



National Unit specification: general information

Unit title: Wellness Therapies: Facial Massage

Unit code: FR0L 12

Superclass: HK

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Source: Scottish Qualifications Authority

Version: 02

Summary

This Unit has been designed as an optional Unit in the National Certificate in Wellness Therapies at SCQF level 6, but can also be taken as a free-standing Unit.

On completion of this Unit, candidates will be able to plan and perform a face, neck and shoulder massage using Wellness massage techniques and adapt it, and the products selected and used, to suit the client's skin type and to improve level of Wellness. Candidates will be able to recognise common skin types and conditions, and factors that prevent or restrict the treatment.

Candidates will demonstrate knowledge of the structure and function of the skin, through application and selection of skin care products recognising the beneficial effects of each product, massage media and the application and performance of Wellness massage techniques. Candidates will be able to identify the client's needs, objectives for treatment, and provide aftercare advice.

Outcomes

- 1 Demonstrate knowledge of the structure and function of skin, skin types, skin conditions and beneficial effects of massage on the face.
- 2 Prepare for facial massage using Wellness massage techniques.
- 3 Carry out facial massage, using Wellness massage techniques.
- 4 Evaluate effects of treatment, provide aftercare advice and evaluate practical skills developed.

Recommended entry

While entry is at the discretion of the centre, candidates would normally be expected to have an appropriate level of skills in Communication, IT and Numeracy skills.

National Unit specification: general information (cont)

Unit title: Wellness Therapies: Facial Massage

Credit points and level

2 National Unit credit(s) at SCQF level 6: (12 SCQF credit points at SCQF level 6*)

**SCQF credit points are used to allocate credit to qualifications in the Scottish Credit and Qualifications Framework (SCQF). Each qualification in the Framework is allocated a number of SCQF credit points at an SCQF level. There are 12 SCQF levels, ranging from Access 1 to Doctorates.*

Core Skills

Opportunities to develop aspects of Core Skills are highlighted in the support notes of this Unit specification.

There is no automatic certification of Core Skills or Core Skill components in this Unit.

National Unit specification: statement of standards

Unit title: Wellness Therapies: Facial Massage

Acceptable performance in this Unit will be the satisfactory achievement of the standards set out in this part of the Unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

Outcome 1

Demonstrate knowledge of the structure and function of skin, skin types, skin conditions and beneficial effects of massage on the face.

Performance Criteria

- (a) Identify and describe the structure and function of the skin.
- (b) Identify and describe common skin types, skin conditions, skin diseases and skin disorders.
- (c) Describe the physiological and psychological beneficial effects of massage on the face.

Outcome 2

Prepare for facial massage using Wellness massage techniques.

Performance Criteria

- (a) Prepare the treatment area, self and client for treatment.
- (b) Undertake consultation techniques with client.
- (c) Identify any contra-indications and contra-actions that would prevent or restrict treatment.
- (d) Select correct products and resources for the treatment.
- (e) Prepare client for massage and cleanse and tone client's face and neck.

Outcome 3

Carry out facial massage using Wellness massage techniques.

Performance Criteria

- (a) Cleanse and tone client's face and neck.
- (b) Apply massage medium according to skin type and desired effects.
- (c) Carry out correct application of basic and specialised facial massage movements to improve Wellness.
- (d) Ensure that the skin is left free of massage medium.

National Unit specification: statement of standards (cont)

Unit title: Wellness Therapies: Facial Massage

Outcome 4

Evaluate effects of treatment, provide aftercare advice and evaluate practical skills developed.

Performance Criteria

- (a) Discuss and record effectiveness of the treatment with client.
- (b) Provide aftercare advice to client and make a record.
- (c) Identify own strengths and areas for improvement, in relation to practical skills developed.

Evidence Requirements for this Unit

Performance evidence and written/oral recorded evidence which covers all the Outcomes and Performance Criteria is required for this Unit.

Outcome 1

Structured questions will be carried out in closed-book controlled assessment conditions. Evidence will be in form of:

- ◆ one labelled diagram on the structure of the skin
- ◆ 15 structured questions to cover the content provided below, minimum of three for each bullet point

Candidates must demonstrate their knowledge of:

- ◆ structure of the skin — layers of the epidermis, structures within the dermis — hair follicle and shaft, arrector pili muscles, sebaceous gland, sudoriferous gland, sensory nerve endings, blood and lymph vessels, dermal papilla and the subcutaneous layer
- ◆ functions of the skin — sensation, heat regulation, absorption, protection, elimination and secretion
- ◆ skin types — dry, normal, oily and combination
- ◆ skin conditions — dehydrated, mature, sensitive, comedones, milia, papules, pustules and dilated capillaries
- ◆ skin diseases and infections — scabies, ringworm, impetigo and herpes simplex, and skin disorders — dermatitis, psoriasis, eczema, acne vulgaris and acne rosacea
- ◆ physiological and psychological effects of massage

National Unit specification: statement of standards (cont)

Unit title: Wellness Therapies: Facial Massage

Outcome 2

Evidence is recorded using assessor observation checklist.

Candidates will be required to demonstrate by practical activity on a minimum of **three** occasions on three different clients that they will be able to:

- ◆ present a clean, hygienic and professional personal appearance — personal hygiene, dress code, personal conduct and effective hand washing
- ◆ follow current health and safety legislation, following professional recommendations and organisational requirements
- ◆ consult with client and record desired outcomes on record card
- ◆ identify any contra-indications and contra-actions of the treatment
- ◆ prepare client for treatment, protect clothing and hair, and remove any accessories
- ◆ select correct products according to skin type and condition
- ◆ cleanse and tone client's face and neck

Outcome 3

Assessed by assessor observation checklist.

Candidates will be required to demonstrate by practical activity on a minimum of **three** occasions on three different clients that they will be able to:

- ◆ apply massage medium recognising the beneficial effects of each product according to skin type and condition, and desired outcome
- ◆ cleanse, tone face and neck
- ◆ carry out basic massage movements to help improve skin condition, aid relaxation and encourage psychological uplift as appropriate effleurage, petrissage, percussion, vibrations
- ◆ carry out specialised massage movements, to help lymphatic drainage and aid relaxation through pressure point techniques, lymphatic drainage and pressure point
- ◆ carry out massage using correct pressure, speed, direction and rhythm of each massage movement, to achieve desired outcome
- ◆ carry out massage in agreed time and using agreed establishment procedure, to achieve desired result
- ◆ ensure the skin is left free of massage medium

National Unit specification: statement of standards (cont)

Unit title: Wellness Therapies: Facial Massage

Outcome 4

Candidates will be required to complete evaluation records, on a minimum of three occasions on three different clients that they will be able to:

- ◆ seek client's comments on completion of treatment on record card
- ◆ provide aftercare advice to the client and record
- ◆ identify own skills and abilities

Performance evidence for Outcomes 2, 3 and 4 must be gathered on the same assessment occasions in a realistic time.

Performance evidence must be demonstrated on **three different** clients, each practical performance covering a **different condition**. The specified conditions are relaxation, uplift and improvement of skin condition.

Massage techniques including effleurage, petrissage, percussion, vibrations, lymphatic drainage and pressure point techniques must be demonstrated over the three specified conditions as appropriate with awareness shown that all techniques may not be applicable for all clients.

An assessor observation checklist, completed candidate evaluation and client record which accurately records aims and objectives of the treatment, massage techniques, skin type and condition, massage medium used recognising the beneficial effects of each product and relevant aftercare advice must be used to provide evidence for Outcomes 2, 3 and 4.

Candidates will complete evaluation records to identify their strengths and weaknesses on the practical skills contained in this Unit and get feedback from their teacher/lecturer. They will then, on reflection, identify areas which could be improved and so go on to support self development.

National Unit specification: support notes

Unit title: Wellness Therapies: Facial Massage

This part of the Unit specification is offered as guidance. The support notes are not mandatory.

While the exact time allocated to this Unit is at the discretion of the centre, the notional design length is 40 hours.

Guidance on the content and context for this Unit

Candidates will learn about the structure and functions of the skin, skin types and conditions, skin diseases and factors preventing treatments taking place. They will also learn about the physiological and psychological effects of massage.

Candidates will learn how to present themselves in a hygienic and professional manner, and prepare the working environment following current health and safety legislation. They will learn how to prepare the client, use consultation techniques and the correct products and resources to perform a facial massage using Wellness massage techniques. They will learn an agreed massage routine that incorporates classical and specialised massage movements, with lymphatic drainage and pressure point techniques, to achieve an effective facial massage. They will be able to select the massage medium to suit the client's skin type, skin condition and desired outcome, through recognising the beneficial effects of each product. The candidates will learn how to complete the treatment and provide aftercare to the client.

Practical treatments must be carried out on clients.

It is essential that relevant aspects of current health and safety legislation are explained and adhered to as part of the work of this Unit.

- ◆ skin — layers of the epidermis, structures within the dermis — hair follicle and shaft, arrector pili muscles, sebaceous gland, sudoriferous gland, sensory nerve endings, blood and lymph vessels, dermal papilla and the subcutaneous layer
- ◆ functions of the skin — sensation, heat regulation, absorption, protection, elimination and secretion
- ◆ skin types — dry, normal, oily and combination
- ◆ skin conditions — dehydrated, mature, sensitive, comedones, milia, papules, pustules and dilated capillaries
- ◆ factors which would prevent treatment taking place — skin diseases and infections (eg scabies, ringworm, impetigo and herpes simplex), skin disorders (eg dermatitis, psoriasis, eczema, acne vulgaris and acne rosacea) and anything that would cause discomfort to the client
- ◆ hygiene procedures
- ◆ working safely in the salon
- ◆ prevention of infection
- ◆ beneficial effects of massage on the skin — effleurage, petrissage, percussion, vibrations, lymphatic drainage and pressure points and their related effects to include — psychological uplift, relaxation and stress relief, promotion of physical relaxation, improvement of general circulation of blood and lymphatic flow, soothing of sensory nerve endings, increase of joint mobility, reduction of muscular tension and improvement in skin condition

National Unit specification: support notes (cont)

Unit title: Wellness Therapies: Facial Massage

- ◆ conditions of work, eg dress code, professional appearance, personal conduct
- ◆ resources required for facial massage
- ◆ recognise the beneficial effects of each product used
- ◆ knowledge of and the importance of adhering to the requirements of appropriate current legislation and where to find further information on:
 - Health and Safety at Work Act
 - Control of Substances Hazardous to Health (COSHH) Regulations
 - Personal Protective Equipment (PPE) at Work Regulations
 - Data Protection Act
- ◆ organisational requirements relating to working environment, storage of products, and minimising and correct disposal of waste
- ◆ client preparation and the importance of skin analysis
- ◆ product knowledge — range of massage media, considering the effects of their active ingredients, such as pre-blended essential oils
- ◆ agreed establishment procedure for facial massage using Wellness massage techniques of classical and specialised massage movements, with lymphatic drainage and pressure point techniques
- ◆ consultation and effective communication with clients and colleagues

Guidance on learning and teaching approaches for this Unit

There should be an introduction to the Unit which allows the candidates to understand fully what is required and the approaches which will be adopted.

The main approach to learning in this Unit should be experiential, practical and candidate-centred. Candidates should have the opportunity to learn and develop practical skills in a salon environment where they will experience a realistic workplace environment and learn to work with others.

Due to the practical nature of this Unit, each part of the learning and teaching should incorporate both theory and practical, to facilitate learning. Candidates will therefore understand the relevance of the knowledge and understanding more easily as they experience the practical application. The learning and teaching should arise naturally throughout the practical activity.

Practical demonstration followed by supported role play, initially with peers, will enable candidates to practice and gain confidence before progressing to work on clients. The emphasis should be placed on working professionally and safely in the realistic salon environment. Formative work throughout, with constructive feedback, will enhance and support the candidates' performance.

Candidates should be shown and allowed to practice consultation techniques with possible problem scenarios explored with questioning, observation and tactile techniques to analyse the skin thoroughly.

National Unit specification: support notes (cont)

Unit title: Wellness Therapies: Facial Massage

Candidates should be shown how to prepare the client appropriately for the treatment, ensuring client comfort and protection. Emphasis should be placed on the correct choice of suitable products for the skin type and condition, and the desired outcome of treatment. Salon product range and cost effective use of products should be discussed and the candidates should understand the range of massage media recognising the beneficial effects of each product.

Candidates should learn the classical massage movements of effleurage, petrissage, friction, percussion and vibration techniques and when to use these effectively to meet the clients' needs. They should also learn the specialised massage movements of lymphatic drainage and pressure point techniques and use these effectively to meet the clients' needs. The observation and monitoring of the client should take place throughout to ensure client comfort and detect possible contra-actions during or after the treatment.

Candidates should receive a clear explanation of the term holistic and set this into the context of a facial massage using Wellness massage techniques. The products used for the treatment should reflect a holistic approach, so that the candidates can appreciate the beneficial physical and psychological effects of the treatment

Candidates should be able to give relevant aftercare and homecare advice to the client.

Achievement of this Unit will be dependent on candidates being able to carry out practical activities either in a realistic working environment or real workplace, which involves working on a variety of clients, working with others and so, developing good working practice.

Guidance on approaches to assessment for this Unit

The Evidence Requirements are fully expressed in the mandatory section of this Unit specification.

Evidence should be gathered at appropriate points throughout the Unit. The evidence for Outcome 1 will be achieved through completion of structured questions carried out in closed-book conditions.

There are good opportunities for formative assessment in this Unit, including self and client assessment and for collecting feedback from the teacher/lecturer.

The evidence for Outcomes 2 and 3 should be gathered through assessor observation of practical activities, provision of feedback from client and teacher/lecturer and supported by assessor observation checklist and if required oral questions.

Outcome 4 evidence should take the form of an evaluation record on treatments carried out.

National Unit specification: support notes (cont)

Unit title: Wellness Therapies: Facial Massage

Opportunities for the use of e-assessment

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by Information and Communication Technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

Opportunities for developing Core Skills

In this Unit candidates will develop skills in performing face, neck and shoulder massage using Wellness massage techniques and adapting it, and the products selected and used, to suit the client's skin type and to improve level of Wellness.

Candidates will:

- ◆ discuss clients' different needs and expectations
- ◆ decide which treatments are most suitable
- ◆ prepare the treatment area in accordance with current legislative requirements relating to treatment area, storage and disposal of materials
- ◆ prepare client for the required treatment
- ◆ carry out treatment complying with current legislative requirements
- ◆ evaluate the effectiveness of treatment through discussion with client
- ◆ advise client of relevant aftercare
- ◆ complete client records

This Unit has the Problem Solving component of Critical Thinking embedded in it, so when candidates achieve this Unit their Core Skills profile will be updated to show they have achieved Critical Thinking at SCQF level 6. In addition, as candidates are doing this Unit they will be developing aspects of the Core Skills in Communication and Working with Others.

Disabled candidates and/or those with additional support needs

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering whether any reasonable adjustments may be required. Further advice can be found on our website www.sqa.org.uk/assessmentarrangements

History of changes to Unit

| Version | Description of change | Date |
|---------|---|------------|
| 02 | Core Skills Component Critical Thinking at SCQF level 6 embedded. | 08/08/2011 |
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