

SQA Advanced Unit Specification

General information

Unit title:	Beauty Therapy: Facial Therapy Treatments
Unit code:	J7V1 47
Superclass:	HL
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Version:	01

Unit purpose

This unit is designed to enable learners to gain underpinning knowledge of and develop practical skills required to perform individual client consultations, devise facial therapy treatment plans, provide homecare, after care and retail recommendations and evaluate the effectiveness of the facial therapy treatment. This unit is suitable for learners who have no prior knowledge of performing facial therapy treatments.

Outcomes

On successful completion of the unit, the learner will be able to:

1. consult with the client to plan facial therapy treatments.
2. prepare and perform facial therapy treatments.
3. evaluate the effectiveness of the facial therapy treatments.

Credit points and level

2 SQA unit credits at SCQF level 7: (16 SCQF credit points at SCQF level 7).

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Recommended entry to the unit

Access to this unit is at the discretion of the centre.

Core Skills

Achievement of this unit gives automatic certification of the following:

Complete Core Skill	Problem Solving at SCQF level 5
Core Skill component	None

Opportunities to develop aspects of Core Skills are highlighted in the Support Notes for this unit specification.

Context for delivery

If this unit is delivered as part of a group award, it is recommended that it should be taught and assessed within the subject area of the group award to which it contributes.

Equality and inclusion

This unit specification has been designed to ensure that there are no unnecessary barriers to learning or assessment. The individual needs of learners should be taken into account when planning learning experiences, selecting assessment methods, or considering alternative evidence.

Further advice can be found on our website www.sqa.org.uk/assessmentarrangements.

Statement of standards

Unit title: Beauty Therapy: Facial Therapy Treatments

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.

Where evidence for outcomes is assessed on a sample basis, the whole of the content listed in the knowledge and/or skills section must be taught and available for assessment. Learners should not know in advance the items on which they will be assessed and different items should be sampled on each assessment occasion.

Outcome 1

Consult with the client to plan facial therapy treatments.

Knowledge and/or skills

- ◆ consultation techniques
- ◆ communication skills
- ◆ lifestyle, occupation, age, medical history, physical and emotional condition
- ◆ contraindications and special care
- ◆ skin types, tones, ethnicity, conditions and skin disorders
- ◆ intrinsic and extrinsic ageing
- ◆ effects and benefits of facial therapy products
- ◆ the ability to explain the processes and effects of the chosen facial treatment
- ◆ treatment aims/plan and treatment compatibility
- ◆ physical and psychological effects of the treatment
- ◆ recording of the facial therapy plan

Outcome 2

Prepare and perform facial therapy treatments.

Knowledge and/or skills

- ◆ preparation of the treatment environment
- ◆ health and safety legislation
- ◆ client preparation
- ◆ therapist posture methods used should relate to the original treatment plan
- ◆ treatment performance — cleanse, tone, moisturise
- ◆ skin analysis — skin tone, texture and skin ethnicity
- ◆ skin type, skin condition, skin disorders
- ◆ exfoliation types
- ◆ preheat treatments
- ◆ extraction

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- ◆ facial, décolletage and scalp massage and mask therapy benefits
- ◆ cosmetic science (humectants, emollients, emulsifiers, polypeptides, fats, oils, waxes)
- ◆ name and position of lymph nodes relative to facial therapy treatments
- ◆ contra actions and adverse reactions
- ◆ timing and sequence
- ◆ effective use of products/treatments homecare and aftercare advice
- ◆ retailing recommendations: skin care/homecare routine
- ◆ information for future treatments

Outcome 3

Evaluate the effectiveness of the facial therapy treatments.

Knowledge and/or skills

- ◆ observation of results
- ◆ client feedback
- ◆ assessor feedback
- ◆ self-reflections on performance
- ◆ treatment success related to stated aims
- ◆ effects and benefits of treatment (physical and psychological effects of the treatment)
- ◆ treatment plan amendments

Evidence requirements for this unit

Aspects of the assessment of outcomes 1, 2 and 3 of this unit can be assessed holistically.

Learners will need to provide evidence to demonstrate their knowledge and/or skills across all outcomes:

Outcome 1 — Practical activity and written paper

The consultation should be matched to the performance activity of outcomes 2 and 3.

- ◆ consult with the client to plan facial therapy treatments:
 - carry out client consultation and develop appropriate treatment plans for three facial therapy treatments
 - the client's lifestyle, occupation, age and medical history and physical and emotional condition should be recorded
 - clearly identify the purpose and limitations of each of the treatment taking into account the contraindications to treatment

Observation checklists will be used to record evidence of learners carrying out consultation with clients for the three treatments.

Written questions will be required to generate the evidence the learner has to demonstrate and show their knowledge and understanding of:

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- ◆ knowledge of contraindications, including why specific conditions are contraindicated. (viral/bacterial, parasitic, fungal infections, cuts and abrasions, bruising, recent fracture, operations and scars. Sunburn, severe eczema, severe psoriasis, eye infections, herpes simplex, clients undergoing medical treatments).
- ◆ special care is required for clients with epilepsy, diabetes, pregnancy, claustrophobic clients, clients who have received Botox or fillers.
- ◆ skin type characteristics (normal, dry, oily and combination) and skin condition (sensitive, mature, dehydrated, sun damaged).
- ◆ skin disorders (acne, acne rosacea, seborrhoea, eczema, psoriasis, comedones, milia, papules, pustules, boils, carbuncles, open pores, hyper/hypo pigmentation).
- ◆ skin ethnicity.
- ◆ intrinsic and extrinsic ageing (Internal and external factors contributing to skin conditions).
- ◆ the types of facial therapy treatments plans and their effects benefits (physical and psychological effects of the treatment).

The learner will be presented with short and extended response questions, it will be closed-book and completed in 90 minutes.

Outcome 2 — Practical activity

- ◆ prepare the treatment area adequately and correctly taking into account the health and safety legislation directly related to the individual treatments.
- ◆ sterilisation/sanitisation of tools, equipment and resources (UV cabinet, autoclave, chemical immersion, hot bead steriliser).
- ◆ take account of client comfort and safe working heights/positioning while giving clear instruction to the client throughout the preparatory stages.
- ◆ be appropriately attired in accordance with industry and establishment dress code.
- ◆ carry out the treatment chosen for the client safely and within appropriate time constraints.
- ◆ types of facials will be tailor made from the following descriptions — **calming, deep cleansing, nourishing and anti-ageing** (this will include the same description mask along with the aid of the most suitable preheat and exfoliator and facial massage. (optional extraction of comedones or milia).
- ◆ cleanse (including eye and lip cleanse, deep cleanse, tone, moisturise and serums (eyes, neck and face).
- ◆ skin analysis (the aid of a magnifying lamp should be used) — facial mapping, skin tone, skin disorders, texture and skin ethnicity, skin condition (sensitive, mature, dehydrated, sun damaged).
- ◆ skin type (normal, dry, oily and combination) - the three assessments should be over three different skin types.
- ◆ exfoliation (physical and cosmetic).
- ◆ preheat treatment (steam, hot towel, warm oil).
- ◆ extraction of comedones and milia.
- ◆ massage to include facial, décolletage and scalp massage (petrissage and tapotement, facial acupressure points) using oil and or cream.
- ◆ mask therapy (basic and specialised):
— calming, deep cleansing, nourishing and anti-ageing), three different masks should be chosen for assessment.
- ◆ apply the treatments and products according to the manufacturers' instructions.
- ◆ identification of adverse reactions and problem solving/treatment management.

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- ◆ maintain comfort of the client for the duration of the process.
- ◆ record the treatment and allow an opportunity for client feedback to ensure success of the treatment.
- ◆ give clear aftercare advice to the client in relation to the products applied or the treatments given (refrain for 24 hours from wearing makeup; avoid direct heat, sauna, and hot baths; and avoid UV exposure).
- ◆ give clear homecare advice to the client to use a daily SPF, eat a healthy balanced diet, drink at least 6–8 glasses of water a day, avoid smoking, follow a daily skin care regime (educate the client on the most suitable skincare for their skin care requirements and retail products where required), prescribe a treatment return plan and any maintenance the client should do in between treatments (exfoliation and masks). The client's lifestyle, occupation, age, medical history, physical and emotional condition should also be taken into account when providing advice.

Observation checklists will be used to record evidence of learners preparing the treatment area, client and self for the three treatments, delivery of aftercare/homecare advice to clients for the three chosen treatments.

This outcome can be assessed holistically with all other outcomes.

Record cards can be used for further evidence.

Outcome 3 — Evaluation

Learners will need to provide evidence to demonstrate their skills and/or knowledge by showing that they can:

- ◆ record client feedback
- ◆ self-reflect on performance and assessor feedback

The evaluation should include the observation of results, treatment success related to stated aims, the benefits and effects of treatment (physical and psychological effects of the treatment), and any amendments to the treatment plan.

The ability to follow the time sequence to meet the industry needs.

Support notes

Unit title: Beauty Therapy: Facial Therapy Treatments

Unit support notes are offered as guidance and are not mandatory.

While the exact time allocated to this unit is at the discretion of the centre, the notional design length is 80 hours.

Guidance on the content and context for this unit

This unit is optional in the framework for the SQA Advanced Certificate/Diploma in Beauty Therapy. This unit is primarily designed to give learners the up-to-date skills required for industry. Learners will be expected to work with a variety of clients, in a realistic working environment, for the three facial therapy treatments. Treatments must be chosen in regard to client's skin type and skin care requirements. This will enable learners who are qualifying to have the relevant skills required for employment. The unit should also encourage learners to evaluate the effectiveness of the treatments applied and that the appropriate aftercare, homecare and tailor made retail recommendations is given to ensure that there are no contra actions to the treatments.

Outcome 1 looks at the consultation process where the learner will be assessing the client's suitability for the treatment chosen and shall give a clear explanation of the treatment. learner should display knowledge of the contraindications and possible contra actions to specific treatments. Learner should interact with the clients in a sensitive and empathic manner in line with normal industry conditions. The client's lifestyle, occupation, age, medical history, physical and emotional condition should be recorded.

Written questions will be required to generate the evidence the learner has to demonstrate and show their knowledge and understanding contraindications, including why specific conditions are contraindicated. Special care is required for clients with epilepsy, diabetes, pregnancy, claustrophobic clients, clients who have received Botox or fillers (within one week of client receiving Botox or fillers) Identification of adverse reactions (watery eyes, excessive erythema, itchy, irritated skin) and problem solving/treatment management. Skin types, ethnicity and skin conditions Intrinsic and extrinsic ageing (Intrinsic and external factors contributing to skin conditions). The types of: facial therapy treatments and benefits of the chosen product.

Outcome 2: learners will be required to demonstrate aspects of health and safety legislation related to treatment environment. Learners are prepared for treatments, in terms of personal hygiene and appearance, preparing and positioning the client appropriate for treatments. Learners will perform different facial therapy treatments — safely and methodically, effectively and correctly sequenced and timed, following manufacturers' instructions. The learner needs to demonstrate client care throughout.

Treatment performance — cleansers (cream, milk, foam/facial wash, wipes), toners (spritz, astringent, alcohol based), moisturisers (cream, milk, oil based).

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Skin analysis — facial mapping, skin tone (fair, medium, dark), texture (smooth, flaky, uneven) and skin ethnicity (Caucasian, Asian, African) the aid of a magnifying lamp should be used.

Skin type — (normal, dry, oily and combination)

Skin condition — (sensitive, mature, dehydrated, sun damaged)

Skin disorders — (acne, acne rosacea, seborrhoea, eczema, psoriasis, comedones, milia, papules, pustules, boils, carbuncles, open pores)

Exfoliation (cosmetic, physical), Preheat treatment; steam, hot towel, warm oil, extraction — comedone/milia removal. Massage — facial, décolletage and scalp massage (effleurage, petrissage and tapotement, facial acupressure points) using oil and or cream. The benefits of massage 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. Mask therapy applied **neatly** with a mask brush unless application is product specific (basic and specialised) masks — calming , deep cleansing, nourishing and anti-ageing). Methods for removing the mask should be explored to ensure there are no residue is left over. Eye, neck products and serums to finish .

This unit is part of the SQA Advanced Beauty Therapy group award and should be completed in conjunction with *Beauty therapy: Applied Anatomy and Physiology*. The tutor should encourage the knowledge of the skin structure and function, muscles of the head neck and shoulder, blood and lymphatic circulation and name and position of lymph nodes relative to facial therapy treatments. The product range used should be described, linking the benefits of ingredients of cosmetic science (humectants, emollients, emulsifiers, polypeptides, fats, oils, waxes).

The learner will provide advice on home and aftercare and retail recommendations. Aftercare will consist of — please refrain from the following for 24 hours: wearing makeup, direct heat, sauna, hot baths, UV exposure. Homecare advice will consist of — use a daily SPF, eat healthy balanced diet, drink at least 6–8 glasses of water a day, avoid smoking, follow a daily skin care regime (educate the client on the most suitable skincare for their skin care requirements and retail products where required), prescribe a treatment return plan and any maintenance the client should do in between treatments (exfoliation and masks).

The client's feedback should be obtained and the learner should record the treatment outcomes and confirm future treatment plans.

Outcome 3 — Evaluate the effectiveness of the facial therapy treatments.

The learner will evaluate the treatment. The evaluation will consider the effectiveness of the treatment (physical and psychological effects of the treatment) and take into account the assessor and the client feedback.

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Guidance on approaches to the delivery of this unit

Evidence can be generated using different types of assessment. The following are suggestions only.

Centres are reminded that prior verification of centre-devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferrable to work or further and higher education.

It is recommended that an induction to the unit be given enabling the learner to understand fully what is required and the approaches which will be adopted. A learner centred, participative and practical approach should be encouraged throughout.

Due to the practical nature of the unit, each aspect of learning and teaching should incorporate both theory and practice, to facilitate learning. Learners will therefore more easily understand the relevance of the content as they experience the practical application.

Learners should be given practical demonstrations of facial therapy treatments. Learners should then practice these with peers to gain experience and confidence before progressing to working with clients. Formative work throughout will enhance performance.

Emphasis should be placed on effective communication during consultation to gather all the required information and develop treatment/maintenance plans. Troubleshooting techniques should be used, where necessary, to meet the needs of the individual client. The learner should be encouraged to develop good working practices which adhere to both organisational and national health and safety policies and procedures, enhancing their employability skills profile.

It is important that learners receive regular constructive feedback on their progress with any action areas clearly articulated and understood.

Tutorials should be given to cover theoretical aspects of the unit. The learner will complete a written paper with short and extended response questions, it will be closed-book and completed in 90 minutes.

Achievement of this unit will be dependent on the learner being able to demonstrate knowledge, carry out three facial therapy treatments and successfully complete the written paper.

The unit, therefore, should incorporate a variety of approaches to learning and teaching, including:

- ◆ tutorials supported by handouts
- ◆ demonstration
- ◆ group work and discussion
- ◆ practical activities

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Guidance on approaches to assessment of this unit

Evidence can be generated using different types of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

The evidence requirements are fully expressed in the mandatory section of this unit specification.

Evidence can be generated using different types of assessment. The following are suggestions only. There may be other methods that would be more suitable to learners.

Centres are reminded that prior verification of centre-devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferable to work or further and higher education.

The practical elements of the unit can be assessed holistically. Practical demonstrations are required for three facial therapy treatments. Learners will be observed:

- ◆ consulting with the client and prescribing facial therapy treatments
- ◆ preparing and performing facial therapy treatments
- ◆ evaluating the effectiveness of the facial therapy treatments

The learner will complete a written paper with short and extended response questions, it will be closed-book and completed in 90 minutes.

Centres are reminded that prior verification of centre-devised assessments would help to ensure that the national standard is being met. Where learners experience a range of assessment methods, this helps them to develop different skills that should be transferable to work or further and higher education.

Opportunities for 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, such as e-testing or the use of e-portfolios or social software. Centres wishing to use e-assessment must ensure that the national standard is applied to all learner evidence and that conditions of assessment — as specified in the evidence requirements — are met, regardless of the mode of gathering evidence. The most up-to-date guidance on the use of e-assessment to support SQA's qualifications is available at: www.sqa.org.uk/e-assessment.

Opportunities for developing Core and other essential skills

This unit has the Core Skill of Problem Solving embedded in it. This means that when learners achieve the unit, their Core Skills profile will also be updated to show they have achieved Problem Solving at SCQF level 5.

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The aspects of *Problem Solving* will be naturally developed as the facial therapy treatments is planned and safely undertaken. In planning the treatment learners will identify and analyse a range of factors including suitable products, equipment and techniques to ensure the treatment meets the needs of each individual client. The treatment experience must ensure client comfort and safety. Taking account of timing sequence and duration will require good planning and organisational skills. Compliance with health and safety legislation is integral to achievement. Analytical evaluation of the effectiveness of treatments in relation to identified aims could be enhanced by formative group discussion.

Communication skills are not formally assessed; however learners will be expected to present oral and written communication to an acceptable professional standard. Skills in accessing and analysing information on facial therapy treatments effects and techniques should be developed to provide underpinning knowledge on professional issues and resources. Evaluation of information accessed should be encouraged in order to assure that information is accurate and current.

Oral communication skills will be developed in practical work with clients where interaction must be professional, sensitive and empathic. Communicating appropriate information to clients, explaining and reassuring during treatment sessions and giving aftercare advice and specific relevant lifestyle advice will be an essential aspect of competence. Learners should be fully aware of a range of active listening techniques in order to relate and respond to others in the most appropriate and effective way, adapting language, and approach to suit their purpose and clientele.

History of changes to unit

Version	Description of change	Date

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SQA acknowledges the valuable contribution that Scotland's colleges have made to the development of SQA Advanced Qualifications.

Further information

Call SQA's Customer Contact Centre on 44 (0) 141 500 5030 or 0345 279 1000. Alternatively, complete our [Centre Feedback Form](#).

General information for learners

Unit title: Beauty Therapy: Facial Therapy Treatments

This section will help you to decide whether this is the unit for you by explaining: what the unit is about; what you should know or be able to do before you start; what you will need to do during the unit; and opportunities for further learning and employment.

This unit is designed to enable you to gain underpinning knowledge of and develop practical skills required to perform individual client consultations, devise facial therapy treatment plans, provide homecare, after care and retail recommendations and evaluate the effectiveness of the facial therapy treatment. No prior knowledge of performing facial therapy treatments is necessary.

This unit is designed to prepare you with the up-to-date skills for industry. As a result, you will be expected to work with a variety of clients for the three treatments working in a realistic working environment.

The practical elements of the unit can be assessed together.

You will be observed by your assessor on three facial therapy treatments.

In order to complete this unit successfully, you will be required to achieve a satisfactory level of competence in all three treatments.

Evidence for this unit should be generated through practical demonstrations and closed-book written assessment.

- ◆ benefits and procedures
- ◆ treatment strategy
- ◆ contraindications
- ◆ disorders
- ◆ range of facial therapy treatments
- ◆ professionalism and sensitivity
- ◆ preparation
- ◆ sterilisation
- ◆ personal presentation
- ◆ client care
- ◆ practical treatments
- ◆ safe practice
- ◆ evaluation
- ◆ record cards
- ◆ aftercare/homecare, retail recommendations

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Delivery will be in the form of practical demonstrations with you practicing the skills required to achieve the competence on each other, or models. In addition for the practical performance aspects you will receive course notes and lectures relating to the theoretical aspect of:

This unit has the Core Skill of Problem Solving embedded in it, so when you achieve this unit your Core Skills profile will be updated to show that you have achieved Problem Solving at SCQF level 5