product that is used to cover up blemishes and can brighten dull-looking skin.

Conjunctivitis

An inflammation of the membrane covering the eye. The eyes may be itchy and red, and pus may be present.

Consumables

Materials and items that need to be used in the course of a treatment, such as: cotton wool, tissues, couch roll and spatulas for decanting products.

Contagious

The description of a disease that can spread from one person to another, usually by direct contact.

Contamination bin

A container for waste items that may be harmful or unhygienic if left out in the spa or salon environment, eg used wax strips.

Contouring

Using make-up in a particular way to enhance the shape or bone structure of the face.

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.

Contra-indication

A condition the client is experiencing before treatment which may stop the treatment from taking place or mean the treatment is restricted or has to be adapted.

Cryotherapy

The use of cold temperatures in the treatment of various cases of tissue damage and lesions.

Dermatitis

Dermatitis can occur when your skin comes into contact with substances that can irritate it and cause allergies. It is not contagious to others but it can spread around your own skin, eg hands, face, lips, arms and eyes.

Dermatological

Anything relating to the appearance, diagnosis and treatment of skin conditions and disorders.

Desquamation

This is also known as 'skin peeling': the shedding of the outer layers of the skin.

Development time

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

Discoloured

The visible, undesired lack of colour compared to the tissue's natural state.

Dye

A substance used to add colour to something or to change its original colour.

Eczema

A condition that causes the skin to become itchy, red, dry and cracked. Eczema commonly develops through allergic reaction or food intolerance, but it can also be inherited and is often linked to asthma.

Effleurage

A stroking technique used to begin the massage and complete an area. It is also useful to link movements to provide flow and rhythm in the massage.

Elasticity

The degree to which a material can return to its normal shape after being stretched or compressed.

Epidermis

The upper or outer layer of the two main layers of cells that make up the skin.

Eponychium

The thickened layer of epidermal tissue over the base of the nail.

Erythema

A reddening of the skin caused by increased circulation in the tiny capillaries near the skin's surface. In combination with irritation and tingling, it can be a sign of an adverse reaction.

Excretion

The process our bodies use to get rid of unwanted substances. The skin is a minor excretory organ that excretes sweat (containing water), salts, urea and uric acids.

Exfoliation

The removal of dead skin cells from the surface of the skin to leave it smooth and even, eg prior to the application of tanning products.

Exothermic

Chemical reaction that releases energy either by light or heat.

False lash application

The use of strip or flared lashes that are applied to the client for a special occasion. These usually last for an evening or, if treated carefully, a week.

Fungal infection

An infection caused by a plant-based micro-organism called a fungus, eg ringworm.

Gauze

A thin piece of transparent fabric used like a dressing, eg cotton or silk.

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.

Hair growth pattern

The way the hair grows above the skin's surface. This will be different for each body area but common patterns occur.

Hazard

Anything with the potential to cause harm, eg electricity and chemicals.

Hoof stick

A manicure or pedicure tool used to remove dead skin and cuticle from the surface of the nail to form a neat nail contour.

Hydrotherapy

The use of water in the treatment of different conditions, including arthritis and related rheumatic complaints. Hydrotherapy differs from swimming because it involves special exercises that you do in a warm-water pool.

Hyperpigmentation

Increased melanin production, causing darker areas of skin.

Hypopigmentation

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

Ingrown toenail

Discomfort or pain around the side of the nail as well as redness and swelling. It is caused by poorly fitting shoes and incorrect nail care, in particular incorrect filing or cutting of the nail. It is often seen on the big toe.

LED lamp

A light-emitting diode lamp.

Legislation

Statutory law or laws which have been enacted by a country or industry governing body.

Light curing

Preserving or hardening of gel nail polish using an LED or UV lamp to dry the gel quickly onto the nail.

Lymphatic system

The network of vessels and organs that stretches throughout the body, providing transport of nutrients to tissues and draining excess fluid from spaces between cells into the bloodstream.

Massage medium

The product that is used to carry out a massage in order to provide slip and glide, eg oil or cream.

Melanoma

A tumour made of melanin-forming cells (containing dark brown pigment of moles).

Metabolism

The chemical processes that occur within living organisms to maintain life.

Minerals

Naturally occurring compounds, such as calcium and zinc, found in various foods that are vitally important in the normal growth and function of organs, bones, cells, nerves, muscle tissue, hormones and enzymes.

Nail bed

The skin beneath the nail plate made of two types of tissues: the deeper dermis and the epidermis.

Oligomers

A type of polymer or synthetic plastic/resin.

Orangewood sticks

Disposable sticks used during a treatment to push back the cuticle.

Osmosis

The movement of water molecules from a weaker or more diluted solution through a semi-permeable membrane.

Palette

A thin board used to lay and mix colours.

Petrissage

Kneading movements that apply pressure by rolling or lifting the tissues. Petrissage movements can use the whole of the palm of the hand, the pads of the thumb, the fingers or the knuckles. These movements are deeper and more stimulating.

Physiology

The biology of a living organism and the way bodily parts function.

Pigmentation

The visible colouring of the skin at the surface, eg melanin in the skin.

PPE

Personal Protective Equipment. 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.

Psoriasis

A skin condition where skin cells are produced very quickly, causing red, flaky, crusty patches of skin covered with silvery scales. Psoriasis is often linked to stress and can be hereditary.

Renaissance

A period in European history from the 14th to the 17th century.

Risk

The likelihood or chance that a hazard will actually cause harm.

Sanitisation

Making an item, tool or workspace clean and hygienic.

Sensitivity/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 reacts to it.

Serum

A non-greasy skincare product that is easily absorbed by the skin, often promoted as holding a high concentration of active substances.

Skin lesion

An area of skin tissue that has been wounded or suffered a disease such as an ulcer or tumour.

Skin tags

Tiny skin extensions made up of loose fibrous tissue. Many have no known cause; some might be caused by surface friction (eg along a neck line or under a bra strap).

Soothing products

Products applied to the skin following waxing hair removal to reduce skin irritation and redness, and encourage skin repair.

SPF

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.

Sterilisation

The complete destruction of bacteria, micro-organisms and their spores.

Tapotement

A rhythmic, stimulating movement performed to stimulate the skin and muscle tissues.

Tint

A shade or variety of a colour that can be used in a dye.

Toxins

Waste substances produced by antigens in the body.

UV tanning

A treatment where a client uses a sunbed that gives out ultraviolet (UV) radiation to tan the skin.

Vasoconstriction

The constriction (tightening) of blood vessels in the body which leads to an increase in blood pressure.

Vasodilation

The dilation (widening) of blood vessels in the body which leads to a decrease in blood pressure.

Vertebrae

The series of small bones that form the spine (backbone).

Viral infection

An infection caused by a virus, eg cold sore.

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ISBN 978-0-85193-383-2



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