



Higher National Unit Specification

General information for centres

Unit title: Spa Treatments 1

Unit code: DN6V 35

Unit purpose: This Unit is designed to provide the candidates with the knowledge and skills to provide a variety of spa treatments. It will be beneficial for those candidates wishing to broaden their knowledge and skills to pursue a career in Beauty Therapy.

On completion of the Unit the candidate should be able to:

1. Consult with clients to develop an appropriate spa treatment plan.
2. Prepare to carry out spa treatments.
3. Provide spa treatments.
4. Evaluate the effectiveness of the spa treatments.

Credit points and level: 1 HN Credit at SCQF level 8: (8 SCQF credit points at SCQF level 8*)

**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.*

Recommended prior knowledge and skills: Access is at the discretion of the centre. However, it would be beneficial if the candidate had prior competence in Anatomy and Physiology*(NQ Unit/SVQ Unit/HN Unit). The Unit content is also relevant to those who have completed NQ level Beauty Therapy.

Core skills: There are opportunities to develop the Core Skills of Problem Solving and Communication at SCQF level 6 in this Unit, although there is no automatic certification of Core Skills or Core Skills components.

General information for centres

Context for delivery: This is an optional in the framework for HNC/HND Beauty Therapy. It is recommended that it is taught and assessed within the context of the particular group award to which it contributes.

Assessment: Demonstrate candidate knowledge of spa treatments in the form of written and/or oral questions. Practical observation of Body exfoliation, Body wrap and Scalp massage on new and existing clients on a minimum of three occasions. Demonstrate the candidate's knowledge of the vast array of spa treatments available within the Beauty Industry in the form of Open Book Assignment.

Higher National Unit specification: statement of standards

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The sections of the Unit stating the Outcomes, knowledge and/or skills, and evidence requirements are mandatory.

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. Candidates 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 clients to develop an appropriate spa treatment plan

Knowledge and/or skills

- ◆ Effects of spa treatments are explained methodically in terms of their effects on the client
- ◆ Consultation on the requirements of the client is comprehensive in terms of physical condition, lifestyle, indications and contra – indications
- ◆ Treatment process is explained accurately for the chosen treatments
- ◆ Treatment aims are explained clearly and meet with the clients needs/approval
- ◆ Client interaction is professional, sensitive and empathic

Evidence requirements

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

- ◆ Clearly identify the purpose/process of the consultation, as well as taking into account the contra indications to spa treatments.

The assessment should take the form of a written assessment (closed book) where the candidate will be required to:

- ◆ identify contra indications to spa treatments
- ◆ recognise conditions (special care condition) which may prohibit spa treatments being carried out, such as Epilepsy, High/Low Blood pressure and clients undergoing medical treatment
- ◆ state the importance of a consultation
- ◆ state the correct storage of client's record cards in relation to the Data Protection Act

All questions must be answered adequately.

Higher National Unit specification: statement of standards (cont)

Unit title: Spa Treatments 1

Observation of the candidate consulting a variety of new and existing clients shall be carried out. This may be supported by written evidence in the form of client record cards/treatment logs where observation is not available to cover the full range.

An Open Book Assignment should be carried out in relation to spa treatments. The candidate must investigate 6 current spa treatments and products available and provide a thorough explanation of the aims, benefits, effects, facilities required and the commercial cost.

Assessment guidelines

The assessments used in Outcome 1 should allow the candidate to perform a thorough consultation in relation to the responsibilities of a Beauty Therapist.

Observation of the candidate's consultations techniques will occur by using a checklist of the specific skills required to carry out the process professionally. The practical aspects of Outcomes 2, 3 and 4 will be marked in conjunction with this. The client record card/treatment log will supply the written evidence where observation is not available to cover the full range.

Outcome 2

Prepare to carry out spa treatments

Knowledge and/or skills

- ◆ Candidates preparation is appropriate in terms of personal hygiene and professional appearance
- ◆ Treatment environment preparation is appropriate in terms of cleanliness, hygiene, health and safety
- ◆ Equipment is correctly prepared in accordance with good practice and positioned correctly for the treatment
- ◆ Clients are appropriately covered and protected to ensure comfort and safety throughout the treatment
- ◆ Clients are positioned appropriately in relation to the treatment

Higher National Unit specification: statement of standards (cont)

Unit title: Spa Treatments 1

Evidence requirements

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

- ◆ Clearly identify the importance and requirements of personal hygiene and professional appearance for the candidate. As well as this the requirements of providing a safe treatment area in accordance with the Health and Safety at Work legislation.

Observation of the candidate, preparing the treatment area, in accordance with Health and Safety. Preparation for the specific spa treatments ensuring that the candidate takes into account client comfort, position and safe working heights whilst giving the client clear instructions throughout the preliminary stages.

Assessment guidelines

The assessments used in Outcome 2 should allow the candidate to sufficiently prepare the treatment area for various treatments.

Observation of the candidate's preparation techniques will take place by using a checklist of the specific skills required to carry out the preparation professionally. The client record card/treatment log will supply the written evidence where observation is not available to cover the full range.

Outcome 3

Provide spa treatments

Knowledge and/or skills

- ◆ Candidate ensures the client is correctly advised and that the treatment is appropriate for the clients needs
- ◆ The treatment is appropriate in terms of timing, sequence and duration
- ◆ Clients comfort and safety is maintained throughout the treatment
- ◆ All equipment is checked and complies with the Health and Safety at Work prior to starting the treatment
- ◆ Products/treatments should be applied correctly and in accordance to the manufacturer's instructions
- ◆ Equipment is cleaned and maintained after the treatment

Higher National Unit specification: statement of standards (cont)

Unit title: Spa Treatments 1

Evidence requirements

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

To perform this unit successfully, the candidate will need to know and understand organisational and legal requirements. Clearly identify the requirements of maintaining all equipment. Whilst taking into account the effects of each specific spa treatment.

The assessment should be carried out in open-book conditions and take the form of written and/or oral questioning where the candidate will be required to:

- ◆ identify the requirements of maintaining all equipment in accordance with the Health and Safety at Work Act and the Electricity at Work Regulations
- ◆ state the responsibilities under the local bye-laws relating to water, temperature and spa treatments
- ◆ identify the correct storage and use of chemicals required for spa maintenance
- ◆ state the effects of a variety of spa treatments

All questions must be answered.

Practical observation of, body exfoliation, body wrap and scalp massage on new and existing clients on a minimum of three occasions.

Observation of the candidate's skills to perform the appropriate spa treatments for specified clients, safely and within the correct times. Client comfort is maintained throughout the full treatment. Products and treatments are applied accurately in accordance with manufacturer's instructions.

Assessment guidelines

The assessments used in outcome 3 should allow the candidate to perform a spa treatment accurately.

Observation of the candidate performing the treatment will take place by using a checklist of the specific skills required to carry out the treatment professionally.

Higher National Unit specification: statement of standards (cont)

Unit title: Spa Treatments 1

The client record card/treatment log will supply the written evidence where observation is not available to cover the full range.

Outcome 4

Evaluate the effectiveness of the spa treatments

Knowledge and/or skills

- ◆ Appropriate aftercare/homecare advice is given
- ◆ Details of the spa treatments are recorded accurately
- ◆ Evaluation of the effectiveness of the spa treatments is accurate in relation to the stated aims and client feedback

Evidence requirements

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

Clearly state the appropriate aftercare/homecare to clients. Evaluate the success of a variety of spa treatments.

- ◆ identify the correct aftercare advice for a variety of spa treatment
- ◆ identify the correct homecare advice for a variety of spa treatments
- ◆ describe the aims/effects of a variety of spa treatment

Observation of the candidate evaluating spa treatments for a range of new and existing clients. This may be supported by written evidence in the form of client record cards/treatment logs where observation is not available to cover the full range.

Assessment guidelines

The assessments used in Outcome 4 should allow the candidate to evaluate a variety of spa treatments for a range of clients.

Observation of the candidate's evaluation techniques will occur by using a checklist of the specific skills required to carry out the process professionally. The client record card/treatment log will supply the written evidence where observation is not available to cover the full range.

Administrative Information

Unit code:	DN6V 35
Unit title:	Spa Treatments 1
Superclass category:	HK
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History of Changes:

Version	Description of change	Date
	Previous versions were made before the introduction of the History of Changes table.	
03	Page 2 - Evidence requirements Outcome 1: change to wording second bullet point. Page 5 - Evidence requirements Outcome 3: new sentence added Page 10 - Guidance on the content and context of this Unit Outcome 3: change of wording. Page 12 - General information for candidates: change to wording.	29/09/06
04	Addition of Core Skills.	Nov 2007
05	Amendments to Unit specification to clarify evidence requirements and Assessor Guidelines.	11/07/13

Source: SQA

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Higher National Unit specification: support notes

Unit title: Spa Treatments 1

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

This unit develops the candidate's ability to design an individual spa treatment plan for new and existing clients. The treatments are selected after a thorough consultation with each individual client. The candidate will also be able to prepare the treatment area appropriately prior to the treatment as well as performing and evaluating each treatment. As well as becoming proficient in the skill involved the candidate will also generate knowledge of the importance of maintaining personal hygiene, principles of avoiding cross infection and understand Organisational and legal requirements.

This unit is designed to give the candidates the appropriate skills and underpinning knowledge required to work within the Beauty Industry. The candidate will gain knowledge in relation to the spa treatments and will develop skills in body exfoliation, body wraps and scalp massage as well as other treatments offered by their centre.

The treatments should be carried out in a realistic working environment, preparing the candidate's for work within the Beauty Industry. Therefore this unit is suitable for candidates who have completed NQ level Beauty Therapy or have an underpinning knowledge of Anatomy and Physiology.

This unit should encourage candidates to evaluate the effectiveness of spa treatments and to make certain that the appropriate aftercare and homecare advice is given.

Outcome 1 – Consultation process, candidates will be assessing the client's suitability for the chosen spa treatment and give a clear explanation of the procedure, aims and effects of the chosen treatment. Candidates should also demonstrate knowledge of the following contra indications and special care conditions related to spa treatments.

Higher National Unit specification: support notes (cont)

Unit title: Spa Treatments 1

Contra Indications:

- ◆ Thrombosis, Heart Conditions, Fever, Cancer, Malignant Melanoma, Recent Scar Tissue, Recent Operation, Sepsis, Skin Disorders such as Eczema and Psoriasis, Infectious Skin Diseases, Inflammation, Swelling, Tenderness, Cuts/abrasions, Varicose Veins, Loss of Tactile Sensation, Severe Claustrophobia, Alcohol/Drugs

Special Care:

- ◆ Epilepsy, Diabetes, Clients Undergoing Medical Treatment, Pregnancy, Electronic Implants, Metal Implants, High Blood Pressure, Low Blood Pressure

In addition to this candidates should also show knowledge of the importance of consultations and the correct procedure for storing client's record cards in accordance with the Data Protection Act. Candidates must also interact with clients in a professional, sensitive and empathic manner.

Outcome 2 – Prepare to carry out spa treatments, this outcome looks at the preparation prior to the commencement of the spa treatment. The candidate should be aware of:

- ◆ state the principles of avoiding cross infection
- ◆ Health and Safety at Work legislation

Outcome 3 – Provide spa treatments, candidates should demonstrate knowledge of the organisational and legal requirements before carrying out a spa treatment. Candidates will be assessing the clients prior to the start of the treatment ensuring that the client has been advised correctly and the treatment is appropriate for the clients needs. Candidates must also interact with the client throughout the whole treatment ensuring that the clients comfort and safety is maintained.

Outcome 4 – Evaluate the effectiveness of the spa treatments, candidates will be assessing the effectiveness of each of the spa treatments. The candidates should show an understanding of the aims and effects of each treatment performed as well as the specific aftercare/homecare advice.

Higher National Unit specification: support notes (cont)

Unit title: Spa Treatments 1

Guidance on the delivery and assessment of this Unit

Candidates must perform Body exfoliation, Body wrap and Scalp massage on new and existing clients, on a minimum of three occasions.

There is a wide range of knowledge which requires to be assessed to ensure the candidate has sufficient background to perform the spa treatments safely and effectively. Written and/or oral questions will be required to ensure that the knowledge is adequately assessed to cover all the areas not covered by the practical observation.

Therefore, there may be opportunities for cross assessment within previous units.

To ensure a thorough background of knowledge candidates must investigate and complete an open-book assignment on 6 current spa treatments. Research in various forms should be used such as Internet access and enrichment activities.

The assignment will include the aims, benefits, effects, aftercare/homecare of each spa treatment as well as the facilities required for each spa treatment and the commercial cost of each spa treatment.

Enrichment activities are also highly recommended such as:

- ◆ day trip to a health spa
- ◆ guest speakers

Opportunities for developing Core Skills

All elements of the core skill of Problem Solving, that is, planning and organising, critical thinking, and reviewing and evaluating, will be naturally developed as treatment activities are devised, undertaken and reflectively evaluated. Candidates think critically as they identify and analyse a range of factors impacting on client treatment. Decision making on appropriate forms and techniques of treatment to meet specific client needs is integral to good practice. Selection and delivery of treatments to take account of the physical, physiological and psychological requirements of clients will involve on going review. Analytical evaluation of the effectiveness of treatments is assessed in relation to stated aims and client feedback. Problem Solving skills could be further enhanced by discussion of issues during formative work.

Higher National Unit specification: support notes (cont)

Unit title: Spa Treatments 1

Although skills in written Communication are not formally assessed candidates should produce and present work to an acceptable professional standard. Skills in accessing and analysing complex materials would ensure underpinning knowledge on professional issues. Critical evaluation of the accuracy and currency of information accessed should be encouraged.

A sophisticated level of oral communication skills will be developed in practical work with clients when interaction must be professional, sensitive and empathic. Communicating appropriate complex information to clients, explaining and reassuring during treatment sessions and advising on post treatment needs will be an essential aspect of competence. Candidates should be able to use and adapt language, register and style to suit their purpose and clientele. They should be made aware of a range of active listening techniques in order to relate and respond to others in the most appropriate and effective way. The need to develop efficient systems and structures for recording written information accurately should be emphasised.

Open learning

Elements of the theory involved in this Unit could be delivered by distance learning. However, as this is a very practical Unit requiring close interaction between candidate and tutor, it should not be offered on an open/flexible learning basis.

For further information and advice please refer to *Assessment and Quality Assurance for Open and Distance Learning* (SQA, February 2001 – publication code A1030).

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.

General information for candidates

Unit title: Spa Treatments 1

This unit is designed to enable you to gain the relevant theoretical knowledge and skills to provide a variety of spa treatments. It is primarily intended to prepare you for working within the Beauty Industry.

The unit has 4 main areas each of which have a specific outcome:-

1. Consult with clients to develop an appropriate spa treatment plan
2. Prepare to carry out spa treatments
3. Provide spa treatments
4. Evaluate the effectiveness of the spa treatments

You will be required to assess your client's suitability for a given spa treatment and give a clear explanation of the procedure, aims and effects of the chosen treatment. Therefore this unit develops your ability to design and perform an individual treatment plan as well as evaluating each treatment. In addition to this you will become proficient in the skill involved in spa treatments.

In order to complete this Unit successfully, you will be required to achieve a satisfactory level of performance on written assessments, practical observations and your open-book assignment.