



National Unit Specification: general information

UNIT Facial Skin Care (SCQF level 5)

CODE F4P5 11

SUMMARY

The focus of this Unit is practical. The Unit is designed to enable candidates to identify and describe the essential aspects of facial skin and the effects of treatments on the facial skin. Candidates will prepare for and perform basic facial treatments to include consultation, preparation, cleanse, tone, eyebrow tidy, mask and moisturise. The Candidate will also learn how to give the client home and after care advice. This Unit is suitable for candidates with no prior knowledge in this subject area but allows progression from the National Progression Award in Cosmetology (SCQF level 4) or SVQ Beauty Therapy level 1.

OUTCOMES

- 1 Investigate the essential aspects of facial skin and the effects of facial treatments.
- 2 Prepare for a facial treatments.
- 3 Perform a facial treatments and provide post treatment advice.

RECOMMENDED ENTRY

Whilst entry is at the discretion of the centre, candidates could have attained one of the following, or equivalent:

F0FE 10 *Cosmetology: Beauty Therapy — Practical Skills*
G7GY 21 SVQ Beauty Therapy level 1

CREDIT VALUE

1 credit at SCQF level 5 (6 SCQF credit points at SCQF level 5*).

**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.*

Administrative Information

Superclass: HL

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National Unit Specification: general information (cont)

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CORE SKILLS

There is no automatic certification of Core Skills components in this Unit.

Opportunities for developing aspects of Core Skills are highlighted in Learning and Teaching Approaches for this Unit.

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.

OUTCOME 1

Investigate the essential aspects of facial skin and the effects of facial treatments.

Performance Criteria

- (a) Identify and describe the basic skin structure.
- (b) Identify and describe the range of basic skin types.
- (c) Identify and describe contra-indications and contra-actions.
- (d) Describe the effects of treatment on facial skin.

OUTCOME 2

Prepare for a facial treatment.

Performance Criteria

- (a) Prepare self and client in accordance with salon procedures.
- (b) Prepare treatment area in accordance with salon procedures.
- (c) Identify the clients skin type through consultation.
- (d) Select products appropriate to skin type.

OUTCOME 3

Perform a facial treatment and provide post treatment advice.

Performance Criteria

- (a) Follow correct procedure with regard to time, sequence, application and removal following industry standards.
- (b) Comply with safe and hygienic practices, correct client care and current health and safety procedures.
- (c) Provide suitable homecare and aftercare advice.

National Unit Specification: statement of standards (cont)

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EVIDENCE REQUIREMENTS FOR THIS UNIT

Performance evidence and written and/or oral evidence that cover all the Outcomes and Performance Criteria are required for this Unit.

Outcome 1 — Written and/or oral evidence

Evidence for Outcome 1 should be gathered at appropriate points throughout the Unit and included in a candidate folio. The candidate must:

- ◆ identify the basic skin structure. A basic cross section of skin must include: epidermis; dermis; subcutaneous layer; hair follicle; hair; sudoriferous gland; arrector pili muscle; blood supply; nerve supply; sebaceous gland; pores.
- ◆ identify and describe the range of basic skin types to include: dry; sensitive; oily; dehydrated; combination; normal; mature.
- ◆ identify and describe the contra-indications to include: cuts/abrasions; conjunctivitis; styes; cold sores; impetigo; signs of infection; redness/lumps/swellings; bruising.
- ◆ identify and describe two possible contra-actions: reactions to products and/or treatments.
- ◆ describe the effects of treatments on facial skin to include: relaxation; improved appearance of eyebrows; improved skin tone/appearance.

Outcome 2 and Outcome 3 — Performance evidence supported by written and/or oral evidence

Candidates will be required to perform a facial skin treatment on a minimum of three occasions. They must:

- ◆ prepare self and client in accordance with salon procedure:
 - Self:
 - salon standard of appearance
 - minimum jewellery worn
 - hair tied back when appropriate
 - Client:
 - position
 - gowning
 - comfort
- ◆ prepare treatment area in accordance with salon procedure:
 - products
 - tools
 - equipment
 - materials
- ◆ identify clients skin type through consultation

National Unit Specification: statement of standards (cont)

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- ◆ select products appropriate to skin type:
 - Range to include:
 - cleanser
 - toner
 - moisturiser
 - mask
- ◆ follow correct procedure with regard to time, sequence, application and removal according to industry standards
- ◆ comply with safe and hygienic practices, correct client comfort and current health and safety procedures throughout
- ◆ provide suitable homecare and aftercare advice

The candidate is required to perform three facial treatments and complete a client treatment plan for each of the treatments. The client treatment plan will record: identification of the client's skin type; the type of treatment given and; details of the homecare and aftercare advice provided. The treatments must include: cleanse, tone, eyebrow tidy, mask and moisturise and include four from the following seven: dry; sensitive; oily; dehydrated; combination; normal; mature.

An assessor observation checklist must be completed to record evidence of candidate performance.

An Assessment Support Pack has been produced for this Unit. This pack includes a sample of a folio, client consultation treatment plan and an assessor observation checklist. Centres wishing to produce their own instruments of assessment should refer to the Assessment Support Pack to ensure that they are of a comparable standard.

National Unit Specification: support notes

UNIT Facial Skin Care (SCQF level 5)

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 is a mandatory Unit within the National Certificate Group Award Beauty Care and Make-up (SCQF level 5). It can also be taken as a free-standing Unit.

This Unit is intended for candidates who wish to develop a basic knowledge and understanding of facial skin care.

The Unit will be achieved through investigation and practical activity. The investigation will include: basic skin structures; skin types; contra-indications, contra-actions; salon procedures; effects of treatments on the skin. The practical activity will include: preparation of self, treatment area and client; consultation; selection of products; facial treatment; aftercare and home care advice.

Safe and hygienic practices should be reinforced throughout this Unit in relation to self, client, equipment and workplace.

The current regulations that cover facial skin care services are:

- ◆ The Health and Safety at Work etc Act
- ◆ The Workplace (Health, Safety and Welfare) Regulations
- ◆ The Manual Handling Operations Regulations
- ◆ The Personal Protective Equipment at Work Regulations
- ◆ The Provision and Use of Work Equipment Regulations
- ◆ The Control of Substances Hazardous to Health Regulations (COSHH)
- ◆ The Electricity at Work Regulations
- ◆ Reporting of Injuries, Diseases and Dangerous Occurrences Regulations

Candidates should be taught about the following indicators which will assist with the identification of skin types: seborrhoea; acne; comedones; milia; dilated capillaries; pustules; papules; open pores; lines; wrinkles; skin colour/tone and muscle tone.

Contra-indications should also be taught. These should include: Cuts/abrasions; conjunctivitis; styes; cold sores; impetigo; signs of infection -lumps/swellings/redness; bruising.

Contra-actions should include: possible reaction to products or procedures, allergic reaction to products and/or treatments.

National Unit Specification: support notes (cont)

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Candidates should be taught about the key aspects of facial skill care and carrying out treatments. This should include:

Accurate client consultation; identification of skin types; select appropriate products for each skin type; appropriate treatment for each skin type; reparation of work area and materials; sterilisation procedures; application of products is correct, efficient, and in the correct order; economical use of products and disposables.

Procedures:

Cleansing routines (eyes, lips and facial); toning routines; mask (application and removal); moisturising application; eyebrows (manual tweezing only).

Mask application:

Even strokes; avoid eyebrows, lips and nostrils; eye pads applied; ensure client is warm enough; dim lights to ensure maximum relaxation.

After care advice: not to apply make-up immediately following treatment.

Home care advice: use of appropriate range of retail products.

GUIDANCE ON LEARNING AND TEACHING APPROACHES FOR THIS UNIT

Teacher/lecturer provides demonstrations with candidates practising the skills required to enable competence in performing basic facial treatments. The theoretical aspects of this Unit should be: anatomy and physiology; health and safety legislation; skin analysis; consultation techniques; treatment procedures; product knowledge; homecare and aftercare advice; treatment environment; preparation of self, area and client.

A range of delivery techniques can be used including group discussion, self directed learning- text books, handouts, Information Technology, demonstration, practical activity and role play.

Oral questions may be asked to establish the candidates understanding of underpinning knowledge and monitor progression.

National Unit Specification: support notes (cont)

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The following is a suggested procedure for the practical activity:

- ◆ greets clients in an appropriate manner
- ◆ client consultation using effective questioning
- ◆ instructions to clients is given in a clear and pleasant manner
- ◆ appropriate care of clients clothes
- ◆ appropriate instruction given as to positioning of client
- ◆ clients hair is covered and protected
- ◆ candidate ensures that client is comfortable and warm
- ◆ additional pillows and blanket at hand
- ◆ candidate makes regular checks throughout treatment to ensure clients comfort
- ◆ eye cleansing is carried out in such a way so as to avoid product entering the eyes
- ◆ discussion takes place with client to ensure the result of the eyebrow trim is correct

Eyebrow tweezing:

- ◆ discussion with the client takes place prior to removal and clients aims are agreed
- ◆ a mirror is used during discussion
- ◆ techniques used to minimise discomfort during treatment are practiced
- ◆ techniques used to remove hairs carefully and effectively are practiced
- ◆ reasons for soothing lotion is understood and practiced

Mask:

- ◆ client is made aware of the temperature of the mask prior to the application
- ◆ client shoulders are covered during masking session
- ◆ client is made aware, prior to the removal of the mask
- ◆ candidate ensures that no excess water is allowed to drip onto the client
- ◆ temperature of water for mask removal is appropriate
- ◆ apply appropriate moisturiser
- ◆ advise on after care and recommend home care to client

OPPORTUNITIES FOR CORE SKILL DEVELOPMENT

There are opportunities to gather evidence toward the Core Skills: *Communication*, *Working with Others*, and *Problem Solving* although there is no automatic certification of Core Skills.

National Unit Specification: support notes (cont)

UNIT Facial Skin Care (SCQF level 5)

GUIDANCE ON APPROACHES TO ASSESSMENT FOR THIS UNIT

E-assessment may be appropriate for some assessments in this Unit. By e-assessment we mean assessment which is supported by information and communications technology (ICT), such as e-testing or the use of e-portfolios or e-checklists. Centres which wish to use e-assessment must ensure that the national standard is applied to all candidate evidence and that conditions of assessment as specified in the Evidence Requirements are met, regardless of the mode of gathering evidence. Further advice is available in *SQA Guidelines on Online Assessment for Further Education (AA1641, March 2003)*, *SQA Guidelines on e-assessment for Schools (BD2625, June 2005)*.

The assessment will be through written and/or oral evidence under open-book conditions which contains essential aspects of facial skin and the effects of treatments.

The evidence for Outcome 1 should be in the form of a folio and should include the identification of the basic skin structure, a basic cross section of skin which includes: epidermis; dermis; subcutaneous layer; hair follicle; hair; sudoriferous gland; arrector pili muscle; blood supply; nerve supply; sebaceous gland; pores. Identification and description of the range of basic skin types which should include: dry; sensitive; oily; dehydrated; combination; normal; mature, contra-indications which should include: cuts/abrasions; conjunctivitis; styes; cold sores; impetigo; signs of infection; redness/lumps/swellings; bruising, two possible contra-actions: reactions to products and/or treatments. Description and the effects of treatments on facial skin to include: relaxation; improved appearance of eyebrows; improved skin tone/appearance.

Outcomes 2 and 3 will be assessed by performance evidence through an assessor observation checklist in a realistic work environment and supported by a completed client treatment plan. The practical observation will be carried out on a minimum of three occasions to ensure the objectives of the Outcomes are met. The candidate will also be required to submit a client consultation sheet

Oral questioning may be used to supplement practical observation to assess area of knowledge and or skills not covered by practical activity.

CANDIDATES WITH DISABILITIES AND/OR ADDITIONAL SUPPORT NEEDS

The additional support needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments, or considering alternative Outcomes for Units. Further advice can be found in the SQA document *Guidance on Assessment Arrangements for Candidates with Disabilities and/or Additional Support Needs (www.sqa.org.uk)*.