

## Provide cosmetic skin peel treatments

### Overview

This standard is about using legally available superficial cosmetic skin peel **products\*** and techniques to rejuvenate skin condition. It covers the skills involved in providing a thorough consultation to establish the client's suitability for treatment and the formulation of a specific treatment plan tailored to suit individual client's needs. The ability to provide relevant aftercare advice is also required.

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 cosmetic skin peel treatments
2. consult, plan and prepare for treatments
3. carry out cosmetic skin peel treatments

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## Performance criteria

You must be able to: **Maintain safe and effective methods of working when providing cosmetic skin peel treatments**

1. maintain your responsibilities for health and safety throughout the treatment
2. prepare and protect your client and yourself to meet legal and organisational requirements
3. maintain your client's modesty and privacy at all times
4. position your client to meet the needs of the treatment without causing them discomfort
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. use working methods that minimise the risk of cross-infection
8. ensure the use of clean equipment and materials
9. promote environmental and sustainable working practices
10. follow workplace and suppliers' or manufacturers' instructions for the safe use of equipment, materials and products
11. dispose of waste materials to meet legal requirements
12. complete the treatment within a commercially viable time

### Consult, plan and prepare for treatments

13. use **consultation techniques** to determine the client's treatment plan
14. refuse cosmetic skin peel treatments for people under the age of 18
15. recognise any contra-indications and take the necessary action
16. identify the client's medical history, skin classification, skin condition and sensitivity
17. take pre-treatment photographs of the areas to be treated following organisational procedures
18. explain the physical sensation of the treatment and the appearance of the skin post-treatment, to the client
19. carry out a skin sensitivity test on the client, prior to the treatment and record the results
20. identify the client's needs, expectations and treatment objectives, and agree with the client
21. obtain signed, informed consent from the client prior to carrying out the treatment
22. select equipment and products to match the treatment objectives for the cosmetic skin peel treatment

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### **Carry out cosmetic skin peel treatments**

23. ensure the **areas to be treated** are clean, oil free and dry
24. work systematically to ensure even coverage of skin peel products in the **areas to be treated**
25. adjust the duration and intensity of the **cosmetic skin peel treatment** to suit the client's **skin type and skin condition**
26. monitor the client's skin reaction and client response and discontinue treatment if adverse reactions occur
27. remove the cosmetic skin peel product and apply a skin neutraliser, after the required time
28. apply a sun protection product to the treated area
29. take post-treatment photographs of the treated area following organisational procedures
30. give your client **advice and recommendations** on the treatment 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 cosmetic skin peel treatments

1. your responsibilities for **health and safety** as defined by any specific legislation covering your job role
2. the responsibilities under local authority licensing regulations for yourself and your premises, where applicable
3. the importance of checking the legality of the products against current EU Cosmetic Regulations and how to gain verification of legality
4. the reasons for checking current insurance guidelines for the delivery of cosmetic skin peel treatments
5. the legal and organisational requirements for client protection and preparation
6. the importance of personal hygiene, protection and presentation in maintaining health and safety in your workplace
7. why it is important to maintain client's modesty and privacy
8. how the position of your client and yourself can affect the desired outcome and reduce fatigue and the risk of injury
9. the necessary environmental conditions for treatments such as heating and ventilation and why these are important
10. methods of cleaning, disinfection and sterilisation
11. why it is important to avoid direct and indirect cross-infection by working safely and hygienically
12. the hazards and risks associated with the delivery of cosmetic skin peel treatments and how these can be minimised
13. the different types of working methods that promote **environmental and sustainable working practices**
14. suppliers' and manufacturers' instructions for the safe use of equipment, materials and products which you must follow
15. the legal requirements for waste disposal
16. the reasons for completing the service in a commercially viable time

### Consult, plan and prepare for treatments

17. the importance of communicating with clients in a professional manner
18. how to complete a consultation taking into account client's **diverse needs**
19. the reasons why cosmetic skin peel treatments should not be carried out on

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clients under the 18 years of age

20. the importance of agreeing the treatment that meets the client's needs
21. the legal significance of gaining signed, informed client consent to carry out the treatment
22. the legislative requirements for storing and protecting client data
23. how to recognise **contra-indications** that would prevent or restrict the treatment
24. the **contra-indications** requiring medical referral and why
25. the necessary action to take in relation to specific contra-indications when referring clients
26. the importance of and reasons for not naming specific contra-indications when referring clients
27. how to prepare **consultation records**
28. the reasons for considering the client's previous skin treatment history, sun exposure, scarring and medical history prior to any treatment
29. how to assess skin type and condition
30. the use of the Fitzpatrick classification scale in order to determine the outcome of the cosmetic skin peel treatments and avoid post-inflammatory hyperpigmentation
31. the preparation of equipment and products for cosmetic skin peel treatments
32. how to describe the physical sensation and post-treatment appearance to the client
33. how pain threshold and sensitivity varies from client to client
34. the procedure for carrying out a skin sensitivity test prior to skin peel treatments
35. the reasons for carrying out a skin sensitivity test and recording the results
36. the type of pre-treatment advice that should be given to clients classification to optimise results and why this needs to be relevant to their skin type and Fitzpatrick scale

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37. the reasons for cleansing the skin prior to treatment
38. the reasons for protecting areas such as eyes, nostrils and lips with suitable barrier products when carrying out chemical peels
39. how to select, use and adapt the use of cosmetic skin peel agents to suit different skin types and conditions, the Fitzpatrick classification scale and different treatment objectives
40. the benefits and effects of cosmetic skin peeling

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- 41. the pH scale and its relevance on skin sensitivity
- 42. the action of acids and alkalines and their concentrations on the skin
- 43. the classification of Alpha Hydroxy Acids (AHA) and Beta Hydroxy Acids (BHA)
- 44. the chemical peel agents only suitable for medical use and why
- 45. the chemical agents in different types of skin peels and their potential for harm
- 46. the reasons for prompt application, timing and removal of all cosmetic skin peel products
- 47. how to work systematically and methodically, avoiding excess treatment overlap across the areas to be treated
- 48. the circumstances in which re-application may be necessary and how this should be carried out
- 49. the treatments that could be given in conjunction with or after cosmetic skin peeling
- 50. the limitations of products and equipment used for AHA and BHA cosmetic skin peel treatments
- 51. the benefits and use of tyrosinase inhibitors to avoid post-inflammatory hyperpigmentation when treating Fitzpatrick classification scale 4-6
- 52. the type of chemicals that do and do not require neutralisation to be performed
- 53 possible **contra-actions** which may occur, how to deal with them and what advice to give to clients
- 54. the **anatomy and physiology** of the skin
- 55. the reasons for restoring pH levels of the skin following treatment
- 56. the products necessary to prevent infection and promote healing and how they should be used before and after cosmetic skin peeling treatments
- 57. why it is necessary to use a minimum of a SPF30 UVA and UVB product post treatment
- 58. the types of post-treatment products available and why they are necessary
- 59. the **advice and recommendations** on products and service

**Scope/range related to performance criteria**

**\*NOTE:**

**Cosmetic skin peel products are those approved by current EU Regulations for cosmetic use by therapists and conform to professional insurance requirements.**

**Consultation techniques**

1. questioning
2. listening
3. visual
4. manual
5. written

**Necessary action**

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

**Areas to be treated**

1. face
2. neck
3. chest
4. hands
5. back

**Treatment objectives**

1. general skin rejuvenation
2. improvement of superficial blemishes
3. improvement of pigmentation variations
4. improvement of skin texture
5. improvement of skin hydration

**Equipment and products**

1. skin analysis aids
2. applicators

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3. identifiable cosmetic skin containers
4. cosmetic skin peel agents
5. pre-treatment products
6. post-treatment products

### **Cosmetic skin peel treatments**

1. Alpha Hydroxy Acids -AHAs
2. Beta Hydroxy Acids – BHAs

### **Skin types**

1. oily
2. dry
3. combination
4. Fitzpatrick scale 1-3
5. Fitzpatrick scale 4-6

### **Skin conditions**

1. sensitive
2. mature
3. dehydrated
4. congested
5. acne
6. hyperpigmentation

### **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

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### Scope/range related **Health and safety**

#### to knowledge and understanding

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 (easy dry towels)
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

1. recent radiation treatment
2. active bacterial, viral, fungal or herpetic infection

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3. open wounds
4. some drugs with photosensitising potential
5. active inflammatory dermatoses such as psoriasis, atopic dermatitis, keloids and hypertrophic scarring
6. uncooperative client
7. client who is careless about sun exposure or application of medicine
8. client with unrealistic expectations
9. isotretinoin use in the last 6 months
10. trying to conceive
11. pregnant
12. lactating
13. any direct sun exposure
14. the current use of any steroidal topical medication
15. allergy to aspirin (salicylic acid) or use of retinoic acid or Retin A products
16. under age 18 years of age
17. failure to follow all the pre-treatment programme

**Contra-indications** which restrict

1. skin type
2. prior to cosmetic surgery
3. poor mental and emotional state
4. herpes
5. history of hypertrophic scarring
6. diabetes
7. epilepsy
8. anxiety
9. bruises
10. recent microdermabrasion or cosmetic skin peels
11. IPL or laser
12. epilation

**Conditions that require medical approval**

1. clients taking certain medications including blood thinners
2. diabetes
3. recent surgery
4. undiagnosed swellings in treatment area
5. evidence of medical conditions such as cardiac, hepatic, or renal diseases
6. any radiation treatment

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### **Consultation records**

1. identified previous cosmetic skin peel treatments
2. identified previous cosmetic skin treatments such as microdermabrasion and laser/IPL
3. medical history
4. identified contra-indications
5. emotional and physical condition
6. sun tanning history
7. Fitzpatrick scale
8. client expectations
9. treatment aims
10. area to be treated

### **Contra-actions**

1. blanching and frosting
2. excess erythema
3. flaking
4. pigmentary changes
5. discomfort

### **Anatomy and physiology**

1. structure and function of skin
2. the effects of genetics on the ageing process of the skin
3. the effects of lifestyle and environmental factors on the skin such as photo damage, smoking, alcohol, diet and premature ageing
4. the process of desquamation, exfoliation and skin resurfacing
5. the defensive role of the epidermis and the importance of barrier function
6. the skin healing process
7. the impact of a compromised healing process and how to recognise and respond to it
8. the process of collagen and elastin synthesis including fibroblastic stimulation
9. the importance of the extra cellular matrix and the role Alpha Hydroxy Acids play in stimulating glycosaminoglycans
10. the inflammation process including post-inflammatory hyperpigmentation
11. the topical effects of cosmetic peel ingredients on the skin and skin

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conditions

12. the process of melanogenesis

### **Advice and recommendations**

1. additional services
2. additional products
3. the lifestyle factors and changes that may be required to improve the effectiveness of the treatment
4. ongoing maintenance to retain optimum results
5. post-treatment visual skin changes and recovery time
6. use of recommended skin care products during the healing process including use of minimum SPF30 UVA and UVB sun protection
7. post-treatment restrictions including avoiding sun exposure and wearing a hat, heat treatments, use of cosmetics, vigorous physical activity, to avoid other exfoliating/resurfacing treatments and products, to avoid chlorinated water, to avoid excessive abrasion
8. likely future treatment needs
9. post-treatment contra-actions and the need to check for signs of infection
10. post-treatment assessment through client feedback, including questionnaire, telephone call, next visit follow-up
11. the importance of giving the client written aftercare advice
12. the importance of ensuring the client is given a post-treatment point of contact
13. the benefits of a course of treatment

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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 manufacturers' 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****AHA Skin Peel**

Alpha hydroxy acid peel – the main ingredients in AHA peels are made from naturally occurring acids found in fruits and other foods. Some of the popular ingredients include lactic acid from sour milk, citric acid from citrus fruit and

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glycolic acid from sugar cane. AHA peels remove dead cells on the surface of the skin thus smoothing and rejuvenating the skin.

### **AHB Skin Peel**

Beta hydroxy acid peel – BHA peels have the ability to get deeper into the pores than AHA peels. BHA peels control sebum and acne, as well as remove dead skin cells. Salicylic acid is an example of a beta hydroxy acid. AHA and AHB acids are often combined in skin peel products to ensure maximum results.

### **Fitzpatrick classification scale**

Devised in 1975 at Harvard University, this is a skin classification on a scale of 1 to 6 based on photosensitivity reaction to ultra violet radiation.

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