



Higher National Unit Specification

General information

Unit title: Beauty Therapy: Face and Body Treatment Packages
(SCQF level 7)

Unit code: HW0X 34

Superclass: HL

Publication date: November 2017

Source: Scottish Qualifications Authority

Version: 02

Unit purpose

On completion of this unit learners should be able to demonstrate the consolidation of their knowledge and skills of both facial and body manual and electrical treatments.

They will consult with clients to devise combined face and body manual and electrical treatment packages which meet client needs, then prepare for and perform these, adapting their applications to suit the objectives of the treatment package and the area of the body. They will then provide appropriate individual homecare and aftercare advice and evaluate the effectiveness of the treatment package.

Throughout learners will demonstrate knowledge of and adherence to relevant health and safety procedures, appearance which reflects organisational and industry standards and effective communication and consultation techniques.

This unit will be beneficial for those who wish to pursue a career within beauty therapy broadening their knowledge and skills.

Outcomes

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

- 1 Perform comprehensive consultation to devise face and body treatment packages.
- 2 Manage and perform the planned course of face and body treatment packages.
- 3 Evaluate the effectiveness of the face and body treatment packages.

Higher National Unit Specification: General information (cont)

Unit title: Beauty Therapy: Face and Body Treatment Packages
(SCQF level 7)

Credit points and level

2 Higher National Unit credits at SCQF level 7: (16 SCQF credit points at SCQF level 7)

Recommended entry to the unit

Entry is at the discretion of the centre. It is essential that learners possess skills/qualifications in manual, mechanical and electrical therapies. Learners should have successfully completed relevant face and body manual and electrical qualifications prior to commencing this unit. Learners should be working toward the *Applied Anatomy and Physiology* unit.

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.

Higher National Unit Specification: Statement of standards

Unit title: Beauty Therapy: Face and Body Treatment Packages (SCQF level 7)

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

Perform comprehensive consultation to devise face and body treatment packages.

Knowledge and/or skills

- ◆ Communication skills
- ◆ Consultation techniques
- ◆ Client aims/objectives
- ◆ Face and body analysis
- ◆ Common conditions
- ◆ Contra-indications
- ◆ Conditions which restrict treatment (special care conditions)
- ◆ Treatment planning
- ◆ Benefits of face and body treatment packages
- ◆ Effects of face and body treatment packages
- ◆ Contra-actions
- ◆ Recording client details

Outcome 2

Manage and perform the planned course of face and body treatment packages.

Knowledge and/or skills

- ◆ Client handling
- ◆ Effective communication
- ◆ Manual techniques
- ◆ Specialist masks
- ◆ Enhanced massage techniques
- ◆ Electrical techniques
- ◆ Treatment compatibility
- ◆ Timing, sequencing and frequency of treatments
- ◆ Monitoring of progress
- ◆ Treatment adaptations
- ◆ Provide appropriate advice on retail products, diet and lifestyle

Higher National Unit Specification: Statement of standards (cont)

Unit title: Beauty Therapy: Face and Body Treatment Packages
(SCQF level 7)

- ◆ Effective use of resources
- ◆ Provide appropriate information for future treatments
- ◆ After care and home care advice

Outcome 3

Evaluate the effectiveness of the face and body treatment packages.

Knowledge and/or skills

- ◆ Observation of results
- ◆ Client feedback
- ◆ Assessor feedback
- ◆ Treatment success in relation to stated aims
- ◆ Treatment plan amendments
- ◆ Benefits of treatment
- ◆ Effects of treatment
- ◆ Recording results

Evidence requirements for this unit

The assessment of Outcomes 1, 2 and 3 of this unit should be assessed holistically.

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

Outcome 1 — Practical activity

Carry out an observed comprehensive consultation with **two clients** and devise a multiple face and body treatment package for each client which will be carried out on **three** separate occasions.

Each treatment package must be tailored to meet individual client needs and comprise of manual and electrical treatments.

An assessor observation checklist should be used to provide evidence of practical performance supported by a comprehensive client consultation record and treatment plan accurately completed by the learner.

Higher National Unit Specification: Statement of standards (cont)

Unit title: Beauty Therapy: Face and Body Treatment Packages
(SCQF level 7)

Outcome 2 — Practical activity

Demonstrate by observed practical activity on **two** clients, on a minimum of **three** separate occasions that they are able to:

- ◆ manage and perform the planned multiple face and body treatment package for each client.

Advice given to clients must be relevant to client needs and treatments performed.

Treatment package application should meet the time constraints imposed by industry.

An assessor observation checklist should be used to provide the evidence of practical performance.

Outcome 3 — Evaluation

Evaluate each multiple face and body treatment package applied and identify the degree of success achieved, considering treatment aims, benefits and effects of each treatment package and client and assessor feedback.



Higher National Unit Support Notes

Unit title: Beauty Therapy: Face and Body Treatment Packages
(SCQF level 7)

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 has been designed to enable learners to consolidate their knowledge and skills of both facial and body manual and electrical treatments.

Learners will consult with clients to devise combined face and body manual and electrical treatment packages which meet client needs, then prepare for and perform these, adapting their applications to suit the objectives of the treatment package and the area of the body. They will then provide appropriate individual homecare and aftercare advice and evaluate the effectiveness of the treatment package.

Throughout learners will demonstrate knowledge of and adherence to relevant health and safety procedures, appearance which reflects organisational and industry standards and effective communication and consultation techniques.

Learners must already have underpinning knowledge of the effects and benefits of face and body treatments — manual and electrical.

Key areas of knowledge will be:

- ◆ Communication skills
- ◆ Consultation techniques
- ◆ Contra indications
- ◆ Contra actions
- ◆ Face and body analysis
- ◆ Conditions which restrict treatment (special care conditions)
- ◆ Treatment planning
- ◆ Treatment restrictions and adaptations
- ◆ Treatment benefits and effects
- ◆ Effects of manual and electrical therapies on relevant body systems
- ◆ Client confidentiality
- ◆ Time management

Higher National Unit Support Notes (cont)

Unit title: Beauty Therapy: Face and Body Treatment Packages (SCQF level 7)

- ◆ Organisational and industry standards of personal preparation
- ◆ Treatment environment preparation
- ◆ Equipment preparation and positioning
- ◆ Client preparation and positioning
- ◆ Skin sensitivity testing
- ◆ Relevant Health and safety legislation
- ◆ Perform treatments, ensuring learner is positioned correctly
- ◆ Correct timing, sequencing and duration reflective of industry practice.
- ◆ Adapting and modifying treatments
- ◆ Adapting how to provide relevant aftercare/homecare
- ◆ Retail products recommendations
- ◆ Methods used to evaluate the effectiveness of the treatment package

Learners must already have underpinning knowledge of the effects and benefits of face and body treatments — manual and electrical.

- ◆ Face treatments:
 - manual cleansing; toning; moisturising
 - exfoliation — cosmetic and physical
 - massage
 - pre heated treatments (steam, hot towel, warm oil)
 - comedone extraction
 - milia removal
 - brush cleansing
 - masks (basic and specialised)
 - mud packs
 - paraffin wax
 - high frequency
 - galvanic
 - vacuum suction
 - micro dermabrasion
 - micro current
 - manual massage techniques
 - faradic
- ◆ Body treatments:
 - manual cleansing
 - exfoliation
 - manual and/or specialist massage techniques
 - audio sonic
 - faradic
 - micro current
 - vacuum suction
 - micro dermabrasion
 - galvanic
 - infra-red

Higher National Unit Support Notes (cont)

Unit title: Beauty Therapy: Face and Body Treatment Packages
(SCQF level 7)

- body wraps
- mud packs
- paraffin wax

Guidance on approaches to delivery of this unit

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

It is important that learners receive feedback on their progress throughout. Feedback should highlight aspects where learners did well and areas for improvement.

It is essential that learners already have underpinning knowledge of the effects and benefits of all electrical and manual face and body treatments before undertaking this unit.

Learners should be given time to consolidate their skills and devise individual and multiple treatment packages on clients as a means of gaining confidence and competence before being assessed.

Emphasis should be placed on the importance of effectively communicating with clients in a professional manner; to identify and agree a treatment package which meets the needs of each individual client.

The importance of client selection should be highlighted to ensure sufficient and suitable evidence is generated.

The learner should be encouraged to develop good working practices which meet both organisational and current national health and safety policies and procedures enhancing their employability skills profile.

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.

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

The assessment of Outcomes 1, 2 and 3 of this unit should be assessed holistically.

Higher National Unit Support Notes (cont)

Unit title: Beauty Therapy: Face and Body Treatment Packages
(SCQF level 7)

Learners will need to provide evidence to demonstrate their knowledge and/or skills by showing that they can carry out a comprehensive consultation with **two** clients and devise a multiple face and body treatment package for each client which will be carried out on **three** separate occasions.

Each treatment package must be tailored to meet individual client needs and comprise of manual and electrical treatments.

An assessor observation checklist should be used to provide evidence of practical performance supported by a comprehensive client consultation record and treatment plan accurately completed by the learner.

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 (ICT), such as e-testing or the use of e-portfolios or social software. Centres which wish 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.

The aspects of the Core Skill of *Problem Solving* will be naturally developed throughout the unit. While developing the treatment plan learners will identify and analyse a range of factors to meet the needs of each individual client. Taking account of timing, sequence and duration will require good planning and organising skills. Compliance with health and safety legislation is integral to achievement.

Communication skills are not formally assessed however learners will be expected to present oral and written communication to an acceptable professional standard.

Oral communication skills will be developed in practical work with clients when 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 style to suit their purpose and clientele.

In addition to the specific vocational skills developed and assessed learners will have the opportunity to develop generic skills which will enhance their employability skills profile, eg customer care skills, communication skills, time management.

History of changes to unit

Version	Description of change	Date
02	Core Skill of Problem Solving at SCQF level 5 embedded.	24/11/2017

© Scottish Qualifications Authority 2017

This publication may be reproduced in whole or in part for educational purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

Additional copies of this unit specification can be purchased from the Scottish Qualifications Authority. Please contact the Business Development and Customer Support team, telephone 0303 333 0330.

General information for learners

Unit title: Beauty Therapy: Face and Body Treatment Packages (SCQF level 7)

On completion of this Unit you should be able to demonstrate the consolidation of your knowledge and skills of both facial and body manual and electrical treatments.

You will consult with clients to devise combined face and body manual and electrical treatment packages which meet client needs, then prepare for and perform these, adapting their applications to suit the objectives of the treatment package and the area of the body. You will then provide appropriate individual homecare and aftercare advice and evaluate the effectiveness of the treatment package.

Throughout you will demonstrate knowledge of and adherence to relevant health and safety procedures, appearance which reflects organisational and industry standards and effective communication and consultation techniques.

You should already have underpinning knowledge of the effects and benefits of face and body treatments — manual and electrical

Key areas of knowledge will be:

- ◆ Communication skills
- ◆ Consultation techniques
- ◆ Contra indications
- ◆ Contra-actions
- ◆ Common skin conditions
- ◆ Face and body analysis
- ◆ Conditions which restrict treatment (special care conditions)
- ◆ Treatment planning
- ◆ Treatment restrictions and adaptations
- ◆ Treatment benefits and effects
- ◆ Effects of manual and electrical therapies on relevant body systems.
- ◆ Client confidentiality
- ◆ Time management
- ◆ Organisational and industry standards of personal preparation
- ◆ Treatment environment preparation
- ◆ Equipment preparation and positioning
- ◆ Client preparation and positioning
- ◆ Skin sensitivity testing
- ◆ Relevant Health and Safety legislation
- ◆ Perform treatments, ensuring learner is positioned correctly
- ◆ Correct timing, sequencing and duration reflective of industry practice.
- ◆ Adapting and modifying treatments
- ◆ Adapting how to provide relevant aftercare/homecare
- ◆ Retail products recommendations
- ◆ Methods used to evaluate the effectiveness of the treatment package

General information for learners (cont)

Unit title: Beauty Therapy: Face and Body Treatment Packages (SCQF level 7)

You will need to provide evidence to demonstrate your knowledge and/or skills by showing that you can carry out a comprehensive consultation with two clients, devise a multiple face and body treatment package for each client then manage and perform the planned multiple face and body treatment package for each client on three separate occasions. You will then go onto evaluate each multiple face and body treatment package applied and identify the degree of success achieved.

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

The aspects of the Core Skill of *Problem Solving* will be naturally developed throughout the unit. While developing the treatment plan you will identify and analyse a range of factors to meet the needs of each individual client. Taking account of timing, sequence and duration will require good planning and organising skills. Compliance with health and safety legislation is integral to achievement.

Communication skills are not formally assessed however you will be expected to present oral and written communication to an acceptable professional standard.

Oral communication skills will be developed in practical work with clients when 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. You 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 style to suit their purpose and clientele.

In addition to the specific vocational skills developed and assessed you will have the opportunity to develop generic skills which will enhance your employability skills profile, eg customer care skills, communication skills, time management.