

Provide body wrapping and flotation treatments

Overview

This standard is about carrying out body wrapping and flotation treatments, including preparation of the treatment room, products and equipment. Client preparation, consultation and monitoring of the treatment is also included.

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 body wrapping and flotation treatments
2. consult, plan and prepare for treatments
3. provide body wrapping treatments
4. provide flotation treatments

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Performance criteria

You must be able to:

Maintain safe and effective methods of working when providing body wrapping and flotation treatments

1. maintain your responsibilities for health and safety throughout the treatment
2. prepare your client and yourself to meet legal and organisational requirements
3. maintain your client's modesty and privacy
4. position your client to meet the needs of the treatment
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 treatment
7. keep your work area clean and tidy throughout the treatments
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 treatment within a commercially viable time

Consult, plan and prepare for treatments

14. use **consultation techniques** to determine the client's treatment plan
15. ensure that informed and signed parental or guardian consent is obtained for minors prior to any treatment
16. ensure that a 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. record your client's weight and body measurements, in accordance with the **treatment objectives**
20. give your client **advice and recommendations** on the treatment provided
21. ensure the client's records are completed and signed by you and the client

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22. apply **skin preparation** in accordance with **treatment objectives**
23. prepare and apply the wrapping materials and **treatment products** to meet the **treatment objectives**

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- 24. ensure the application and use of the wrapping materials and **treatment products** minimise waste and avoid soiling of the surrounding area
- 25. remove the wrapping materials and **treatment products**
- 26. ensure that the finished result is to the client's satisfaction and meets the agreed **treatment objectives**

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- 27. confirm the client's understanding of the flotation treatment and its objectives
- 28. adjust flotation equipment to meet the client's needs and ensure their comfort
- 29. check the client's wellbeing and ensure their comfort throughout the treatment

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Knowledge and understanding

You need to know and understand:

Maintain safe and effective methods of working when providing body wrapping and flotation treatments

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 protection and preparation
3. the legal and organisational requirements for your own personal hygiene, protection and appearance
4. the reasons for maintaining the client's modesty and privacy
5. safe positioning techniques for yourself and your client to prevent discomfort
6. the necessary environmental conditions for services such as heating, sound 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. why it is important to avoid direct and indirect cross-infection by working safely and hygienically
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 the treatment in a commercially viable time

Consult, plan and prepare for treatments

15. why it is important to communicate with clients in a professional manner
16. how to complete a consultation taking into account client's **diverse needs**
17. the legal requirements for providing treatments 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 treatment that meets the client's needs
20. the legal significance of gaining signed, informed client consent to receive the treatment

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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 necessary action to take in relation to specific contra-indications when referring clients
25. the reasons for not naming specific contra-indications when referring clients
26. how to measure and weigh clients for slimming body wrap treatments
27. how client body weight and frame can impact on flotation treatments

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28. the preparation requirements for flotation treatments
29. the different types of pre-heat treatment and their effects
30. the use and benefits of equipment and products available for body wrapping and flotation treatments
31. how to test and interpret results of water and chemical concentrations for wet flotation
32. why it is important to check the client's wellbeing at regular intervals
33. the possible contra-actions which can occur during body wrapping and flotation treatments and how to deal with them
34. the effect of body wrapping and flotation treatments on the skin, circulatory, lymphatic, endocrine, excretory and digestive systems
35. the post treatment restrictions applicable to body wrapping and flotation treatments
36. the advice to give to clients post treatment including rest and water intake
37. the **advice and recommendations** on products and service

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Scope/range related to performance criteria

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

Treatment objectives

1. slimming
2. detoxifying
3. skin nourishing

Advice and recommendations

1. suitable aftercare products and their uses
2. avoidance of activities which may cause contra-actions
3. time intervals between treatments
4. present and future products and treatments
5. post-treatment rest and relaxation advice

Skin preparation

1. use of exfoliation products
2. body brushing techniques
3. pre-heat treatments

Treatment products

1. seaweed
2. oils
3. mud
4. gels
5. creams

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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 organic and allergy free products
9. using environmentally friendly product packaging
10. choosing responsible domestic products (Fairtrade tea and coffee)
11. encouraging carbon reducing journeys to work

Contra-indications which prevent

1. contagious skin conditions
2. dysfunction of nervous system
3. recent scar tissue
4. undiagnosed lumps and swellings

Contra-indications which restrict

1. high/low blood pressure
2. cuts and abrasions

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3. sunburn

Diverse needs

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

Advice and recommendations

1. additional services
2. additional products
3. the effects of changes to lifestyle patterns on health and wellbeing

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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. explaining clearly to the client any reasons why their needs or expectations cannot be met
10. maintaining effective, hygienic and safe working methods
11. adhering to workplace, suppliers and manufacturer's instructions for the safe use of equipment, materials and products
12. 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**Body wrapping**

The body is cocooned in a blanket, electric blanket, linen wraps, sand, sheets, towels or in a Soft Pack/Dry Float treatment bed or steam cabinet machine.

Products are applied to the body and the client relaxes for 20 minutes to allow

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the products to absorb.

Dry Flotation

A complete and virtually instant relaxation treatment, where the body is cocooned in a waterproof sheet and literally dry floating, with no pressure points on the body, suspended in warm water.

Pre-heat treatments

These can include heat packs, sauna, steam, infrared, baths, paraffin wax baths and power shower are all examples of pre-heat treatments.

Wet flotation

Wet flotation is the combination of a darkened room and a shallow pool of salt or Epsom salts, to enable the body to float which induces deep relaxation.

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Developed by SkillsActive

Version Number 2

Date Approved January 2015

Indicative Review Date April 2020

Validity Current

Status Original

Originating Organisation SkillsActive

Original URN SKAS3

Relevant Occupations Beauty Therapist; Spa therapist

Suite Beauty Therapy; Spa Therapy

Keywords body wrapping; dry flotation; wet flotation; flotation treatments;
