

SKASTS3 (SQA Unit Code - F9LD 04)

Provide body wrapping and flotation treatments S3



Overview

This unit is about carrying out specialist body wrapping and flotation treatments, including preparation of the treatment room, products and equipment. Client consultation and monitoring of the treatment is also included. The ability to tailor aftercare advice to individual client needs.

To carry out this unit you will need to monitor and maintain safe and effective methods of working. You will need to maintain your personal appearance and good communication with clients, colleagues and managers.

The main outcomes of the unit are:

1. maintain safe and effective methods of working when providing body wrapping and flotation treatments
2. consult, plan and prepare for treatments with clients
3. provide body wrapping treatments
4. provide flotation treatments
5. provide aftercare advice

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Performance criteria

You must be able to:

- P1 Maintain safe and effective methods of working when providing body wrapping and flotation treatments by**
- P1.1. setting up and monitoring the treatment area to meet organisation procedures and manufacturer's instructions
 - P1.2. making sure that environmental conditions are suitable for the client and the treatment
 - P1.3. ensuring you personal hygiene, protection and appearance meets accepted industry and organisational requirements
 - P1.4. wearing the recommended personal protective equipment for body wrapping and flotation treatments
 - P1.5. effectively disinfecting your hands prior to treatment
 - P1.6. ensuring your own posture and position minimises fatigue and risk of injury whilst working
 - P1.7. ensuring all tools and equipment are cleaned using the correct methods
 - P1.8. maintaining accepted industry hygiene and safety practices throughout the treatment
 - P1.9. adopting a positive, polite and reassuring manner towards the client throughout the treatment
 - P1.10. maintaining the client's modesty, privacy and comfort at all times
 - P1.11. checking the client's wellbeing at regular intervals according to organisational policy
 - P1.12. disposing of waste materials safely and correctly
 - P1.13. giving clear and accurate instructions to anyone assisting you when necessary
 - P1.14. ensuring the treatment is cost effective and is carried out within a commercially viable time
 - P1.15. ensuring client record cards are up-to-date, accurate, complete, legible and signed by the client and practitioner
 - P1.16. leaving the treatment area in a condition suitable for future treatments
- P2 Consult, plan and prepare for treatments with clients by**
- P2.1. using **consultation methods** in a polite and friendly manner to determine the client's treatment needs
 - P2.2. obtaining signed, written informed consent from the client prior to carrying out the treatment
 - P2.3. ensuring that informed and signed parent or guardian consent is obtained for minors prior to any treatment
 - P2.4. ensuring that a parent or guardian is present throughout the treatment for minors under the age of 16
 - P2.5. clearly explaining to the client what the treatment entails in a way they can understand
 - P2.6. asking your client appropriate questions to identify their medical history,

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- emotional and physical condition and **lifestyle pattern**
- P2.7. asking your client appropriate questions to identify if they have any contra-indications to body wrapping and flotation treatments
 - P2.8. accurately recording your client's responses to questioning
 - P2.9. encouraging clients to ask questions to clarify any points
 - P2.10. encouraging clients with suspected contra-indications to seek medical advice without reference to specific conditions and without causing undue alarm or concern
 - P2.11. clearly identifying and agreeing in writing the client's needs, expectations and treatment objectives, ensuring they are realistic and achievable

You must be able to:

P3 Provide body wrapping treatments by

- P3.1. **preparing the skin** using methods which are suited to the **body wrapping objectives**
- P3.2. preparing and applying the **wrapping materials** and **treatment products** efficiently in accordance with the **body wrapping treatment objectives** and manufacturers' instructions
- P3.3. ensuring the application and use of the **wrapping materials** and treatment products minimises waste and avoids soiling of the surrounding area
- P3.4. recognising contra-actions which occur during the body wrapping treatment and taking the necessary action
- P3.5. removing the **wrapping materials** and **treatment products** efficiently in accordance with the **body wrapping treatment objectives** and manufacturers' instructions
- P3.6. ensuring that the finished result is to the client's satisfaction and meets the agreed treatment plan objectives

You must be able to:

P4 Provide flotation treatments by

- P4.1. confirming the client's understanding of the flotation treatment and its objectives
- P4.2. adjusting the flotation equipment to meet the client's needs and ensure their comfort
- P4.3. recognising any contra-actions occurring during the flotation treatment and taking the necessary action
- P4.4. ensuring that the finished result is to the client's satisfaction and meets the agreed treatment plan

You must be able to:

P5 Provide aftercare advice

- P5.1. giving **advice** and recommendations accurately and constructively
- P5.2. giving your clients suitable **advice** specific to their individual needs

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Knowledge and understanding

You need to know and understand:

Organisational and legal requirements

- K1 your responsibilities under relevant health and safety legislation
- K2 your responsibilities under any local bye-laws relating to body wrapping and flotation treatments
- K3 the importance of not discriminating against clients with illnesses and disabilities and why (eg Disability Discrimination Act)
- K4 the age at which an individual is classed as a minor and how this differs nationally
- K5 the legal significance of gaining signed, informed client consent to treatment
- K6 why minors should not be given treatments without informed and signed parental or guardian consent
- K7 why it is important, when treating minors under 16 years of age, to have a parent or guardian present
- K8 manufacturers', organisational and legal requirements for waste disposal
- K9 the importance of the correct storage of client records in relation to the Data Protection Act
- K10 how to maintain accurate records of water testing for wet flotation equipment
- K11 how to complete the client records used in your organisation and the importance of and reasons for keeping records of treatments and gaining client signatures
- K12 your responsibilities under current Control of Substances Hazardous to Health (COSHH) Regulations for the correct use and storage of chemicals required for wet flotation treatments
- K13 your responsibilities and reasons for maintaining your own personal hygiene, protection and appearance according to accepted industry and organisation requirements
- K14 the organisation's requirements for client preparation
- K15 your organisation's service times for body wrapping and flotation treatments
- K16 your organisation's and manufacturers' requirements for treatment area, equipment maintenance and equipment cleaning regimes and intervals

You need to know and understand:

How to work safely and effectively when providing body wrapping and flotation treatments

- K17 the type of personal protective equipment that should be available and used by yourself (eg powder free nitrile or powder free vinyl gloves)
- K18 why it is important to use personal protective equipment
- K19 what is contact dermatitis and how to avoid developing it when carrying out body wrapping and flotation treatments
- K20 how to set up the work area for body wrapping and flotation treatments

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- K21 the necessary environmental conditions for body wrapping and flotation treatments (including lighting, heating, ventilation, sound and general comfort) and why these are important
- K22 the importance and reasons for disinfecting hands and how to do this effectively
- K23 how to position yourself and the client for body wrapping and flotation
- K24 how the position of your client and yourself can affect the desired outcome and reduce fatigue and the risk of injury
- K25 reasons for maintaining client modesty, privacy and comfort during the treatment
- K26 why it is important to maintain standards of hygiene and the principles of avoiding cross-infection
- K27 why it is important to check the client's wellbeing at regular intervals
- K28 how to give clear instructions to others

You need to know and understand:

Client consultation

- K29 why it is important to encourage and allow time for clients to ask questions
- K30 how to use effective consultation techniques when communicating with clients from different cultural and religious backgrounds, age, disabilities and gender for this treatment
- K31 how to give effective advice and recommendations to clients
- K32 those contra-indications applicable to body wrapping and flotation treatments and the courses of action to take in the event of contra-indications and why (eg thyroid imbalance, nut allergies, weeping eczema and psoriasis, circulatory disorders, any medical condition with specialist or general practitioner approval etc)
- K33 how to measure and weigh clients for slimming body wrapping treatments
- K34 how to assess body fat and fluid retention
- K35 how differing client body weight and frame impacts on flotation equipment set up and use
- K36 the importance of questioning clients to establish any contra-indications to body wrapping and flotation treatments
- K37 why it is important to record client responses to questioning
- K38 the legal significance of client questioning and recording the client's responses.
- K39 the reasons why it is important to encourage clients with suspected contra- indications to seek medical advice
- K40 the importance of and reasons for not naming specific contra-indications when encouraging clients to seek medical advice

You need to know and understand:

Anatomy and physiology

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- K41 the characteristics of different body types (eg endomorph, ectomorph and mesomorph) and conditions
- K42 the effect of exercise on muscle tone and how it can vary
- K43 the basic structure and function of skin (ie the layers of the epidermis, subcutaneous layer, the dermis, including connective tissues, nerve endings, sweat glands, sebaceous glands, capillaries and hairs)
- K44 the skin characteristics and skin types of different ethnic client groups
- K45 the structure, location and utilisation of adipose tissue
- K46 the function of the endocrine system and its relationship to weight gain and loss
- K47 the function of the excretory system
- K48 the function of the digestive system
- K49 the basic principles of healthy eating
- K50 the function of blood and the principles of circulation, blood pressure and pulse
- K51 the structure and function of the heart and arteries, veins and capillaries
- K52 how to identify erythema and its causes
- K53 the structure and function of the lymphatic system, including lymphatic vessels, nodes and lymph of the body
- K54 the principles of lymph circulation and the interaction of lymph and blood within the circulatory system
- K55 the effect of wrap and flotation treatments on the skin, circulatory, lymphatic, endocrine, excretory and digestive systems

You need to know and understand:

Body wrapping treatments

- K56 the different types of pre-heat treatment that can be used prior to body wrapping and their effects
- K57 the different types and uses of equipment and products available for body wrapping treatments
- K58 the maintenance and monitoring requirements for wrapping materials
- K59 the objectives of body wrapping
- K60 methods and products which can be used for preparing the skin prior to body wrapping treatments and their benefits
- K61 body wrapping products and materials available and their benefits and how to use them
- K62 the recommended body wrapping treatment times and the potential risks of exceeding them
- K63 the physiological and psychological effects of body wrapping treatments
- K64 the possible contra-actions which can occur during body wrapping treatments and how to deal with them

You need to know and understand:

Flotation treatments

- K65 the uses and benefits of wet flotation treatments (eg tank, bath and pool)
- K66 the uses and benefits of a dry flotation bed
- K67 how to prepare and use the equipment for wet flotation treatments

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- K68 how to prepare and use the equipment for dry flotation treatments
- K69 the manufacturers' recommended operating temperatures for flotation treatments
- K70 the maintenance and monitoring requirements for flotation equipment
- K71 the manufacturers' recommended salt concentrations and salt maintenance requirements for different sizes of wet flotation equipment
- K72 how to test and interpret results of water and chemical concentrations for wet flotation
- K73 the recommended flotation treatment times and the potential risks of exceeding them
- K74 the physiological and psychological effects of flotation treatments
- K75 the possible contra-actions which can occur during flotation treatments and how to deal with them

You need to know and understand:

Aftercare advice for clients

- K76 products for home use that will benefit the client and those to avoid and why
- K77 the contra-actions that could occur after body wrapping and flotation treatments and what advice to give to clients
- K78 the effects of changes to lifestyle patterns on health and wellbeing
- K79 the post-treatment restrictions applicable to body wrapping and flotation treatments
- K80 suitable types of follow-on treatments, their benefits and costs
- K81 the importance of water intake post treatment
- K82 the nature, duration and importance of rest periods post treatment

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Additional Information

Scope/range related to performance criteria

1. **consultation methods** include:
 - 1.1. questioning
 - 1.2. visual
 - 1.3. reference to client records
 - 1.4. measuring

2. **lifestyle pattern** includes:
 - 2.1. diet
 - 2.2. fluid intake
 - 2.3. alcohol intake
 - 2.4. exercise habits
 - 2.5. smoking habits
 - 2.6. current body skin care routine

3. **preparing the skin** by:
 - 3.1. use of exfoliation products
 - 3.2. body brushing techniques
 - 3.3. pre-heat treatments

4. **body wrapping treatments objectives** are:
 - 4.1. slimming
 - 4.2. detoxifying
 - 4.3. skin nourishing

5. **wrapping materials** include:
 - 5.1. fabric
 - 5.2. plastic
 - 5.3. foil

6. **treatment products** are:
 - 6.1. algae (eg seaweed)
 - 6.2. oils
 - 6.3. mud
 - 6.4. gels
 - 6.5. creams

7. **advice** covers:
 - 7.1. suitable aftercare products and their use
 - 7.2. the contra-actions which may occur post-treatment and how to deal with them
 - 7.3. recommendations for changes to lifestyle patterns
 - 7.4. post-treatment restrictions
 - 7.5. recommended further follow-on treatments

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7.6. post-treatment rest and relaxation advice

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