



Higher National Unit Specification

General information

Unit title: Beauty Therapy: Advanced Facial and Body Therapy Techniques (SCQF level 8)

Unit code: HY28 35

Superclass: HL

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Unit purpose

This unit is designed to enable learners to keep up to date with a variety of advanced facial and body techniques and treatments that are currently in vogue within the beauty industry. The unit is designed to be flexible and should be updated regularly according to current trends.

This unit is suitable for learners wishing to pursue or further their career within the beauty therapy sector.

Outcomes

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

- 1 Research current advanced facial and body therapy techniques.
- 2 Plan, prepare and perform advanced facial and body therapy techniques.
- 3 Provide homecare and aftercare advice including retail recommendations.
- 4 Evaluate your performance of the advanced facial and body therapy techniques.

Credit points and level

2 Higher National Unit credits at SCQF level 8: (16 SCQF credit points at SCQF level 8)

Recommended entry to the unit

Access to this unit is on the completion on HN *Facial Therapy Treatments* or equivalent.

Higher National Unit Specification: General information (cont)

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Core Skills

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

There is no automatic certification of Core Skills or Core Skill components in this unit.

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: Advanced Facial and Body Therapy Techniques (SCQF level 8)

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.

Outcome 1

Research current advanced facial and body therapy techniques.

Knowledge and/or skills

- ◆ Range of products relating to treatments and market leaders
- ◆ Concepts and principles of advanced and facial and body therapy techniques
- ◆ strengths and weaknesses of the product/treatments
- ◆ Contraindications and special care requirements
- ◆ Contra actions
- ◆ Product theory
- ◆ Relevant health and safety legislation
- ◆ EU cosmetic and local authority licensing regulations
- ◆ Market leader for the chosen treatments
- ◆ Treatment costings

Outcome 2

Plan, prepare and perform advanced facial and body therapy techniques

Knowledge and/or skills

- ◆ Personal presentation
- ◆ Preparation of the treatment environment
- ◆ Client consultation records and techniques
- ◆ List the processes and effects of the treatment
- ◆ Treatment aims
- ◆ Special care requirements
- ◆ Effective use of products/treatments
- ◆ Relevant health and safety legislation
- ◆ Treatment compatibility/adaptations
- ◆ Treatment performance
- ◆ Safe practice and correct disposal of waste
- ◆ Management of contra indications
- ◆ Timing and sequence

Higher National Unit Specification: Statement of standards (cont)

Unit title: Beauty Therapy: Advanced Facial and Body Therapy Techniques (SCQF level 8)

Outcome 3

Provide homecare and aftercare advice including retail recommendations.

Knowledge and/or skills

- ◆ Aftercare advice relevant to the advanced facial therapy and body techniques
- ◆ Homecare advice relevant to the client skin care requirements
- ◆ Tailor made retail recommendations
- ◆ Future treatment/maintenance
- ◆ Client records

Outcome 4

Evaluate your performance of the advanced facial and body therapy techniques.

Knowledge and/or skills

- ◆ Evaluate treatment
- ◆ Evaluation techniques
- ◆ Self-evaluation skills
- ◆ Client feedback
- ◆ Assessor feedback

Higher National Unit Specification: Statement of standards (cont)

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Evidence requirements for this unit

Aspects of the assessment of Outcomes 2, 3 and 4 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 — Research current advanced facial and body therapy techniques.

Learners will have to demonstrate their knowledge and skills that they can investigate **three** current advanced facial and body therapy techniques (two advanced and one body therapy technique) and this must include:

- ◆ Comprehensive research on the companies and products available for each of the **three** chosen advanced facial therapy treatments
- ◆ Effects and benefits of the chosen treatments including treatment costings
- ◆ Information of the health and safety legislation directly related to the individual treatments
- ◆ Identification and knowledge of contraindications, including why specific conditions are contraindicated
- ◆ Product knowledge (eg ingredient properties humectants, emollients, emulsifiers, polypeptides, fats, oils, waxes)
- ◆ A list of the market leaders for the chosen treatments

Outcome 2 — Plan, prepare and perform advanced facial and body therapy techniques.

Learners will need to provide evidence to demonstrate their skills and/or knowledge that they can carry out effectively **three** treatments to include two advanced facial and one advanced body therapy techniques. This will include accurately completed client consultation records and treatment plans to support practical performance. Demonstration should be over three different skin types. Learners must show that they can: by client consultation card and assessor observation checklists that they can:

- ◆ prepare the treatment area correctly taking into account the current health and safety legislation directly related to the individual treatments.
- ◆ carry out consultations with the clients and record skin types, tones, ethnicity, conditions, skin disorders, and Fitzpatrick scale, body types, BMI, weight, muscle tone, and devise appropriate treatment plans for three advanced facial and body therapy treatments (two advanced facial and one body therapy technique). This should include skin analysis/body analysis — facial mapping where appropriate.
- ◆ consider the treatment aims (physical and psychological effects of the treatment) and clearly identify the purpose and limitations of each of the treatment taking into account the contra indications to the treatment.
- ◆ prepare and complete the skin and body care requirements.
- ◆ perform the following: skin analysis/body analysis — facial mapping.

Higher National Unit Specification: Statement of standards (cont)

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- ◆ apply the treatments and products according to the manufacturer's instructions.
- ◆ demonstrate professional skills, techniques and practices throughout.
- ◆ identify adverse reactions and problem solving/treatment management solutions.
- ◆ demonstrate the correct disposal of waste material (in relation to current health and safety legislation).
- ◆ maintain client comfort and safe working heights/positioning whilst giving clear instruction to the client throughout the preparatory stages.
- ◆ complete the treatment and apply the correct finishing products.
- ◆ carry out the treatment chosen for the client safely and within appropriate time constraints.

Outcome 3 — Provide homecare and aftercare advice including retail recommendations.

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

- ◆ provide aftercare advice relating to the treatment given.
- ◆ provide homecare advice relating to the client for their individual skincare needs.
- ◆ advise the client on the benefits of the use of the correct skin/body care routine.
- ◆ advise the client on the correct application of the skincare/body care products.
- ◆ recommend future/maintenance treatments to the client.

Outcome 4 — Evaluate your performance of the advanced facial and body therapy techniques.

Learners will need to provide evidence that they have evaluated each advanced face and body therapy technique applied and identify the degree of success achieved, considering treatment aims, benefits and effects of each treatment package and client and assessor feedback. The learner should:

- ◆ evaluate feedback from the client.
- ◆ evaluate the effectiveness of the treatment in relation to the client's aims and expectation.
- ◆ reflect on own performance taking account of feedback.



Higher National Unit Support Notes

Unit title: Beauty Therapy: Advanced Facial and Body Therapy Techniques (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 80 hours.

Guidance on the content and context for this unit

This unit is optional in the framework for HND 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 advanced facial and body therapy techniques. Treatments must be chosen in regard to client's skin type and condition. This will enable learners who are qualifying to have the relevant skills required for employment.

The unit will develop the learners skills to consult, prepare and perform three advanced facial and body therapy techniques and to educate the client on the correct aftercare, homecare, skin/body care advice and how to evaluate the effectiveness of the treatments applied.

The learner's personal appearance should reflect the organisational and industry standards and employ effective communication and consultation techniques. Throughout the unit the learners will demonstrate knowledge of a range of core theories, concepts, principles, and terminology and adherence to relevant health and safety procedures for the advanced facial and body therapy techniques. Learners will evaluate their skills to promote self-improvement and effectiveness of the treatment.

Outcome 1

The advanced treatments selected must be currently in vogue within the beauty industry (these may be selected but not exclusively from):

- ◆ **Photo regeneration** increases skin regeneration for lines and scarring.
- ◆ **Stretch mark reduction** combination of machines, creams and gels may be used.
- ◆ **Cellulite reduction** a combination of wraps, creams and gels used to refine, tightening, tone and drain the affected area.
- ◆ **Slimming and toning** combination of machines, creams and gels may be used.
- ◆ **Radio frequency** the treatment enhances all other fat removal treatments by assisting the liquefied fat to move through the lymphatic system.

Higher National Unit Support Notes (cont)

Unit title: Beauty Therapy: Advanced Facial and Body Therapy Techniques (SCQF level 8)

- ◆ **Combination units** combination of machines, creams and gels may be used. 3D lipo, cavitation, slimming this is where the machine heads are used to encourage the fat to be absorbed by the body's circulatory system and is then used as an energy source to transport the insoluble free fatty acids to the liver where they are processed as fatty acids from food.
- ◆ **Advanced massage techniques** — for deep tissue massage and or lymphatic draining benefits.
- ◆ **Bust and buttock lift** combination of machines, creams and gels may be used.
- ◆ **Cosmetic peels** may be referred to as Glycolic, AHA or BHA peels to remove dead skin to increase skin regeneration, even out superficial lines and scarring and improves the texture.
- ◆ **Cryotherapy** — the Cryotherapy facial uses pressurised liquid nitrogen vapours applied to the face and neck to stimulate the production of collagen and decrease pore size. The skin becomes tighter, more even-toned, and blood circulation is improved. Over time, skin becomes more elastic due to the increase in collagen.
- ◆ **Cosmetic thermotherapy** is the therapeutic application of heat increasing temperature and accelerating the chemical reactions in the body. Thermotherapy induces a sense of wellbeing and relaxation due to dilation of blood vessels and increased blood flow to the brain. Heat works by drawing blood into the targeted tissue and helps oxygen and nutrients to pass through.
- ◆ **Light therapy** increases skin regeneration for lines and scarring.

Outcome 2

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.

Learners should display knowledge of the contra-indications and possible contra-actions to specific treatments.

Contra indications — topical steroidal treatments, 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, vascular conditions, (due to the nature of the unit this list is not exhaustive and maybe treatment specific).

Show a knowledge and understanding of the following special care requirements for clients with: epilepsy, diabetes, pregnancy, claustrophobia, botox, fillers, (due to the nature of the unit this list is not exhaustive and may be treatment specific).

Learners should interact with the clients in a sensitive and empathic manner in line with normal industry conditions, clients lifestyle, occupation, age, medical history, physical, and emotional condition.

Outcome 1 can be cross referenced for the evidence the learner has and the knowledge and conditions are contra indicated and identification of any contra indications and/or adverse reactions and methods of problem solving/treatment management used. Skin/body types, and skin/body conditions. External factors contributing to skin/body conditions.

Higher National Unit Support Notes (cont)

Unit title: Beauty Therapy: Advanced Facial and Body Therapy Techniques (SCQF level 8)

Learners will be required to demonstrate aspects of health and safety regulations related to the advanced treatment. Learners are prepared for treatments, in terms of personal hygiene and appearance, preparing and positioning the client appropriately for treatments. Learners will perform different advanced facial and body therapy treatments — safely and methodically, effectively and correctly sequenced and timed, following manufacturer's instructions. The learners needs to demonstrate client care throughout.

Treatment performance — cleansers, toners, moisturisers, neck and eye products, exfoliators, body creams, masks

Skin type — normal, dry, oily and combination

Body type — ectomorph, mesomorph, endomorph

Skin/body condition — sensitive, mature, dehydrated, sun damaged, cellulite

Skin/body analysis — postural conditions, BMI, weight, areas of adipose tissue, cellulite, 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 disorders (acne, acne rosacea, seborrhoea, eczema, psoriasis, comedones, milia, papules, pustules, boils, carbuncles, open pores, hyper and hypo pigmentation, varicose vein).The tutor should link cosmetic science to the product range used and described the benefits of ingredients (Humectants, emollients, emulsifiers, polypeptides, fats, oils, waxes, AHA, BHA).

The consultation record should include a section for home care/aftercare advice and retail recommendations and space that enables the learner to self-evaluate on the improvement of their performance to cross reference with Outcomes 3 and 4.

Outcome 3

The learner will provide advice on home and aftercare and retail recommendations. Aftercare may consist of but not exclusively — please refrain from the following for 24 hours, wearing make-up, avoid direct heat, sauna, hot baths, avoid UV exposure. Homecare advice will consist of — use a daily SPF, eat healthy balanced diet, drink at least six to eight glasses of water a day, avoid smoking, follow a daily skin/body care regime (educate the client on the most suitable skin/body care for their requirements and retail products where required), prescribe a treatment return plan and any maintenance the client should do in between treatments.

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

The consultation record used for Outcome 2 and 3 should include a section for home care and aftercare advice, retail recommendations and should also include a section to enable the learner to self-evaluate on the improvement of their performance to cross reference Outcomes 2, 3 and 4.Outcome 4 — the learner will evaluate the treatment. The evaluation will consider the effectiveness of the treatment, assessor and client feedback, self-reflection on the treatment performance, treatment effectiveness, any amendments to the treatment plan and the ability to follow the time sequence to meet the current industry needs.

Higher National Unit Support Notes (cont)

Unit title: Beauty Therapy: Advanced Facial and Body Therapy Techniques (SCQF level 8)

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. 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 and guidance of the advanced facial therapy and body 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 draw on data gained from their research to demonstrate an understanding of the knowledge component detailed in the unit specification.

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.

Centres are encouraged to establish links with industry representatives, who may be willing to offer support in the form of visits from therapists to give demonstrations of contemporary aesthetic treatments. As well as further exposure to the practical application of the treatments, this also provides the learner with an opportunity to understand their role and use in the workplace.

Achievement of this unit will be dependent on the learner being able to successfully complete the research and demonstrate knowledge, concept, terminology, to carry out three advanced facial and body therapy treatments.

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

- ◆ Tutorials supported by handouts
- ◆ Research
- ◆ Demonstration
- ◆ Group work and discussion
- ◆ Practical activities

Higher National Unit Support Notes (cont)

Unit title: Beauty Therapy: Advanced Facial and Body Therapy Techniques (SCQF level 8)

Guidance on approaches to assessment of this unit

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.

- ◆ The assignment should provide insight into the whole advanced facial and body therapy techniques and if deemed to be product specific.
- ◆ The assignment should be presented in such a way that this could act as a support/reference document/manual for the selected treatments.
- ◆ The assignment should convey complex information in a well-structured and coherent form.
- ◆ A range of standard ICT applications to process and present information.
- ◆ A recognised referencing/bibliography style should be used.

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.

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

- ◆ research current advanced facial and body therapy techniques.
- ◆ plan, prepare and perform advanced facial and body therapy techniques.
- ◆ provide homecare and aftercare advice including retail recommendations.
- ◆ evaluate your performance of the advanced facial and body therapy techniques.

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: Beauty Therapy: Advanced Facial and Body Therapy Techniques (SCQF level 8)

Opportunities for developing Core and other essential skills

Aspects of the Core Skill of *Problem Solving*, that is, Planning and Organising, Critical Thinking, and Reviewing and Evaluating, will be naturally developed as the advanced facial therapy techniques /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 advanced facial therapy 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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General information for learners

Unit title: Beauty Therapy: Advanced Facial and Body Therapy Techniques (SCQF level 8)

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

This unit is designed to enable learners to gain underpinning knowledge of the concepts, terminology and benefits of the advanced facial and body therapy techniques. You will develop practical skills required to perform individual client consultations, devise advanced facial and body therapy treatment plans, apply a skilled professional advanced treatment, provide homecare, after care and retail recommendations and evaluate the effectiveness of the facial and body therapy treatment. It is recommended that you have a knowledge of Beauty Therapy: Facial therapy Treatments, Face and Body Electrotherapy, Body Massage and Face and Body treatment Packages.

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

- 1 Research current advanced facial and body therapy techniques.
- 2 Plan, prepare and perform advanced facial and body therapy techniques.
- 3 Provide home care and aftercare advice including retail recommendations.
- 4 Evaluate your performance of the advanced facial and body therapy techniques.

In order to complete this unit successfully, you will be required to achieve a satisfactory level of competence in all three treatments (two advanced facial and one advanced body therapy technique).

Evidence for this unit should be generated through practical demonstrations and an open-book research assignment.

The practical elements of the unit can be assessed together.

Practical demonstrations are required for three advanced facial and body therapy treatments. You will be observed to show competence within Outcomes 2, 3 and 4:

- ◆ Plan, prepare and perform advanced facial and body therapy techniques.
- ◆ Provide home care and aftercare advice including retail recommendations.
- ◆ Evaluate your performance of the advanced facial and body therapy techniques.