

NATIONAL CERTIFICATE MODULE: UNIT SPECIFICATION**STATEMENT OF STANDARDS****UNIT NUMBER:** 5150094**UNIT TITLE:** FACIAL MASSAGE

Acceptable performance in this unit will be the satisfactory achievement of the standards set out in this part of the specification. All sections of the statement of standards are mandatory and cannot be altered without reference to SQA.

OUTCOME

1. PREPARE FOR FACIAL MASSAGE TREATMENT

PERFORMANCE CRITERIA

- (a) Preparation of the treatment area is conducive to relaxation.
- (b) Equipment and products are ready for use.
- (c) The client is positioned comfortably for treatment.
- (d) Linens for protection and warmth are applied as appropriate.

RANGE STATEMENT

Treatment area: temperature; privacy; lighting; noise level; colour scheme.

Equipment: beauty couch/plinth; trolley; stool; receptacle for waste tissues and cotton wool.

Products: cleansers; toners; moisturisers; massage media; specialist treatment creams.

Linens: plinth cover; towels; blanket; headband/cap; pillows.

EVIDENCE REQUIREMENTS

Practical evidence of the candidate's ability to prepare the client, equipment, products and environment for facial massage treatment.

OUTCOME**2. IDENTIFY TREATMENT AIMS****PERFORMANCE CRITERIA**

- (a) Contra indications to treatment are accurately recognised and noted.
- (b) The client's skin type and condition is accurately assessed to determine treatment requirements.
- (c) A remedial treatment plan is devised in consultation with the client.
- (d) Where contra indications prohibit treatment the client is referred for physician approval.

RANGE STATEMENT

Skin types: normal; dry; oily; combination; sensitive; dehydrated; mature.

Treatments: cleansing; toning; facial massage; moisturising; specialist treatments.

Skin conditions: allergic reactions; non infectious conditions; acne vulgaris; crow's feet; milia; comedones; open pores; dilated capillaries, crepey skin; puffiness around eyes; ephelides; flaccid muscle tone.

Contra indications: skin disorders; bruising; swelling; warts; moles; scar tissue; loss of tactile sensation; cuts; abrasions; recent operations.

EVIDENCE REQUIREMENTS

Practical and written evidence of the candidate's ability to conduct a full and accurate skin diagnosis which covers the full range of skin conditions.

Practical and written evidence of the candidate's ability to formulate an appropriate treatment plan in consultation with the client.

Where practical and written evidence does not ensure full coverage of the range, supplementary evidence should be produced.

OUTCOME**3. PERFORM EFFECTIVE FACE, NECK AND SHOULDER MASSAGE****PERFORMANCE CRITERIA**

- (a) Products are selected and applied in accordance with the treatment requirements.

- (b) Massage movements and pressure are selected and applied as required to facilitate treatment aims.
- (c) The massage strokes are smooth and rhythmical with unobtrusive transition between the different movements.
- (d) The duration of treatment is appropriate to treatment aims and with undue repetition.

RANGE STATEMENT

Product choice to suit skin type: normal; dry; oily; combination; sensitive; dehydrated; mature.

Techniques: effleurage; petrissage; tapotement; vibrations; frictions.

Treatment variations to suit; skin elasticity; degree of subcutaneous fat; vascularity.

EVIDENCE REQUIREMENTS

Practical evidence of the candidate's ability to apply manual massage treatment to face, neck and shoulder area to achieve specific treatment aims.

Written/oral questioning to establish knowledge of products and treatments.

ASSESSMENT RECORDS

In order to achieve this unit, candidates are required to present sufficient evidence that they have met all the performance criteria for each outcome within the range specified. Details of these requirements are given for each outcome. The assessment instruments used should follow the general guidance offered by the SQA assessment model and an integrative approach to assessment is encouraged. (See references at the end of support notes).

Accurate records should be made of assessment instruments used showing how evidence is generated for each outcome and giving marking schemes and/or checklists, etc. Records of candidates' achievements should be kept. These records will be available for external verification.

SPECIAL NEEDS

In certain cases, modified outcomes and range statements can be proposed for certification. See references at end of Support Notes.

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NATIONAL CERTIFICATE MODULE: UNIT SPECIFICATION**SUPPORT NOTES**

UNIT NUMBER: 5150094

UNIT TITLE: FACIAL MASSAGE

SUPPORT NOTES: This part of the unit specification is offered as guidance. None of the sections of the support notes is mandatory.

NOTIONAL DESIGN LENGTH: SQA allocates a notional design length to a unit on the basis of time estimated for achievement of the stated standards by a candidate whose starting point is as described in the access statement. The notional design length for this unit is 60 hours. The use of notional design length for programme design and timetabling is advisory only.

PURPOSE This is a specialist module for candidates seeking work in the area of beauty therapy.

SQA publishes summaries of NC units for easy reference, publicity purposes, centre handbooks, etc. The summary statement for this unit is as follows:

This module bridges the more elementary and general areas of beauty care with the more specialised therapeutic practice of massage. In it you will learn how to apply classical massage movements to the face, neck and shoulders to improve appearance and produce relaxation.

CONTENT/CONTEXT This module is highly specialised and would require to be delivered by an appropriately qualified and experienced tutor.

Corresponding to outcomes 1-3:

1. Candidates should be aware of the difference between routine beauty care treatments and the more specialised nature of the therapeutic effects of massage and how the physical, physiological and psychological factors are interdependent and cumulative in effect.

Client care and comfort are essential components in therapeutic practice therefore the careful preparation of a suitable environment should always precede treatment.

Candidates should be familiar with the range of equipment and products available to help them achieve the outcome. They should also be aware of standard practices relating to hygiene and client care. The candidate's personal presentation should be of a high standard with appropriate hygienic salon attire - finger nails short and without enamel.

2. In order that contra indications may be identified accurately, skin diagnosis may be carried out and a treatment plan formulated, the candidate will require a knowledge of the following:
- the five layer structure of the epidermis and the functions of each layer;
 - the structure and function of the dermis with reference to connective tissue (fibrous and elastic) collagen, nerve endings, sebaceous gland, hair follicle, sweat gland, blood and lymph capillaries;
 - adipose tissue and subdermal muscle layer as related to the treatments performed;
 - position of the major bones of the skull, neck and shoulder;
 - location of lymph nodes in the area being treated;
 - basic knowledge of blood circulation in area being treated including the venous return from the head and neck and internal and external jugulars draining from facial veins;
 - the important functions of blood as related to the effects of massage;
 - treatment of skin conditions;
 - contra indications to treatment;
 - why contra indications are discussed with the client and referred for physician approval.
3. Product ranges should be comprehensive and allow candidate reasonable choice to achieve treatment aims.

A medicated range for the specialised treatment of acne conditions should be included.

Candidates should demonstrate ability to evaluate effects and select alternative products as/when indicated.

Classical massage movements should be applied as indicated with pressure and repetition designed to achieve the aims of treatment.

Smooth application of massage strokes should be achieved with unobtrusive transition from one movement to another. The candidate should demonstrate ability to evaluate effects of the massage throughout and modify the treatment according to the client skin reaction in order to maximise effects.

Candidates should be encouraged to develop a responsible and caring attitude towards clients and to be sensitive to their individual preferences.

APPROACHES TO GENERATING EVIDENCE This module requires a strong knowledge base, some of which could be generated through a candidate centred approach with outcomes being achieved largely through practical activities.

Candidates could work in pairs or small groups to compile the core of underpinning knowledge with practical activity in alternating pairs to ensure the widest possible range of experience within the group before working with clients.

This will help to generate positive attitudes and build confidence.

Promotional videos and/or company demonstrations may help to enhance product knowledge with intergroup discussion of opinions and choices arising from product applications.

Suitable texts should be identified along with appropriate reference sources for candidates.

Practical demonstrations by the tutor will provide the teaching forum for practical skills acquisition along with the visible evidence of applied underpinning knowledge.

ASSESSMENT PROCEDURES Corresponding to outcomes 1-3:

Outcome 1 This could be assessed by observation of the candidate's performance in practical activity using a checklist to cover the following points:

1.1 the treatment area is conducive to relaxation with respect to:

- privacy
- noise
- temperature
- lighting/colour

1.2 equipment is appropriate and prepared for use

1.3 all products are to hand prior to treatment

1.4 the client is positioned comfortably for treatment

1.5 linens are applied/used appropriately prior to and during treatment for:

- protection
- hygiene
- warmth
- comfort
- client modesty.

Satisfactory achievement of the outcome is based on all the performance criteria being met.

Outcome 2 Observation of the candidate's performance in practical activity using a checklist to cover the following points:

2.1 recognise and identify:

- skin types - normal
dry
oily
dehydrated
combination
sensitive
mature
- skin conditions - allergic reactions
non infectious conditions

acne vulgaris
 crow's feet
 milia/comedones
 open pores
 dilated capillaries
 crepey skin
 oedema
 ephelides
 flaccid muscle tone

- contra indications - skin disorders

bruising
 swelling
 warts
 moles
 scar tissue
 loss of tactile

sensation

cuts and abrasions
 recent operations

2.2 formulate a suitable treatment plan in consultation with the client.

Where performance cannot infer knowledge across the full range this could be assessed by written evidence from short answer questions, case studies or projects which covers all of the performance criteria.

Satisfactory achievement of the outcome is based on all the performance criteria being met.

Outcome 3 Observation of the candidate's performance in practical activity using a checklist to cover all the performance criteria.

Satisfactory achievement of the outcome is based on all the performance criteria being met.

RECOGNITION Many SQA NC units are recognised for entry/recruitment purposes. For up-to-date information see the SQA guide 'Recognised and Recommended Groupings'.

REFERENCES

1. Guidelines for Module Writers.
2. SQA's National Standards for Assessment and Verification.
3. For a fuller discussion on assessment issues, please refer to SQA's Guide to Assessment.
4. Procedures for special needs statements are set out in SQA's guide 'Students with Special Needs'.

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