



Higher National Unit Specification

General information

Unit title: Spa Treatment (SCQF level 8)

Unit code: HW18 35

Superclass: HL

Publication date: November 2017

Source: Scottish Qualifications Authority

Version: 03, October 2019

Unit purpose

This unit is designed to provide the learners with the knowledge and skills to provide a variety of spa treatments.

Learners will research three spa treatments offered by the delivering centre and produce a research report which includes history, benefits, effects, contra-indications, special conditions and contra-actions for each spa treatment. They will then consult with new and existing clients to plan, prepare and perform spa treatments and will evaluate the effectiveness of the treatment(s) provided.

This unit will be beneficial for those learners wishing to broaden their knowledge and skills to pursue a career in beauty therapy.

Outcomes

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

- 1 Research spa treatment(s).
- 2 Consult to develop a spa treatment plan.
- 3 Prepare for and perform spa treatment.
- 4 Evaluate the effectiveness of the spa treatment.

Credit points and level

1 Higher National Unit credit at SCQF level 8: (8 SCQF credit points at SCQF level 8)

Higher National Unit Specification: General information (cont)

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Recommended entry to the unit.

Access is at the discretion of the centre. However, it would be beneficial if the learner 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

Achievement of this Unit gives automatic certification of the following:

Complete Core Skill	Problem Solving at SCQF level 6
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Core Skill component	None
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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

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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

Research spa treatment(s).

Knowledge and/or skills

- ◆ Research methodology
- ◆ Report writing
- ◆ Undertake research on three spa treatments offered by the delivering centre, to include for each spa treatment — history, benefits and effects, contra-indications, special care conditions, contra-actions

Outcome 2

Consult to develop a spa treatment plan.

Knowledge and/or skills

- ◆ Communication skills:
 - professional
 - sensitive
 - empathetic
- ◆ Client techniques
- ◆ Record card consultation
- ◆ Contra-indications
- ◆ Special care conditions
- ◆ Contra-actions
- ◆ How to assess client suitability for the selected spa treatment(s)
- ◆ Spa treatment range offered by centre
- ◆ Explanation of treatment process to client
- ◆ Treatment aims/expectations
- ◆ Client confidentiality

Higher National unit specification: Statement of standards (cont)

Unit title: Spa Treatment (SCQF level 8)

Outcome 3

Prepare for and perform a spa treatment.

Knowledge and/or skills

- ◆ Organisational and industry standards of personal preparation
- ◆ Spa treatment environment preparation
- ◆ Equipment preparation
- ◆ Equipment health and safety procedures
- ◆ Client preparation
- ◆ Consideration of timing, sequence and duration
- ◆ Client comfort and safety
- ◆ Relevant current Health and Safety legislation
- ◆ Correct treatment application of spa treatments
- ◆ Equipment post treatment maintenance requirements
- ◆ Giving effective aftercare/homecare advice
- ◆ Record the details of the spa treatment
- ◆ Post treatment equipment/work area maintenance

Outcome 4

Evaluate the effectiveness of the spa treatments.

Knowledge and/or skills

- ◆ Methods used to evaluate the effectiveness of the treatment(s)
- ◆ How to accept and use feedback from others
- ◆ Client feed back
- ◆ Assessor feedback
- ◆ Evaluation of the effectiveness of the spa treatments reflecting on stated aims

Higher National unit specification: Statement of standards (cont)

Unit title: Spa Treatment (SCQF level 8)

Evidence requirements for this unit

Outcomes 2, 3 and 4 should be holistically assessed.

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

Outcome 1 — research report

Research a minimum of three spa treatments currently offered by the delivering centre, then produce in open-book conditions a report which must include:

- ◆ History of each spa treatment
- ◆ Benefits and effects of each spa treatment
- ◆ Conditions which would prevent treatment (contra-indications)
- ◆ Special care conditions
- ◆ Contra-actions

Outcome 2 and 3 — practical activity

Demonstrate by observed practical activity on a minimum of three single occasions, two on existing and one on a new client, that they are able to:

- ◆ demonstrate an effective consultation technique.
- ◆ check for contra-indications and special care conditions.
- ◆ identify the client aims/expectations.
- ◆ devise a treatment plan which meets client needs.
- ◆ explain the effects of the selected spa treatment(s).
- ◆ explain the spa treatment process to the client.
- ◆ prepare self appropriately.
- ◆ prepare treatment environment appropriately following current industry and organisational requirements.
- ◆ prepare equipment in accordance with good practice.
- ◆ prepare the client appropriately and safely.
- ◆ carry out spa treatment(s) following organisational timing, sequence and duration.
- ◆ ensure client comfort and safety throughout.
- ◆ comply with relevant current health and safety legislation through treatment.
- ◆ give appropriate homecare and aftercare advice to the client.
- ◆ record treatment accurately.
- ◆ carry out post treatment equipment/work area maintenance.

Practical observation must be carried out on three different spa treatments.

The spa treatment assessment should reflect current industry practice, eg body exfoliation, body wrap and head/hand massage would be considered as one treatment.

Practical performance must be carried out in a commercially acceptable time.

Higher National unit specification: Statement of standards (cont)

Unit title: Spa Treatment (SCQF level 8)

An assessor observation checklist should be used to provide evidence of practical activity supported by an accurately completed extended client consultation record.

The extended client consultation record must include — client physical condition, contra-indications to spa treatment(s), special care conditions, contra-actions, the effects of the spa treatment being carried out relevant to the individual client, aftercare and home care advice tailored to the individual.

Outcome 4 — Evaluation

Evaluate the effectiveness of each spa treatment applied and identify the degree of success achieved considering treatment aims, benefits and effects of treatment provided and client and assessor feedback.



Higher National Unit Support Notes

Unit title: Spa Treatment (SCQF level 8)

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 40 hours.

Guidance on the content and context for this unit

This unit develops the learner'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 learner 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 learner 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 learners the appropriate skills and underpinning knowledge required to work within the beauty industry. The learner 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 learners for work within the beauty industry.

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

Outcome 1 — Consultation process, learners 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. Learners should also demonstrate knowledge of the following contra-indications and special care conditions related to spa treatments.

Key areas of knowledge will be:

- ◆ Research methodology
- ◆ Report writing
- ◆ Spa treatments offered by the delivering centre
- ◆ Communication skills
- ◆ Consultation techniques
- ◆ How to assess client suitability for the selected spa treatment(s)
- ◆ Knowledge of spa treatment(s) delivered by the centre

Higher National Unit Support Notes (cont)

Unit title: Spa Treatment (SCQF level 8)

- ◆ Contra-indications to spa treatment(s) - these should reflect spa treatments offered by the delivering centre.
- ◆ Special care conditions to spa treatment(s) - these should reflect spa treatments offered by the delivering centre.
- ◆ Contra-actions to spa treatments – these should reflect spa treatments offered by the delivering centre.
- ◆ Treatment planning
- ◆ Client confidentiality
- ◆ Organisational and industry standards of personal preparation
- ◆ Treatment environment preparation
- ◆ Equipment preparation
- ◆ Client preparation
- ◆ Relevant current health and safety legislation
- ◆ Correct treatment application of spa treatments
- ◆ How to give appropriate aftercare and homecare advice
- ◆ Post- treatment equipment/work area maintenance
- ◆ Accurate recording of client information
- ◆ Methods used to evaluate the effectiveness of the treatment(s)
- ◆ How to accept and use feedback from others

Guidance on approaches to delivery of this unit

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.

While carrying out research relating to the spa treatments offered by the delivering centre, learners should be encouraged to research current treatments offered within the spa sector giving depth and breadth to their learning. Examples of Spa Treatments are included in the Guidance on Approaches to Assessment section of the Unit Specification. These examples are not exhaustive.

Practical demonstrations of the spa treatments offered within the delivering centre, followed by supported role-play initially with peers will give learners the opportunity to develop their skills and gain competence and confidence before progressing to work with clients.

It is important that learners have knowledge of the benefits and effects of products used within the spa treatments offered by the delivering centre to enable them to consider these when tailoring the spa treatment to meet client needs/expectations and during discussion with the client.

Learners should be encouraged to develop good working practice which meets both organisational and current national health and safety policy and procedures.

Learners should be made aware of how legislation affects everyday practice and opportunities should be taken within unit delivery to integrate relevant current legislation in a realistic context.

Higher National Unit Support Notes (cont)

Unit title: Spa Treatment (SCQF level 8)

The importance of ensuring environmental conditions are suitable for the client and the treatment, maintaining client modesty, privacy and comfort at all times should be highlighted to the learner.

Learners should be encouraged to promote environmental and sustainable working practices and follow workplace and suppliers or manufactures instructions for the safe use of equipment, material and products.

Awareness of ensuring post treatment maintenance of equipment and work area is completed effectively to make them ready for future use should be emphasised.

Centres are encouraged to establish links with industry representatives.

Enrichment activities are recommended such as — day trip to a health spa, guest speakers, Information on the history of spa treatments.

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 research undertaken in Outcome 1 must reflect three spa treatments offered by the delivering centre.

The assessment of Outcomes 2, 3 and 4 should be assessed holistically. Practical observation must be carried out on three different spa treatments.

The spa treatment assessment should reflect current industry practice, eg body exfoliation, body wrap and head/hand massage would be considered as one treatment.

Examples of Spa Treatments: These are not exhaustive.

Lymphatic skin brushing, detoxifying mud body wrap, personalised facial including Indian Head Massage.
Full body salt and oils scrub exfoliation, nourishing body wrap. Relaxing Thai foot massage.
Foot exfoliation, foot reflexology, back, neck and shoulder massage using hot stones.
Lava Shells or Himalayans salt egg massage - Back of legs, Back Neck, Shoulder and Scalp Massage.
Spa Foot Treatment - A complete facial for the feet: Exfoliation to remove dead skin, foot and lower leg massage, stimulating foot mask to relieve tired feet and wrapped

in a hot towel cocoon. (No cuticle work carried out).
Spa Skin Brightening Hand and Arm Treatment: A complete facial for the hand and arm. Exfoliation to remove dead skin, hydrating hand and lower arm massage, a skin brightening mask which is then wrapped in a hot towel cocoon. (No cuticle work carried out).
Detoxifying express facial, cellulite treatment from the knee to the waist, invigorating exfoliation, specialised body mask.
Tired legs and relaxing foot treatment - A targeted treatment to comfort and relieve tired legs, as well as help restore their appearance: Exfoliation, legs are wrapped in a refreshing gel which stimulates elimination, before carrying out a draining massage to bring a sensation of lightness and relief.
Pre or post pregnancy treatment using a selection of pregnancy safe products and massage treatments.
Back, neck, shoulder, scalp and foot treatment: Fizzing foot soak and sea salt exfoliation. Relaxing massage techniques to massage the back of the body, luxurious brightening facial and hand treatment.
Ayurvedic spa treatment involving some degree of massage with therapeutic essential oils chosen to suit clients dosha combined with a spa facial.
30 minute Booster Facial, pre heat treatment and 30 minute massage, followed by signature foot ritual.
30 minute Infra-red sauna session, full body Himalayan salt scrub, a choice of signature facial or massage, signature foot ritual.
Foot scrub, body exfoliation and signature body massage or facial.
Back exfoliation, Back Massage/Hot Stones/Thai Stamp, prescription facial, scalp massage.
Full Body Scalp and Oil Scrub, prescriptive express facial, traditional head massage.
Age defying facial, prescription massage (hot stone, bamboo, herbal compress), luxury manicure.
25 minute body scrub followed by a 55 minute customised massage.
55 minute facial and 25 minute signature massage.

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.

Higher National Unit Support Notes (cont)

Unit title: Spa Treatment (SCQF level 8)

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 6

The aspects of *Problem Solving* will be naturally developed as treatment activities are devised, undertaken and reflectively evaluated. Learners 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 ongoing review.

Although skills in Written Communication are not formally assessed learners 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. Learners 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.

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
03	Removal of specified contra-indications and special care conditions. Addition of examples of Spa Treatments.	21/10/2019
02	Core Skill of Problem Solving at SCQF level 6 embedded.	24/11/2017

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General information for learners

Unit title: Spa Treatment (SCQF level 8)

This section will help you 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 was designed to provide you with the knowledge and skills to provide a variety of spa treatments.

You will research three spa treatments offered by the centre where you are studying and produce a research report which includes history, benefits, effects, contra-indications, special care conditions and contra-actions for each spa treatment. You will then consult with new and existing clients to plan, prepare and perform spa treatments and will evaluate the effectiveness of the treatment(s) provided.

This unit will be beneficial for those wishing to broaden their knowledge and skills to pursue a career in beauty therapy.

Key areas of knowledge will be:

- ◆ Research methodology
- ◆ Report writing
- ◆ Spa treatments offered by the delivering centre
- ◆ Communication skills
- ◆ Consultation techniques
- ◆ How to assess client suitability for the selected spa treatment(s)
- ◆ Knowledge of spa treatment(s) delivered by the centre
- ◆ Contra-indications to spa treatment:
- ◆ Special care conditions
- ◆ Contra-actions to spa treatments
- ◆ Treatment planning
- ◆ Client confidentiality
- ◆ Organisational and industry standards of personal preparation
- ◆ Treatment environment preparation
- ◆ Equipment preparation
- ◆ Client preparation
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- ◆ Correct treatment application of spa treatments
- ◆ How to give appropriate aftercare and homecare advice
- ◆ Post- treatment equipment/work area maintenance
- ◆ Accurate recording of client information
- ◆ Methods used to evaluate the effectiveness of the treatment(s)
- ◆ How to accept and use feedback from others

General information for learners (cont)

Unit title: Spa Treatment (SCQF level 8)

You will be assessed on each outcome as detailed below:

- ◆ Outcome 1 — research report
- ◆ Outcomes 2 and 3 — practical activity
- ◆ Outcome 4 — Evaluation

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 6

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