

Provide self-tanning services

Overview

This standard is about the application of a variety of self-tanning products.

To carry out this standard you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and demonstrate effective communication and consultation skills.

The main outcomes of this standard are:

1. maintain safe and effective methods of working when providing self-tanning services
2. consult, plan and prepare for self-tanning services
3. apply self-tanning products

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Performance criteria

You must be able to:

Maintain safe and effective methods of working when providing self-tanning services

1. maintain your responsibilities for health and safety throughout the service
2. prepare your client and yourself to meet legal and organisational requirements
3. position your client to meet the needs of the service
4. maintain the client's modesty and privacy at all times
5. ensure your own posture and working methods minimise fatigue and the risk of injury to yourself and others
6. ensure environmental conditions are suitable for the client and the service
7. keep your work area clean and tidy throughout service
8. use working methods that minimise the risk of cross-infection
9. ensure the use of clean equipment and materials
10. promote environmental and sustainable working practices
11. follow workplace and suppliers' or manufacturers' instructions for the safe use of equipment, materials and products
12. dispose of waste materials to meet legal requirements
13. complete the service within a commercially viable time

Consult, plan and prepare for self-tanning services

14. use **consultation techniques** to determine the client's service plan
15. ensure that informed and signed parental or guardian consent is obtained for minors prior to any service
16. ensure that parent or guardian is present throughout the treatment for minors under the age of 16
17. recognise any contra-indications and take the **necessary action**
18. agree the treatment and outcomes that meet the client's needs
19. obtain signed, informed consent from the client prior to carrying out the treatment
20. carry out a skin sensitivity test and record the results
21. select **equipment** and **products** to meet the client's needs
22. ensure that the client's skin is clean and prepared to suit the type of self-tanning product to be used

Apply self-tanning products

23. test the pressure and operation of the spray gun prior to use

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24. use **equipment** and **products** to meet the client's requirements
25. use spray tanning techniques in a controlled way and at the required distance from the body to achieve the desired effect
26. apply **products** evenly in the required sequence to achieve the desired effect
27. use techniques that minimise the risk of **products** being spread outside the treatment area and surrounding environment
28. correct any problems occurring during the application process
29. ensure that the finished result is to the client's satisfaction
30. give your client **advice and recommendations** on the service provided
31. ensure the client's records are completed and signed by you and the client

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Knowledge and understanding

You need to know and understand:

Maintain safe and effective methods of working when providing self-tanning services

1. your responsibilities for **health and safety** as defined by any specific legislation covering your job role
2. the legal and organisational requirements for client preparation
3. the type of personal protective equipment that should be worn by the therapist and the client for self-tanning services and why
4. the reasons for maintaining the client's modesty and privacy
5. safe positioning techniques for yourself and your client and why using these are important
6. the necessary environmental conditions for services such as heating and ventilation and why these are important
7. why it is important to keep your work area clean and tidy
8. methods of cleaning, disinfection and sterilisation
9. methods of working safely and hygienically and which minimise the risk of cross-infection
10. the different types of working methods that promote **environmental and sustainable working practices**
11. the hazards and risks which exist in your workplace and the safe working practices which you must follow
12. suppliers' and manufacturers' instructions for the safe use of equipment, materials and products which you must follow
13. the legal requirements for waste disposal
14. the reasons for completing a service in a commercially viable time

Consult, plan and prepare for self-tanning services

15. the importance of communicating with clients in a professional manner
16. how to complete a consultation taking into account the client's **diverse needs**
17. the legal requirements for providing treatment to minors under 16 years of age
18. the age at which an individual is classed as a minor and how this differs nationally
19. the importance of agreeing the service that meets the client's needs
20. the legal significance of gaining signed, informed client consent to carry out the service

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21. the legislative requirements for storing and protecting client data
22. how to recognise **contra-indications** that would prevent or restrict the treatment
23. the contra-indications requiring medical referral and why
24. the reasons for not naming specific contra-indications when referring clients
25. the procedure for carrying out a skin sensitivity test prior to self-tanning
26. the reasons for carrying out a skin sensitivity test prior to self-tanning and recording the results
27. how to match product selection to skin type and client preference
28. how to prepare the client's skin to suit the products and equipment being used
29. the reasons for exfoliating and moisturising the skin prior to self-tanning

Apply self-tanning products

30. the types of equipment available for spray tanning, their features and how and when to use them
31. the meaning of psi and why this is adjusted to suit the size of area and coverage required
32. the potential risks associated with the use of pressurised spray tanning equipment
33. the importance of using equipment with a pressure gauge
34. how to clean, maintain and reassemble spray tanning equipment and associated accessories
35. the types of problems that can occur with spray tanning equipment and how to correct them
36. the types of self-tanning products available and their advantages and disadvantages
37. the ingredients of tanning products, exfoliators and moisturisers
38. the effects of self-tanning products on the skin
39. the **structure of the skin**
40. the different types of skin pigmentation disorders and how they may affect the self-tan result
41. the use and effects of tanning enhancers
42. how and when to use tanning correctors
43. the reasons for providing the client with pre and post treatment advice
44. products for home use that will benefit the client and those to avoid and why
45. the post-treatment restrictions applicable to self-tanning
46. the **contra-actions** that can occur as a result of self-tanning and the advice to give to clients
47. the advice and recommendations on products and services to the client

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Scope/range related to performance criteria

- Consultation techniques**
1. questioning
 2. listening
 3. visual
 4. manual
 5. written

Necessary action

1. encouraging the client to seek medical advice
2. explaining why the treatment cannot be carried out
3. modification of treatment

Equipment

1. spray gun
2. compressor
3. buffing mitt

Products

1. tanning creams
2. tanning gels
3. spray tan liquid
4. barrier cream
5. exfoliators
6. moisturisers

Advice and recommendations

1. suitable aftercare products and their uses
2. avoidance of activities which may cause contra-actions
3. time intervals between services
4. present and future products and services

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Scope/range related to knowledge and understanding **Health and safety**

1. Health and Safety at Work Act
2. The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)
3. The Health and Safety (First Aid) Regulations
4. The Regulatory Reform (Fire Safety) Order
5. The Manual Handling Operations Regulations
6. The Control of Substances Hazardous to Health Regulations (COSHH)
7. The Electricity at Work Regulations
8. The Environmental Protection Act
9. The Management of Health and Safety at Work Regulations
10. The Health and Safety (Information for Employees) Regulations

Environmental and sustainable working practices

1. reducing waste and managing waste (recycle, reuse, safe disposal)
2. reducing energy usage (energy efficient equipment, 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 environmentally friendly product packaging
9. choosing responsible domestic products (Fairtrade tea and coffee)
10. encouraging carbon reducing journeys to work

Diverse needs

1. cultural
2. religious
3. age
4. disability
5. gender

Contra-indications which prevent

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1. severe asthma for spray tanning
2. contagious skin conditions
3. bronchial conditions for spray tanning

Contra-indications which restrict

1. insulin dependent diabetes
2. pigmentation disorders
3. sunburn
4. psoriasis
5. eczema
6. cuts and abrasions

Structure of the skin

1. layers of epidermis
2. dermis
3. subcutaneous layer
4. hair follicle
5. hair shaft
6. sebaceous gland
7. arrector pili gland
8. sweat gland
9. blood and lymph vessels
10. sensory nerve endings

Contra-actions

1. skin irritation
2. swelling
3. burning
4. itching
5. watery eyes
6. coughing
7. fainting

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Values

The following key values underpin the delivery of services in the beauty, nails and spa sectors

1. a willingness to learn
2. a flexible working attitude
3. a team worker
4. a positive attitude
5. personal and professional ethics

Behaviours

The following behaviours underpin the delivery of services in the beauty, nails and spa sectors. These behaviours ensure that clients receive a positive impression of both the organisation and the individual

1. meeting the organisation'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. treating the client courteously and helpfully at all times
5. adapting behaviour to respond effectively to different client behaviour
6. checking with the client that you have fully understood their expectations
7. responding promptly and positively to the client's questions and comments
8. recognising information that the client might find complicated and checking whether they fully understood
9. meeting both organisational and industry standards of appearance.

Skills

The following key skills underpin the delivery of services in the beauty, nails and spa sectors

1. the ability to self-manage
2. excellent verbal and non-verbal communication
3. using the most appropriate ways of communicating with a client
4. responding promptly to a client seeking assistance
5. quickly locating information that will help the client
6. providing the client with information they need about services and products offered by the organisation

Glossary**Hyperpigmentation**

Excessive colouration in comparison to the surrounding skin due to excess melanin such as age spots, freckles, stretch marks, sun tan, melasma and chloasma.

Hypopigmentation

Loss of colouration in comparison to the surrounding skin area such as leucoderma, stretch marks, scarring and vitiligo.

PSI

This is an abbreviation of pounds per square inch relating to the air pressure coming from the compressor through the spray gun onto the skin. This will be adjusted according to the coverage required and the size of the area.

Provide self-tanning services

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