



QUALIFI

SUCCESS THROUGH LEARNING
RECOGNISED WORLDWIDE

Level 4 Diploma in Aesthetic Procedures for Skin Rejuvenation

Level 4 Certificate in Aesthetic Practice

Level 4 Certificate in Laser, Light and Energy-Based Procedures

Qualification Specification

May 2024

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About QUALIFI

QUALIFI is recognised and regulated by Ofqual (Office of Qualifications and Examinations Regulator). Our Ofqual reference number is RN5160. Ofqual regulates qualifications, examinations, and assessments in England.

As an Ofqual recognised Awarding Organisation, QUALIFI is required to carry out external quality assurance to ensure that centres approved for the delivery and assessment of QUALIFI's qualifications meet the required standards.

Why Choose QUALIFI Qualifications?

QUALIFI qualifications aim to support learners to develop the necessary knowledge, skills and understanding to support their professional development within their chosen career and or to provide opportunities for progression to further study.

Our qualifications provide opportunities for learners to:

- apply analytical and evaluative thinking skills
- develop and encourage problem solving and creativity to tackle problems and challenges
- exercise judgement and take responsibility for decisions and actions
- develop the ability to recognise and reflect on personal learning and improve their personal, social, and other transferable skills.

Employer Support for the Qualification Development

During the development of these qualifications QUALIFI consulted with a range of employers, providers, and existing centres (where applicable) to ensure rigour, validity and demand for the qualification and to ensure that the development considers the potential learner audience for the qualification and assessment methods.

Equality and Diversity

QUALIFI's qualifications are developed to be accessible to all learners who are capable of attaining the required standard. QUALIFI promotes equality and diversity across aspects of the qualification process and centres are required to implement the same standards of equal opportunities and ensure teaching and learning are free from any barriers that may restrict access and progression.

Learners with any specific learning need should discuss this in the first instance with their approved centre who will refer to QUALIFI's Reasonable Adjustment and Special Consideration Policy.

Qualification Title and Accreditation Number

These qualifications have been accredited to the Regulated Qualification Framework (RQF) and each has its own unique Qualification Accreditation Number (QAN). This number will appear on the learner's final certification document. Each unit within the qualification has its own RQF code. The QAN for each of these qualifications is as follows:

Qualifi Level 4 Diploma in Aesthetic Procedures for Skin Rejuvenation (610/1193/9)

Qualifi Level 4 Certificate in Aesthetic Practice (610/1195/2)

Qualifi Level 4 Certificate in Laser, Light and Energy-Based Procedures (610/1194/0)

Qualification Aims and Learning Outcomes

Aims of the QUALIFI Level 4 Diploma in Aesthetic Procedures for Skin Rejuvenation

The aim of the QUALIFI Level 4 Diploma in Aesthetic Procedures for Skin Rejuvenation and associated Certificates is to provide learners with an understanding of the knowledge and skills to carry out advanced beauty therapy/aesthetic procedures, enabling learners to gain the necessary skills and essential underpinning knowledge to work commercially as a Practitioner. The Diploma will also provide opportunities for learners to develop the necessary occupational skills and competencies to progress directly into employment or to further study. Learners will develop practical skills for a career in Advanced Beauty Therapy/Aesthetic field.

Successful completion of the QUALIFI Level 4 Diploma in Aesthetic Procedures for Skin Rejuvenation and the QUALIFI Level 4 Certificate in Aesthetic Practice (when combined with the QUALIFI Level 4 Certificate in Anatomy and Physiology) have been designed to enable learners to progress onto the QUALIFI Level 5 Certificate in Aesthetic Practice.

Learning Outcomes of the QUALIFI Level 4 Diploma in Aesthetic Procedures for Skin Rejuvenation

The overall learning outcomes of the qualification are for:

- **Health, safety, and hygiene for aesthetic procedures** - learners will be able to apply their knowledge and understanding of implementing the essential health, safety and hygiene measures when preparing for and throughout delivery of the aesthetic procedures.
- **Client consultation for aesthetic procedures** - underpins the practical technical units within the qualification/s. Learners will be able to conduct a concise consultation to determine and/or adapt the required procedure/s to meet the client's needs and achieve the desired outcome/s.
- **The biochemistry and biology of cells** - learners will be able to understand the biochemistry and biology of cells, how cell specialisation and organisation lead to increasing complexity and understanding the structure and function of the major organ systems.

- **Skin morphology and the inflammatory response** - learners will be able to understand the structure and function of the skin and its appendages, the inflammatory response and skin remodelling, facial anatomy and the effect of aging on facial bones.
- **Skin disorders and diseases relative to aesthetic practice** - learners will develop knowledge of the common skin types, diseases, and disorders, the skin aging process, plus the underpinning facial anatomy and physiology relating to bones, muscles and nerve supply.
- **Skin rejuvenation using a plasma device** – learners will be able to use a plasma device to rejuvenate the skin and reduce or remove skin imperfections and mild pigmentary conditions.
- **Skin rejuvenation using microneedling** – learners will be able to use automated and hand-held microneedling devices to rejuvenate the face and body skin condition and reduce or remove skin imperfections and mild pigmentary conditions.
- **Skin rejuvenation using superficial chemical peels** – learners will be able to choose the correct superficial chemical peels to rejuvenate the skin and reduce or remove skin imperfections and mild pigmentary conditions.
- **Skin rejuvenation using mesotherapy** – learners will be able to use mesotherapy products and devices to rejuvenate the skin and reduce or remove skin imperfections and mild pigmentary conditions.
- **Skin rejuvenation using laser, light and energy-based devices** - learners will be able to use a laser, light and aesthetic energy based devices to rejuvenate the skin and reduce or remove skin imperfections and mild pigmentary conditions.
- **Hair reduction using laser, light and energy-based devices** - learners will be able to use a laser, intense light sources and aesthetic energy-based devices for hair growth reduction. (This unit is not included in the Level 4 Diploma in Aesthetic Procedures for Skin Rejuvenation, however forms part of the Level 4 Certificate in Laser, Light and Energy-Based Procedures).
- **Skin rejuvenation using electrotherapy** - learners will gain the knowledge and skills on how relating to emerging commercial electrical therapy technologies including hydro dermabrasion, low intensity LED light, radiofrequency/high-frequency and ultrasound to improve and maintain skin condition.
- **Skin rejuvenation using dermaplaning** - learners will gain the knowledge and skills on how provide a safe and effective dermaplaning procedure to desquamate and encourage skin renewal or in preparation for further procedures.
- **Skincare to support aesthetic procedures** - learners will gain the skills and knowledge to provide facial skincare treatments to improve and maintain the skin condition. This unit also provides learners with the essential foundation to prepare the skin for more advanced skin rejuvenation treatments and procedures.

- **Business and financial effectiveness** - learners will gain knowledge about business start-up, monitoring and effective use of business resources, meeting productivity and development targets and working with colleagues to deliver effective services to clients and to make a positive contribution to the business.

The learning outcomes and assessment criteria for each unit are outlined in the unit specifications.

Delivering the Qualification

External Quality Assurance Arrangements

All centres are required to complete an approval process to be recognised as an approved centre. Centres must have the ability to support learners. Centres must commit to working with QUALIFI and its team of External Quality Assurers (EQAs). Approved Centres are required to have in place qualified and experienced tutors, all tutors are required to undertake regular continued professional development (CPD).

Approved centres will be monitored by QUALIFI External Quality Assurers (EQAs) to ensure compliance with QUALIFI requirements and to ensure that learners are provided with appropriate learning opportunities, guidance, and formative assessment.

QUALIFI's guidance relating to invigilation, preventing plagiarism and collusion will apply to centres.

QUALIFI, unless otherwise agreed:

- sets all assessments.
- moderates assessments prior to certification.
- awards the final mark and issues certificates.

Learner Induction and Registration

Approved Centres should ensure all learners receive a full induction to their study programme and the requirements of the qualification and its assessment.

All learners should expect to be issued with a course handbook and a timetable and meet with their personal tutor and fellow learners. Centres should assess learners carefully to ensure that they are able to meet the requirements for the qualification and that, if applicable, appropriate pathways or optional units are selected to meet the learner's progression requirements.

Centres should check the qualification structures and unit combinations carefully when advising learners. Centres will need to ensure that learners have access to a full range of information, advice and guidance to support them in making the necessary qualification and unit choices. During recruitment, approved centres need to provide learners with accurate information on the title and focus of the qualification for which they are studying.

All learners must be registered with QUALIFI within the deadlines outlined in the QUALIFI Registration, Results and Certification Policy and Procedure.

Entry Criteria

Approved Centres are responsible for reviewing and making decisions as to the applicant's ability to complete the learning programme successfully and meet the demands of the qualification. The initial assessment by the centre will need to consider the support that is readily available or can be made available to meet individual learner needs as appropriate.

The qualification has been designed to be accessible without artificial barriers that restrict access. For this qualification, applicants must be aged 18 or over, who have achieved a Level 3 qualification or apprenticeship in Beauty Therapy or have equivalent qualifications and/or substantial industry experience for direct entry to Level 4.

For direct entry to the QUALIFI Level 4 Diploma in Aesthetic Procedures for Skin Rejuvenation the unit AP301 Skincare to support aesthetic procedures must be selected as one of the optional units to ensure learners have the essential underpinning knowledge for the various aesthetic procedure units within the qualification.

The aesthetic practitioner must have a First Aid at Work qualification or equivalent and be able to carry out the functions within SFHCHS36: Basic life support and know where to access life support equipment as identified in the complication management plan.

Recognition of Prior Learning

Recognition of Prior Learning (RPL) is a method of assessment (leading to the award of credit) that considers whether learners can demonstrate that they can meet the assessment requirements for a unit through knowledge, understanding or skills they already possess and so do not need to develop through a course of learning.

QUALIFI encourages centres to recognise learners' previous achievements and experiences whether at work, home or at leisure, as well as in the classroom. RPL provides a route for the recognition of the achievements resulting from continuous learning. RPL enables recognition of achievement from a range of activities using any valid assessment methodology. Provided that the assessment requirements of a given unit or qualification have been met, the use of RPL is acceptable for accrediting a unit, units, or a whole qualification.

Evidence of learning must be valid and reliable. For full guidance on RPL please refer to QUALIFI's *Recognition of Prior Learning Policy*.

Data Protection

All personal information obtained from learners and other sources in connection with studies will be held securely and will be used during the course and after they leave the course for a variety of purposes and may be made available to our regulators. These should be all explained during the enrolment process at the commencement of learner studies. If

learners or centres would like a more detailed explanation of the partner and QUALIFI policies on the use and disclosure of personal information, please contact QUALIFI via email support@QUALIFI-international.com

Learner Voice

Learners can play an important part in improving the quality through the feedback they give. In addition to the on-going discussion with the course team throughout the year, centres will have a range of mechanisms for learners to feed back about their experience of teaching and learning.

Professional Development and Training for Centres

QUALIFI supports its approved centres with training related to our qualifications. This support is available through a choice of training options offered through publications or through customised training at your centre.

The support we offer focuses on a range of issues including:

- planning for the delivery of a new programme
- planning for assessment and grading
- developing effective assignments
- building your team and teamwork skills
- developing learner-centred learning and teaching approaches
- building in effective and efficient quality assurance systems.

Please contact us for further information.

Progression and Links to other QUALIFI Programmes

Completing the **QUALIFI Level 4 Diploma in Aesthetic Procedures for Skin Rejuvenation** or the **QUALIFI Level 4 Certificate in Aesthetic Practice** (when combined with the QUALIFI Level 4 Certificate in Anatomy and Physiology for Aesthetic Practice) will enable learners to progress to:

- QUALIFI Level 5 Diploma in Aesthetic Practice
- Employment in an associated profession.

Qualification Structure and Requirements

Credits and Total Qualification Time (TQT)

The QUALIFI Level 4 Diploma in Aesthetic Procedures for Skin Rejuvenation is made up of 58 credits which equates to 580 hours of TQT.

Total Qualification Time (TQT): is an estimate of the total amount of time that could reasonably be expected to be required for a learner to achieve and demonstrate the achievement of the level of attainment necessary for the award of a qualification.

Examples of activities that can contribute to Total Qualification Time includes guided learning, independent and unsupervised research/learning, unsupervised compilation of a portfolio of work experience, unsupervised e-learning, unsupervised e-assessment, unsupervised coursework, watching a prerecorded podcast or webinar, unsupervised work-based learning. ^[1]_[SEP]

Guided Learning Hours (GLH): are defined as the time when a tutor is present to give specific guidance towards the learning aim being studied on a programme. This definition includes lectures, tutorials and supervised study in, for example, open learning centres and learning workshops, live webinars, telephone tutorials or other forms of e-learning supervised by a tutor in real time. Guided learning includes any supervised assessment activity; this includes invigilated examination and observed assessment and observed work-based practice.

Rules of Combination for QUALIFI Level 4 Diploma in Aesthetic Procedures for Skin Rejuvenation

To achieve this qualification a learner must select and successfully complete eight units. This includes all **five** mandatory units, and a minimum of **three** units from the optional section. A minimum of **58** credits:

Unit Reference	Mandatory Units	Level	TQT	Credits	GLH
D/618/8183	Health, safety and hygiene for aesthetic procedures	4	70	7	40
H/618/8184	Client consultation for aesthetic procedures	4	80	8	50
Y/618/7047	The biochemistry and biology of cells	4	50	5	33
D/618/7048	Skin morphology and the inflammatory response	4	50	5	33
H/618/7049	Skin disorders and diseases relative to aesthetic practice	4	60	6	44
Total			310	31	200
Unit Reference	Optional Units	Level	TQT	Credits	GLH
K/618/8185	Skin rejuvenation using a plasma device	4	120	12	60

R/650/3424	Skin rejuvenation using microneedling	4	100	10	60
T/650/3425	Skin rejuvenation using superficial chemical peels	4	100	10	60
Y/650/3426	Skin rejuvenation using mesotherapy	4	100	10	60
A/650/3427	Skin rejuvenation using laser, light and energy-based devices	4	100	10	60
D/650/3428	Skin rejuvenation using electrotherapy	4	100	10	60
F/650/3429	Skin rejuvenation using dermaplaning	4	100	10	60
K/650/3430	Skincare to support aesthetic procedures	3	70	7	40
L/650/3431	Business and financial effectiveness	4	90	9	60
Total			580	58	360

Pre-requisite - ideally learners will have a relevant level 3 qualification, however direct entry is acceptable as long as unit AP301 Skincare to support aesthetic procedures is selected as an option.

Rules of Combination for QUALIFI Level 4 Certificate in Aesthetic Practice

To achieve this qualification a learner must successfully complete the **four** mandatory units – **35** credits

Unit Reference	Mandatory Units	Level	TQT	Credits	GLH
D/618/8183	Health, safety and hygiene for aesthetic procedures	4	70	7	40
H/618/8184	Client consultation for aesthetic procedures	4	80	8	50
R/650/3424	Skin rejuvenation using microneedling	4	100	10	60
T/650/3425	Skin rejuvenation using superficial chemical peels	4	100	10	60
Total			350	35	210

Pre-requisite – QUALIFI Level 3 Diploma in Advanced Beauty Therapy or equivalent plus QUALIFI Level 4 Certificate in Anatomy and Physiology for Aesthetics Practice

Rules of Combination for QUALIFI Level 4 Certificate in Laser, Light and Energy-Based Procedures

To achieve this qualification a learner must successfully complete the **four** mandatory units – **35** credits

Unit Reference	Mandatory Units	Level	TQT	Credits	GLH
D/618/8183	Health, safety and hygiene for aesthetic procedures	4	70	7	40
H/618/8184	Client consultation for aesthetic procedures	4	80	8	50
A/650/3427	Skin rejuvenation using laser, light and energy-based devices	4	100	10	60
M/650/3432	Hair reduction using laser, light and energy-based devices	4	100	10	60
Total			350	35	210

Pre-requisite – QUALIFI Level 3 Diploma in Advanced Beauty Therapy or equivalent

Achievement Requirements

Learners must demonstrate they have met all learning outcomes and assessment criteria for all the required units to achieve this qualification. QUALIFI will issue certificates to all successful learners via their registered centres.

Awarding Classification/Grading

The overall qualification grading is: **Pass/Fail**.

All units will be internally assessed through MCQs multiple choice questions, SAQs short answer questions, oral questions and written assignments, internally marked by the QUALIFI approved centre and subject to external quality assurance by QUALIFI.

Pass mark:

< 69% = Fail, the learner will be permitted to re-sit the same MCQ or SAQs on 3 occasions

70% - 100% = Pass

Assessment Strategy and Methods

QUALIFI will provide the performance and underpinning knowledge criteria for each unit of this qualification, to be assessed through observation of skills in a realistic working environment, MCQs multiple choice questions, SAQs short answer questions, oral questions, written assignments and mark schemes. These tasks will address the learning outcomes and related assessment criteria, all of which must be demonstrated/passed in order to achieve the qualification.

The tasks will enable learners to draw on work-related information and/or examples wherever possible. Some assessment tasks will contain a practical assignment which will require observation by an assessor, see Assessment Guidance for further information.

The assessment tasks will require learners to draw on real organisational information or case studies to illustrate their answers. To support this activity during the programme of learning, centres are required to make sure that they include case studies for the aesthetic procedures and, wherever possible, encourage learners to draw on work-place opportunities to undertake research and investigation to support their learning.

QUALIFI provide **Assessment checklists** for each practical unit that should be used to record Learner performance. Approved centres should request a copy of the assessment checklists, exemplar oral questions, SAQs (short answer questions), tasks, assignments and marking guides. There is also a QUALIFI generic case study form. The assessment requirements for each unit are listed in the Assessment Guidance at the end of the document

Learner assessments will be internally marked by the approved centre and will be subject to external quality assurance and sampling by QUALIFI prior to certification.

Evidence requirements for practical observations

1. Procedures, which have been carried out in a commercial salon/clinic, simulated salon/clinic or training environment.
2. There must be written, signed/digitally signed client consent forms before all treatments/procedures are provided.
3. Consent forms must be retained by the centre and be in accordance with GDPR compliance.
4. The recommended numbers of observations/number of clients and case study evidence required should be logged in the learner portfolio of evidence. Full details of the evidence requirement by unit can be found in the Assessment Guidance section.
5. The learner must have met all practical criteria and there should be sufficient evidence of coverage of the relevant scope/range listed after the assessment criteria in each unit.

Unit Specifications

Unit: CO401 Health, safety and hygiene for aesthetic procedures

Unit code: D/618/8183

RQF Level: 4

Unit Aim and NOS

(NOS SKANSC1.2 - Implement and maintain safe, hygienic, and effective working practices during elective non-surgical cosmetic procedures)

- This unit is for aesthetic practitioners complying with the maintenance of effective health, safety, infection control and hygiene practices throughout their work in accordance with the non-surgical cosmetic procedure protocol, legislative, regulatory, and organisational requirements.
- This unit is based on the standard, which is part of the non-surgical cosmetic national occupational standards suite, which includes standards related to non-surgical cosmetic procedures to rejuvenate skin.
- Aesthetic practitioners will need to identify, assess, and implement control methods in relation to self, the working environment including tools, equipment and products, the individual and area to be treated, prior to the non-surgical cosmetic procedure being performed.
- The aesthetic practitioner must have a First Aid at Work qualification or equivalent and be able to carry out the functions within SFHCHS36: Basic life support and have access to life support equipment as identified in the complication management and/or emergency plan.

This unit coexists alongside Qualifi unit:

CO402: Client consultation for aesthetic procedures

NOS Performance Criteria (PC)

1. maintain your responsibilities for health and safety pre, during and post the non-surgical cosmetic procedure
2. carry out risk assessment(s) prior to undertaking the non-surgical cosmetic procedure to include:
 - 2.1 record the outcomes of the risk assessment(s)
 - 2.2 implement control methods and take appropriate action
3. apply infection prevention and control measures to include:
 - 3.1 universal precautions and standard precautions
4. prepare the working environment in accordance with legislative requirements and organisational policies and procedures
5. prepare and protect yourself and others within the working environment in accordance with legislative and organisational policies and procedures
6. position the individual in accordance with the non-surgical cosmetic procedure protocol
7. use working practices that:
 - 7.1 minimise fatigue and the risk of injury to yourself and others
 - 7.2 use environmental and sustainable working practices
 - 7.3 minimise risk and maintain the individual's safety

8. source and select the equipment, materials, and products to meet the individual's needs, area to be treated and fit for purpose to include:
 - 8.1 associated risks
 - 8.2 according to recognised standards
9. use equipment, materials, and products in accordance with the non-surgical cosmetic procedure plan, legislative requirements and manufacturer's guidance
10. carry out tests to establish suitability for the procedure when required
11. assess and dispose of waste to meet legislative requirements

NOS Knowledge and Understanding (KU)

1. your responsibilities for health and safety legislation covering your job role
2. the local authority's rules and conditions, licensing and/or registration requirements for yourself and your premises
3. why you must comply with ethical practice and work within the legislative requirements
4. your own physical and psychological wellbeing and how this may impact on being able to provide a non-surgical cosmetic procedure safely
5. your responsibility and the reporting procedures for suspected malpractice
6. how and when to seek further advice and support outside the practitioner's remit to include:
 - 6.1 compliance with data legislation
7. how and why you must comply with infection prevention and control procedures, to include:
 - 7.1 universal precautions and standard precautions
8. the hard surface disinfectants to include:
 - 8.1 the chemical compositions and associated risks
 - 8.2 how contact times impact the effectiveness
9. the causes and risks of microbial contamination and methods of infection prevention
10. the skin disinfectants to include:
 - 10.1 the chemical compositions and associated risks
 - 10.2 the impact on the pH scale and barrier function
 - 10.3 how contact times impact the effectiveness
11. the causes, hazards of accidental exposure to clinical waste and how to respond
12. the audit and accountability of working practices and procedures
13. the reasons for adhering to non-surgical cosmetic procedure protocols during:
 - 13.1 preparation of the working environment
 - 13.2 the consultation, assessment, and delivery of non-surgical cosmetic procedures
14. the legislative and organisational requirements for the individual's protection, preparation, dignity, and privacy
15. how safe positioning techniques and working practices can prevent work related injury and ill health
16. the importance of ensuring the working environment is in line with legislative requirements to include:
 - 16.1 lighting and illumination
 - 16.2 heating
 - 16.3 ventilation
 - 16.4 fixtures, fittings, and equipment
 - 16.5 facilities and amenities
 - 16.6 audit and accountability
17. the hazards and risks associated with the non-surgical cosmetic procedure environment, equipment, materials, products, and the controls to be implemented

18. the different types of working methods that promote environmental and sustainable working practices
19. your current insurance and indemnity requirements relevant to the non-surgical cosmetic procedure
20. the legislative, organisational and manufacturers' safety instructions for equipment, materials and products, to include:
 - 20.1 storage
 - 20.2 handling
 - 20.3 usage
 - 20.4 disposal
 - 20.5 record keeping
21. why you must source equipment and products which comply with legislative requirements
22. the legislative requirements for tests prior to non-surgical cosmetic procedures, taking into account:
 - 22.1 the purpose of tests
 - 22.2 how and when to carry out tests
 - 22.3 the modifications of the non-surgical cosmetic procedure, as a result of the test outcome
24. the reasons for providing and obtaining confirmation of receipt from the individual for the verbal and written instructions and advice pre and post the non-surgical cosmetic procedure
25. the legislative requirements for waste disposal

Learning Outcomes and Assessment Criteria

The following unit has been mapped to the National Occupational Standard

NOS SKANSC1.2 - Implement and maintain safe, hygienic, and effective working practices during elective non-surgical cosmetic procedures

Please refer to the NOS in full to support unit delivery

Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria: Assessment of this learning outcome will require a learner to demonstrate that they can:	NOS Performance Criteria
LO1 Prepare for aesthetic procedures using health and safety practices	1.1 Demonstrate the use of health and safety methods before, during and after the procedure in line with legal guidelines	PC 1
	1.2 Design and implement, a risk assessment before the procedure	PC 2
	1.3 Demonstrate preparation of the work area using; legal and regulation requirements, salon/clinic policies and procedures to make sure infection control and prevention is in place	PC 3, 4
	1.4 Prepare and protect both practitioner and client(s) within the salon for the procedure in line with legal and salon/clinic policies	PC 5
LO2 Comply with health and	2.1 Prepare a safe, environmental, and sustainable working methods, for practitioner and client to reduce the risk of injury, and to reduce carbon footprint	PC 6,7

safety practices for aesthetic procedures	2.2 Demonstrate the selection and use of equipment, materials, and products for the planned procedure, for clients and work area, in line with legal, manufacturer's instructions and industry standards	PC 8,9
	2.3 Demonstrate tests to make sure of the client's fitness for the procedure when required	PC 10
LO3 Complete health and safety practices for aesthetic procedures	3.1 Demonstrate the sorting and disposal of waste to meet legal requirements	PC 11

Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria: Assessment of this learning outcome will require a learner to demonstrate that they can:	NOS Knowledge & Understanding
LO4 Understand how to prepare for aesthetic procedures using health and safety practices	4.1 Describe the legal duties for health and safety that cover the practitioner's job role	KU 1
	4.2 Explain the rules and conditions set by the local council for registering or licensing both practitioner and salon/clinic	KU 2
	4.3 Justify the preparation of the work area using; legal and regulation requirements, salon/clinic policies and procedures, to make sure infection control and prevention is in place	KU 7
	4.4 Explain the risks of contamination within a salon/clinic, what can cause it, and chemical methods used to prevent it	KU 8,9
	4.5 Explain the chemical composition, pH and ingredients relating to skin sterilisers used in the workplace, how they work, and the effects of continuous use over time on the skin.	KU 10
	4.6 Consider the legal requirements of carrying out tests, their purpose, when and how they should be used	KU 22
LO5 Understand how to use health and safety practices for aesthetic procedures	5.1 Explain why practitioners must work within legal requirements, ethical methods of working, and comply with a professional code of conduct	KU 3
	5.2 Evaluate the how personal wellbeing can affect a practitioner's ability to carry out the procedure	KU 4
	5.3 Describe the duties for reporting suspected malpractice	KU 5
	5.4 Explain how and when to seek advice and support when needed	KU 6
	5.5 Describe how to deal with accidental contact with clinical waste	KU 11

	5.6 Explain the auditing systems in place that all staff must work towards, for the salons working practices and procedures	KU 12
	5.7 Justify the importance of following salon policies for consultation, services/treatments, and assessments	KU 13
	5.8 Describe the salon policies and legal requirements for the client's protection, preparation, dignity, and privacy during the procedure	KU 14
	5.9 Justify the safe working practices and positioning techniques, for clients and staff, that can stop work related injury and ill health	KU 15
	5.10 Explain why it is important that the fixtures, fittings, and layout of the salon follows legal requirements	KU 16
	5.11 Justify the procedures the salon has in place, to deal with hazards and risks regarding; the salon, equipment, materials, and products	KU 17
	5.12 Justify the environmental and sustainable working practices used within a salon/clinic	KU 18
	5.13 Explain the insurance requirements that must be in place to cover services/treatments and the salon/clinic	KU 19
	5.14 Justify salon policies, manufacturers' instructions, and legal responsibilities for the use, storage, handling, disposal, and record keeping for products, materials, and equipment	KU 20
	5.15 Explain why practitioners must use products and equipment, which are legally fit for use	KU 21
LO6 Understand how to complete health and safety practices for aesthetic procedures	6.1 Justify the importance of client confirmation for verbal and written instructions, pre- and post-procedure	KU 24
	6.2 Explain the legal requirements for the disposal of waste	KU 25

Indicative content:

Health and safety - Legal, organisational and health and safety requirements including:

- Health and Safety at Work Act
- The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations
- The Health and Safety (First Aid) Regulations
- The Regulatory Reform (Fire Safety) Order
- The Manual Handling Operations Regulations
- The Control of Substances Hazardous to Health Regulations
- The Electricity at Work Act
- The Environmental Protection Act

- The Management of Health and Safety at Work Regulations
- The Health and Safety (Information for Employees) Regulations
- The Local Government (Miscellaneous Provisions) Act

Hygiene - Covid-19 hygiene safety practices

COVID-19 regulations – [Close contact services - Working safely during coronavirus \(COVID-19\) - Guidance - GOV.UK \(www.gov.uk\)](#) COVID-19 training, screening/temperature of staff and clientele, face coverings, hand washing/anti-bacterial hand gel, social distancing, limiting of numbers in salon, disposable gowns/aprons, client belongings in disposable bags, deep cleaning/disinfecting of workstation trolley and chair between clients, deep cleaning/disinfecting of tools between each client, monitor whole salon not just own clients and workstation.

Maintaining a safe salon

Clean, tidy, safe standards of working, remove spillages, report slippery surfaces, remove/report obstacles, clear access to trolleys and equipment, no smoking, eating, drinking or drugs in the salon, maintain personal hygiene and professional appearance including the wearing of clean uniforms and the use of PPE (personal protective equipment).

- **Electricity at work** – visual check of equipment, no trailing wires, portable appliance testing.
- **Manual handling** – moving stock safely, lifting, working heights, unpacking.
- **Towels** – wash after use at 60°, clean towel for every client, place dirty towels in covered bin, consider disposable towels/carbon footprint.
- **Reporting of injuries, diseases, and dangerous occurrences** – accident book, reporting diseases, log accidents.
- **Control of substances hazardous to health** – store, handle, use, dispose, replace lids, ventilation for vapour and dust, avoid over exposure to chemicals, follow manufacturers' instructions for use.
- **Tests** - follow manufacturer's instructions, salon/clinic guidelines, before during and after the procedure
- **Disposal of waste** – dilute chemicals with running water, environmental protection, salon policies for hazardous waste, single use items, recycle (empties).
- **Product storage** – check end date/stock rotation/recycle packaging, store securely away from heat/damp/direct sunlight, avoid theft.

Scope/range

Working environment

1. Health and safety legislation, regulations, directives, and guidelines
2. Licensing and/or registration requirements
3. Risk assessment(s)
4. Infection prevention and control
5. Fire safety risk assessment
6. Waste management

Waste

1. Non-hazardous waste
2. Clinical
3. Sharps
4. Mixed municipal waste
5. General and confidential
6. Recyclable

Health and safety

1. Health and safety legislation, regulations, directives, and guidelines
2. Local Authority Legislation, licensing and/or registration schemes
3. Environmental Protection
4. Cosmetic Products Enforcement
5. Safeguarding policy

Infection prevention and control procedures

1. Aseptic techniques
2. Single use items
3. Universal precautions
4. Standard precautions

Procedure protocols

1. Working environment
2. Health and safety
3. Risk management plan
4. Infection prevention and control
5. Service plan
6. Informed consent
7. Test outcomes
8. Manufacturer's instructions
9. Additional advice and support
10. Data management
11. Pre- and post-instructions and advice
12. Sustainability
13. Waste management
13. Evidence based practice
14. Reflective practice

Work related injury and ill health

1. Physical injuries
2. Disorders
3. Diseases
4. Mental health
5. Fatigue

Environmental and sustainable working practices

1. Environmental waste management
2. Energy use
3. Environmental core practices
4. Working to commercial times

5. Use bio-degradable and compostable options or products
6. Aware of your own and business carbon footprint

Glossary:

- **Aseptic techniques** - Aseptic techniques are using practices and procedures to prevent cross contamination of pathogens
- **Auditing** - is an official financial inspection of a salon or its accounts
- **Chemical** - liquid treatments for killing germs
- **Clinical waste** - is the term used to describe **waste** produced from activities that may pose a risk of infection
- **Contamination** - something made unclean/contagious by pollution, poisoning, virus
- **Control** - the power to do something
- **Dignity** – treating a client with respect
- **Describe** – providing a broad range of detailed information about the topic in a logical way
- **Duties** – jobs within capability and job role
- **Effectiveness** - the higher the level of usefulness, the greater the success
- **Ethical/ethics** - in the workplace includes obeying the salon's rules, effective communication, taking responsibility, accountability, professionalism, trust, and mutual respect for others, knowing what is right and wrong, acting in a socially and morally appropriate way
- **Environmental** - related to the natural world and the impact of human activity on its condition
- **Evidence-based practice** - is based on the best available, current, valid, and relevant evidence
- **Explain** – Apply reasoning to show understanding of underpinning concepts
- **First aid** - First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.
- **Infection** - this happens when a virus enters the body and causes disease, viruses include Covid 19
- **Influence** - a person or thing with the ability to make somebody or something happen
- **Justify** – Giving a detailed explanation of the reasons for actions or decisions
- **Legal** - something required by the law
- **Licensing** - to give a government approved licence to operate microbes such as bacteria, fungi, viruses, and spores.
- **Malpractice** - improper, illegal, or negligent professional behaviour
- **Microbial contamination** - Microbiological contamination refers to the presence of unwanted microbes such as bacteria, fungi, viruses, and spores.
- **Prevention** - stopping something from happening
- **Procedures** - a recognised or official way of doing something, salon rules, code of conduct
- **Regulation** - a rule made and looked after by a local authority/council, local by-laws
- **Requirements** - things that are needed and must be done

- **Risk** - something that may be dangerous
- **Suspected** - you have an idea of the possibility of something but without certain proof
- **Sustainable** - being economical with products and not wasting resources, saving energy and costs, reducing your carbon footprint, enabling the environment to continue to thrive
- **Tests** - can be referred to as patch, allergy alert, tolerance/pain and thermal/tactile depending on the proposed service.
- **Toxicity** - Toxicity is determined by a person's reaction to different dosages of a chemical. Toxicity or adverse reactions can occur from incompatibilities with an incorrect mixture of chemicals.
- **Universal precautions and standard precautions** - Universal precautions are relevant if the practitioner is exposed to blood and/or some bodily fluid. It is the responsibility of the practitioner to implement infection prevention and control measures to prevent exposure to blood borne pathogens or Other Potentially Infectious Materials (OPIM).

Standard precautions are the basic level of infection control that should be used at all times within the working environment, such as hand hygiene, personal protective equipment, risk assessment, respiratory hygiene and cough etiquette, environmental cleaning, and waste disposal. If required, the storage, handling, use and disposal of sharps must be in accordance with legislative requirements.

Suggested Resources

- <https://www.gatewayworkshops.co.uk/products/covid-19-health-safety-and-hygiene-returning-to-work-free-course-for-therap/>
- Five Steps to Risk Assessment HSE books 2006
- <https://www.hse.gov.uk>
- <https://books.hse.gov.uk/>
- <https://assets.publishing.service.gov.uk>
- <https://www.bmla.co.uk>

Unit: CO402 Client consultation for aesthetic procedures

Unit code: H/618/8184

RQF level: 4

Unit Aim and NOS

(NOS: SKANSC1 Consult, assess, plan and prepare for elective non-surgical cosmetic procedures)

- This unit is for aesthetic practitioners carrying out the consultation, assessment, planning and preparation for elective non-surgical cosmetic procedures.
- This unit is based on the NOS standard, part of the non-surgical cosmetic national occupational standards suite, which includes standards related to non-surgical cosmetic procedures to rejuvenate skin.
- Aesthetic practitioners will need to follow the non-surgical cosmetic procedure protocol, legislative, regulatory and organisational requirements to identify, assess and implement safe, hygienic and effective working practices.
- Aesthetic practitioners must have a First Aid at Work qualification or equivalent and be able to carry out the functions within SFHCHS36: Basic life support and have access to life support equipment as identified in the complication management and/or emergency plan.

This unit coexists alongside Qualifi unit:

CO401: Health, safety and hygiene for aesthetic procedures

NOS Performance Criteria (PC)

1. carry out a concise and comprehensive non-surgical cosmetic consultation, taking account of:
 - 1.1 the individual's declared medical history and current medical status
 - 1.2 the individual's procedure history
 - 1.3 the individual's skin classification, condition, sensitivity and healing capacity of the treatment area
 - 1.4 the individual's concerns, expectations and desired outcomes
 - 1.5 the individual's physical and psychological suitability for the non-surgical cosmetic procedure
 - 1.6 declared relative and absolute contraindications and restrictions
2. recognise, respond and signpost appropriately in response to any disclosed conditions in compliance with data legislation
3. discuss the individual's objectives, concerns, expectations and desired outcomes to inform the non-surgical cosmetic procedure plan to include:
 - 3.1 alternative treatment options
4. discuss the fee structures and explain how this can impact the individual's choice of non-surgical cosmetic procedures
5. discuss and agree the skin priming programme or recommendations required prior to the non-surgical cosmetic procedure

6. communicate with the individual to determine their capacity to give informed consent
7. assess, discuss, agree and document the non-surgical cosmetic consultation and expected procedure outcomes and associated risks with the individual
8. inform and provide information to the individual of their rights
9. take and store consensual visual media of the individual's treatment area in accordance with insurance requirements, organisational policies and procedures
10. discuss the physical sensation that may occur during the nonsurgical cosmetic procedure with the individual following the procedure protocol
11. discuss the options for pain management
12. develop the non-surgical cosmetic procedure plan
13. provide and obtain confirmation of receipt of the verbal and written instructions and advice given to the individual pre and post procedure

NOS Knowledge and Understanding (KU)

1. the importance of collaboration with competent professionals to support effective and safe working practices
2. why you must comply with ethical practice and work within the legislative requirements
3. the importance to engage in, and document your continuous professional development to include, current and up-to-date information, policies, procedures and best practice guidance
4. the anatomy and physiology relevant to the standard
5. the contraindications or presenting conditions to include:
 - 5.1. the reasons for not naming contraindications if outside your competency or remit
 - 5.2 how and when to refer to other non-healthcare and health care professionals
6. the reasons why medical conditions may contraindicate the nonsurgical cosmetic procedure
7. the legislative and insurance requirements for obtaining medical diagnosis and referral
8. the importance of communicating with the individual in a professional manner and within the limits of your own competencies
9. the factors to consider when creating a bespoke non-surgical cosmetic procedure plan
10. why you must develop and agree a non-surgical cosmetic procedure plan to include:
 - 10.1 declared current medical status
 - 10.2 procedure history
 - 10.3 relative and absolute contraindications
 - 10.4 skin classification, condition and sensitivity
 - 10.5 skin healing capacity
 - 10.6 individual's expectations
 - 10.7 the individual's physical and psychological suitability for the nonsurgical cosmetic procedure
11. the relationship between social, physical, psychological and physiological needs and the procedure objectives

12. the impact of social influences, the media and trends
13. how your own continuous professional development can support the individual to make an informed choice to include:
 - 13.1 alternative treatment options
14. the relevance of establishing the pre-procedural activities relevant to the procedure objectives
15. the importance of assessing, discussing, agreeing, reviewing and documenting the non-surgical cosmetic consultation outcomes
16. the importance of explaining the procedure process, expected outcomes and associated risks
17. the benefits of using visual aids during consultation
18. how to manage the individual's expectations
19. the legislative and indemnity requirements of gaining signed, informed consent for the non-surgical cosmetic procedure
20. the legislative requirements for gaining, recording, storing, protecting and retaining the individual's data
21. why non-surgical cosmetic procedures are prohibited or restricted for minors
22. the age at which an individual is classed as a minor and how this differs nationally
23. the legislative requirements which sets out the rights of the individual and the practitioner
24. the importance of explaining the physical sensation created by the procedure to the individual to include:
 - 24.1 how pain threshold and sensitivity varies from individual to individual
25. the types of pain management and associated risks
26. the legislative, insurance and organisational requirements for taking and storing visual media of the individual's treatment area
27. the legislative and regulatory requirements of completing and storing the individuals' non-surgical cosmetic procedure records
28. the reasons for providing and obtaining confirmation of receipt from the individual for the verbal and written instructions and advice pre and post the non-surgical cosmetic procedure

Learning Outcomes, and Assessment Criteria

The following unit has been mapped to the National Occupational Standard

NOS: SKANSC1 Consult, assess, plan and prepare for elective non-surgical cosmetic procedures

Please refer to the NOS in full to support unit delivery

Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria: Assessment of this learning outcome will require a learner to demonstrate that they can:	NOS Performance Criteria
LO1	1.1 Carry out a concise and detailed consultation for the procedure requested	PC 1

Consult with the client to identify requirements for aesthetic procedures	1.2 Recognise and respond to disclosed conditions	PC 2
	1.3 Discuss and identify the client's objectives, concerns, expectations and desired outcomes, including treatment history and alternative options	PC 3
	1.4 Discuss and agree instructions and recommendations prior to the procedure and explain the costs involved	PC 4, 5
	1.5 Communicate with the client to determine their capacity to give informed consent	PC 6
LO2 Carry out checks to inform aesthetic procedures	2.1 Document the agreed consultation, identifying the risks and expected outcomes	PC 7
	2.2 Provide the client with information regarding their rights	PC 8
	2.3 Take and store visual media of the treatment area in accordance with legal requirements	PC 9
	2.4 Discuss the physical sensation that may occur during and following the procedure including the options for pain management	PC 10,11
LO3 Complete client consultation for aesthetic procedures	3.1 Develop the treatment plan for the procedure	PC 12
	3.2 Provide instructions and advice to the client pre and post the procedure	PC 13

Learning Outcomes	Assessment Criteria:	NOS
When awarded credit for this unit, a learner will:	Assessment of this learning outcome will require a learner to demonstrate that they can:	Knowledge & Understanding
LO4 Know how to consult with clients to identify requirements for	4.1 Describe the importance of working with other professionals, to support effective and safe working practices	KU 1
	4.2 Explain why practitioners must work within ethical, sustainable and legal requirements	KU 2

aesthetic procedures	4.3 Justify the reasons for engaging in and documenting continuous professional development of; salon/clinic information, policies, procedures, and best practice guidance.	KU 3
	4.4 Explain the anatomy and physiology of the body systems, intrinsic and extrinsic factors that affect the skin and the associated risk avoidance protocols	KU 4
	4.5 Explain the contraindications and presenting conditions, and the options if these are outside the practitioner's remit, including referral to other professionals	KU 5
	4.6 Explain why medical conditions may prevent the procedure taking place	KU 6
	4.7 Describe the legal and insurance requirements for obtaining medical diagnosis and referral and signed, informed consent	KU 7
	4.8 Explain the importance of communicating with the client in a professional manner and within the limits of a practitioner's own abilities	KU 8
LO5 Know how to carry out checks to inform aesthetic procedures	5.1 Explain the influencing factors when developing and agreeing a bespoke treatment plan.	KU 9
	5.2 Discuss the importance of identifying diverse needs of the individual and adapting the service accordingly	KU 10
	5.3 Evaluate the client's physical and psychological suitability for the procedure	KU 11
	5.4 Investigate the impact of social influences, the media and trends	KU 12
	5.5 Explain how a practitioner's CPD can support clients to make an informed choice, including alternative treatments	KU 13
	5.6 Explain the relevance of establishing pre-procedural activities relevant to the procedure objectives	KU 14

	5.7 Justify the importance of assessing, discussing, agreeing, reviewing, and documenting the outcomes of the consultation	KU 15
	5.8 Justify the importance of explaining the procedure process, expected outcomes and associated risks	KU 16
	5.9 Explain the benefits of using visual aids during consultation	KU 17
	5.10 Explain how to manage client's expectations	KU 18
LO6 Know how to complete client consultation for aesthetic procedures	6.1 Understand the legal and indemnity requirements for gaining, recording, storing, protecting and retaining the client's data and procedure records	KU 19, 20,27
	6.2 Explain why certain procedures are prohibited or restricted for minors, and when individuals are classed as minors	KU 21,22
	6.3 Explain the legal rights of the client and the professional	KU 23
	6.4 Explain the importance of preparing the client for any expected physical sensation or pain, including its management and risks	KU 24, 25
	6.5 Understand the legal, insurance and salon/clinic policy for taking and storing visual media of the client's treatment area	KU 26
	6.6 Explain the reasons for providing instructions and advice, pre and post the procedure	KU 28

Indicative Content

Scope/range

Disclosed conditions

1. contraindications
2. body dysmorphic disorders
3. physical and psychological condition
4. safeguarding
5. vulnerability issues

Rights

1. reflection time/period to make an informed choice

2. informed consent
3. financial/contractual agreement
4. post procedure support and review
5. the right to request the subject specific qualifications, training and indemnity insurance

Visual media

1. photographic
2. video

Anatomy and Physiology

1. The structure and function of the body systems and their interdependence on each other
2. The intrinsic and extrinsic factors of the skin
3. Associated risk avoidance protocol or danger zones

Instructions

1. the client and practitioner's legal rights and responsibilities
2. immediate and ongoing support and advice
3. complication management and/or emergency plan
4. post procedure expectations and associated time frames
5. pre and post service instructions and care
6. restrictions and associated risks
7. future procedures
8. complaints procedure or concerns protocol

Glossary

- **Anatomy** - the structure of the human body
- **Associated** - linked or connected with something
- **Bespoke** - designed especially for a particular person
- **Best Practice** - commercial or professional processes that are accepted as being correct or the most effective
- **Concise** - to the point, however still including all the relevant information, in as few words as possible.
- **Confirmation** - confirming/agreeing something
- **Consent** - permission for something to happen or agreement to do something
- **Continuous professional development** - process of tracking and documenting the skills, knowledge and experience that you gain both formally and informally as you work, beyond any initial training
- **Contraindication** - a sign that someone should not continue with a particular service/treatment (relative and/or absolute) because it is or might be harmful (contagious or non-contagious) e.g.: suspected infections, infestations, diseases, disorders (*reference Appendix 2 for further information*)
- **Client characteristics** – gender, age, height, weight
- **Diagnosis** - the process of deciding by examination/consultation the nature and circumstances of a disease or condition
- **Disclosed** - to make something known
- **Dysmorphia** - body dysmorphic disorder, is a mental health condition where a

person spends a lot of time worrying about flaws in their appearance, which are often unnoticeable to others

- **Effective** - successfully achieved the results that you want
- **Ethical/ethics** – in the workplace includes obeying the salon's rules, effective communication, taking responsibility, accountability, professionalism, trust and mutual respect for others, knowing what is right and wrong, acting in a socially and morally appropriate way.
- **Expectations** - what a client will require of you
- **Influences** - a person or thing with the ability to make somebody or something happen
- **Influencing factors – aesthetics - something that can prevent or alter a treatment:**
 - **Skin classifications** – Lancer skin types
 - Dry - Feels tight or itchy without enough moisture. Gets rough and flakes, accompanied by small pores. Rarely breaks out
 - Oily - Gets shiny, visible oil on tissue when skin is blotted. Enlarged pores, breakouts not uncommon
 - Combination - Enlarged pores and oil across forehead, nose, and chin. Parts of the face are balanced (normal) or dry. Breakouts not uncommon
 - Balanced (normal) - Fairly uniform without excess oil or flakiness. Breakouts are rare
 - **Skin conditions**
 - Sensitive - Easily reacts with redness and irritation to hot water, alcohol, spicy foods, and products. Requires special care
 - Sensitised - tends to look blotchy with visible dryness and irritation, triggered by external or internal factors like medication reaction, poor diet, too much exposure to UV rays, extreme weather conditions, and as a reaction to harsh skincare products or ingredients
 - Aging or sun-damaged - Begins to lose elasticity. Fine lines and wrinkles begin to appear, skin can sag or appear crepey. Areas of discoloration appear, and skin becomes less smooth
 - Lifestyle – job, family, financial, time, diet, exercise, stress factors
 - Product use e.g., homecare routine products
 - Exposure to UV – sunbathing, tanning treatments
 - Previous treatments – results, reactions, hyper-sensitivity
 - Prior aesthetic treatments e.g., botulinum toxin, dermal fillers, chemical peels, micro-needling
 - Test results – good, bad, caution, positive, negative
 - Nail shape, length and condition
 - **Genotype** - inherited genes responsible for characteristics and traits from parent to offspring, based on the dominant and recessive genes, traits that are unlikely to change or can predispose to conditions:
e.g., eye/hair colour and texture/skin type - ethnicity/blood type/diabetes/heart disease/cancer

- **Phenotype** - observable physical characteristics and appearance that can change in response to genotype, evolution, the environment and the aging process - nature (inherited genes) and nurture (lifestyle impact):
e.g., weight/height/health/disposition/skin type - characteristics/hair type
- **First aid** - First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.
- **Informed** - having or showing knowledge of a subject or situation
- **Legal** - something required by the law
- **Media** - the internet, newspapers, magazines, television - Facebook, YouTube, Twitter, Instagram, online/paper-based news and magazines
- **Outcomes** - final product or end result
- **Physical sensation** - reaction, sensitivity, tingling feeling on the scalp/skin
- **Physiology** - the functions and activities of living organisms
- **Practices** - actions rather than thoughts or ideas
- **Professional** - a confident, knowledgeable, skilful, ethical to profession
- **Recommendations** - a suggestion that something is good or suitable for a particular purpose or job
- **Referral** - a person recommended to someone or for something
- **Relevant** - connected to what is happening
- **Requirements** - things that are needed and must be done
- **Restricted** - not to be disclosed
- **Rights** - the legal power to do or have something
- **Risk** - something that may be dangerous
- **Sustainable** - being economical with products and not wasting resources, saving energy and costs, reducing your carbon footprint, enabling the environment to continue to thrive at a certain level.
- **Visual media** - visual media is evidence generated through photography or video

Suggested Resources

- Beauty Therapist's Guide to Professional Practice and Client Care Andrea Barham Nov 2020
- <https://www.hse.gov.uk/>
- <https://www.hee.nhs.uk/sites/default/files/documents/HEE%20Cosmetic%20publication%20part%20one.pdf>
- <https://www.aestheticsforms.com/>
- <https://cosmeticcourses.co.uk/5-steps-perfect-consultation/>
- <https://assets.publishing.service.gov.uk>
- <https://www.bmla.co.uk>
- <https://www.consultingroom.com/Blog/466/cosmetic-consultations-part-1:-managing-client-expectations>
- <https://www.nhs.uk/mental-health/conditions/body-dysmorphia/>

Unit: AP401 The biochemistry and biology of cells

Unit code: Y/618/7047

RQF level: 4

Unit Aim

In this unit, learners will develop an understanding of the biochemistry and biology of cells. With the support and confidence of attaining knowledge of the science that underpins aesthetics, they will be better equipped to respond to newly implemented practices and adapt existing protocols. This unit is suitable for aestheticians currently practising, or planning to train, in aesthetic practice.

Learning Outcomes, and Assessment Criteria

Learning Outcomes	Assessment Criteria
When awarded credit for this unit, a learner will:	Assessment of this learning outcome will require a learner to demonstrate that they can:
LO1. Understand the biochemistry and biology of cells.	1.1 Explain the properties of acids and alkalis, the pH scale, and neutralisation
	1.2 Describe the structure of biological molecules such as carbohydrates, lipids, and proteins
	1.3 Explain the importance of carbohydrates, lipids, and proteins in cells
	1.4 Describe the characteristics of enzymes and factors affecting enzyme activity
	1.5 Describe the structure of cells, and the basic functions of cell organelles
	1.6 Describe how cells divide by mitosis and meiosis.
	1.7 Explain the differences between mitosis and meiosis.
	1.8 Explain the role of apoptosis in cells.
	1.9 Explain how DNA mutations lead to the development of oncogenes, and that uncontrolled mitosis is the cause of cancer.
	1.10 Explain the role of stem cells and the differences between totipotent, pluripotent, and multipotent stem cells
	1.11 Explain how cell signalling allows communication between cells
LO2. Understand how cell specialisation and organisation lead to increasing complexity	2.1 Explain the differentiation of stem cells into specialised cells
	2.2 Explain how cells are organised into tissues, organs, and organ systems

LO3. Understand the structure and function of the major organ systems	3.1 Describe the roles of the 11 major organ systems
	3.2 Explain the structure of the heart and the cardiac cycle
	3.3 Explain the initiation and regulation of the heartbeat
	3.4 Explain the differences between arteries, veins, and capillaries
	3.5 Explain the effects of embolisms/occlusions on tissues and the nature of necrotic tissue
	3.6 Explain the roles of endocrine glands and the principles of hormonal communication by cell signalling
	3.7 Describe the organisation of the nervous system
	3.8 Explain the nature of the nerve impulse and synaptic transmission
	3.9 Explain the formation of lymph and causes of oedema
	3.10 Explain the role of the respiratory system and importance of gas exchange
	3.11 Explain how the process of ventilation leads to effective gas exchange

Indicative Content

- Acids, bases and the pH scale
- AHA's, BHA's and enzyme peels
- Biological molecules
- Cell biology
- Cell specialisation and organisation
- Organ systems and their interdependency

Suggested Resources

- Ross & Wilson Anatomy and Physiology in Health and Illness, 13e Paperback – 6 Jun. 2018
- by Anne Waugh BSc(Hons) MSc CertEd SRN RNT PFHEA (Author), Allison Grant BSc PhD FHEA (Author)
- Cell, Tissue and Disease: The Basis of Pathology Paperback – Illustrated, 1 Jan. 1900
- by Neville Woolf (Author)
- An Introductory Guide to Anatomy & Physiology Paperback – 31 July 2011
- by Louise Tucker (Author)

Unit: AP402 Skin morphology and the inflammatory response

Unit code: D/618/7048

RQF level: 4

Unit Aim

In this unit, learners will develop an understanding of skin structure, function, morphology and the inflammatory response. With the support and confidence of attaining knowledge of the science that underpins aesthetics, they will be better equipped to respond to newly implemented practices and adapt existing protocols. This unit is suitable for aestheticians currently practising, or planning to train, in aesthetic practices.

Learning Outcomes, and Assessment Criteria

Learning Outcomes	Assessment Criteria
When awarded credit for this unit, a learner will:	Assessment of this learning outcome will require a learner to demonstrate that they can:
LO1. Understand the structure and function of the skin.	1.1 Describe the structure and functions of the skin
	1.2 Describe the structure of the epidermis and development of epidermal cells from the stratum basale to the stratum corneum
	1.3 Differentiate between desquamation and exfoliation
	1.4 Describe the structure and function of the dermis and the extra-cellular matrix (ECM)
	1.5 Describe the structure and functions of collagen, elastin, and hyaluronic acid, in the dermal layer
LO2. Understand the structure and function of skin appendages.	2.1 Describe the structure and growth stages of hair
	2.2 Describe the structure and function of sebaceous glands and sweat glands
	2.3 Explain the function of the acid mantle of the skin and its formation by the products of sweat and sebaceous glands.
LO3. Understand the inflammatory response and skin remodelling.	3.1 Describe the four stages of the inflammatory response
	3.2 Describe the sequence of events during haemostasis
	3.3 Explain the importance of the blood clotting process
	3.4 Describe the sequence of events of the inflammatory stage
	3.5 Explain the importance of the inflammatory stage in wound healing
	3.6 Describe the proliferative stage of wound healing
	3.7 Describe the process, and time scale of skin remodelling

	3.8 Explain the factors that affect skin remodelling
	3.9 Explain the role of histamine in the allergic response and anaphylaxis
	3.10 Describe the role of fibroblasts in the formation of the extra-cellular matrix
	3.11 Describe the role of myofibroblasts and fibroblastic growth factors (FGF's) in the wound healing process.

Indicative Content

Skin structure and function

- **Structure**
 - Diagram of the structure of the skin
 - Layers of the epidermis – stratum corneum, lucidum, granulosum, spinosum, germinativum
 - Dermis layer – papillary, reticular, hair, hair follicle, sebaceous gland, sudoriferous gland - eccrine glands and apocrine glands, blood capillary, lymphatic capillary, sensory and motor nerve endings, collagen, elastin
 - Subcutaneous – adipose tissue, sebaceous glands, sudoriferous glands
- **Function**
 - Functions of the skin – secretion, heat regulation, absorption, protection, excretion, sensation including acid mantle, vitamin D production, pigmentation, melanin formation
 - Tanning and sunburn
 - Growth and repair
- The inflammatory response
- The role of fibroblasts

Suggested Resources

- Ross & Wilson Anatomy and Physiology in Health and Illness, 13e Paperback – 6 Jun. 2018
- by Anne Waugh BSc(Hons) MSc CertEd SRN RNT PFHEA (Author), Allison Grant BSc PhD FHEA (Author)
- Cell, Tissue and Disease: The Basis of Pathology Paperback – Illustrated, 1 Jan. 1900
- by Neville Woolf (Author)
- An Introductory Guide to Anatomy & Physiology Paperback – 31 July 2011
- by Louise Tucker (Author)

Unit: AP403 Skin disorders and diseases relative to aesthetic practice

Unit code: H/618/7049RQF

Level: 4

Unit Aim

In this unit, learners will develop an understanding of the skin disorders and diseases and the facial anatomy and physiology relative to aesthetic practice. With the support and confidence of attaining knowledge of the science that underpins aesthetics, they will be better equipped to respond to newly implemented practices and adapt existing protocols. This unit is suitable for aestheticians currently practising, or planning to train, in aesthetic practices.

Learning Outcomes, and Assessment Criteria

Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria Assessment of this learning outcome will require a learner to demonstrate that they can:
LO1 Understand the common skin types, diseases, and disorders	1.1 Describe the characteristics of the 'Lancer' skin types: normal/balanced, dry, oily, combination, sensitive and photo-aged/aging skin
	1.2 Explain the differences between redundant skin, and hyperdynamic expression lines
	1.3 Explain the role of melanocytes in the production of melanin.
	1.4 Explain how mutations caused by UV light can lead to basal cell carcinoma and melanoma.
	1.5 Describe the Fitzpatrick scale as a quantitative measure of skin pigmentation
	1.6 Explain the causes of hypopigmentation, hyperpigmentation, and post-inflammatory hyperpigmentation.
	1.7 Describe the symptoms and transmission of the common bacterial, viral, fungal, and parasitic diseases, that infect the skin.
	1.8 Explain the nature and transmission of enveloped viruses

	1.9 Describe the symptoms and causes of the common skin disorders, glycation, dermatitis, psoriasis, eczema, and vascular conditions.
	1.10 Describe the symptoms of hypertrophic and atrophic scarring, with reference to ice pick, boxcar, rolling and keloid scars.
	1.11 Explain the how the arrangement and synthesis of collagen fibres in the dermal layer, determines the morphology of scarring.
LO2 Understand the skin aging process	2.1 Describe the effects of aging processes on skin morphology
	2.2 Explain the effect of extrinsic factors on skin aging
	2.3 Describe the effect of intrinsic factors on skin aging
	2.4 Explain the effects of cell aging on cell pharmacology, including the role of telomeres
LO3 Understand the importance of cell biology and biochemistry in aesthetic practice	3.1 Explain the role of exfoliation in skin rejuvenation and mesotherapy
	3.2 Explain the mode of action of AHA's and BHA's in chemical peels
	3.3 Justify the use of specific peels to treat a range of common skin conditions
	3.4 Explain mode of action and benefits of enzyme peels
	3.5 Explain the role of fibroblastic growth factors and fibroblasts in skin remodelling
	3.6 Explain the role of micro needling in collagen-induction therapy, mesotherapy and scar revision
	3.7 Justify the potential benefits of Vitamin C, stem cells and EGF's in skin remodelling
	3.8 Explain the effect of drugs and anaesthetics on the pharmacology of nerve impulses, synaptic transmission, and the neuromuscular junction
	3.9 Explain the role of sunscreens, and how to interpret Sun Protection Factors (SPF)

	3.10 Explain the symptoms and causes of anaphylaxis
	3.11 Explain the role of epinephrine in the treatment of anaphylaxis
	3.12 Explain how molecular weight and cross linking of hyaluronic acid affects the viscosity and durability of dermal fillers
	3.13 Evaluate the role of aesthetic practice in the treatment of redundant skin and hyperdynamic expression lines
	3.14 Explain the causes and consequences of vascular occlusion
	3.15 Explain the role of hyaluronidase, reversible vs non-reversible dermal fillers & PDO threads
	3.16 Explain the effects of detergents and alcohol-based sanitisers on virus envelopes, with reference to Covid-19 control.
LO4 Understand facial anatomy and the effect of aging on facial bones	4.1 Identify the major bones and muscles of the face
	4.2 Describe how aging affects bone mineral density, position, and size of facial bones
	4.3 Explain how the change in morphology of facial bones affects the visual appearances associated with aging
	4.4 Describe the facial expressions associated with the muscles of the face
	4.5 Describe the arrangement of the major blood vessels associated with the face
	4.6 Describe the anatomy of the lips
	4.7 Explain how the skin of the lips affects their appearance, and sensitivity to environmental factors such as UV light.

Indicative Content

- Skin types
- Skin pigmentation
- Skin diseases and disorders

- Skin cancer* carcinoma and melanoma
- Skin aging process
- Skin therapies

Anatomy and physiology of the face and neck

- muscles
- bone structure
- anatomy of the lips
- anatomy of the nose including cartilage
- circulatory supply and location of major arteries and veins
- lymphatic circulation and location of lymph nodes and ducts
- nerve supply
- fat pads of the face

***Skin cancer awareness:**

Recognising suspicious skin irregularities and lesions and referring to a relevant healthcare professional'

NB: Learners should be aware of the importance of being able to recognise when a skin irregularity or lesion looks suspicious using the ABCDE guide. However, this information will not be assessed.

Public awareness of skin cancer has never been higher, and yet skin cancer remains the fastest growing cancer in the UK, especially amongst young people. The chances of a positive treatment outcome can be dramatically increased with early identification and diagnosis.

An informed awareness of the signs, symptoms and changes of appearance to be aware of when checking for early signs of cancer is a crucial tool for the conscientious practitioner in order to provide the most thorough service and in some cases, possibly lifesaving information signposting.

Signs to look for when checking moles include utilising the ABCDE guide:

A - Asymmetry – the two halves of the area/mole may differ in their shape and not match.

B - Border – the edges of the mole area may be irregular or blurred and sometimes show notches or look 'ragged'.

C - Colour – this may be uneven and patchy. Different shades of black, brown and pink may be seen.

D - Diameter – most but not all melanomas are at least 6mm in diameter. If any mole gets bigger or changes, see your doctor.

E - Elevation/evolving – elevation means the mole is raised above the surface and has an uneven surface. Looks different from the rest or changing in size, shape or colour.

Anyone can get a suspicious mole or patch of skin checked out free of charge by the NHS by visiting their doctor, who may then refer to a dermatologist (an expert in diagnosing skin cancer).

Additional NHS information is available from:

<https://www.nhs.uk/be-clear-on-cancer/symptoms/skin-cancer>

Suggested Resources

- Ross & Wilson Anatomy and Physiology in Health and Illness, 13e Paperback – 6 Jun. 2018
- by Anne Waugh BSc (Hons) MSc CertEd SRN RNT PFHEA (Author), Allison Grant BSc PhD FHEA (Author)
- Cell, Tissue and Disease: The Basis of Pathology Paperback – Illustrated, 1 Jan. 1900
- by Neville Woolf (Author)
- An Introductory Guide to Anatomy & Physiology Paperback – 31 July 2011
- by Louise Tucker (Author)

Unit: AP408 Skin rejuvenation using a plasma device

Unit code: K/618/8185

RQF level: 4

Unit Aim and NOS

(NOS SKANSC11 Provide rejuvenation of the skin using a plasma device)

- This unit coexists alongside, - the units based on the NOS SKANSC1.2: Implement and maintain safe, hygienic and effective working practices during elective non-surgical cosmetic procedures and SKANSC2.2: Consult, assess, plan and prepare for elective non-surgical cosmetic procedures within the working environment.
- This unit is for advanced aesthetic practitioners using a plasma device to rejuvenate the skin and reduce or remove skin imperfections and mild pigmentary conditions.
- Aesthetic practitioners will also be required to do a post procedure evaluation and reflection for continuous improvement.
- The aesthetic practitioner must have a First Aid at Work qualification or equivalent and be able to carry out the functions within SFHCHS36: Basic life support and have access to life support equipment as identified in the complication management plan.
- Users of this standard will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance.

This unit coexists alongside Qualifi units:

CO401: Health, safety and hygiene for aesthetic procedures

CO402: Client consultation for aesthetic procedures

The main outcomes are:

1. Provide skin rejuvenation using a plasma device.

NOS Performance Criteria (PC)

1. carry out a concise and comprehensive consultation with the individual
2. maintain your responsibilities for health and safety in accordance with legislation, regulations, directives and guidelines
3. discuss and establish the individual's objectives, concerns, expectations and desired outcomes to inform the plasma device procedure plan, to include:
 - 3.1 alternative treatment options
 - 3.2 skin classification and skin characteristics
 - 3.3 preparatory skin priming programme
4. discuss and agree the pain management strategy, considering the individual's tolerance level, in accordance with legislative requirements and organisational policies and procedures
5. confirm and agree with the individual, they have understood the proposed plasma device procedure and pain management, to include:
 - 5.1 contra-actions
 - 5.2 adverse reactions
6. obtain and record the individual's informed consent for the plasma device procedure and pain management, allowing an adequate time scale for the individual to make an informed choice
7. select an effective hygiene preparation product to meet the individual's needs, in accordance with the manufacturer instructions

8. prepare the individual's treatment area according to the plasma device procedure protocol and pain management strategy, to include:
 - 8.1 ensuring the skin is clean and dry prior to the plasma device procedure
9. prepare the plasma device and single use sterile probe, and select the intensity and mode to be used in accordance with the skin classification, characteristics, the individual's objectives and the individual's treatment area
10. mark out pre-procedure markings to outline targeted areas
11. carry out the plasma device procedure in accordance with the plasma device procedure protocol, to include:
 - 11.1 stabilising the plasma device to ensure the plasma device does not come in direct contact with the skin
 - 11.2 adapting techniques to meet the individual's needs
 - 11.3 even coverage of the treatment area
 - 11.4 ensuring sufficient spacing
12. monitor the individual's health, wellbeing, and skin reaction throughout the plasma device procedure
13. implement the correct course of action in the event of an adverse reaction
14. conclude the procedure in accordance with the plasma device procedure protocol, legislative requirements and organisational policies and procedures
15. take and store consensual visual media of the individual's treatment area in accordance with insurance requirements, organisational policies and procedures
16. complete the individual's plasma device procedure record and store in accordance with data legislation
17. use reflective practice to evaluate the plasma device procedure and take appropriate action
18. provide instructions and advice given to the individual pre and post procedure
19. record the outcome and evaluation of the plasma device procedure to agree and inform future procedures
20. discuss and agree future procedures with the individual

NOS Knowledge and Understanding (KU)

1. the importance of collaboration with competent professionals to support effective and safe working practices
2. your role and responsibilities in providing plasma device procedures and the importance of working within your competence
3. why you must comply with ethical practice and work within the legislative requirements, to include:
 - 3.1 the responsibilities under local authority licensing regulations for yourself and your premises
4. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
5. the anatomy and physiology relevant to this standard
6. the relative and absolute contraindications relevant to plasma device procedures, to include:
 - 6.1 the legislative and insurance requirements for obtaining medical diagnosis and referral
 - 6.2 how and when to communicate and/or refer to other non-healthcare and health care professionals
7. the importance of recognising suspicious skin irregularities and lesions, and referring to a relevant healthcare professional
8. why and how keloid scarring occurs and why it contraindicates a plasma device procedure
9. how a plasma device procedure can cause pigmentation disorders, to include:
 - 9.1 the reasons why the individual must protect the skin with a sun protection factor product during the healing process

10. the chronological skin ageing process and the relationship to intrinsic and extrinsic factors
11. the composition and function of a plasma device
12. how to prepare and use the plasma device and electrode probe in accordance with the skin classification, characteristics, the individual's objectives and the individual's treatment area, to include:
 - 12.1 how to load the single use sterile electrode probe safely
13. how to carry out the plasma device procedure in accordance with the plasma device procedure protocol, to include:
 - 13.1 mark out pre-procedure markings to outline targeted areas
 - 13.2 stabilising the plasma device to ensure the plasma device does not come in contact with the skin
 - 13.3 the reasons for leaving safe distance between the electrode probe and the skin when in use, in accordance with manufacturer instructions
 - 13.4 adapting techniques to meet the individual's needs
 - 13.5 even coverage of the treatment area
 - 13.6 ensuring sufficient spacing
14. the sourcing, storage, handling, usage and disposal of the plasma device equipment in accordance with the manufacturer instructions and legislative requirements
15. the importance of considering individual's physical and psychological wellbeing for the plasma device procedure
16. the types of pain management and associated risks
17. the legislative requirements and restrictions for sourcing, storing and using licensed topical anaesthetics
18. the adverse reactions associated with a plasma device procedure and how to respond
19. the health and safety responsibilities in line with legislation before, during and after the plasma device procedure
20. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the plasma device procedure plan
21. the importance of using visual aids to inform the individual of the physical effects
22. the fee structures and treatment options
23. the legislative and indemnity requirements of gaining signed, informed consent for the plasma device procedure and pain management
24. the importance of adhering to the plasma device procedure protocol
25. the types of hygiene products for the skin and the importance of following manufacturer instructions
26. why the skin must be clean and dry prior to a plasma device procedure
27. the reasons for working systematically to cover the individual's treatment area and in accordance with the plasma device procedure protocol
28. the importance of monitoring the health and wellbeing of the individual during, and post the procedure
29. how to implement the correct course of action in the event of an adverse reaction
30. the post procedure products that enhance healing and restorative results
31. the reasons for taking consensual visual media of the individual's treatment area and storing in accordance with the service, legislative, insurance and organisational requirements
32. the legislative and regulatory requirements of completing and storing the individual's plasma device procedure records
33. the expected outcomes of a plasma device procedure
34. the purpose of reflective practice and evaluation and how it informs future procedures
35. the importance to record the outcome and evaluation of the plasma device procedure
36. the instructions and advice, pre and post the plasma device procedure

Learning Outcomes, and Assessment Criteria

The following unit has been mapped to the National Occupational Standard

NOS SKANSC11 Provide rejuvenation of the skin using a plasma device

Please refer to the NOS in full to support unit delivery

Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria Assessment of this learning outcome will require a learner to demonstrate that they can:	NOS Covered Performance Criteria
LO1 Prepare for skin rejuvenation using a plasma device	1.1 Carry out a concise and thorough consultation obtaining consent according to organisational and insurance requirements	PC 1
	1.2 Maintain health, safety and hygiene according to legislation, regulations, directives and guidelines	PC 2
	1.3 Discuss and identify the client's objectives, skin concerns, expectations and desired outcomes, including alternative treatments, skin type and skin priming programme	PC 3
	1.4 Evaluate the client's pain tolerance to inform pain management strategy	PC 4
	1.5 Confirm and agree with the client, they understand the proposed procedure including expected outcomes, possible contra-actions and adverse reactions	PC 5
	1.6 Gain and record informed consent for pain management and procedure, allowing an adequate 'cooling off' time period	PC 6
LO2 Provide skin rejuvenation using a plasma device	2.1 Prepare the skin with an effective hygiene preparation	PC 7
	2.2 Prepare the treatment area in accordance with the chosen plasma protocol and pain management strategy	PC 8
	2.3 Prepare plasma device with a sterile probe, choosing an intensity in accordance with chosen plasma protocol	PC 9
	2.4 Mark out targeted areas, and carry out protocol including stabilisation of the device, even coverage and correct spacing of the area, whilst adapting techniques to meet client's needs	PC 10,11
	2.5 Monitor the client's health, wellbeing and skin reaction throughout, taking action in the event of an adverse reaction	PC 12,13
LO3 Complete skin rejuvenation using a plasma device	3.1 Complete the procedure in accordance with plasma protocol and legal requirements	PC 14
	3.2 Complete the client's treatment records and consensual visual media, store in accordance with data legislation	PC 15,16
	3.3 Use reflective practice to evaluate the plasma device procedure and take appropriate action	PC 17
	3.4 Provide instructions and aftercare advice to the client	PC 18

	3.5 Record the outcome and evaluation of the plasma procedure, discuss, and agree future procedures	PC 19,20
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Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria Assessment of this learning outcome will require a learner to demonstrate that they can:	NOS Knowledge & Understanding
LO4 Understand the concept of the client journey for skin rejuvenation using a plasma device	4.1 Explain why collaboration with competent professionals is important to support effective and safe working practices	KU 1
	4.2 Evaluate why practitioners must work within their limits, ethical, and sustainable best practice and legal requirements	KU 2, 3
	4.3 Explain the importance of CPD to include up-to-date policies, procedures, and best practice	KU 4
	4.4 Explain the relative and absolute contra-indications relevant to plasma procedures, including legal requirements and when to communicate with other professionals	KU 6
	4.5 Justify the importance of managing client's expectations to agree a procedure plan to include the use of visual aids	KU 20, 21
	4.6 Discuss the importance of explaining fee structures and treatment options, including the legal requirements of gaining signed, informed consent for the procedure	KU 22, 23
	4.7 Explain the role of aftercare products to enhance healing	KU 30
	4.8 Justify the reasons for taking consensual visual media and its storage, including the legal requirements for completion and storage of plasma procedure records	KU 31,32
	4.9 Explain the importance of comparing the expected outcomes to the recorded outcomes, including the purpose of reflective practice to inform future procedures	KU 33,34,35
	4.10 Describe the instructions and advice, pre and post plasma procedure	KU 36
LO5 Understand the principles of skin rejuvenation using a plasma device	5.1 Explain the anatomy and physiology of the body systems, intrinsic and extrinsic factors affecting the skin, acid mantle, fibroblasts and skin remodelling, skin thickness and adipose tissue variance.	KU 5
	5.2 Consider the importance of recognising skin irregularities such as keloid scarring and skin pigmentation disorders, including the use of sun protection factors post-procedure	KU 7,8,9
	5.3 Explain the skin ageing process and the role of intrinsic and extrinsic factors	KU 10
	5.4 Describe the composition of a plasma device and the nature of plasma	KU 11

LO6 Understand the process of skin rejuvenation using a plasma device	6.1 Describe the preparation of the plasma device and loading of the sterile probe, in accordance with the client's skin type and treatment objectives	KU 12
	6.2 Explain the procedure for pre-procedure markings, stabilising the plasma device to ensure a safe distance from the skin, including an even coverage and sufficient spacing	KU 13
	6.3 Justify the sourcing, storage, handling, usage and disposal of equipment used, in line with legal requirements	KU. 14
	6.4 Consider the importance of the client's well-being before, during and after procedure, including pain management	KU 15,16,28
	6.5 Describe the legal requirements for topical anaesthesia	KU 17
	6.6 Explain potential adverse reactions and how to respond	KU 18
	6.7 Describe the health and safety responsibilities before, during, and after plasma procedure	KU 19
	6.8 Justify the importance of establishing the client's expectations and the use of visual aids in this process.	KU 20,21
	6.9 Explain the fee structures, including the legal requirements of gaining signed, informed consent.	KU 22,23
	6.10 Justify the importance of adhering to the plasma procedure protocol	KU 24
	6.11 Explain why the client's skin must be clean, including the types of hygiene products available	KU 25,26
	6.12 Explain the reasons for working the area systematically	KU 27
	6.13 Describe the course of action for an adverse reaction	KU 29
	6.14 Justify the importance of aftercare products	KU 30
	6.15 Justify the reasons for taking consensual media and the legal requirements for completing client records, including their storage in accordance with organisational requirements	KU 31,32
	6.16 Evaluate how the comparison between expected and recorded outcomes and subsequent evaluation, contribute to reflective practice and help to inform future procedures.	KU 33,34,35
	6.17 Explain the importance of instructions and advice, pre and post plasma procedure	KU 36

Indicative Content:

- Skin morphology
- Inflammatory response
- Skin remodelling and the role of fibroblasts
- Factors affecting the skin ageing process
- Skin classification
- Skin pigmentation

Scope/range

Skin classification

1. Fitzpatrick scale
2. Glogau photo-damage
3. Lancer scale
4. Phenotype and genotype

Skin characteristics

1. skin sensitivity
2. skin condition
3. skin density

Adverse reactions

1. hyperaemia
2. wounds
3. atrophic scarring
4. keloid scarring
5. trans-epidermal water loss
6. excessive bruising
7. irritation
8. pigmentary disorders
9. allergic reaction
10. compromised healing process
11. dizziness
12. fainting

Plasma device procedure protocol

1. working environment
2. health and safety
3. risk management plan
4. infection prevention and control
5. complication management
6. procedure plan
7. informed consent
8. data management
9. manufacturer instructions
10. test outcomes
11. audit and accountability
12. instructions and advice
13. sustainability
14. waste management
15. evidence-based practice
16. reflective practice

Anatomy and physiology

1. the structure and function of the body systems and their interdependence on each other
2. relative and absolute contraindications and pathologies
3. the ageing process of the skin including the effects of genetics, lifestyle and environment
4. the compromised skin barrier function and skin regeneration processes
5. the process of collagen and elastin synthesis including fibroblastic stimulation

6. the variances and location of skin thickness and adipose tissue

Visual aids

1. illustrative images
2. illustrative diagrams

Instructions

1. the individual and aesthetic practitioner's legal rights and responsibilities
2. complication management
3. post procedure expectations and associated time frames
4. pre and post procedure instructions and care
5. restrictions and associated risks
6. future procedures
7. complaints procedure or concerns protocol

Glossary

- **Absolute contraindication** - An absolute contraindication is a condition that prevents the service from being carried out and may require referral.
- **Adverse reaction** - An adverse reaction is an 'unexpected' reaction or outcome following a service, i.e., fainting
- **Anatomy and Physiology** - How the skeletal, muscular, circulatory, lymphatic, respiratory, excretory, digestive, endocrine and nervous systems interact with each other and how they impact the individual, service and outcomes.
- **Contra action** - A contra-action is an 'expected' reaction or outcome following a service, i.e., erythema
- **Collagen** – a fibrous protein which provides strength, Type 1 is the most abundant in the skin and the strongest, Type 3 is made immediately in response to wound healing and Type 7 attaches the epidermis to the dermis.
- **Elastin** – a fibrous protein which can stretch and recover/recoil to give the skin its suppleness
- **Evidence-based practice** - Evidence-based practice is based on the best available, current, valid and relevant evidence.
- **Fibroblast** – a cell found in the dermal layer responsible for secreting collagen, elastin and hyaluronic acid. These make up the extra cellular matrix.
- **First aid** - First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.
- **Hyaluronic acid** – a polysaccharide that is charged so can attract large amounts of water (hydrophilic) giving the skin its volume (plumping the skin)
- **Hyperdynamic lines** – expression lines caused by contraction of the underlying muscle, which is attached to the skin, for example forehead lines
- **Plasma device** - A plasma device is used with an electrode probe that produces a hot ionised gas. The characteristics of plasma are considered significantly different from those of neutral gases, so the plasma is considered a distinct "fourth state of matter"
- **Protocol** - A protocol is a standard procedure to ensure best practice and compliance when providing procedures, i.e., follow manufacturer's instructions.
- **Redundant skin** – loose or sagging skin usually showing lack of elasticity such as hooded eyelids

- **Relative contraindication** - A relative contraindication is a condition that requires an assessment of suitability for the service and/or if adaptations are required.
- **Skin barrier function** - The renewable, biochemical barrier that shields our internal systems from environmental aggressors and pathogens and helps prevent trans-epidermal water loss. Composed of cornified cells, natural moisturizing factors, barrier lipids and the skin microbiome.
- **Skin remodelling** – a process involving fibroblast activity to rebuild the skin with collagen, elastin and hyaluronic acid. This is the natural healing response and takes 12 weeks to fully remodel.
- **Skin priming programme** - Skin priming programme, is a set of instructions the individual can do prior to the treatment to achieve the best results. Visual media Visual media is evidence generated through photography or video.

Suggested Resources

- Beauty Therapist's Guide to Professional Practice and Client Care, Andrea Barham Nov 2020
- Illustrated Guide to Collagen Induction with Platelet-Rich Plasma Kolster, Bernard C. / Paasch, Uwe 2019

Unit: AP409 Skin rejuvenation using microneedling

Unit code: R/650/3424

RQF level: 4

Unit Aim and NOS

(NOS SKANSC6 Provide rejuvenation of the skin using advanced micro-needling procedures)

- This unit is based on the standard that coexists alongside, SKANSC1.2: Implement and maintain safe, hygienic and effective working practices during elective nonsurgical cosmetic procedures and SKANSC2.2: Consult, assess, plan and prepare for elective non-surgical cosmetic procedures within the working environment.
- This unit is for advanced beauty therapists and aesthetic practitioners using microneedling techniques to rejuvenate the skin and improve body and facial skin condition.
- Aesthetic practitioners will also be required to do a post procedure evaluation and reflection for continuous improvement.
- The aesthetic practitioner must have a First Aid at Work qualification or equivalent and be able to carry out the functions within SFHCHS36: Basic life support and have access to life support equipment as identified in the complication management plan.
- Users of this unit will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance.

This unit coexists alongside Qualifi units:

CO401: Health, safety and hygiene for aesthetic procedures

CO402: Client consultation for aesthetic procedures

The main outcomes are:

2. Provide skin rejuvenation using microneedling

NOS Performance Criteria (PC)

1. carry out a concise and comprehensive consultation face to face with the individual and maintain your responsibilities for health and safety pre, during and post the advanced microneedling procedure
2. discuss to establish the individual's objectives, concerns, expectations and desired outcomes to inform the advanced microneedling procedure plan to include:
 - 2.1 alternative treatment options
 - 2.2 skin classification, characteristics and condition
 - 2.3 preparatory skin priming programme
3. discuss and agree the pain management strategy considering the individual's tolerance level, following legislative requirements and organisational policies and procedures
4. reiterate, confirm and agree with the individual, they have understood the proposed advanced microneedling procedure and pain management to include:
 - 4.1 contra-actions
 - 4.2 adverse reactions
5. obtain the individual's written informed consent for the advanced microneedling procedure and pain management, allowing an adequate time scale for the individual to make an informed choice
6. select an effective hygiene preparation product to meet the individual's needs in accordance with the manufacturer's instructions

7. prepare the individual's treatment area according to the advanced microneedling procedure protocol
8. select the needle depth for the skin classification, characteristics, the individual's objectives and the individual's treatment area
9. follow the advanced microneedling procedure protocol to ensure even coverage of the treatment area to include:
 - 9.1 adapting techniques to meet the individual's needs
10. monitor the individual's health, well-being and skin reaction throughout the advanced microneedling procedure
11. implement the correct course of action in the event of an adverse reaction
12. conclude the procedure in accordance with the advanced microneedling procedure protocol, legislative requirements and organisational policies and procedures
13. take and store consensual visual media of the individual's treatment area in accordance with insurance requirements, organisational policies, and procedures
14. complete the individual's non-surgical cosmetic procedure records and store in accordance with data legislation
15. use reflective practice to evaluate the advanced microneedling procedure and take appropriate action
16. provide and obtain confirmation of receipt of the verbal and written instructions and advice given to the individual pre and post procedure
17. record the outcome and evaluation of the advanced microneedling procedure to agree and inform future procedures
18. discuss and agree future procedures with the individual

NOS Knowledge and Understanding (KU)

1. the importance of collaboration with competent professionals to support effective and safe working practices
2. your role and responsibilities in performing non-surgical cosmetic procedures and the importance of working within your competence
3. why you must comply with ethical practice and work within the legislative requirements
4. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
5. the anatomy and physiology relevant to this standard
6. the chronological skin ageing process and the relationship to intrinsic and extrinsic factors
7. the types, purpose and use of advanced microneedling equipment and agents taking account of:
 - 7.1 skin classification
 - 7.2 skin characteristics
 - 7.3 individual's objectives
 - 7.4 the treatment area
 - 7.5 the different needle depths
8. the limitations of products and equipment used for advanced microneedling procedures
9. the sourcing, storage, handling, usage and disposal of advanced microneedling equipment in accordance with the manufacturer's instructions and legislative requirements
10. the individual's physical and psychological suitability for the nonsurgical cosmetic procedure
11. the types of pain management and associated risks
12. the legislative requirements and restrictions for sourcing, storing and using licensed topical anaesthetics
13. the adverse reactions associated with an advanced microneedling procedure and how to respond
14. the health and safety responsibilities in line with legislation before, during and after the advanced microneedling procedure

15. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the non-surgical cosmetic procedure plan
16. the importance of using visual aids to inform the individual of the physical effects
17. the fee structures and treatment options
18. the procedures that could be carried out in conjunction with an advanced microneedling procedure and associated risks
19. the types of skin priming programmes and its relevance to the success of the advanced microneedling procedure
20. the legislative and indemnity requirements of gaining signed, informed consent for the advanced microneedling procedure and pain management
21. the importance of adhering to the advanced microneedling procedure protocol
22. the types of hygiene products for the skin and the importance of following manufacturer's instructions
23. the reasons for working systematically to cover the individual's treatment area and in line with the advanced microneedling procedure protocol to include:
 - 23.1 how to adjust the duration, intensity and depth during the advanced microneedling procedure
24. the importance of monitoring the health and wellbeing of the individual during and post procedure
25. how to implement the correct course of action in the event of an adverse reaction
26. the post procedure products that enhance healing and restorative results
27. the legislative, insurance and organisational requirements for taking and storing visual media of the individual's treatment area
28. the legislative and regulatory requirements of completing and storing the individual's advanced microneedling procedure records
29. the expected outcomes of an advanced microneedling procedure
30. the purpose of reflective practice and evaluation and how it informs future procedures
31. how to collate, analyse, summarise and record evaluation feedback in a clear and concise way
32. the importance to record the outcome and evaluation of the advanced microneedling procedure
33. the instructions and advice pre and post the advanced microneedling procedure

Learning Outcomes and Assessment Criteria

The following unit has been mapped to the National Occupational Standard

NOS SKANSC6 Provide rejuvenation of the skin using advanced micro-needling procedures

Please refer to the NOS in full to support unit delivery

Learning Outcomes	Assessment Criteria	NOS Covered
When awarded credit for this unit, a learner will:	Assessment of this learning outcome will require a learner to demonstrate that they can:	Performance Criteria
LO1 Prepare for skin rejuvenation using microneedling procedures	1.1 Carry out a concise and thorough consultation in accordance with health and safety responsibilities	PC 1
	1.2 Discuss and identify the client's objectives, skin concerns, expectations, and desired outcomes, including alternative treatments, skin type and skin priming programme	PC 2
	1.3 Evaluate the client's pain tolerance to inform pain management strategy	PC 3

	1.4 Confirm and agree with the client, they understand the proposed procedure including expected outcomes, possible contra-actions, and adverse reactions	PC 4
	1.5 Gain and record informed consent for pain management and procedure, allowing an adequate 'cooling off' time period	PC 5
LO2 Provide skin rejuvenation using microneedling procedures	2.1 Prepare the skin with an effective hygiene preparation	PC 6
	2.2 Prepare the treatment area in accordance with the chosen microneedling protocol and pain management strategy	PC 7
	2.3 Select the appropriate needle depth to suit the client's skin classification and treatment area	PC 8
	2.4 Ensure an even coverage of the area, whilst adapting techniques to meet client's needs	PC 9
	2.5 Monitor the client's health, wellbeing, and skin reaction throughout, taking action in the event of an adverse reaction	PC 10,11
LO3 Complete skin rejuvenation using advanced microneedling procedures	3.1 Complete the procedure in accordance with microneedling protocol and legal requirements	PC 12
	3.2 Complete the client's treatment records and consensual visual media, store in accordance with data legislation	PC 13,14
	3.3 Use reflective practice to evaluate the microneedling procedure and take appropriate action	PC 15
	3.4 Provide instructions and aftercare advice to the client	PC 16
	3.5 Record the outcome and evaluation of the microneedling procedure, discuss, and agree future procedures	PC 17,18

Learning Outcomes	Assessment Criteria	NOS Covered
When awarded credit for this unit, a learner will:	Assessment of this learning outcome will require a learner to demonstrate that they can:	Knowledge & Understanding
LO4 Understand the client journey for skin rejuvenation using microneedling procedures	4.1 Explain why collaboration with competent professionals is important to support effective and safe working practices	KU 1
	4.2 Evaluate why practitioners must work within their limits, ethical, and sustainable best practice, and legal requirements	KU 2, 3
	4.3 Explain the importance of CPD to include up-to-date policies, procedures, and best practice	KU 4
	4.4 Justify the importance of establishing the client's expectations and the use of visual aids in this process	KU 15,16
	4.5 Explain the possible complementary procedures associated with microneedling and the risks involved	KU 18
	4.6 Discuss the importance of explaining fee structures and treatment options, including the legal requirements of gaining signed, informed consent for the procedure	KU 17, 20
	4.7 Explain the role of aftercare products to enhance healing	KU 26

	4.8 Justify the reasons for taking consensual media and the legal requirements for completing client records, including their storage in accordance with organisational requirements	KU 27,28
	4.9 Explain the importance of comparing the expected outcomes to the recorded outcomes, including the purpose of reflective practice to inform future procedures	KU 29,30,32
	4.10 Explain how to summarise, collate, record, and analyse evaluation feedback	KU 31
	4.11 Describe the instructions and advice, pre and post microneedling procedure	KU 33
LO5 Understand the principles of skin rejuvenation using microneedling procedures	5.1 Explain the morphology of the skin, the inflammatory response, skin remodelling, skin classification, pigmentation, acne scarring and moles.	KU 5
	5.2 Describe the skin ageing process and the factors that affect skin ageing.	KU6
	5.3 Explain how different equipment and needle depths can be adapted to suit the client's skin type, their objectives, and the area being treated.	KU 7
	5.4 Explain the limitations of microneedling procedures, for example, skin with active acne.	KU 8
	5.5 Justify the sourcing, storage, handling, usage, and disposal of microneedling equipment used, in line with legal requirements	KU 9
	5.6 Discuss the benefits of vitamin C with reference to collagen synthesis, skin pigmentation and its antioxidant properties	KU 26,33
LO6 Understand the process of skin rejuvenation using microneedling procedures	6.1 Consider the client's suitability for microneedling, including pain management and contraindications.	KU 10,11
	6.2 Describe the legal requirements for topical anaesthesia	KU 12
	6.3 Explain potential adverse reactions associated with microneedling and how to respond	KU 13
	6.4 Describe the health and safety responsibilities before, during, and after microneedling procedure	KU 14
	6.5 Describe the importance of the various types of skin priming, with reference to the acid mantle, and hygiene programmes.	KU 6, 19
	6.6 Explain the importance of adhering to the microneedling protocol	KU 21
	6.7 Explain why the client's skin must be clean, including the types of hygiene products available	KU 22
	6.8 Explain the reasons for working the area systematically, including how to adjust the settings during the procedure	KU 23
	6.9 Explain the importance of monitoring client's well-being throughout the microneedling procedure	KU 24
	6.10 Describe the course of action for an adverse reaction	KU 25

Indicative Content

Scope/range

- NB. Maximum needle depth for face is up to 0.5mm**
Maximum needle depth for body is 1mm

Treatment objectives

1. reduction of fine lines
2. improved skin condition
3. Improved skin texture
4. skin laxity improvement

Tools

1. Manual roller
2. Power assisted pen/roller

Contra actions

1. hyperaemia
2. micro wounds
3. bruising
4. discomfort
5. oedema

Skin classification

1. Fitzpatrick scale
2. Glogau photo-damage scale
3. Lancer skin type scale

Skin characteristics

1. Skin types
2. Skin sensitivity
3. Skin condition
4. Skin density

Adverse reactions

1. trans-epidermal water loss
2. excessive bruising
3. wounds
4. irritation
5. allergic reaction
6. excessive histamine reaction
7. compromised healing process
8. dizziness
9. fainting

Microneedling procedure protocol

1. working environment
2. health and safety
3. risk management plan
4. infection prevention and control

5. complication management
6. procedure plan
7. informed consent
8. data management
9. audit and accountability
10. instructions and advice
11. waste management and environmental sustainability
12. evidence based and reflective practice

Anatomy and physiology

1. the structure and function of the body systems and their interdependence on each other
2. structure and function of skin and skin appendages
3. skin diseases, disorders, and conditions the ageing process of the skin including the effects of genetics, lifestyle and environment
4. the compromised barrier function and skin regeneration processes

Visual aids

1. illustrative images
2. illustrative diagrams

Instructions

1. the individual and aesthetic practitioner's legal rights and responsibilities
2. complication management
3. post procedure expectations and associated time frames
4. pre and post procedure instructions and care
5. restrictions and associated risks
6. future procedures
7. complaints procedure or concerns protocol

Glossary

- **Absolute contraindication** - An absolute contraindication is a condition that prevents the service from being carried out and may require referral.
- **Adverse reaction** - An adverse reaction is an 'unexpected' reaction or outcome following a service, i.e., fainting
- **Anatomy and Physiology** - How the skeletal, muscular, circulatory, lymphatic, respiratory, excretory, digestive, endocrine and nervous systems interact with each other and how they impact the individual, service, and outcomes.
- **Contra action** - A contra-action is an 'expected' reaction or outcome following a service, i.e., erythema
- **Collagen** – a fibrous protein which provides strength, Type 1 is the most abundant in the skin and the strongest, Type 3 is made immediately in response to wound healing and Type 7 attaches the epidermis to the dermis.
- **Collagen induction therapy** – in response to the micro-injuries caused by microneedling, the skin's natural healing response stimulates fibroblasts to increase collagen synthesis, remodelling the skin.
- **Elastin** – a fibrous protein which can stretch and recover/recoil to give the skin its

suppleness

- **Evidence-based practice** - Evidence-based practice is based on the best available, current, valid, and relevant evidence.
- **Fibroblast** – a cell found in the dermal layer responsible for secreting collagen, elastin, and hyaluronic acid. These make up the extra cellular matrix.
- **First aid** - First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.
- **Hyaluronic acid** – a polysaccharide that is charged so can attract large amounts of water (hydrophilic) giving the skin its volume (plumping the skin)
- **Hyperdynamic lines** – expression lines caused by contraction of the underlying muscle, which is attached to the skin, for example forehead lines
- **Protocol** - A protocol is a standard procedure to ensure best practice and compliance when providing procedures, i.e., follow manufacturer's instructions.
- **Redundant skin** – loose or sagging skin usually showing lack of elasticity such as hooded eyelids
- **Relative contraindication** - A relative contraindication is a condition that requires an assessment of suitability for the service and/or if adaptations are required.
- **Skin barrier function** - The renewable, biochemical barrier that shields our internal systems from environmental aggressors and pathogens and helps prevent trans-epidermal water loss. Composed of cornified cells, natural moisturizing factors, barrier lipids and the skin microbiome.
- **Skin remodelling** – a process involving fibroblast activity to rebuild the skin with collagen, elastin, and hyaluronic acid. This is the natural healing response and takes 12 weeks to fully remodel.
- **Skin priming programme** - Skin priming programme, is a set of instructions the individual can do prior to the treatment to achieve the best results.
- **Visual media** Visual media is evidence generated through photography or video.

Suggested Resources

- Beauty Therapist's Guide to Professional Practice and Client Care, Andrea Barham Nov 2020
- MICRONEEDLING: For Aestheticians and Beauty Therapists, Nicky Pearce Sept 2020
- Holistic Microneedling: The Manual of Natural Skin Needling Paperback, Anthony Kingston March 2015
- Microneedling The Ultimate Guide For Beautiful Healthy Skin and Anti-Aging Results: Step by Step Instructions to Provide the Latest Skin Treatment from Home or as a Salon Pro, Nina Francis July 2019

Unit: AP410 Skin rejuvenation using superficial chemical peels

Unit code: T/650/3425

RQF level: 4

Unit Aim and NOS

(NOS SKANSC9 Provide rejuvenation of the skin using medium grade skin peeling procedures)

- This unit is based on the national occupational standard that coexists alongside, SKANSC1: Implement and maintain safe, hygienic and effective working practices during elective nonsurgical cosmetic procedures and SKANSC2: Consult, assess, plan and prepare for elective non-surgical cosmetic procedures within the working environment.
- This unit is for advanced beauty therapists and aesthetic practitioners using superficial chemical peels techniques to rejuvenate the skin and improve body and facial skin condition.
- Aesthetic practitioners will also be required to do a post procedure evaluation and reflection for continuous improvement.
- The aesthetic practitioner must have a First Aid at Work qualification or equivalent and be able to carry out the functions within SFHCHS36: Basic life support and have access to life support equipment as identified in the complication management plan.
- Users of this unit will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance.

This unit coexists alongside Qualifi units:

CO401: Health, safety and hygiene for aesthetic procedures

CO402: Client consultation for aesthetic procedures

The main outcomes are:

- Provide skin rejuvenation using superficial chemical peels.

NOS Performance Criteria (PC)

1. carry out a concise and comprehensive consultation face to face with the individual and maintain your responsibilities for health and safety pre, during and post the medium grade skin peeling procedure
2. discuss to establish the individual's objectives, concerns, expectations and desired outcomes to inform the medium grade skin peeling procedure plan to include:
 - 2.1 alternative treatment options
 - 2.2 skin classification, characteristics and condition
 - 2.3 preparatory skin priming programme
3. reiterate, confirm and agree with the individual, they have understood the proposed medium grade skin peeling procedure to include:
 - 3.1 contra-actions
 - 3.2 adverse reactions
4. obtain the individual's written informed consent for the medium grade skin peeling procedure, allowing an adequate time scale for the individual to make an informed choice
5. select an effective hygiene preparation product to meet the individual's needs in accordance with the manufacturer's instructions
6. prepare the individual's treatment area and apply appropriate protection for prohibited sites in accordance with the medium grade skin peeling procedure protocol

7. select, prepare and use the formulation of medium grade skin peeling agents for the individual's skin classification and condition according to:
 - 7.1 physiological effects
 - 7.2 percentage strength
 - 7.3 viscosity
 - 7.4 pH
 - 7.5 pKa
8. follow the medium grade skin peeling procedure protocol to ensure even coverage of the peeling agents on the treatment area to include:
 - 8.1 different zones
 - 8.2 peel depths
 - 8.3 duration
9. monitor the individual's health, wellbeing and skin reaction throughout the medium grade skin peeling procedure
10. implement the correct course of action in the event of an adverse reaction
11. follow the medium grade skin peeling procedure protocol for the neutralisation and removal of the peeling agent according to manufacturer's instructions
12. conclude the procedure in accordance with the medium grade skin peeling procedure protocol, legislative requirements and organisational policies and procedures
13. take and store consensual visual media of the individual's treatment area in accordance with insurance requirements, organisational policies and procedures
14. complete the individual's non-surgical cosmetic procedure records and store in accordance with data legislation
15. use reflective practice to evaluate the medium grade skin peeling procedure and take appropriate action
16. provide and obtain confirmation of receipt of the verbal and written instructions and advice given to the individual pre and post procedure
17. record the outcome and evaluation of the medium grade skin peeling procedure to agree and inform future procedures
18. discuss and agree future procedures with the individual

NOS Knowledge and Understanding (KU)

1. the importance of collaboration with competent professionals to support effective and safe working practices
2. your role and responsibilities in performing non-surgical cosmetic procedures and the importance of working within your competence
3. why you must comply with ethical practice and work within the legislative requirements
4. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
5. the anatomy and physiology relevant to this standard
6. the chronological skin ageing process and the relationship to intrinsic and extrinsic factors
7. the pH scale and its relevance to skin sensitivity
8. the action of acid and alkaline concentrations on the skin
9. how and why the skin's barrier function is impaired following a medium grade skin peeling procedure to include:
 - 9.1 the increased risk of photosensitivity and ways to protect the skin
10. the types, formulations, uses and limitations of medium grade skin peeling agents taking account of:
 - 10.1 skin classification
 - 10.2 skin condition
 - 10.3 individual's objectives

11. the individual and combination effects, benefits and limitations of medium grade skin peeling agents according to:
 - 11.1 physiological effects
 - 11.2 percentage strength
 - 11.3 pH
 - 11.4 pKa
 - 11.5 viscosity
12. the differentiation and classification of medium grade skin peels and their potential to cause harm
13. the chemical peel agents only suitable for medical use and why
14. the sourcing, storage, handling, usage and disposal of medium depth skin peeling agents in accordance with the manufacturer's instructions and legislative requirements to include:
 - 14.1 product name
 - 14.2 batch numbers
 - 14.3. storage
 - 14.4 material data sheets
 - 14.5 expiry date
 - 14.6 waste management
15. the reasons for prompt application, timing and the removal of all medium grade skin peeling formulations
16. the adverse reactions associated with a medium grade skin peeling procedure and how to respond
17. the health and safety responsibilities in line with legislation before, during and after the medium grade skin peeling procedure
18. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the non-surgical cosmetic procedure plan
19. the importance of using visual aids to inform the individual of the physical effects
20. the fee structures and treatment options
21. the procedures that could be carried out in conjunction with a medium grade skin peeling procedure and associated risks
22. the types of skin priming programmes and its relevance to the success of the medium grade skin peeling procedure
23. the types of prescription topicals prescribed by a healthcare professional and how it impacts and/or supports the skin priming programme and can improve skin healing
24. the legislative and indemnity requirements of gaining signed, informed consent for the medium grade skin peeling procedure
25. the importance of adhering to the medium grade skin peeling procedure protocol
26. the types of hygiene products for the skin and the importance of following manufacturer's instructions
27. the reasons for working systematically to cover the individual's treatment area and in line with the medium grade skin peeling procedure protocol to include:
 - 27.1 the adaptations of formulations and application according to different zones
28. the importance of monitoring the health and wellbeing of the individual during and post the medium grade skin peeling procedure
29. the types, benefits and use of post procedure products to increase skin healing and skin regeneration processes
30. the benefits and use of tyrosinase inhibitors to avoid post inflammatory hyperpigmentation when treating Fitzpatrick classification, scale 4-6
31. the type of chemical agents that do and do not require neutralisation
32. the reasons for restoring pH levels of the skin following the application of medium grade skin peeling agents

33. the legislative, insurance and organisational requirements for taking and storing visual media of the individual's treatment area
34. the legislative and regulatory requirements of completing and storing the individual's medium grade skin peeling procedure records
35. the expected outcomes of a medium grade skin peeling procedure
36. the purpose of reflective practice and evaluation and how it informs future procedures
37. how to collate, analyse, summarise, and record evaluation feedback in a clear and concise way
38. the importance to record the outcome and evaluation of the medium grade skin peeling procedure
39. the instructions and advice pre and post the medium grade skin peeling procedure

Learning Outcomes and Assessment Criteria

The following unit has been mapped to the National Occupational Standard

NOS SKANSC9 Provide rejuvenation of the skin using medium grade skin peeling procedures

Please refer to the NOS in full to support unit delivery

Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria Assessment of this learning outcome will require a learner to demonstrate that they can:	NOS Covered Performance Criteria
LO1 Prepare for skin rejuvenation using superficial chemical peels	1.1 Carry out a concise and thorough consultation in accordance with health and safety responsibilities	PC 1
	1.2 Discuss and identify the client's objectives, skin concerns, expectations and desired outcomes, including alternative treatments, skin type and skin priming programme	PC 2
	1.3 Confirm and agree with the client, they understand the proposed peel procedure including expected outcomes, possible contra-actions and adverse reactions	PC 3
	1.4 Gain and record informed consent for the peels procedure, allowing an adequate 'cooling off' time period	PC 4
LO2 Provide skin rejuvenation using superficial chemical peels	2.1 Prepare the skin with an effective hygiene preparation	PC 5
	2.2 Prepare the treatment area in accordance with the peels protocol ensuring that prohibited sites are protected	PC 6
	2.3 Select the appropriate peel to suit the client's skin classification according to its physiological effects, concentration, viscosity, pH and pKa	PC 7
	2.4 Follow the peels protocol ensuring the coverage is even and the different zones, peel depths and duration of peel are accounted for	PC 8
	2.5 Monitor the client's health, wellbeing and skin reaction throughout, taking action in the event of an adverse reaction	PC 9,10
LO3 Complete skin rejuvenation using superficial chemical peels	3.1 Complete the peels procedure according to the manufacturer's protocol of its neutralisation or removal	PC 11
	3.2 Complete the client's treatment records and consensual visual media, record and store in accordance with data legislation, organisational and insurance requirements	PC 12,13,14

	3.3 Use reflective practice to evaluate the peels procedure and take appropriate action	PC 15
	3.4 Provide instructions and aftercare advice to the client	PC 16
	3.5 Record the outcome and evaluation of the peels procedure, discuss, and agree future procedures	PC 17,18

Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria Assessment of this learning outcome will require a learner to demonstrate that they can:	NOS Covered Knowledge & Understanding
LO4 Understand the client journey for skin rejuvenation using superficial chemical peels	4.1 Explain why collaboration with competent professionals is important to support effective and safe working practices	KU 1
	4.2 Evaluate why practitioners must work within their limits, ethical, and sustainable best practice and legal requirements	KU 2, 3
	4.3 Explain the importance of CPD to include up-to-date policies, procedures, and best practice	KU 4
	4.4 Justify the importance of establishing the client's expectations and the use of visual aids in this process	KU 18,19
	4.5 Discuss the importance of explaining fee structures and treatment options, including the legal requirements of gaining signed, informed consent for the procedure	KU 20,24
	4.6 Explain the possible complementary procedures associated with peels and the risks involved	KU 21
	4.7 Explain the role of aftercare products to enhance healing	KU 29
	4.8 Justify the reasons for taking consensual media and the legal requirements for completing client records, including their storage in accordance with organisational requirements	KU 33,34
	4.9 Explain the importance of comparing the expected outcomes to the recorded outcomes, including the purpose of reflective practice to inform future procedures	KU 35,36,38
	4.10 Explain how to summarise, collate, record, and analyse evaluation feedback	KU 37
	4.11 Describe the instructions and advice, pre and post peels procedure	KU 39
LO5 Understand the principles of skin rejuvenation using superficial chemical peels	5.1 Explain the interdependency of organ systems, morphology of the skin and appendages, skin diseases, disorders and conditions, extrinsic and intrinsic factors affecting the skin ageing, desquamation and exfoliation, barrier function and skin regeneration and topical effects of peels on the skin	KU 5,6
	5.2 Describe the pH scale and the effects of acids and alkalis on the skin	KU 7,8

	5.3 Explain the effect of peels procedure on skin's barrier function including its resulting photosensitivity	KU 9
	5.4 Compare the modality of skin peels with reference to skin classification, condition, and the objectives of the procedure.	KU 10
	5.5 Explain how the physiological effects, concentration, pH, pKa and viscosity affect the benefits and limitations of skin peels	KU 11
	5.6 Discuss the classification of skin peels, including enzyme peels, and the potential of medical grade peels to cause harm	KU 12,13
	5.7 Justify the sourcing, storage, handling, usage, and disposal of equipment used in peels, in line with legal requirements including product name, batch numbers, storage, data sheets, expiry dates and waste management	KU 14
	5.8 Explain the reasons for prompt application, timing, and removal of skin peels	KU 15
LO6 Understand the process of skin rejuvenation using superficial chemical peels	6.1 Explain the importance of monitoring client's well-being throughout the peels procedure including the action taken in the event of an adverse reaction	KU 16,28
	6.2 Describe the health and safety responsibilities before, during, and after peels procedure	KU 17
	6.3 Describe the importance of the various types of skin priming and hygiene programmes.	KU 22,26
	6.4 Explain how prescription topicals support skin priming and improve skin healing	KU 23
	6.5 Explain the importance of adhering to the peels protocol	KU 25
	6.6 Explain the reasons for working the area systematically, including how to adapt formulations according to different zones	KU 27
	6.7 Explain the use of tyrosinase inhibitors to reduce post inflammatory hyperpigmentation	KU 30
	6.8 Compare chemical agents that do and do not require neutralisation and the reasons for restoring pH levels post procedure	KU 31,32

Indicative Content

Desquamation and exfoliation

Effects of superficial peeling agents on the skin – to stratum corneum depth

Scope/range

Skin classification

1. Fitzpatrick scale
2. Glogau photo-damage scale
3. Lancer scale

Skin characteristics

1. combination
2. dry
3. oily
4. acne
5. congested
6. dehydrated
7. mature
8. pigmentary irregularities
9. sensitive
10. skin density

Contra actions

1. blanching and frosting
2. compromised skin barrier function
3. discomfort
4. flaking
5. epidermal peeling
6. hyperaemia
7. mild oedema

Treatment Area

1. face and jawline
2. upper torso
3. limbs

Prohibited sites

1. eyes
2. nostrils
3. lips
4. breaks in skin

Skin peeling agents

1. Alpha Hydroxy Acids
2. Beta Hydroxy Acids
3. Poly Hydroxy Acids
4. Enzymes

Adverse reactions

1. excessive oedema
2. pigmentary changes
3. excessive discomfort
4. compromised healing process
5. blood spotting
6. excessive histamine reaction
7. infection

Peels procedure protocol

1. working environment
2. health and safety
3. risk management plan
4. infection prevention and control
5. complication management

6. procedure plan
7. informed consent
8. data management
9. audit and accountability
10. instructions and advice
11. waste management
12. evidence based and reflective practice

Anatomy and physiology

1. the structure and function of the body systems and their interdependence on each other
2. structure and function of skin and skin appendages
3. skin diseases, disorders and conditions
4. the ageing process of the skin including the effects of genetics, lifestyle and environment
5. the compromised barrier function and skin regeneration processes
6. the process of desquamation, exfoliation and resurfacing
7. the topical effects of superficial skin peeling agents on the skin and skin conditions

Visual aids

1. illustrative images
2. illustrative diagrams

Superficial skin peeling procedure protocol

1. working environment
2. health and safety
3. risk management plan
4. infection prevention control
5. complication management
6. procedure plan
7. informed consent
8. data management
9. audit and accountability
10. instructions and advice
11. waste management and environmental sustainability
12. evidence based and reflective practice

Instructions

1. the individual and aesthetic practitioner's legal rights and responsibilities
2. complication management plan
3. post procedure expectations and associated time frames
4. pre and post procedure instructions and care
5. restrictions and associated risks
6. future procedures
7. complaints procedure or concerns protocol

Glossary

- **Absolute contraindication** - An absolute contraindication is a condition that prevents the service from being carried out and may require referral.
- **Adverse reaction** - An adverse reaction is an 'unexpected' reaction or outcome following a service, i.e., fainting

- **AHA** – alpha hydroxy acid, a group of natural acids that are found in foods for example citric, glycolic, lactic, malic and tartaric
- **Anatomy and Physiology** - How the skeletal, muscular, circulatory, lymphatic, respiratory, excretory, digestive, endocrine and nervous systems interact with each other and how they impact the individual, service and outcomes.
- **BHA** – beta hydroxy acid, an exfoliating ingredient most commonly refers to salicylic acid, used in anti-aging and acne treatments
- **Contra action** - A contra-action is an 'expected' reaction or outcome following a service, i.e., erythema
- **Collagen** – a fibrous protein which provides strength, Type 1 is the most abundant in the skin and the strongest, Type 3 is made immediately in response to wound healing and Type 7 attaches the epidermis to the dermis.
- **Elastin** – a fibrous protein which can stretch and recover/recoil to give the skin its suppleness
- **Enzyme peels** – contain fruit-based enzymes, usually extracted from papaya, pineapple, or pumpkin. They digest/hydrolyse the dead skin cells at the skin surface and can be used to exfoliate more sensitive skin types as they are very mild-acting with minimal downtime.
- **Evidence-based practice** - Evidence-based practice is based on the best available, current, valid, and relevant evidence.
- **Fibroblast** – a cell found in the dermal layer responsible for secreting collagen, elastin and hyaluronic acid. These make up the extra cellular matrix.
- **First aid** - First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.
- **Hyaluronic acid** – a polysaccharide that is charged so can attract large amounts of water (hydrophilic) giving the skin its volume (plumping the skin)
- **Hyperdynamic lines** – expression lines caused by contraction of the underlying muscle, which is attached to the skin, for example forehead lines
- **PHAs** – Polyhydroxy acids, gentle chemical exfoliant, examples include gluconolactone, lactobionic acid and galactosen. Larger molecular weight so do not penetrate as deeply as AHAs and BHAs.
- **Protocol** - A protocol is a standard procedure to ensure best practice and compliance when providing procedures, i.e., follow manufacturer's instructions.
- **Redundant skin** – loose or sagging skin usually showing lack of elasticity such as hooded eyelids
- **Relative contraindication** - A relative contraindication is a condition that requires an assessment of suitability for the service and/or if adaptations are required.
- **Skin barrier function** - The renewable, biochemical barrier that shields our internal systems from environmental aggressors and pathogens and helps prevent trans-epidermal water loss. Composed of cornified cells, natural moisturizing factors, barrier lipids and the skin microbiome.
- **Skin remodelling** – a process involving fibroblast activity to rebuild the skin with collagen, elastin and hyaluronic acid. This is the natural healing response and takes 12 weeks to fully remodel.

- **Skin priming programme** - Skin priming programme, is a set of instructions the individual can do prior to the treatment to achieve the best results.
- **Visual media** Visual media is evidence generated through photography or video.

Suggested Resources

- Beauty Therapist's Guide to Professional Practice and Client Care, Andrea Barham Nov 2020
- A Practical Guide to Chemical Peels, Microdermabrasion & Topical Products, Rebecca Small Jan 2013
- Procedures in Cosmetic Dermatology Series: Chemical Peels, Susan Obagi MD, June 2020
- Illustrated Guide to Chemical Peels: Basics - Indications – Uses, Mark G Rubin, April 2014

Unit: AP411 Skin rejuvenation using mesotherapy

Unit code: Y/650/3426

RQF level: 4

Unit Aim and NOS

(NOS SKANSC5 Provide rejuvenation of the skin using mesotherapy procedures)

- This unit is based on the national occupation standard that coexists alongside, SKANSC1.2: Implement and maintain safe, hygienic and effective working practices during elective nonsurgical cosmetic procedures and SKANSC2.2: Consult, assess, plan and prepare for elective non-surgical cosmetic procedures within the working environment.
- This unit is for advanced beauty therapists and aesthetic practitioners using Mesotherapy techniques to rejuvenate the skin and improve skin condition.
- Aesthetic practitioners will also be required to do a post procedure evaluation and reflection for continuous improvement.
- The aesthetic practitioner must have a First Aid at Work qualification or equivalent and be able to carry out the functions within SFHCHS36: Basic life support and have access to life support equipment as identified in the complication management plan.
- Users of this unit will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance.

This unit coexists alongside Qualifi units:

CO401: Health, safety and hygiene for aesthetic procedures

CO402: Client consultation for aesthetic procedures

The main outcomes are:

Provide skin rejuvenation using mesotherapy

NOS Performance Criteria (PC)

1. carry out a concise and comprehensive consultation face to face with the individual and maintain your responsibilities for health and safety pre, during and post the mesotherapy procedure
2. discuss to establish the **individual's objectives**, concerns, expectations and desired outcomes to inform the mesotherapy procedure plan to include:
 - 2.1 alternative treatment options
 - 2.2 **skin classification, characteristics** and condition
 - 2.3 preparatory skin priming programme
3. discuss and agree the pain management strategy considering the individual's tolerance level, following legislative requirements and organisational policies and procedures
4. reiterate, confirm and agree with the individual, they have understood the proposed mesotherapy procedure and pain management to include:
 - 4.1 **contra-actions**
 - 4.2 adverse reactions
5. obtain the individual's written informed consent for the mesotherapy procedure and pain management, allowing an adequate time scale for the individual to make an informed choice
6. select an effective hygiene preparation product to meet the individual's needs in accordance with the manufacturer's instructions
7. prepare the individual's treatment area in accordance with the mesotherapy procedure protocol

8. select the **mesotherapy device** and **activating solution** for the skin classification, characteristics, individual's objectives and individual's treatment area
9. follow the mesotherapy procedure protocol to ensure even coverage of the treatment area to include:
 - 9.1 adaptation of techniques and activating solution for different zones
10. monitor the individual's health, wellbeing and skin reaction throughout the mesotherapy procedure
11. implement the correct course of action in the event of an adverse reaction
12. conclude the procedure in accordance with the mesotherapy procedure protocol, legislative requirements and organisational policies and procedures
13. take and store consensual visual media of the individual's treatment area in accordance with insurance requirements, organisational policies and procedures
14. complete the individual's non-surgical cosmetic procedure records and store in accordance with data legislation
15. use reflective practice to evaluate the mesotherapy procedure and take appropriate action
16. provide and obtain confirmation of receipt of the verbal and written instructions and advice given to the individual pre and post procedure
17. record the outcome and evaluation of the mesotherapy procedure to agree and inform future procedures
18. discuss and agree future procedures with the individual

NOS Knowledge and Understanding (KU)

1. the importance of collaboration with competent professionals to support effective and safe working practices
2. your role and responsibilities in performing non-surgical cosmetic procedures and the importance of working within your competence
3. why you must comply with ethical practice and work within the legislative requirements
4. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
5. the **anatomy and physiology** relevant to this standard
6. the chronological skin ageing process and the relationship to intrinsic and extrinsic factors
7. the types, composition of activating solutions and the physiological effects in the epidermis
8. the history of mesotherapy
9. the electroporation technique used in no needle mesotherapy
10. the types, purpose, use and limitations of mesotherapy equipment and activating solutions taking account of:
 - 10.1 skin classification
 - 10.2 skin characteristics
 - 10.3 individual's objectives
 - 10.4 procedure plan
 - 10.5 the individual's treatment area
 - 10.6 the individual's physical and psychological suitability for the nonsurgical cosmetic procedure
11. the sourcing, storage, handling, usage and disposal of mesotherapy equipment and activating solutions in accordance with the manufacturer's instructions and legislative requirements
12. the types of pain management and associated risks
13. the legislative requirements and restrictions for sourcing, storing and using licensed topical anaesthetics
14. the **adverse reactions** associated with a mesotherapy procedure and how to respond

15. the health and safety responsibilities in line with legislation before, during and after the mesotherapy procedure
16. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the non-surgical cosmetic procedure plan
17. the importance of using **visual aids** to inform the individual of the physical effects
18. the fee structures and treatment options
19. the procedures that could be carried out in conjunction with a mesotherapy procedure and associated risks
20. the types of skin priming programmes and its relevance to the success of the mesotherapy procedure
21. the legislative and indemnity requirements of gaining signed, informed consent for the mesotherapy procedure and pain management
22. the importance of adhering to the **mesotherapy procedure protocol**
23. the types of hygiene products for the skin and the importance of following manufacturer's instructions
24. the reasons for working systematically to cover the individual's treatment area and in line with the mesotherapy procedure protocol to include:
 - 24.1 activating solution and techniques and how they differ according to zones
25. the importance of monitoring the health and wellbeing of the individual during and post the mesotherapy procedure
26. how to implement the correct course of action in the event of an adverse reaction
27. how to conclude the procedure in accordance with the mesotherapy procedure protocol, legislative requirements and organisational policies and procedures
28. the types, benefits and use of pre and post procedure products
29. the legislative, insurance and organisational requirements for taking and storing visual media of the individual's treatment area
30. the legislative and regulatory requirements of completing and storing the individual's mesotherapy procedure records
31. the expected outcomes of a mesotherapy procedure
32. the purpose of reflective practice and evaluation and how it informs future procedures
33. how to collate, analyse, summarise and record evaluation feedback in a clear and concise way
34. the importance to record the outcome and evaluation of the mesotherapy procedure
35. the **instructions** and advice pre and post the mesotherapy procedure

Learning Outcomes and Assessment Criteria

The following unit has been mapped to the National Occupational Standard

NOS SKANSC5 Provide rejuvenation of the skin using mesotherapy procedures

Please refer to the NOS in full to support unit delivery

Learning Outcomes	Assessment Criteria	NOS Covered
When awarded credit for this unit, a learner will:	Assessment of this learning outcome will require a learner to demonstrate that they can:	Performance Criteria
LO1 Prepare for skin rejuvenation using mesotherapy procedures	1.1 Carry out a concise and thorough consultation in accordance with health and safety responsibilities	PC 1
	1.2 Discuss and identify the client's objectives, skin concerns, expectations and desired outcomes, including alternative treatments, skin type and skin priming programme	PC 2

	1.3 Evaluate the client's pain tolerance to inform pain management strategy	PC 3
	1.4 Confirm and agree with the client, they understand the proposed procedure including expected outcomes, possible contra-actions and adverse reactions	PC 4
	1.5 Gain and record informed consent for pain management and procedure, allowing an adequate 'cooling off' time period	PC 5
LO2 Provide skin rejuvenation using mesotherapy procedures	2.1 Prepare the skin with an effective hygiene preparation	PC 6
	2.2 Prepare the treatment area in accordance with the chosen mesotherapy procedure protocol and pain management strategy	PC 7
	2.3 Select the appropriate mesotherapy device and activating solution to suit the client's skin classification and treatment area	PC 8
	2.4 Follow the mesotherapy procedure protocol to ensure an even coverage of the area, whilst adapting techniques to meet client's needs	PC 9
	2.5 Monitor the client's health, wellbeing, and skin reaction throughout, taking action in the event of an adverse reaction	PC 10,11
LO3 Complete skin rejuvenation using advanced mesotherapy procedures	3.1 Complete the procedure in accordance with mesotherapy procedure protocol and legal requirements	PC 12
	3.2 Complete the client's treatment records and consensual visual media, store in accordance with data legislation	PC 13,14
	3.3 Use reflective practice to evaluate the mesotherapy procedure and take appropriate action	PC 15
	3.4 Provide instructions and aftercare advice to the client	PC 16
	3.5 Record the outcome and evaluation of the mesotherapy procedure, discuss, and agree future procedures	PC 17,18

Learning Outcomes	Assessment Criteria	NOS Covered
When awarded credit for this unit, a learner will:	Assessment of this learning outcome will require a learner to demonstrate that they can:	Knowledge & Understanding
LO4 Understand the client journey for skin rejuvenation using mesotherapy procedures	4.1 Explain why collaboration with competent professionals is important to support effective and safe working practices	KU 1
	4.2 Evaluate why practitioners must work within their limits, ethical, and sustainable best practice and legal requirements	KU 2, 3
	4.3 Explain the importance of CPD to include up-to-date policies, procedures, and best practice	KU 4

	4.4 Justify the importance of establishing the client's expectations and the use of visual aids in this process.	KU 16, 17
	4.5 Explain the possible complementary procedures associated with mesotherapy and the risks involved	KU 19
	4.6 Discuss the importance of explaining fee structures and treatment options, including the legal requirements of gaining signed, informed consent for the procedure	KU18, 21
	4.7 Justify the reasons for taking consensual media and the legal requirements for completing client records, including their storage in accordance with organisational requirements	KU 29, 30
	4.8 Explain the importance of comparing the expected outcomes to the recorded outcomes, including the purpose of reflective practice to inform future procedures	KU32, 34
	4.9 Explain how to summarise, collate, record, and analyse evaluation feedback	KU 33
	4.10 Describe the instructions and advice, pre and post mesotherapy procedure and why the use of aftercare products enhance healing	KU 19, 20, 22, 28, 35
LO5 Understand the principles of skin rejuvenation using mesotherapy procedures	5.1 Understand the relevant anatomy and physiology relative to mesotherapy procedures and outcomes	KU 5
	5.2 Describe the skin ageing process and the factors that affect skin ageing.	KU6
	5.3 Explain how the types, composition of activating solutions used can be adapted to suit the client's skin type, their objectives, and the area being treated.	KU 7
	5.4 Explain the history of mesotherapy	KU 8
	5.5 Describe the electroporation technique used in no needle mesotherapy	KU 9
	5.6 Explain the types, purpose, use of limitations of mesotherapy taking account of skin classification, characteristics and treatment objectives	KU 10
	5.7 Justify the sourcing, storage, handling, usage, and disposal of mesotherapy equipment used, in line with legal requirements	KU 11
LO6 Understand the process of skin rejuvenation using mesotherapy procedures	6.1 Consider the client's suitability for mesotherapy, including pain management and contraindications.	KU 10, 12, 21
	6.2 Describe the legal requirements for topical anaesthesia	KU 13
	6.3 Explain potential adverse reactions associated with mesotherapy and how to respond	KU 14, 26
	6.4 Describe the health and safety responsibilities before, during, and after mesotherapy procedure	KU 15, 27

	6.5 Describe the importance of the various types of skin priming, with reference to the acid mantle, and hygiene programmes.	KU 7, 20
	6.6 Explain the importance of adhering to the mesotherapy protocol	KU 22
	6.7 Explain why the client's skin must be clean, including the types of hygiene products available	KU 23
	6.8 Explain the reasons for working the area systematically, including how to adjust the settings during the procedure	KU 24, 27
	6.9 Explain the importance of monitoring client's well-being throughout the mesotherapy procedure	KU 25
	6.10 Describe the course of action for an adverse reaction	KU 26

Indicative Content

Scope/range

Individual's objective

1. Improve skin rejuvenation
2. Improve skin condition
3. Anti-ageing

Mesotherapy Device

1. no needle
2. microneedle
3. automated equipment

Activating solutions

1. hyaluronic acid
2. vitamins and minerals
3. amino acids

Contra actions

1. hyperaemia
2. bruising
3. discomfort
4. oedema
1. Active acne

Skin classification

1. Fitzpatrick scale
2. Glogau photo-damage scale
3. Lancer skin type scale

Skin characteristics

3. Skin types, oily, dry, combination
4. Skin sensitivity
3. Skin condition, mature dehydration
4. Skin density

Adverse reactions

1. hyperpigmentation
2. infection
3. scarring

4. sensitivity/irritation
5. allergic reaction
6. papules
7. excessive histamine reaction
8. compromised healing process
9. dizziness
10. fainting
11. nausea
12. pain
13. excessive oedema
14. necrosis
15. infection
16. anaphylaxis
17. blindness
18. vascular occlusion

Mesotherapy procedure protocol

1. working environment
2. health and safety
3. risk management plan
4. infection prevention and control
5. complication management
6. procedure plan
7. informed consent
8. data management
9. audit and accountability
10. instructions and advice
11. waste management
12. evidence based and reflective practice

Anatomy and physiology

1. the structure and function of the body systems and their interdependence on each other
2. structure and function of skin and skin appendages
3. skin diseases, disorders and conditions the ageing process of the skin including the effects of genetics, lifestyle and environment
4. the compromised barrier function and skin regeneration processes

Visual aids

1. illustrative images
2. illustrative diagrams

Instructions

1. the individual and aesthetic practitioner's legal rights and responsibilities
2. complication management
3. post procedure expectations and associated time frames
4. pre and post procedure instructions and care
5. restrictions and associated risks
6. future procedures
7. complaints procedure or concerns protocol

Glossary

- **Absolute contraindication** - An absolute contraindication is a condition that prevents the service from being carried out and may require referral.

- **Adverse reaction** - An adverse reaction is an 'unexpected' reaction or outcome following a service, i.e., fainting
- **Anatomy and Physiology** - How the skeletal, muscular, circulatory, lymphatic, respiratory, excretory, digestive, endocrine and nervous systems interact with each other and how they impact the individual, service and outcomes.
- **Contra action** - A contra-action is an 'expected' reaction or outcome following a service, i.e., erythema
- **Collagen** – a fibrous protein which provides strength, Type 1 is the most abundant in the skin and the strongest, Type 3 is made immediately in response to wound healing and Type 7 attaches the epidermis to the dermis.
- **Collagen induction therapy** – in response to the micro-injuries caused by microneedling/Mesotherapy, the skin's natural healing response stimulates fibroblasts to increase collagen synthesis, remodelling the skin.
- **Elastin** – a fibrous protein which can stretch and recover/recoil to give the skin its suppleness
- **Evidence-based practice** - Evidence-based practice is based on the best available, current, valid and relevant evidence.
- **Fibroblast** – a cell found in the dermal layer responsible for secreting collagen, elastin and hyaluronic acid. These make up the extra cellular matrix.
- **First aid** - First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.
- **Hyaluronic acid** – a polysaccharide that is charged so can attract large amounts of water (hydrophilic) giving the skin its volume (plumping the skin)
- **Hyperdynamic lines** – expression lines caused by contraction of the underlying muscle, which is attached to the skin, for example forehead lines
- **Mesotherapy** – mesotherapy equipment can often be referred to as a mesotherapy gun or automated device. The technique is known as nappage mesotherapy which is a series of superficial injections that place vitamins, minerals, amino acids and hyaluronic acids into the epidermal layers of the skin. No needle mesotherapy can be referred to as electro mesotherapy or electroporation. A microbiology technique that uses radio frequency or ultrasound to increase permeability of the cell membrane to absorb vitamins, minerals, amino acids and hyaluronic acids into the dermal layer of the skin.
- **Precautions** – universal precautions are relevant if the practitioner is exposed to blood and/or some bodily fluid. It is the responsibility of the practitioner to implement infection prevention and control measures to prevent exposure to blood borne pathogens or Other Potentially Infectious Materials (OPIM).
Standard precautions are the basic level of infection control that should be used at all times within the working environment, such as hand hygiene, personal protective equipment, prevention of needlestick and injuries from sharps, risk assessment, respiratory hygiene and cough etiquette, environmental cleaning and waste disposal.
- **Protocol** - A protocol is a standard procedure to ensure best practice and compliance when providing procedures, i.e., follow manufacturer's instructions.
- **Redundant skin** – loose or sagging skin usually showing lack of elasticity such as hooded eyelids
- **Relative contraindication** - A relative contraindication is a condition that requires an assessment of suitability for the service and/or if adaptations are required.

- **Skin barrier function** - The renewable, biochemical barrier that shields our internal systems from environmental aggressors and pathogens and helps prevent trans-epidermal water loss. Composed of cornified cells, natural moisturizing factors, barrier lipids and the skin microbiome.
- **Skin remodelling** – a process involving fibroblast activity to rebuild the skin with collagen, elastin and hyaluronic acid. This is the natural healing response and takes 12 weeks to fully remodel.
- **Skin priming programme** - Skin priming programme, is a set of instructions the individual can do prior to the treatment to achieve the best results.
- **Visual media** Visual media is evidence generated through photography or video.
- **Working environment** - The working environment requirements should comply with Health and Safety legislation and be in accordance with guidelines set out either by your local authority or governing body. Risk assessments should be undertaken, and control methods implemented and documented, updated regularly and/or if changes occur. The working environment should be hygienic and fit for purpose for the non-surgical cosmetic procedures to be conducted safely and effectively using aseptic techniques. Infection prevention and control procedures are required to minimise risk of infection and transmission of microbes. Personal protective equipment must be fit for purpose and available. Equipment and products must be maintained in line with the manufacturer's instructions and legislative requirements. It is advisable to create a complication management and/or emergency plan for all non-surgical cosmetic procedures in the event of an adverse reaction or incident.

Suggested Resources

- Beauty Therapist's Guide to Professional Practice and Client Care, Andrea Barham Nov 2020
- Step by Step Guide to Mesotherapy, Jacques-Henri Coulon Aug 2019 Learn Mesotherapy
- Procedure: A Complete Practical Guide, Dr Maria Li Oct 2020
- Learn Mesotherapy: A to Z Complete Practical Guide, Dr IH Malik Oct 2020

Unit: AP412 Skin rejuvenation using laser, light and energy-based devices

Unit code: A/650/3427

RQF level: 4

Unit Aim and NOS

(NOS - SKABA4 Perform photo rejuvenation of the skin using laser, light and aesthetic energy-based devices)

- This unit is based on the standard that coexists alongside, SKANSC1.2: Implement and maintain safe, hygienic and effective working practices during elective nonsurgical cosmetic procedures and SKANSC2.2: Consult, assess, plan and prepare for elective non-surgical cosmetic procedures within the working environment.
- This unit is for advanced beauty therapists and aesthetic practitioners using laser, light and aesthetic energy-based devices to rejuvenate the skin and improve skin condition.
- Aesthetic practitioners will also be required to do a post procedure evaluation and reflection for continuous improvement.
- The aesthetic practitioner must have a First Aid at Work qualification or equivalent and be able to carry out the functions within SFHCHS36: Basic life support and have access to life support equipment as identified in the complication management plan.
- Users of this unit will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance.

This unit coexists alongside Qualifi units:

CO401: Health, safety and hygiene for aesthetic procedures

CO402: Client consultation for aesthetic procedures

The main outcomes are:

Provide skin rejuvenation using laser, light and aesthetic energy-based devices

NOS Performance Criteria (PC)

1. implement consultation, health, safety and hygiene practices throughout the treatment
2. agree the treatment objectives with the client
3. prepare the treatment area following the treatment protocol
4. select equipment variables and use equipment according to the treatment protocol and manufacturers' instructions
5. manipulate the skin for optimal treatment outcome, depending on the treatment area and the treatment protocol
6. follow the treatment protocol to cover the treatment area
7. check your client's wellbeing and monitor skin reaction throughout the treatment
8. implement the correct course of action in the event of an adverse reaction to the treatment
9. conclude the treatment by returning the equipment into safe or standby mode
10. take treatment photographic evidence of the treatment area following organisational procedures
11. complete the client's records and store in accordance with data legislation
12. use evaluation methods which were agreed within the treatment protocol

13. collate and record the information gained from client feedback, client records and your own observations
14. provide verbal and written advice and recommendations to your client regarding the post treatment aftercare
15. agree any alterations for future treatment with your client and record the outcome of your evaluation.

NOS Knowledge and Understanding (KU)

1. the consultation, health, safety and hygiene requirements when performing photo rejuvenation treatments
2. why you must have good lighting in the controlled area and illuminate the treatment area
3. the maintenance and correct use of marking out tools and techniques
4. the different types of approved cooling methods and when and how to use them
5. the preparation of treatment area(s) to be treated and why this can vary in accordance with the treatment protocol and manufacturers' guidance
6. the reasons for manipulating the skin during the treatment
7. the benefits and specifications of different types of laser, intense light sources, high intensity light emitting diodes and aesthetic energy based devices
8. how light and laser device outputs are described and measured in relation to the electromagnetic spectrum
9. the compliance, classification, manufacturer service, user maintenance and warning labels on laser, intense light sources, high intensity light emitting diodes and aesthetic energy based devices
10. the core of knowledge in the use of laser devices
11. the role of a laser protection advisor
12. the legislative requirements with regards to optical radiation
13. the causes and hazards of accidental exposure to optical radiation
14. how to deliver the treatment objectives following the treatment protocol including:
 - 14.1 the origin and purpose of the treatment protocol and why it must be adhered to
 - 14.2 the content of the treatment protocol including treatment indications and adverse reactions
15. monitoring procedures for checking the treatment area and the client's wellbeing
16. the characteristics of optical radiation and how it interacts with the intended chromophore
17. the principles of light tissue interactions and selective photothermolysis
18. the potential hazards of laser, intense light sources, high intensity light emitting diodes and aesthetic energy based devices
19. the legal significance of producing photographic evidence of the treatment area
20. the anatomy and physiology relevant to this standard
21. the legal requirements of completing and storing client records
22. the clinical outcomes expected from photo rejuvenation of the skin using laser, intense light sources, high intensity light emitting diodes and aesthetic energy based devices
23. the fundamentals of dermatological assessment of skin and skin conditions for safe photo rejuvenation treatments
24. the purpose of evaluation activities
25. how to collate, analyse, summarise and record evaluation feedback in a clear and concise way
26. the aftercare advice and recommendations on products and treatments

Learning Outcomes and Assessment Criteria

The following unit has been mapped to the National Occupational Standard

NOS - SKABA4 Perform photo rejuvenation of the skin using laser, light and aesthetic energy-based devices

Please refer to the NOS in full to support unit delivery

Learning Outcomes To achieve this unit, a learner must:	Assessment Criteria Assessment of this learning outcome will require a learner to demonstrate that they can:	NOS Covered Performance Criteria
LO1 Prepare for skin rejuvenation using laser, light and energy-based devices	1.1 Implement consultation, health, safety and hygiene practices throughout the treatment	PC 1
	1.2 Discuss and agree the treatment objectives with the client	PC 2
	1.3 Gain and record informed consent for the procedure 4	PC 1
LO2 Provide skin rejuvenation using laser, light and energy-based devices	2.1 Prepare the client's treatment area following treatment protocol	PC 3
	2.2 Select equipment variables and use equipment according to treatment protocol and manufacturers' instructions	PC 4
	2.3 Manipulate the skin for optimal treatment outcome, based on the treatment area	PC 5
	2.4 Follow the treatment protocol to cover the treatment area	PC 6
	2.5 Monitor the client's health, wellbeing and skin reaction throughout, taking action in the event of an adverse reaction	PC 7, 8
LO3 Complete skin rejuvenation using laser, light and energy-based device	3.1 Complete the procedure by returning the equipment into safe or standby mode	PC 9
	3.2 Take consensual photographic evidence of the treatment area following organisational procedures	PC 10
	3.3 Complete the client's treatment records and store in accordance with data legislation, organisational and insurance requirements	PC 11
	3.4 Evaluate the procedure and take appropriate action	PC 12
	3.5 Collate and record the information gained from client feedback, client records and observations	PC 13
	3.6 Provide verbal and written instructions and aftercare advice to the client	PC 14
	3.7 Record the outcome and evaluation of the procedure, discuss and agreed alterations to future procedures	PC 15

Learning Outcomes	Assessment Criteria	NOS Covered
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When awarded credit for this unit, a learner will:	Assessment of this learning outcome will require a learner to demonstrate that they can:	Knowledge & Understanding
LO4 Understand the process of skin rejuvenation using laser, light and energy-based devices	4.1 Explain the importance of the consultation, health, safety and hygiene requirements when performing photo rejuvenation treatments	KU 1
	4.2 Understand the fundamentals of dermatological assessment of skin and skin conditions for safe photo rejuvenation treatments	KU 23
	4.3 Justify why you must have good lighting in the controlled area and illuminate the treatment area	KU 2
	4.4 Explain the maintenance and correct use of marking out tools and techniques	KU 3
	4.5 Describe the different types of approved cooling methods and when and how to use them	KU 4
	4.6 Describe the preparation of treatment area(s) to be treated and why this can vary with the treatment protocol and manufacturers' guidance	KU 5
	4.7 Justify the reasons for manipulating the skin during the treatment	KU 6
	4.8 Explain the importance to understand and adhere to the treatment protocol to deliver the treatment objectives, including treatment indications and adverse reactions	KU 14
	4.9 Explain the monitoring procedures for checking the treatment area and the client's wellbeing	KU 15
LO5 Understand the principles of skin rejuvenation using laser, light and energy-based devices	5.1 Understand the benefits and specifications of different types of laser, intense light sources, high intensity light emitting diodes and aesthetic energy based devices	KU 7
	5.2 Explain how light and laser device outputs are described and measured in relation to the electromagnetic spectrum	KU 8
	5.3 Understand the compliance, classification, manufacturer service, user maintenance and warning labels on laser, intense light sources, high intensity light emitting diodes and aesthetic energy based devices	KU 9
	5.4 Define the core of knowledge in the use of laser devices	KU 10
	5.5 Describe the role of a laser protection advisor	KU 11
	5.6 Explain the causes and hazards of accidental exposure and the legislative requirements with regards to optical radiation	KU 12, 13
	5.7 Describe the characteristics of optical radiation and how it interacts with the intended chromophore	KU 16
	5.8 Understand the principles of light tissue interactions and selective photo thermolysis	KU 17

	5.9 Describe the potential hazards of laser, intense light sources, high intensity light emitting diodes and aesthetic energy-based devices	KU 18
	5.10 Know the anatomy and physiology relevant to providing skin rejuvenation using laser, light and aesthetic based devices	KU 20
LO6 Know how to complete skin rejuvenation using laser, light and energy-based devices	6.1 Explain the legal requirements for completing and storing client records including the significance of consensual photographic evidence of the treatment area	KU 19, 21
	6.2 Describe the clinical outcomes expected from skin rejuvenation using laser, light and aesthetic based devices	KU 22
	6.3 Justify the importance of providing aftercare advice and recommendations on products and treatments	KU 26
	6.4 Explain how to summarise, collate, record, and analyse evaluation feedback	KU 24, 25

Indicative Content

The skin

- Diagram of the structure of the skin
- Layers of the epidermis – stratum corneum, lucidum, granulosum, spinosum, germinativum
- Dermis layer – papillary, reticular, hair, hair follicle, sebaceous gland, sudoriferous gland - eccrine glands and apocrine glands, blood capillary, lymphatic capillary, sensory and motor nerve endings, collagen, elastin
- Subcutaneous – adipose tissue, sebaceous glands, sudoriferous glands

Function

- Functions of the skin – secretion, heat regulation, absorption, protection, excretion, sensation including acid mantle, vitamin D production, pigmentation, melanin formation
- Tanning and sunburn
- Growth and repair

Pathologies

Including: causes, signs and symptoms and whether a relative or absolute contraindication:

- Allergies e.g., urticaria; dermatitis
- Common skin lesions e.g., fissures, abrasions, scabs,-blisters, wheals, pustules, vesicles, papules, nodules, scar tissue
- Common skin blemishes e.g., milia, comedones, moles and naevus,
- Pigmentation e.g., macule, ephelides, chloasma, lentigo, vitiligo, albinism
- Circulatory related disorders e.g., spider naevi, vascular naevi, angioma, telangiectasia, bruises
- Common skin disorders – dermatitis, psoriasis, eczema, cellulite, bromhidrosis, hyperhidrosis, seborrhoea, sebaceous cyst, sunburn, urticaria, corns, callouses
- Skin infections – bacterial, fungal, parasitic, viral
 - Bacterial infections e.g., impetigo; conjunctivitis; styes; boils; folliculitis; cysts; acne vulgaris; acne rosacea
 - Fungal diseases e.g., tinea corporis; tinea capitis; tinea pedis
 - Parasitic e.g., scabies; mites; pediculosis capitis
 - Viral infections e.g., herpes simplex; herpes zoster; verrucae, warts
- Skin cancer* e.g., melanoma, carcinoma

Scope/range

Treatment objectives

1. improving the appearance of skin affected by intrinsic and extrinsic factors
2. treatment of acne
3. treatment of benign, discrete and generalised pigmented and vascular lesions

Treatment area

1. head, face and neck
2. torso
3. limbs

Adverse reactions

1. excessive skin greying or whitening
2. lesion colour changes
3. hyperaemia and irritation
4. blistering
5. hyperpigmentation and hypopigmentation
6. excessive oedema
7. excessive discomfort
8. excessive bruising
9. scarring
10. oozing and crusting
11. burns
12. eye injuries requiring medical referral
13. dizziness
14. fainting

Advice and recommendations

1. the client and practitioner's legal rights and responsibilities
2. treatment maintenance
3. post treatment expectations and associated time frames
4. restrictions and contra-actions
5. additional products and treatments

Anatomy and physiology

1. the structure and functions of the body systems and their interdependence on each other
2. the structure and function of the skin and skin appendages
3. skin diseases, disorders and conditions
4. the aging process of the skin including the effects of genetics, lifestyle and the environment
5. the skin and wound healing processes

Glossary

- **Absolute contraindication** - An absolute contraindication is a condition that prevents the service from being carried out and may require referral.
- **Adverse reaction** - An adverse reaction is an 'unexpected' reaction or outcome following a service, i.e., fainting
- **Anatomy and Physiology** - How the skeletal, muscular, circulatory, lymphatic,

respiratory, excretory, digestive, endocrine and nervous systems interact with each other and how they impact the individual, service and outcomes.

- **Contra action** - A contra-action is an 'expected' reaction or outcome following a service, i.e., erythema
- **Collagen** – a fibrous protein which provides strength, Type 1 is the most abundant in the skin and the strongest, Type 3 is made immediately in response to wound healing and Type 7 attaches the epidermis to the dermis.
- **Elastin** – a fibrous protein which can stretch and recover/recoil to give the skin its suppleness
- **Electromagnetic spectrum** -the range of energies or radiation that includes gamma rays, X rays, Ultraviolet, visible, infrared and radio waves. Lasers and intense light systems typically emit beams in the infrared, visible or Ultraviolet part of the Electromagnetic spectrum, collectively known as 'optical radiation'.
- **Equipment variables** - an element, feature or control that can vary and adjust the functional ability.
- **Evidence-based practice** - Evidence-based practice is based on the best available, current, valid, and relevant evidence.
- **Fibroblast** – a cell found in the dermal layer responsible for secreting collagen, elastin and hyaluronic acid. These make up the extra cellular matrix.
- **First aid** - First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.
- **High intensity Light Emitting Diodes** - light emitting diodes produce broad spectrum, incoherent light from semi-conductor materials (diodes) when electrical current is passed through them. They are not the same as diode lasers. Aesthetic light emitting diodes can produce high intensity electromagnetic radiation with a light source that delivers an output over 500 milliwatt similar to that of a class 4 Laser or Intense Pulse Light.
- **Hyaluronic acid** – a polysaccharide that is charged so can attract large amounts of water (hydrophilic) giving the skin its volume (plumping the skin)
- **Hyperdynamic lines** – expression lines caused by contraction of the underlying muscle, which is attached to the skin, for example forehead lines
- **Intense light sources** - also known as Intense Pulsed Light. A flash lamp, (typically Xenon) system generating broad spectrum, incoherent light. Filters remove unwanted wavelengths and transmit only those needed for treatment. Intense light sources are used to target a range of chromophores depending upon the filters used.
- **Laser** - Light Amplification by the Stimulated Emission of Radiation. The beam from a laser is typically described as monochromatic, coherent and low divergence.
- **Laser/light controlled area** - a controlled area around the laser/light device where people may be present within which hazards may arise and in which specific protective control measures are required.
- **Protocol** - a protocol is a standard procedure to ensure best practice and compliance when providing procedures, i.e., follow manufacturer's instructions.
- **Redundant skin** – loose or sagging skin usually showing lack of elasticity such as hooded eyelids

- **Relative contraindication** - a relative contraindication is a condition that requires an assessment of suitability for the service and/or if adaptations are required.
- **Skin barrier function** - the renewable, biochemical barrier that shields our internal systems from environmental aggressors and pathogens and helps prevent trans-epidermal water loss. Composed of cornified cells, natural moisturizing factors, barrier lipids and the skin microbiome.
- **Skin remodelling** – a process involving fibroblast activity to rebuild the skin with collagen, elastin and hyaluronic acid. This is the natural healing response and takes 12 weeks to fully remodel.
- **Skin priming programme** - skin priming programme, is a set of instructions the individual can do prior to the treatment to achieve the best results.
- **Treatment protocol** - a plan, that sets out a device and treatment indication specific protocol, identifying pre-treatment checks and tests, the manner in which the procedure is to be applied, acceptable variations, settings used, the expected outcome and when to modify or abort the treatment.
- **Visual media** - visual media is evidence generated through photography or video.

Suggested Resources

- Aesthetic Applications of Intense Pulsed Light by Lucian Fodor and Yehuda Ullmann
- Laser / IPL Technology for Skin Care Dariush Honardoust
- Laser & IPL Core of Knowledge David Reilly
- <https://www.hse.gov.uk/>
- <https://assets.publishing.service.gov.uk>
- <https://www.bmla.co.uk>

Unit: AP413 Hair reduction using laser, light and energy-based devices

Unit code: A/650/3427

RQF level: 4

Unit Aim and NOS

(NOS – SKABA5 Perform hair growth reduction using laser, intense light sources and aesthetic energy based devices)

- This unit is based on the standard that coexists alongside, SKANSC1.2: Implement and maintain safe, hygienic and effective working practices during elective nonsurgical cosmetic procedures and SKANSC2.2: Consult, assess, plan and prepare for elective non-surgical cosmetic procedures within the working environment.
- This unit is for advanced beauty therapists and aesthetic practitioners using laser, intense light sources and aesthetic energy-based devices for hair growth reduction.
- Aesthetic practitioners will also be required to do a post procedure evaluation and reflection for continuous improvement.
- Users of this unit will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance.

This unit coexists alongside Qualifi units:

CO401: Health, safety and hygiene for aesthetic procedures

CO402: Client consultation for aesthetic procedures

The main outcomes are:

Provide hair growth reduction using laser, intense light sources and aesthetic energy-based devices

NOS Performance Criteria (PC)

1. implement consultation, health, safety and hygiene practices throughout the treatment
2. agree the treatment objectives with the client
3. prepare the treatment area following the treatment protocol
4. select equipment variables and use equipment according to the treatment protocol and manufacturers' instructions
5. manipulate the skin for optimal treatment outcome, depending on the treatment area and the treatment protocol
6. follow the treatment protocol to cover the treatment area
7. check your client's wellbeing and monitor skin reaction throughout the treatment
8. implement the correct course of action in the event of an adverse reaction to the treatment
9. conclude the treatment by returning the equipment into safe or standby mode
10. take treatment photographic evidence of the treatment area following organisational procedures
11. complete the client's records and store in accordance with data legislation
12. use evaluation methods which were agreed within the treatment protocol
13. collate and record the information gained from client feedback, client records and your own observations

14. provide verbal and written advice and recommendations to your client regarding the post treatment aftercare
15. agree any alterations for future treatment with your client and record the outcome of your evaluation.

NOS Knowledge and Understanding (KU)

1. the consultation, health, safety and hygiene requirements when performing hair growth reduction treatments
2. why you must have good lighting in the controlled area and illuminate the treatment area
3. the maintenance and correct use of marking out tools and techniques
4. the different types of approved cooling methods and when and how to use them
5. the preparation of treatment area(s) to be treated and why this can vary in accordance with the treatment protocol and manufacturers' guidance
6. the reasons for manipulating the skin during the hair reduction treatments following the treatment protocol
7. the benefits and specifications of different types of laser, intense light sources and aesthetic energy based devices
 - 7.1 red and infrared wave lengths used in hair growth reduction
8. the compliance, classification, manufacturer service, user maintenance and warning labels on laser, intense light sources and aesthetic energy based devices
9. the core of knowledge in the use of laser devices
10. the role of a laser protection advisor
11. the legislative requirements with regards to optical radiation
12. the causes and hazards of accidental exposure to optical radiation
13. how to deliver the treatment objectives following the treatment protocol including:
 - 13.1 the origin and purpose of the treatment protocol and why it must be adhered to
 - 13.2 the content of the treatment protocol including treatment indications and adverse reactions
14. monitoring procedures for checking the treatment area and the client's wellbeing
15. the characteristics of optical radiation and how it interacts with the hair and skin
16. the principles of light tissue interactions and selective photothermolysis
17. the potential hazards of laser, intense light sources and aesthetic energy based devices
18. the differences and causes of hair growth disorders and how it impacts the treatment plan
19. the reasons why paradoxical laser and light induced hair growth occurs
20. the hazards of treating hair bearing sites that contain pigmented lesions
21. the legal significance of producing photographic evidence of the treatment area
22. the anatomy and physiology relevant to this standard
23. the legal requirements of completing and storing client records
24. the clinical outcomes expected from hair growth reduction using laser, intense light sources and aesthetic energy based devices
25. the fundamentals of dermatological assessment of hair and skin for safe hair reduction treatments
26. the purpose of evaluation activities
27. how to collate, analyse, summarise and record evaluation feedback in a clear and concise way
28. the aftercare advice and recommendations on products and treatments

Learning Outcomes and Assessment Criteria

The following unit has been mapped to the National Occupational Standard

NOS - SKABA4 Perform hair growth reduction using laser, intense light sources and aesthetic energy based devices

Please refer to the NOS in full to support unit delivery

Learning Outcomes To achieve this unit, a learner must:	Assessment Criteria	NOS Covered Performance Criteria
LO1 Prepare for hair reduction using laser, light and energy-based devices	1.1 Implement consultation, health, safety and hygiene practices throughout the treatment	PC 1
	1.2 Discuss and agree the treatment objectives with the client	PC 2
	1.3 Gain and record informed consent for the procedure	PC 1
LO2 Provide hair reduction using laser, light and energy-based devices	2.1 Prepare the client's treatment area following treatment protocol	PC 3
	2.2 Select equipment variables and use equipment according to treatment protocol and manufacturers' instructions	PC 4
	2.3 Manipulate the skin for optimal treatment outcome, based on the treatment area	PC 5
	2.4 Follow the treatment protocol to cover the treatment area	PC 6
	2.5 Monitor the client's health, wellbeing and skin reaction throughout, taking action in the event of an adverse reaction	PC 7, 8
LO3 Complete hair reduction using laser, light and energy-based devices	3.1 Complete the procedure by returning the equipment into safe or standby mode	PC 9
	3.2 Take consensual photographic evidence of the treatment area following organisational procedures	PC 10
	3.3 Complete the client's treatment records and store in accordance with data legislation, organisational and insurance requirements	PC 11
	3.4 Evaluate the procedure and take appropriate action	PC 12
	3.5 Collate and record the information gained from client feedback, client records and observations	PC 13
	3.6 Provide verbal and written instructions and aftercare advice to the client	PC 14
	3.7 Record the outcome and evaluation of the procedure, discuss and agreed alterations to future procedures	PC 15

Learning Outcomes	Assessment Criteria	NOS Covered
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When awarded credit for this unit, a learner will:	Assessment of this learning outcome will require a learner to demonstrate that they can:	Knowledge & Understanding
LO4 Understand the process of hair reduction using laser, light and energy-based devices	4.1 Explain the importance of the consultation, health, safety and hygiene requirements when performing hair growth reduction treatments	KU 1
	4.2 Understand the fundamentals of dermatological assessment of hair and skin for safe hair reduction treatment	KU 25
	4.3 Justify why you must have good lighting in the controlled area and illuminate the treatment area	KU 2
	4.4 Explain the maintenance and correct use of marking out tools and techniques	KU 3
	4.5 Describe the different types of approved cooling methods and when and how to use them	KU 4
	4.6 Describe the preparation of treatment area(s) to be treated and why this can vary with the treatment protocol and manufacturers' guidance	KU 5
	4.7 Justify the reasons for manipulating the skin during the hair growth reduction treatment	KU 6
	4.8 Explain the importance to understand and adhere to the treatment protocol to deliver the treatment objectives, including treatment indications and adverse reactions	KU 13
	4.9 Explain the monitoring procedures for checking the treatment area and the client's wellbeing	KU 14
LO5 Understand the principles of hair reduction using laser, light and energy-based devices	5.1 Understand the benefits and specifications of different types of laser, intense light sources and aesthetic energy-based devices	KU 7
	5.2 Explain how red and infrared wave lengths used in hair growth reduction	KU 7
	5.3 Understand the compliance, classification, manufacturer service, user maintenance and warning labels on laser, intense light sources and aesthetic energy based devices	KU 8
	5.4 Define the core of knowledge in the use of laser devices	KU 9
	5.5 Describe the role of a laser protection advisor	KU 10
	5.6 Explain the causes and hazards of accidental exposure and the legislative requirements with regards to optical radiation	KU 11, 12
	5.7 Describe the characteristics of optical radiation and how it interacts with the hair and skin	KU 15
	5.8 Understand the principles of light tissue interactions and selective photo thermolysis	KU 16
	5.9 Describe the potential hazards of laser, intense light sources and aesthetic energy-based devices	KU 17
	5.10 Describe the differences and causes of hair growth disorders and how it impacts the treatment plan	KU 18

	5.11 Explain the reasons why paradoxical laser and light induced hair growth occurs	KU 19
	5.12 Understand the hazards of treating hair bearing sites that contain pigmented lesions	KU 20
	5.13 Know the anatomy and physiology relevant to providing hair reduction using laser, light and aesthetic based devices	KU 22
LO6 Know how to complete hair reduction using laser, light and energy-based devices	6.1 Explain the legal requirements for completing and storing client records including the significance of consensual photographic evidence of the treatment area	KU 21, 23
	6.2 Describe the clinical outcomes expected from hair growth reduction using laser, light and aesthetic based devices	KU 24
	6.3 Describe the importance of providing aftercare advice and recommendations on products and treatments	KU 28
	6.4 Explain how to summarise, collate, record, and analyse evaluation feedback	KU 26, 27

Indicative Content

The hair

- Diagram and structure – hair shaft; cuticle, cortex, medulla
- Hair root; arrector pili muscle; sebaceous gland; inner and outer root sheaths
- Hair bulb; matrix, dermal papilla, nerve supply
- Hair follicle and nerve supply
- Types of hair; lanugo, vellus, terminal.
- Hair growth cycle: anagen, catagen, telogen

Function

- Insulation, protection from foreign bodies entering the body, heat regulation
- Types of hair growth: hirsutism; hypertrichosis; superfluous
- Factors affecting hair growth: health; diet; age; race; heredity; pregnancy; medical conditions; stress

Pathologies

Including: causes, signs and symptoms and whether a relative or absolute contraindication:

- E.g., pediculosis capitis, corporis, pubis, tinea capitis, folliculitis, alopecia, seborrhoea, pityriasis capitis, pityriasis simplex, hirsutism, hypertrichosis, trichotillomania

Scope/range

Treatment objectives

1. management of hair growth
2. reduction of hair growth

Treatment area

1. head, face and neck
2. torso
3. limbs

Adverse reactions

1. excessive skin greying or whitening
2. hyperaemia and irritation
3. blistering

4. hyperpigmentation and hypopigmentation
5. excessive oedema
6. excessive discomfort
7. excessive bruising
8. scarring
9. oozing and crusting
10. burns
11. eye injuries requiring medical referral
12. dizziness
13. fainting

Advice and recommendations

1. the client and practitioner's legal rights and responsibilities
2. treatment maintenance
3. post treatment expectations and associated time frames
4. restrictions and contra-actions
5. additional products and treatments

Anatomy and physiology

1. the structure and functions of the body systems and their interdependence on each other
2. the structure and function of the skin and skin appendages
3. the structure and function of the hair, hair growth cycle and hair growth disorders
4. the hair growth cycle and how this influences present and future treatments
5. skin diseases, disorders and conditions affecting hair growth
6. the aging process and its effects on hair growth
7. the skin and wound healing processes

Glossary

- **Absolute contraindication** - An absolute contraindication is a condition that prevents the service from being carried out and may require referral.
- **Adverse reaction** - An adverse reaction is an 'unexpected' reaction or outcome following a service, i.e., fainting
- **Anatomy and Physiology** - How the skeletal, muscular, circulatory, lymphatic, respiratory, excretory, digestive, endocrine and nervous systems interact with each other and how they impact the individual, service and outcomes.
- **Contra action** - A contra-action is an 'expected' reaction or outcome following a service, i.e., erythema
- **Collagen** – a fibrous protein which provides strength, Type 1 is the most abundant in the skin and the strongest, Type 3 is made immediately in response to wound healing and Type 7 attaches the epidermis to the dermis.
- **Elastin** – a fibrous protein which can stretch and recover/recoil to give the skin its suppleness
- **Electromagnetic spectrum** -the range of energies or radiation that includes gamma rays, X rays, Ultraviolet, visible, infrared and radio waves. Lasers and intense light systems typically emit beams in the infrared, visible or Ultraviolet part of the Electromagnetic spectrum, collectively known as 'optical radiation'.
- **Equipment variables** - an element, feature or control that can vary and adjust the

functional ability.

- **Evidence-based practice** - Evidence-based practice is based on the best available, current, valid, and relevant evidence.
- **Fibroblast** – a cell found in the dermal layer responsible for secreting collagen, elastin and hyaluronic acid. These make up the extra cellular matrix.
- **First aid** - First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.
- **Intense light sources** - also known as Intense Pulsed Light. A flash lamp, (typically Xenon) system generating broad spectrum, incoherent light. Filters remove unwanted wavelengths and transmit only those needed for treatment. Intense light sources are used to target a range of chromophores depending upon the filters used.
- **Laser** - Light Amplification by the Stimulated Emission of Radiation. The beam from a laser is typically described as monochromatic, coherent and low divergence.
- **Laser/light controlled area** - a controlled area around the laser/light device where people may be present within which hazards may arise and in which specific protective control measures are required.
- **Protocol** - a protocol is a standard procedure to ensure best practice and compliance when providing procedures, i.e., follow manufacturer's instructions.
- **Redundant skin** – loose or sagging skin usually showing lack of elasticity such as hooded eyelids
- **Relative contraindication** - a relative contraindication is a condition that requires an assessment of suitability for the service and/or if adaptations are required.
- **Treatment protocol** - a plan, that sets out a device and treatment indication specific protocol, identifying pre-treatment checks and tests, the manner in which the procedure is to be applied, acceptable variations, settings used, the expected outcome and when to modify or abort the treatment.
- **Visual media** - visual media is evidence generated through photography or video.

Suggested Resources

- Aesthetic Applications of Intense Pulsed Light by Lucian Fodor and Yehuda Ullmann
- Laser / IPL Technology for Skin Care Dariush Honardoust
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Unit: AP414 Skin rejuvenation using electrotherapy

Unit code: D/650/3428

RQF level: 4

(NOS SKABS2 Provide facial electrical therapy treatments)

Unit Aim and NOS

- This unit is based on the national occupational standard that coexists alongside, **SKAHDBRBNST1** Implement and maintain safe, hygienic and effective working practices and **SKAHDBRBNS1** Consult, assess, plan and prepare for Hair, Barbering, Beauty, Nails, Wellbeing and Holistic services.
- This unit is for advanced beauty therapists and aesthetic practitioners providing facial electrical therapy treatments using the following technologies, Hydro dermabrasion, low intensity LED light (below 500mW), Radiofrequency (3kHz – 300GHz) High-frequency (3kHz – 30MHz) and Ultrasonic to improve and maintain skin condition.
- The Therapist will also be required to do a post service evaluation and reflection for improved service.
- Users of this unit will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance.
- It is advisable users of this unit are aware of, and comply with first aid requirements, in accordance with legislation and organisational policies and procedures, to include, carry out emergency first aid response in the event of an adverse incident.

This unit coexists alongside Qualifi units:

- CO401: Health, safety and hygiene for aesthetic procedures
- CO402: Client consultation for aesthetic procedures

The main outcomes are:

3. Provide skin rejuvenation using electrotherapy

NOS Performance Criteria (PC)

1. carry out a concise and comprehensive consultation with the individual
2. maintain your responsibilities for health and safety in accordance with legislation, regulations, directives and guidelines
3. discuss and establish the individual's objectives, skin concerns, expectations and desired outcomes to inform the facial treatment plan, to include:
 - 3.1 treatment history
 - 3.2 skincare regime
 - 3.3 lifestyle
 - 3.4 alternative treatment options
4. discuss and agree the skin priming programme or recommendations required, prior to the facial electrical treatment
5. confirm and agree with the individual, they have understood the proposed facial electrical treatment, to include:
 - 5.1 expected outcomes
 - 5.2 contra-actions
 - 5.3 **adverse reactions**
 - 5.4 pre and post treatment requirements
 - 5.5 physical sensation and sound

6. obtain and record the individual's informed consent for the facial electrical treatment, in accordance with organisational and insurance requirements
7. carry out a pre-treatment test(s) to determine skin sensitivity
8. prepare and cleanse the individual's treatment area in accordance with the **facial electrical treatment protocol**
9. illuminate and magnify the individual's treatment area in accordance with the facial electrical treatment protocol
10. carry out a skin analysis, to include:
 - 10.1 **skin classification**
 - 10.2 **skin condition**
 - 10.3 **skin type**
11. select tools and equipment in accordance with the facial electrical treatment protocol, to include:
 - 11.1 test the tools and equipment in accordance with the manufacturer instructions and legislative requirements
12. carry out the facial electrical treatment in accordance with the facial electrical treatment protocol, to include:
 - 12.1 reiterate the treatment sensation and noise created by the equipment to the individual
 - 12.2 use and adapt the equipment, tools and treatment duration according to the facial electrical treatment protocol
13. monitor the individual's health, wellbeing and skin reaction throughout the facial electrical treatment
14. implement the correct course of action in the event of an adverse reaction
15. conclude the treatment in accordance with the facial electrical treatment protocol, legislative requirements and organisational policies and procedures
16. complete the individual's treatment records and store in accordance with data legislation
17. use reflective practice to evaluate the facial electrical treatment and take appropriate action
18. provide **instructions** and advice to the individual, pre and post the treatment
19. record the outcome and evaluation of the facial electrical treatment

NOS Knowledge and Understanding (KU)

1. your role and responsibilities in providing facial electrical treatments and the importance of working within your competence
2. why you must comply with ethical practice and work within the legislative requirements, to include:
 - 2.1 the responsibilities under local authority licensing regulations for yourself and your premises
3. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
4. the **anatomy and physiology** relevant to this standard
5. the relative and absolute contraindications relevant to the beauty treatment, to include:
 - 5.1 the legislative and insurance requirements for obtaining medical diagnosis and referral
6. the importance of recognising suspicious skin irregularities and lesions, and referring to a relevant healthcare professional
7. the types of **facial electrical technologies** used in **facial treatments** and the physiological effects on skin and muscle tissue, to include:
 - 7.1 type of current used
 - 7.2 associated risks and how to respond
8. the purpose, use and limitations of facial electrical treatments in relation, to include:

- 8.1 past and current medical history
- 8.2 treatment history
- 8.3 skin condition
- 8.4 relevant lifestyle factors
- 8.5 medication and medical conditions
- 8.6 individual's expectations
- 9. how a skin priming programme and pre-treatment recommendations can benefit the facial electrical treatment outcomes
- 10. the adverse reactions associated with facial electrical treatments and how to respond
- 11. the health and safety responsibilities in line with legislation before, during and after the facial electrical treatment
- 12. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the facial electrical treatment plan
- 13. the legal requirements for providing beauty treatments to minors and vulnerable adults
- 14. the fee structures and treatment options
- 15. the legislative and indemnity requirements of gaining signed, informed consent for the facial electrical treatment
- 16. the importance of adhering to the facial electrical treatment protocol
- 17. how to carry out and interpret pre-treatment tests
- 18. the importance of magnification, illumination and preparation of the individual's treatment area when carrying out a skin analysis
- 19. the importance of carrying out a skin analysis to determine the treatment plan and facial electrical equipment to be used
- 20. the types of hygiene products for your skin and the importance of following manufacturer instructions
- 21. the products used in conjunction with facial electrical treatments and the risks associated
- 22. how to prepare and use products and equipment in accordance with the facial electrical treatment protocol
- 23. the types of treatments that could be given in conjunction with, or after, facial electrical treatments
- 24. why it is important to explain the treatment process, equipment noise and sensation to the individual
- 25. the importance of applying a post treatment product, to include:
 - 25.1 when and why a sun protection factor, post treatment product, is used
- 26. the importance of monitoring the health and wellbeing of the individual during, and post treatment
- 27. the reasons for taking consensual visual media of the individual's treatment area and storing in accordance with the service, legislative, insurance and organisational requirements
- 28. the legislative and regulatory requirements of completing and storing the individual's facial electrical treatment record
- 29. the expected outcomes of facial electrical treatments
- 30. the purpose of reflective practice and evaluation and how it informs future treatments
- 31. the importance to record the outcome and evaluation of the facial electrical treatment
- 32. the instructions and advice, pre and post the facial electrical treatment

Learning Outcomes and Assessment Criteria

The following unit has been mapped to the National Occupational Standard

NOS SKABS2 Provide facial electrical therapy treatments

Please refer to the NOS in full to support unit delivery

Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria: Assessment of this unit will require a learner to demonstrate that they can:	NOS Covered Performance Criteria
LO1 Prepare for skin rejuvenation using electrotherapy	1.1 Carry out a concise and thorough client consultation and profiling in accordance with health and safety responsibilities	PC 1
	1.2 Implement health, safety and hygiene according to legislation, regulations, directives and guidelines	PC 2
	1.3 Identify and evaluate the client's objectives, skin concerns, expectations and desired outcomes, including treatment history, skincare routine, lifestyle factors and alternative options	PC 3
	1.4 Discuss and agree the skin priming programme or recommendations required, prior to the electrotherapy	PC 4
	1.5 Confirm and agree with the client, they understand the proposed treatment including expected outcomes, possible contra-actions, adverse reactions and physical sensation	PC 5
	1.6 Gain and record informed consent for the treatment in accordance with organisational and insurance requirements	PC 6
LO2 Provide skin rejuvenation using electrotherapy	2.1 Prepare the client for the facial electrotherapy, carry out sensitivity tests and cleanse the treatment area	PC 7, 8
	2.2 Carry out a skin analysis, using lamp and magnifier to identify skin type, classification and condition	PC 9, 10
	2.3 Select tools and equipment for the electrotherapy and test the equipment following manufacturer's instructions	PC 11
	2.4 Prepare the client for the noise and sensation and use the equipment following the treatment plan and protocol	PC 12
	2.5 Monitor the client's health, wellbeing and skin reaction throughout facial electrotherapy, adapt the treatment and take action in the event of an adverse reaction	PC 13, 14
LO3	3.1 Complete the electrotherapy treatment according to the treatment plan and protocol and to the client's satisfaction	PC 15

Complete skin rejuvenation using electrotherapy	3.2 Complete the client's treatment records and store in accordance with data legislation	PC 16
	3.3 Use reflective practice to evaluate the skin rejuvenation using electrotherapy and take appropriate action	PC 17
	3.4 Provide aftercare advice and recommendations on products and treatment/s	PC 18
	3.5 Clearly and concisely record the outcome and evaluation of skin rejuvenation using electrotherapy	PC 19

Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria: Assessment of this unit will require a learner to demonstrate that they can:	NOS Covered Knowledge & Understanding
LO4 Know how to prepare for skin rejuvenation using electrotherapy	4.1 Explain why the therapist must work within their limits, ethical, and sustainable best practice, and legal requirements	KU 1, 2
	4.2 Research the importance of CPD to include up-to-date policies, procedures, and best practice	KU 3
	4.3 Understand the relevant anatomy, physiology and pathology, including interdependence and effects of the body systems and impact relative to the treatment and outcomes	KU 4
	4.4 Describe the relative and absolute contra-indications relevant to skin rejuvenation using electrotherapy	KU 5
	4.5 Explain the legal and insurance requirements for obtaining medical diagnosis, referral and signed, informed consent	KU 5
	4.6 Understand the importance of recognising suspicious skin irregularities and lesions and referring to a relevant healthcare professional	KU 6
LO5 Know how to provide skin rejuvenation using electrotherapy	5.1 Explain the types of electrical technologies used for facial skin rejuvenation, their purpose, benefit and effects, types of current and associated risks	KU 7
	5.2 Explain the purpose, use and limitations of electrotherapy in relation to skin conditions, medical history and conditions, medication, lifestyle factors and expectations	KU 8
	5.3 Justify the reason for recommending skin priming and pre-treatments and the benefit to treatment outcomes	KU 9

	5.4 Describe the adverse reactions associated with skin rejuvenation using electrotherapy and how to respond	KU 10
	5.5 Understand the health and safety responsibilities in line with legislation before, during and after the facial treatment	KU 11
	5.6 Explain the importance of discussing the client's objectives, concerns, expectations and desired outcomes and agreeing the treatment plan, fee and options	KU 12, 14
	5.7 Explain the importance of adhering to the electrotherapy treatment protocol	KU 16
	5.8 Justify why it is important to carry out and interpret pre-treatment tests	KU 17
	5.9 Explain the importance of magnification, illumination and preparing the client's treatment area for skin analysis	KU 18
	5.10 Evaluate the purpose of skin analysis in determining the treatment plan and electrotherapy equipment to be used	KU 19
	5.11 Describe the types, benefits, limitations and risks in the use of hygiene and treatment products and equipment	KU 20, 21
	5.12 Explain how to prepare and use products and equipment following facial electrotherapy treatment protocol	KU 22
	5.13 Describe the types of treatments that could be combined with or used after skin rejuvenation using electrotherapy	KU 23
	5.14 Clarify the purpose of explaining the treatment process, noise and sensation to the client	KU 24
	5.15 Explain the importance of applying a post treatment product and when and why a sun protection factor product is used	KU 25
	5.16 Explain why you need to monitor the client's health and wellbeing during and after the treatment	KU 26
LO6 Know how to complete skin rejuvenation using electrotherapy	6.1 Explain the legal requirements for providing aesthetic services to minors and vulnerable adults and the importance of gaining informed consent	KU 13
	6.2 Explain the legal, insurance and organisational requirements for taking and storing visual media of the client's treatment area	KU 27
	6.3 Explain the legislative and regulatory requirements of completing and storing the client's treatment records	KU 28
	6.4 Describe the expected outcomes of the treatment	KU 29

	6.5 Explain the purpose of reflective practice and evaluation and how it informs future treatments	KU 30
	6.6 Discuss the importance of recording the outcome and evaluating the facial electrotherapy treatment	KU 31
	6.7 Explain the instructions and advice, pre and post skin rejuvenation using electrotherapy	KU 32

Indicative Content

Scope/range

Adverse reactions

1. hyperaemia
2. bruising
3. irritation
4. allergy
5. hyper/hypopigmentation
6. oedema

Treatment protocol

1. working environment
2. health and safety
3. infection prevention and control
4. service plan
5. informed consent
6. data management
7. test outcomes
8. manufacturer instructions
9. audit and accountability
10. instructions and advice
11. sustainability
12. waste management and environmental sustainability
13. evidence-based practice
14. reflective practice

Skin classification

1. Fitzpatrick scale
2. Phenotype and genotype
3. Lancer scale

Skin condition

1. lax elasticity
2. hyper and hypo pigmentation
3. congested

4. pustular
5. fragile
6. vascular
7. sensitised
8. sensitive
9. dehydrated
10. photo-sensitive
11. photo-aged
12. dehydrated
13. lack lustre

Skin type

1. dry
2. oily
3. combination
4. balanced

Electrotherapy technologies

1. skin analysis technologies
2. hydro dermabrasion
3. high-frequency (3kHz – 30MHz)
4. low intensity led light (below 500mW)
5. radio frequency (3kHz – 300GHz)
6. ultrasonic frequency

Skin rejuvenation treatments

1. skin analysis
2. facial electrotherapy treatment
3. skin care product and treatment advice

Instructions

1. the individual and practitioner's legal rights and responsibilities
2. pre and post treatment instructions and care
3. restrictions and associated risks
4. future treatments

Anatomy and physiology

1. the structure and function of the tissues, cells, organs and body systems and their interdependence on each other
2. relative and absolute contraindications and related pathologies
3. intrinsic and extrinsic factors that affect skin condition
4. acne grading criteria
5. the skin barrier function
6. the physical, physiological and psychological effects of facial electrotherapy treatments

Glossary

- **Absolute contraindication** - a condition that prevents the service from being carried out and may require referral
- **Adverse reaction** - an 'unexpected' reaction or outcome following a service, i.e., fainting
- **Anatomy and Physiology** - the structure and function of the human body. How the skeletal, muscular, circulatory, lymphatic, respiratory, excretory, olfactory, limbic, digestive, endocrine and nervous systems interact with each other and how they impact the individual, treatment and outcomes.
- **Contra action** - an 'expected' reaction or outcome following a service, i.e., erythema
- **Contraindication** - a sign that someone should not continue with a particular service/treatment (relative and/or absolute) because it is or might be harmful (contagious or non-contagious) e.g.: suspected infections, infestations, diseases, disorders
- **Digital technologies** - are used to provide a scientific skin analysis
- **Effective** - successfully achieved the results that you want
- **Ethical/ethics** - in the workplace includes obeying the salon's rules, effective communication, taking responsibility, accountability, professionalism, trust and mutual respect for others, knowing what is right and wrong, acting in a socially and morally appropriate way
- **Evidence-based practice** - is based on the best available, current, valid and relevant evidence
- **First aid** - can refer to first aid at work qualifications or equivalent and first aid mental health awareness
- **Fitzpatrick Skin Scale** - is commonly used to determine risk factors and classifies the skin under six categories. The Fitzpatrick evaluation is based on how much melanin is in the skin and on the skin's response to ultraviolet radiation exposure, hair colour, eye colour, and racial background. Ethnic groups of common concern include those of African, Asian, Eastern Indian, Hispanic, Middle Eastern, and Native American Indian descent
- **Genotype** - inherited genes responsible for characteristics and traits from parent to offspring, based on the dominant and recessive genes, traits that are unlikely to change or can predispose to conditions: e.g., eye/hair colour and texture/skin type - ethnicity/blood type/diabetes/heart disease/cancer
- **Informed** - having or showing knowledge of a subject or situation
- **Lancer scale** – is based on ethnicity or ancestry and is the key to deciding the best skincare treatment for clients by having a better understanding the potential sensitivity and reaction of the skin to treatments and products. The Lancer Ethnicity Scale (LES), which accounts for five different skin types is based on geography and heredity. Each skin type has its own challenges and benefits:
 - **LES I** is extremely fair skin that burns quickly and tends toward sensitivity. Ancestors are:
 - Celtic, Nordic, Northern European
 - **LES II** is fair skin that does not burn quickly, but still wrinkles and sags and can scar easily. Ancestors are: Central, Eastern, or Northern European

- **LES III** is golden skin, possibly with olive undertones, that can scar easily or become easily inflamed. Ancestors are: European Jews, Native American and Inuit, Southern European and Mediterranean
- **LES IV** is olive or brown skin that can become easily inflamed and can tend toward acne. Ancestors are: Sephardic Jews, Central and South American Indian, Chinese, Korean, Japanese, Thai, and Vietnamese, Filipino and Polynesian, Southern European and Mediterranean
- **LES V** is black skin that can react to irritation with discoloration or texture changes. Ancestors are: Central, East, and West African, Eritrean and Ethiopian, North African and Middle East Arabic
- **Legal** - something required by the law
- **Media** - the internet, newspapers, magazines, television - Facebook, YouTube, Twitter, Instagram, online/paper-based news and magazines
- **Outcomes** - final product or end result
- **Phenotype** - observable physical characteristics and appearance that can change in response to genotype, evolution, the environment and the aging process - nature (inherited genes) and nurture (lifestyle impact): e.g., weight/height/health/disposition/skin type -characteristics/hair type
- **Physical sensation** - reaction, sensitivity, tingling feeling on the scalp/skin
- **Physiology** - the functions and activities of living organisms
- **Practices** - actions rather than thoughts or ideas
- **Professional** - a confident, knowledgeable, skilful, ethical to profession
- **Protocol** - a standard procedure to ensure best practice and compliance when providing services i.e., follow manufacturer's instructions
- **Recommendations** - a suggestion that something is good or suitable for a particular purpose or job
- **Referral** - a person recommended to someone or for something
- **Relative contraindication** - a condition that requires an assessment of suitability for the service and/or if adaptations are required.
- **Relevant** - connected to what is happening
- **Requirements** - things that are needed and must be done
- **Restricted** - not to be disclosed
- **Rights** - the legal power to do or have somethings
- **Risk** - something that may be dangerous
- **Sensitive skin condition** - a genetic increased capillary reactivity and altered barrier function leading to inherent epidermal fragility. Skin easily flushes and is delicate
- **Sensitised skin condition** - occurs due to environmental and lifestyle factors that either increase inflammatory cytokines (proteins) and modulators (balancing) or impair skin barrier
- **Skin barrier function** - the renewable, biochemical barrier that shields our internal systems from environmental aggressors and pathogens and helps prevent trans-epidermal water loss. Composed of cornified cells, natural moisturising factors, barrier lipids and the skin microbiome
- **Skin priming programme** - are a set of instructions the client can follow-up on prior to the treatment to achieve the best results
- **Skin types:**

- **Dry** - Feels tight or itchy without enough moisture. Gets rough and flakes, accompanied by small pores. Rarely breaks out
- **Oily** - Gets shiny, visible oil on tissue when skin is blotted. Enlarged pores, breakouts not uncommon
- **Combination** - Enlarged pores and oil across forehead, nose, and chin. Parts of the face are normal or dry. Breakouts not uncommon
- **Balanced (normal)** - Fairly uniform without excess oil or flakiness. Breakouts are rare.
- **Sensitive** - Easily reacts with redness and irritation to hot water, alcohol, spicy foods, and products. Requires special care
- **Aging or sun-damaged** - Begins to lose elasticity. Fine lines and wrinkles begin to appear, skin can sag or appear crepey. Areas of discoloration appear, and skin becomes less smooth
- **Sustainable** - being economical with products and not wasting resources, saving energy and costs, reducing your carbon footprint, enabling the environment to continue to thrive at a certain level
- **Tests** - sensitivity/allergy and tactile pre-treatment checks
- **Ultrasonic frequency** - ultrasound equipment for improving skin condition produces intensive rejuvenating cyclic sound waves, the lower the ultrasonic frequency rate setting, the deeper the sound waves will penetrate below the skin, therefore 1MHz will penetrate more deeply than 5MHz.
- **Visual media** - is evidence generated through photography or video

Suggested Resources

- Pocket Guide to Key Terms for Beauty Therapy by Lorraine Nordmann, Marian Newman
- Professional Beauty Therapy Level 3 by Lorraine Nordmann
- Advanced Technical Diploma in Beauty and Spa Therapy (Level 3) by Helen Beckmann and Claire Davis

Unit: AP415 Skin rejuvenation using dermaplaning

Unit code: F/650/3429

RQF level: 4

Unit Aim

(NOS SKANSC8 Provide a dermaplaning procedure to desquamate and encourage skin renewal)

- This unit is based on the national occupational standard that coexists alongside, SKANSC1: Implement and maintain safe, hygienic and effective working practices during elective nonsurgical cosmetic procedures and SKANSC2: Consult, assess, plan and prepare for elective non-surgical cosmetic procedures within the working environment.
- This unit is for advanced beauty therapists and aesthetic practitioners providing a safe and effective dermaplaning procedure to desquamate and encourage skin renewal or in preparation for further procedures.
- Aesthetic practitioners will also be required to do a post procedure evaluation and reflection for continuous improvement.
- The aesthetic practitioner must have a First Aid at Work qualification or equivalent and be able to carry out the functions within SFHCHS36: Basic life support and have access to life support equipment as identified in the complication management plan.
- Users of this unit will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance.

This unit coexists alongside Qualifi units:

CO401: Health, safety and hygiene for aesthetic procedures

CO402: Client consultation for aesthetic procedures

The main outcomes are:

- Provide skin rejuvenation using a dermaplaning procedure to desquamate and encourage skin renewal

NOS Performance Criteria (PC)

1. carry out a concise and comprehensive consultation face to face with the individual and maintain your responsibilities for health and safety pre, during and post the dermaplaning procedure
2. discuss to establish the individual's objectives, concerns, expectations and desired outcomes to inform the dermaplaning procedure plan to include:
 - 2.1 alternative treatment options
 - 2.2 **skin classification, characteristics** and condition
 - 2.3 preparatory skin priming programme
3. reiterate, confirm and agree with the individual, they have understood the proposed dermaplaning procedure to include:
 - 3.1 **contra-actions**
 - 3.2 adverse reactions
4. obtain the individual's written informed consent for the dermaplaning procedure, allowing an adequate time scale for the individual to make an informed choice
5. select an effective hygiene preparation product to meet the individual's needs in accordance with the manufacturer's instructions
6. prepare the individual's treatment area in accordance with the dermaplaning procedure protocol

7. prepare and use **equipment** according to the manufacturers' instructions and in accordance with the dermaplaning procedure protocol
8. follow the dermaplaning procedure protocol to ensure even removal of superficial matter to include:
 - 8.1 manually supporting the skin
 - 8.2 adapting techniques for the individual's **treatment area**
9. monitor the individual's health, wellbeing and skin reaction throughout the dermaplaning procedure
10. implement the correct course of action in the event of an adverse reaction
11. conclude the procedure in accordance with the dermaplaning procedure protocol, legislative requirements and organisational policies and procedures
12. take and store consensual visual media of the individual's treatment area in accordance with insurance requirements, organisational policies and procedures
13. complete the individual's non-surgical cosmetic procedure records and store in accordance with data legislation
14. use reflective practice to evaluate the dermaplaning procedure and take appropriate action
15. provide and obtain confirmation of receipt of the verbal and written instructions and advice given to the individual pre and post procedure
16. record the outcome and evaluation of the dermaplaning procedure to agree and inform future procedures
17. discuss and agree future procedures with the individual

NOS Knowledge and Understanding (KU)

1. the importance of collaboration with competent professionals to support effective and safe working practices
2. your role and responsibilities in performing non-surgical cosmetic procedures and the importance of working within your competence
3. why you must comply with ethical practice and work within the legislative requirements
4. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
5. the anatomy and physiology relevant to this standard
6. the chronological skin ageing process and the relationship to intrinsic and extrinsic factors
7. the pH scale and its relevance to skin sensitivity
8. how and why the skin's barrier function is impaired by a dermaplaning procedure to include:
 - 8.1 the increased risk of photosensitivity and ways to protect the skin
9. the **adverse reactions** associated with a dermaplaning procedure and how to respond
10. the health and safety responsibilities in line with legislation before, during and after the dermaplaning procedure
11. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the non-surgical cosmetic procedure plan
12. the types of skin priming programmes and its relevance to the success of the dermaplaning procedure
13. the importance of using **visual aids** to inform the individual of the physical effects
14. the fee structures and treatment options
15. the procedures that could be carried out in conjunction with or post dermaplaning procedure and associated risks
16. the legislative and indemnity requirements of gaining signed, informed consent for the dermaplaning procedure
17. the importance of adhering to the **dermaplaning procedure protocol**
18. the storage, handling, usage and disposal of dermaplaning equipment and single use sterile blades in accordance with the manufacturer's instructions and legislative requirements

19. why it's important to identify associated risks to a dermaplaning procedure and how to manage them, to include:

- 19.1 use of sterile gauze
- 19.2 use of sterile solution
- 19.3 potential injuries
- 19.4 treatment areas suitable for the dermaplaning procedure
- 19.5 skin classification
- 19.6 skin healing capacity

20. the types, benefits and use of post procedure products

21. the types of hygiene products for the skin and the importance of following manufacturer's instructions

22. how to prepare the equipment in line with the dermaplaning procedure protocol to include:

- 22.1 how to load the blade aseptically

23. why and how to angle the blade and manually support the skin to achieve effective procedure results

24. the reasons for working systematically to cover the individual's treatment area in line with the dermaplaning procedure protocol

25. the importance of monitoring the health and wellbeing of the individual during and post procedure

26. the legislative, insurance and organisational requirements for taking and storing visual media of the individual's treatment area

27. the legislative and regulatory requirements of completing and storing the individual's dermaplaning procedure records

28. the expected outcomes of a dermaplaning procedure

29. the purpose of reflective practice and evaluation and how it informs future procedures

30. how to collate, analyse, summarise and record evaluation feedback in a clear and concise way

31. the importance to record the outcome and evaluation of the dermaplaning procedure

32. the **instructions** and advice pre and post the dermaplaning procedure

Learning Outcomes and Assessment Criteria

The following unit has been mapped to the National Occupational Standard

NOS SKANSC8 Provide a dermaplaning procedure to desquamate and encourage skin renewal

Please refer to the NOS in full to support unit delivery

Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria Assessment of this learning outcome will require a learner to demonstrate that they can:	NOS Covered Performance Criteria
LO1 Prepare for skin rejuvenation using dermaplaning	1.1 Carry out a concise and thorough consultation in accordance with health and safety responsibilities	PC 1
	1.2 Discuss and identify the client's objectives, skin concerns, expectations and desired outcomes, including alternative treatments, skin type and skin priming programme	PC 2
	1.3 Confirm and agree with the client, they understand the proposed dermaplaning procedure including expected outcomes, possible contra-actions and adverse reactions	PC 3

	1.4 Gain and record informed consent for the dermaplaning procedure, allowing an adequate 'cooling off' period	PC 4
LO2 Provide skin rejuvenation using dermaplaning	2.1 Prepare the skin with an effective hygiene preparation	PC 5
	2.2 Prepare the client's treatment area and in line with the dermaplaning protocol	PC 6
	2.3 Prepare and use the dermaplaning tool following manufacturer's instructions and treatment protocol	PC 7
	2.4 Manually support the skin and adapt the dermaplaning technique to ensure even removal of superficial matter over the treatment area	PC 8
	2.5 Monitor the client's health, wellbeing and skin reaction throughout, taking action in the event of an adverse reaction	PC 9,10
LO3 Complete skin rejuvenation using dermaplaning	3.1 Conclude the dermaplaning procedure according to treatment and organisation protocols, policies and procedures	PC 11
	3.2 Complete the client's treatment records and consensual visual media, record and store in accordance with data legislation, organisational and insurance requirements	PC 12,13
	3.3 Use reflective practice to evaluate the dermaplaning procedure and take appropriate action	PC 14
	3.4 Provide and obtain confirmation of receipt of verbal and written instructions and aftercare advice given to the client	PC 15
	3.5 Record the outcome and evaluation of the dermaplaning procedure, discuss, and agree future procedures	PC 16,17

Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria Assessment of this learning outcome will require a learner to demonstrate that they can:	NOS Covered Knowledge & Understanding
LO4 Understand the client journey for skin rejuvenation using dermaplaning	4.1 Explain why collaboration with competent professionals is important to support effective and safe working practices	KU 1
	4.2 Evaluate why practitioners must work within their limits, ethical, and sustainable best practice and legal requirements	KU 2, 3
	4.3 Explain the importance of CPD to include up-to-date policies, procedures, and best practice	KU 4
	4.4 Justify the importance of establishing the client's expectations and the use of visual aids in this process	KU 11,13
	4.5 Discuss the importance of explaining fee structures and treatment options, including the legal requirements of gaining signed, informed consent for the procedure	KU 14,16
	4.6 Describe the possible complementary procedures associated with dermaplaning and the risks involved	KU 15
	4.7 Explain the types of hygiene products for the skin and the importance of following manufacturer's instructions	KU 21

	4.8 Justify the reasons for taking consensual media and the legal requirements for completing client records, including organisational requirements for storage	KU 26, 27
	4.9 Explain the importance of comparing the expected outcomes to the recorded outcomes, including the purpose of reflective practice to inform future procedures	KU 28, 29, 31
	4.10 Explain how to summarise, collate, record, and analyse evaluation feedback	KU 30
	4.11 Describe the instructions and advice, pre and post the dermaplaning procedure	KU 32
LO5 Understand the principles of skin rejuvenation using dermaplaning	5.1 Understand the relevant anatomy and physiology and the process of desquamation, exfoliation and skin resurfacing	KU 5
	5.2 Explain the chronological skin ageing process and the relationship to intrinsic and extrinsic factors	KU 6
	5.3 Describe the pH scale and its relevance to skin sensitivity	KU 7
	5.4 Explain the effect of dermaplaning on skin's barrier function including its resulting photosensitivity	KU 8
	5.5 Explain the role of advising the use of aftercare products to protect the skin and enhance healing	KU 20
LO6 Understand the process of skin rejuvenation using dermaplaning	6.1 Describe the health and safety responsibilities before, during and after dermaplaning	KU 10
	6.2 Describe the importance of the various types of skin priming programmes and its relevance to the success of the dermaplaning procedure	KU 12
	6.3 Explain the importance of adhering to the dermaplaning treatment protocol	KU 17
	6.4 Justify following manufacturer's instructions and legislation regarding the storage, handling, usage and disposal of dermaplaning equipment and single use sterile blades	KU 18
	6.5 Describe the risks associated with dermaplaning and how to manage them including the use of sterile gauze and sterile solution, potential injuries, treatment area suitability, skin classification and skin healing capacity	KU 19
	6.6 Describe how to prepare the equipment and load the dermaplaning blade aseptically	KU 22
	6.7 Explain the importance to manually support the skin and how and why to angle the blade to achieve effective results	KU 23
	6.8 Explain the reasons for working systematically to cover the client's treatment area	KU 24
	6.9 Explain the importance of monitoring client's well-being throughout dermaplaning including associated adverse reactions and how to respond	KU 9, 25

Indicative Content

Scope/range

Individual's objectives

1. progressive desquamation
2. removal of hair
3. progressive skin renewal
4. anti-ageing
5. preparation prior to skin peeling procedures
6. preparation prior to photo rejuvenation procedures
7. increase absorption of pharmaceuticals and skincare products

Skin classification

1. Fitzpatrick scale
2. Glogau photo-damage scale
3. Lancer scale

Skin characteristics

1. combination
2. dry
3. oily
4. sensitive
5. mature
6. dehydrated
7. pigmentary irregularities
8. skin density

Contra actions

1. hyperaemia
2. compromised skin barrier function

Equipment

1. sterile surgical blades
2. blade holder
3. single use handle and blade
4. blade remover

Treatment Area

1. face and jawline
2. body

Anatomy and physiology

1. the structure and function of the body systems and their interdependence on each other
2. structure and function of skin and skin appendages
3. skin diseases, disorders and conditions
4. the ageing process of the skin including the effects of genetics, lifestyle and environment
5. the compromised barrier function and skin regeneration processes
6. the process of desquamation, exfoliation and skin resurfacing

Adverse reactions

1. infection
2. wounds
3. oedema
4. hypertrophic and atrophic scarring
5. increased photosensitivity reaction

Visual aids

1. illustrative images
2. illustrative diagrams

Dermaplaning procedure protocol

1. working environment
2. health and safety
3. risk management plan
4. infection prevention and control
5. complication management
6. procedure plan
7. informed consent
8. data management
9. audit and accountability
10. instructions and advice
11. environmental sustainability
11. waste management
12. evidence based and reflective practice

Instructions

1. the individual and aesthetic practitioner's legal rights and responsibilities
2. complication management plan
3. post procedure expectations and associated time frames
4. pre and post procedure instructions and care
5. restrictions and associated risks
6. future procedures
7. complaints procedure or concerns protocol

Glossary

- **Absolute contraindication** - An absolute contraindication is a condition that prevents the service from being carried out and may require referral.
- **Adverse reaction** - An adverse reaction is an 'unexpected' reaction or outcome following a service, i.e., fainting
- **Anatomy and Physiology** - How the skeletal, muscular, circulatory, lymphatic, respiratory, excretory, digestive, endocrine and nervous systems interact with each other and how they impact the individual, service and outcomes.
- **Contra action** - A contra-action is an 'expected' reaction or outcome following a service, i.e., erythema
- **Collagen** – a fibrous protein which provides strength, Type 1 is the most abundant in the skin and the strongest, Type 3 is made immediately in response to wound healing and Type 7 attaches the epidermis to the dermis.
- **Complication management** – an emergency plan of action for all aesthetic procedures in the event of an adverse reaction or incident
- **Elastin** – a fibrous protein which can stretch and recover/recoil to give the skin its

suppleness

- **Equipment** – specialist equipment for carrying out aesthetic procedures, which must be maintained in line with manufacturer’s instructions and legislative requirements
- **Evidence-based practice** - is based on the best available, current, valid, and relevant evidence.
- **Fibroblast** – a cell found in the dermal layer responsible for secreting collagen, elastin and hyaluronic acid. These make up the extra cellular matrix.
- **First aid** - First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.
- **Hyaluronic acid** – a polysaccharide that is charged so can attract large amounts of water (hydrophilic) giving the skin its volume (plumping the skin)
- **Hyperdynamic lines** – expression lines caused by contraction of the underlying muscle, which is attached to the skin, for example forehead lines
- **Infection prevention and control** – includes procedures required to minimise risk of infection and transmission of microbes.
- **PPE** – personal and protective equipment, which should be fit for purpose and available
- **Products** – specialist products for aesthetics, which must be used in accordance with manufacturer’s instructions
- **Protocol** - A protocol is a standard procedure to ensure best practice and compliance when providing procedures, i.e., follow manufacturer's instructions.
- **Redundant skin** – loose or sagging skin usually showing lack of elasticity such as hooded eyelids
- **Relative contraindication** - A relative contraindication is a condition that requires an assessment of suitability for the service and/or if adaptations are required.
- **Risk assessments** – a process by which risks relating to the use of equipment and/or procedures are identified and mitigations and control methods are documented and implemented
- **Skin barrier function** - The renewable, biochemical barrier that shields our internal systems from environmental aggressors and pathogens and helps prevent trans-epidermal water loss. Composed of cornified cells, natural moisturizing factors, barrier lipids and the skin microbiome.
- **Skin remodelling** – a process involving fibroblast activity to rebuild the skin with collagen, elastin and hyaluronic acid. This is the natural healing response and takes 12 weeks to fully remodel.
- **Skin priming programme** - Skin priming programme, is a set of instructions the individual can do prior to the treatment to achieve the best results.
- **Standard precautions** - are the basic level of infection control that should be used at all times within the working environment, such as hand hygiene, personal protective equipment, prevention of needlestick and injuries from sharps, risk assessment, respiratory hygiene and cough etiquette, environmental cleaning and waste disposal.
- **Universal precautions** - are relevant if the practitioner is exposed to blood and/or some bodily fluid. It is the responsibility of the practitioner to implement infection prevention and control measures to prevent exposure to blood borne pathogens or Other Potentially Infectious Materials (OPIM).
- **Visual media** Visual media is evidence generated through photography or video.

- **Working environment requirements** - should comply with Health and Safety legislation and be in accordance with guidelines set out either by the local authority or governing body. The working environment should be hygienic and fit for purpose for the aesthetic procedures to be conducted safely and effectively using aseptic techniques.

Suggested Resources

- Beauty Therapist's Guide to Professional Practice and Client Care, Andrea Barham Nov 2020
- Advanced Dermaplaning Professional Training Manual, Christa Mcdearmon Jul 2017

Unit: AP301 Skincare to support aesthetic procedures

Unit code: K/650/3430

RQF level: 3

Unit Aim and NOS

(NOS SKABBR2 Provide facial skincare treatments)

- This unit is based on the national occupational standard that coexists alongside, **SKAHDBRBNST1 Implement and maintain safe, hygienic and effective working practices** and **SKAHDBRBNS1 Consult, assess, plan and prepare for Hair, Barbering, Beauty, Nails, Wellbeing and Holistic services**.
- This unit is about providing facial skincare treatments to improve and maintain skin condition.
- This unit provides the essential foundation for progression onto more advanced skin rejuvenation treatments and procedures.
- The Therapist will be required to do a post treatment evaluation and reflection for continuous improvement.
- Therapists will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance.
- It is advisable users of this unit are aware of and comply with first aid requirements in accordance with legislation and organisational policies and procedures.

This unit coexists alongside Qualifi units:

CO401: Health, safety and hygiene for aesthetic procedures

CO402: Client consultation for aesthetic procedures

The main outcomes are:

- Provide skincare using exfoliation, masks and peels

NOS Performance Criteria (PC)

1. carry out a concise and comprehensive consultation with the individual
2. maintain their responsibilities for health and safety in accordance with legislation, regulations, directives and guidelines
3. discuss and establish the individual's objectives, skin concerns, expectations and desired outcomes to inform the facial treatment plan, to include:
 - 3.1 treatment history
 - 3.2 skincare regime
 - 3.3 lifestyle
 - 3.4 alternative treatment options
4. confirm and agree with the individual, they have understood the proposed facial treatment, to include:
 - 4.1 expected outcomes
 - 4.2 contra-actions
 - 4.3 adverse reactions
 - 4.4 physical sensation
5. obtain and record the individual's informed consent for the facial treatment in accordance with organisational and insurance requirements
6. prepare and superficially cleanse the individual's treatment area in accordance with the **facial treatment protocol**

7. illuminate and magnify the individual's treatment area in which I accordance with the facial treatment protocol
8. carry out a skin analysis, to include:
 - 8.1 **skin classification**
 - 8.2 **skin condition**
 - 8.3 **skin type**
9. select and use skincare products in accordance with the facial treatment protocol, to include:
 - 9.1 deep cleanse
 - 9.2 **exfoliation**
10. select skin warming technique and use in accordance with facial treatment protocol, to include:
 - 10.1 hot towel
 - 10.2 steam
11. carry out safe and effective manual comedone extraction in accordance with facial treatment protocol
12. select, apply and remove a **mask product** in accordance with the facial treatment protocol
13. monitor the individual's health, wellbeing and skin reaction throughout the facial treatment
14. implement the correct course of action in the event of an adverse reaction
15. conclude the treatment in accordance with the facial treatment protocol, legislative requirements and organisational policies and procedures
16. complete the individual's treatment records and store in accordance with data legislation
17. use reflective practice to evaluate the facial treatment and take appropriate action
18. provide **instructions** and advice to the individual pre and post treatment
19. record the outcome and evaluation of the facial treatment

NOS Knowledge and Understanding (KU)

1. their role and responsibilities in providing facial treatments and the importance of working within your competence
2. why they must comply with ethical practice and work within the legislative requirements, to include:
 - 2.1 the responsibilities under local authority licensing regulations for yourself and your premises
3. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
4. the **anatomy and physiology** relevant to this standard
5. the relative and absolute contraindications relevant to the beauty treatment, to include:
 - 5.1 the legislative and insurance requirements for obtaining medical diagnosis and referral
6. the importance of recognising suspicious skin irregularities and lesions, and referring to a relevant healthcare professional
7. the purpose, use and limitations of facial treatments, in relation to:
 - 7.1 skin condition
 - 7.2 past and current medical history
 - 7.3 relevant lifestyle factors
 - 7.4 medication and medical conditions
 - 7.5 individual's expectations
8. the adverse reactions associated with a facial treatment and how to respond
9. the health and safety responsibilities in line with legislation before, during and after the facial treatment
10. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the facial treatment plan
11. the fee structures and treatment options

12. the legislative and indemnity requirements of gaining signed, informed consent for the facial treatment
13. the importance of adhering to the facial treatment protocol
14. the **manual techniques** used in facial treatments
15. the importance of magnification, illumination and preparation of the individual's treatment area when carrying out a skin analysis
16. the types of hygiene products for your skin and the importance of following manufacturer instructions
17. the importance of adhering to manufacturer instructions to prevent product incompatibilities and risks to health
18. the importance of carrying out a skin analysis to determine the treatment plan
19. the types, benefits and limitations of skincare products and **equipment** used in facial treatments
20. how to prepare and use products and equipment in accordance with the facial treatment protocol
21. the risks and limitations associated with self-heating masks
22. the risks and restrictions associated with very superficial skin peels, to include:
 - 22.1 the pH scale and its relevance to skin sensitivity
 - 22.2 the action of acid and alkaline concentrations on the skin
 - 22.3 how and why the skin's barrier function is impaired
 - 22.4 the increased risk of photosensitivity and ways to protect the skin
 - 22.5 how and why it is important to carry out a skin test
23. the importance of monitoring the health and wellbeing of the individual during, and post the treatment
24. the reasons for taking consensual visual media of the individual's treatment area and storing in accordance with the service, legislative, insurance and organisational requirements
25. the legislative and regulatory requirements of completing and storing the individual's facial treatment records
26. the expected outcomes of a facial treatment
27. the purpose of reflective practice and evaluation and how it informs future treatments
28. the importance to record the outcome and evaluation of the facial treatment
29. the instructions and advice, pre and post the facial treatment

Learning Outcomes and Assessment Criteria

The following unit has been mapped to the National Occupational Standard

NOS SKABBR2 Provide facial skincare treatments

Please refer to the NOS in full to support unit delivery

Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria: Assessment of this unit will require a learner to demonstrate that they can:	NOS Covered Performance Criteria
LO1 Prepare for facial skincare	1.1 Carry out a concise and thorough consultation obtaining consent according to organisational and insurance requirements	PC 1
	1.2 Implement health, safety and hygiene according to legislation, regulations, directives and guidelines	PC 2
	1.3 Identify and evaluate the client's objectives, skin concerns, expectations and desired outcomes, including treatment history, skincare routine, lifestyle and alternative options	PC 3

	1.4 Discuss and confirm with the client, they understand the proposed treatment including expected outcomes, possible contra- actions, adverse reactions and physical sensation	PC 4
	1.5 Gain and record informed consent to meet organisational and insurance requirements	PC 5
LO2 Provide facial skincare	2.1 Prepare the client for facial skincare, conduct sensitivity tests and carry out a superficial cleanse	PC 6
	2.2 Carry out a skin analysis to identify skin type classification, condition, using a lamp, magnifier and digital analysis technology	PC 7, 8
	2.3 Select and use skincare products to carry out a deep cleanse and exfoliation	PC 9
	2.4 Select skin warming technique and carry out safe and effective comedone extraction according to facial treatment protocol	PC 10, 11
	2.5 Apply and remove the selected mask or peel product	PC 12
	2.6 Monitor the client's health, wellbeing and skin reaction throughout the facial and adapt the treatment and take action in the event of an adverse reaction	PC 13, 14
LO3 Complete the facial skincare treatment	3.1 Complete the facial skincare according to the treatment plan and protocol and to the client's satisfaction.	PC 15
	3.2 Complete the client's treatment records and store in accordance with data legislation	PC 16
	3.3 Use reflective practice to evaluate the facial skincare treatment and take appropriate action	PC 17
	3.4 Provide aftercare advice and recommendations on products and treatment/s	PC 18
	3.5 Clearly and concisely record the outcome and evaluation of the facial skincare treatment	PC 19

Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria: Assessment of this unit will require a learner to demonstrate that they can:	NOS Covered Knowledge & Understanding
LO4 Know how to prepare for facial skincare	4.1 Describe your role and responsibilities in providing facial skincare and the importance of working within your limits	KU 1
	4.2 Explain why the therapist must work within ethical and sustainable best practice and legal requirements	KU 2, 3
	4.3 Understand the anatomy, physiology and pathology relevant to the facial skincare treatment	KU 4
	4.4 Discuss the relative and absolute contra-indications relevant to facial skincare treatment	KU 5
	4.5 Describe the legal and insurance requirements for obtaining medical diagnosis, referral and signed, informed consent	KU 5
	4.6 Understand the importance of recognising suspicious skin irregularities and lesions and referring to a relevant healthcare professional	KU 6
LO5	5.1 Explain the purpose, use and limitations of facials in relation to skin conditions, medical history and conditions, medication, lifestyle factors and client expectations	KU 7

Know how to provide facial skincare	5.2 Describe the adverse reactions associated with facial skincare and how to respond	KU 8
	5.3 Explain the health and safety responsibilities in line with legislation before, during and after the facial treatment	KU 9
	5.4 Justify the importance of discussing the client's objectives, concerns, expectations and desired outcomes and agreeing the treatment plan, fee and options	KU 10, 11
	5.5 Explain the importance of following treatment protocol	KU 13
	5.6 Explain the importance of magnification, illumination and preparing the client's face to carry out skin analysis to determine treatment plan	KU 15, 18
	5.7 Describe the types, benefits, limitations and risks in the use of hygiene and skincare products and equipment	KU 16, 17, 19
	5.8 Explain the manual techniques used in facials and how to adapt the treatment to meet the client's needs	KU 14
	5.9 Describe how to prepare and use skincare products and equipment	KU 20
	5.10 Explain the risks, limitations and restrictions associated with self-heating masks and superficial skin peels	KU 21, 22
	5.11 Describe the skin's barrier function and the pH scale and the relevance to skin sensitivity	KU 22
	5.12 Explain the action of acid and alkali concentrations on the skin and the importance of carrying out sensitivity tests	KU 22
	5.13 Describe the increased risk of photosensitivity and ways to protect the skin	KU 22
	5.14 Explain why you need to monitor the client's health and wellbeing during and after the treatment	KU 23
	LO6 Know how to complete the facial skincare treatment	6.1 Explain the legal requirements for providing beauty and aesthetic services to minors and vulnerable adults and the importance of gaining informed consent
6.2 Explain the legal requirements for completing and storing client records including the significance of consensual photographic evidence of the treatment area		KU 24, 25
6.3 Describe the expected treatment outcomes and the importance of providing aftercare advice and recommendations on products, treatments and aesthetic procedures		KU 26, 29
6.4 Explain the purpose of conducting and recording reflective practice and evaluation and how it informs future treatments		KU 27, 28

Indicative Content

Scope/range

Facial skincare treatment protocol

1. working environment
2. health and safety
3. infection prevention and control
4. treatment plan
5. informed consent
6. data management
7. test outcomes

8. manufacturer instructions
9. audit and accountability
10. instructions and advice
11. environmental sustainability
12. waste management
13. evidence-based practice
14. reflective practice

Skin classification

1. Fitzpatrick scale
2. Phenotype and genotype
3. Lancer scale

Skin condition

1. lax elasticity
2. hyper and hypo pigmentation
3. congested
4. pustular
5. fragile
6. vascular
7. sensitised
8. sensitive
9. dehydrated
10. photo-sensitive
11. photo-aged
12. lack lustre

Skin type

1. dry
2. oily
3. combination
4. balanced

Exfoliation

1. superficial skin peels as per the stratum corneum
2. physical exfoliation
3. chemical exfoliation

Mask products

1. self-heating
2. cooling
3. setting
4. non-setting

Mask and Peel types

1. enzyme, AHAs, botanical, herbal
2. mask sheets e.g. niacinamide, squalene, retinol, vitamin C

Instructions

1. the individual and practitioner's legal rights and responsibilities
2. pre and post treatment instructions and care
3. restrictions and associated risks
4. future treatments

Anatomy and physiology

1. the structure and function of the skin

2. the anatomy and physiology of the human body
3. relative and absolute contraindications and related pathologies
4. the physiological and physical effects of skincare treatments

Manual techniques

1. skin analysis
2. cleansing
3. exfoliating
4. comedone extraction
5. mask or peel application
6. moisturiser application
7. sun protection factor protection application

Equipment

1. magnifying light
2. skin warming devices
3. digital technologies

Glossary

- **Absolute contraindication** - a condition that prevents the service from being carried out and may require referral
- **Adverse reaction** - an 'unexpected' reaction or outcome following a service, i.e., fainting
- **Contra action** - an 'expected' reaction or outcome following a service, i.e., erythema
- **Contraindication** - a sign that someone should not continue with a particular service/treatment (relative and/or absolute) because it is or might be harmful (contagious or non-contagious) e.g.: suspected infections, infestations, diseases, disorders
- **Digital technologies** - are used to provide a scientific skin analysis
- **Effective** - successfully achieved the results that you want
- **Ethical/ethics** - in the workplace includes obeying the salon's rules, effective communication, taking responsibility, accountability, professionalism, trust and mutual respect for others, knowing what is right and wrong, acting in a socially and morally appropriate way
- **Evidence-based practice** - is based on the best available, current, valid and relevant evidence
- **First aid** - can refer to first aid at work qualifications or equivalent and first aid mental health awareness
- **Fitzpatrick Skin Scale** - is commonly used to determine risk factors and classifies the skin under six categories. The Fitzpatrick evaluation is based on how much melanin is in the skin and on the skin's response to ultraviolet radiation exposure, hair colour, eye colour, and racial background. Ethnic groups of common concern include those of African, Asian, Eastern Indian, Hispanic, Middle Eastern, and Native American Indian descent
- **Genotype** - inherited genes responsible for characteristics and traits from parent to offspring, based on the dominant and recessive genes, traits that are unlikely to change or can predispose to conditions: e.g., eye/hair colour and texture/skin type - ethnicity/blood type/diabetes/heart disease/cancer
- **Informed** - having or showing knowledge of a subject or situation
 - **Lancer scale** – is based on ethnicity or ancestry and is the key to deciding the best skincare treatment for clients by having a better understanding the potential sensitivity and reaction of the skin to treatments and products. The Lancer Ethnicity Scale (LES), which accounts for five different skin types is based on geography and heredity. Each skin type has its own challenges and benefits:
LES I is extremely fair skin that burns quickly and tends toward sensitivity. Ancestors are: Celtic, Nordic, Northern European

LES II is fair skin that does not burn quickly, but still wrinkles and sags and can scar easily.

Ancestors are: Central, Eastern, or Northern European

LES III is golden skin, possibly with olive undertones, that can scar easily or become easily inflamed. Ancestors are: European Jews, Native American and Inuit, Southern European and Mediterranean

LES IV is olive or brown skin that can become easily inflamed and can tend toward acne.

Ancestors are: Sephardic Jews, Central and South American Indian, Chinese, Korean, Japanese, Thai, and Vietnamese, Filipino and Polynesian, Southern European and Mediterranean

LES V is black skin that can react to irritation with discoloration or texture changes.

Ancestors are: Central, East, and West African, Eritrean and Ethiopian, North African and Middle East Arabic

- **Legal** - something required by the law
- **Media** - the internet, newspapers, magazines, television - Facebook, YouTube, Twitter, Instagram, online/paper-based news and magazines
- **Outcomes** - final product or end result
- **Phenotype** - observable physical characteristics and appearance that can change in response to genotype, evolution, the environment and the aging process - nature (inherited genes) and nurture (lifestyle impact): e.g., weight/height/health/disposition/skin type -characteristics/hair type
- **Physical sensation** - reaction, sensitivity, tingling feeling on the scalp/skin
- **Physiology** - the functions and activities of living organisms
- **Practices** - actions rather than thoughts or ideas
- **Professional** - a confident, knowledgeable, skilful, ethical to profession
- **Protocol** - a standard procedure to ensure best practice and compliance when providing services i.e., follow manufacturer's instructions
- **Recommendations** - a suggestion that something is good or suitable for a particular purpose or job
- **Referral** - a person recommended to someone or for something
- **Relative contraindication** - a condition that requires an assessment of suitability for the service and/or if adaptations are required.
- **Relevant** - connected to what is happening
- **Requirements** - things that are needed and must be done
- **Restricted** - not to be disclosed
- **Rights** - the legal power to do or have somethings
- **Risk** - something that may be dangerous
- **Sensitive skin condition** - a genetic increased capillary reactivity and altered barrier function leading to inherent epidermal fragility. Skin easily flushes and is delicate
- **Sensitised skin condition** - occurs due to environmental and lifestyle factors that either increase inflammatory cytokines (proteins) and modulators (balancing) or impair skin barrier
- **Skin barrier function** - the renewable, biochemical barrier that shields our internal systems from environmental aggressors and pathogens and helps prevent trans-epidermal water loss. Composed of cornified cells, natural moisturising factors, barrier lipids and the skin microbiome
- **Skin priming programme** - are a set of instructions the client can follow-up on prior to the treatment to achieve the best results
- **Skin types:**
 - **Dry** - Feels tight or itchy without enough moisture. Gets rough and flakes, accompanied by small pores. Rarely breaks out
 - **Oily** - Gets shiny, visible oil on tissue when skin is blotted. Enlarged pores, breakouts not uncommon

Combination - Enlarged pores and oil across forehead, nose, and chin. Parts of the face are normal or dry. Breakouts not uncommon

Balanced (normal) - Fairly uniform without excess oil or flakiness. Breakouts are rare.

Sensitive - Easily reacts with redness and irritation to hot water, alcohol, spicy foods, and products. Requires special care

Aging or sun-damaged - Begins to lose elasticity. Fine lines and wrinkles begin to appear, skin can sag or appear crepey. Areas of discoloration appear, and skin becomes less smooth

- **Sustainable** - being economical with products and not wasting resources, saving energy and costs, reducing your carbon footprint, enabling the environment to continue to thrive at a certain level

Suggested Resources

- The Foundations Beauty Therapy 2 (VRQ) including nails by Lorraine Nordmann and Marian Newman
- Pocket Guide to Key Terms for Beauty Therapy by Lorraine Nordmann, Marian Newman
- Beauty Therapy Fact File 5th Edition by Susan Cressy
- Level 2 NVQ/SVQ Diploma Beauty Therapy Candidate Handbook by Jane Hiscock
- Beauty Therapist's Guide to Professional Practice and Client Care Andrea Barham
- Professional Beauty Therapy Level 3 by Lorraine Nordmann
- Advanced Technical Diploma in Beauty and Spa Therapy (Level 3) by Helen Beckmann and Claire Davis

Unit: CO403 Business and financial effectiveness

Unit code: L/650/3431

RQF level: 4

Unit Aim and NOS

(NOS SKAHDBRBNST2 Contribute to the financial effectiveness of the business)

- This unit covers the essential requirements of business start-up.
- It is also about the monitoring and effective use of business resources, meeting productivity and development targets to make a positive contribution to the effectiveness of the business.
- Practitioners are also required to ensure that colleagues who may assist them to deliver services to clients work effectively too.
- Users of this unit will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance.

The main outcomes are:

- To contribute to the effective use and monitoring of resources
- To meet productivity and development of targets

NOS Performance Criteria (PC)

Contribute to the effective use and monitoring of resources

1. follow your business procedures for monitoring the use of **resources**
2. ensure stock levels are maintained and monitored
3. use resources in a way which complies with legal and business requirements
4. use working methods that promote environmental and sustainable working practices
5. collaborate and work with colleagues to promote a positive commercial impact, to include:
 - 5.1 roles and responsibilities
 - 5.2 limits of authority when self-employed and employed
6. check all deliveries are accurate and complete against order documentation reporting any inaccuracies and or damages
7. identify and resolve any problems with resources within the limits of your authority
8. report any resource problems you cannot resolve to the relevant person
9. make constructive recommendations to improve the use of resources to the relevant person
10. make recommendations which clearly show the benefits of implementing your suggestions
11. ensure financial and administrative records are accurate, legible and up-to-date

Meet productivity and development targets

12. set, agree and record your **productivity and development targets** with the relevant person to meet the needs of the business
13. seek opportunities that will help you to meet your productivity and development targets
14. regularly review and record your progress towards the achievement of your productivity and development targets
15. prepare and agree an action plan that will help you to meet your productivity and development targets
16. meet your set productivity and development targets consistently and within the agreed timescale

NOS Knowledge and Understanding (KU)

Contribute to the effective use and monitoring of resources

1. your business's requirements relating to the use of the resources
2. the critical aspects of current legal requirements relevant to your business relating to the use of resources
3. current legal requirements relating to the sale of retail goods
4. the different types of working methods that promote environmental and sustainable working practices
5. how the use of digital technologies and social media can improve business efficiency and productivity
6. your own limits of authority in relation to the use of resources
7. to whom to report recommendations
8. how the effective use of resources contributes to the profitability of the business
9. how loyalty and incentive programmes can increase custom and contribute to the profitability of the business
10. how business ordering systems work and how to interpret them
11. the importance of keeping accurate records for the use and monitoring of resources
12. the common problems associated with business resources and how to resolve them
13. how to present the benefits of recommendations in a positive manner
14. how to negotiate and agree productivity and development targets
15. how to respond positively to negative feedback
16. general principles of time management applicable to the delivery of business services

Meet productivity and development targets

17. why it is important to meet your productivity and development targets
18. the consequences of failure to meet your productivity and development targets
19. the types of opportunities that can be used to achieve your productivity and development targets, such as promotion of new products and services, seasonal promotions and special offers
20. why you should regularly review your targets
21. the importance of gaining feedback of your performance and development needs from others

Learning Outcomes and Assessment Criteria

The following unit has been mapped to the National Occupational Standard

[NOS SKAHDBRBNST2 Contribute to the financial effectiveness of the business](#)

Please refer to the NOS in full to support unit delivery

Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria: Assessment of this unit will require a learner to demonstrate that they can:	NOS Covered Performance Criteria
LO1 Contribute to the effective use and monitoring of resources	1.1 Follow legal and business requirements for using and monitoring the use of resources	PC 1, 3
	1.2 Ensure stock levels are maintained and monitored	PC 2
	1.3 Use efficient working methods that promote environmental, sustainable and best working practices	PC 4
	1.4 Collaborate with colleagues to promote a positive commercial impact, understanding roles and responsibilities and limits to authority when self-employed and employed	PC 5

	1.5 Check deliveries are accurate and complete against order documentation reporting any inaccuracies and or damages	PC 6
	1.6 Identify and resolve or report any problems with resources to the relevant person	PC 7, 8
	1.7 Make constructive recommendations to improve the use of resources and outline the benefits of their implementation	PC 9, 10
	1.8 Ensure financial and administrative records are accurate, legible and up-to-date	PC 11
LO2 Meet productivity and development targets	2.1 Set, agree and record productivity and development targets with a line manager to meet business needs	PC 12
	2.2 Seek opportunities to help meet productivity and development targets	PC 13, 14
	2.3 Review and record progress regularly and set SMART actions to achieve targets	PC 15, 16

Learning Outcomes When awarded credit for this unit, a learner will:	Assessment Criteria: Assessment of this unit will require a learner to demonstrate that they can:	NOS Covered Knowledge & Understanding
LO3 Understand business requirements to support financial effectiveness	3.1 Understand about the different types of business, business sectors and legal structures	
	3.2 Describe the relationships between business functions including organisational structures and the different functions of the business	
	3.3 Explain how to measure a business internal and external environment	
	3.4 Understand how to develop a marketing plan	
	3.5 Understand how to develop a cash flow forecast	
	3.6 Understand how to develop a budget	
	3.7 Explain the principles of basic bookkeeping	
LO4 Know how to contribute to the effective use and monitoring of resources	4.1 Describe the business's requirements relating to the use of the resources	KU 1
	4.2 Explain the critical aspects of current legal and business requirements relating to the use of resources and sale of retail products	KU 2, 3
	4.3 Describe the different types of working methods that promote environmental and sustainable working practices	KU 4
	4.4 Justify how the use of digital technologies and social media can improve business efficiency and productivity	KU 5
	4.5 Describe the limits of authority and the reporting processes in relation to the use of resources	KU 6, 7
	4.6 Explain how the effective use of resources contributes to the profitability of the business	KU 8

	4.7 Explain how loyalty and incentive programmes can increase custom and support profitability of the business	KU 9
	4.8 Describe how ordering systems work and how to interpret	KU 10
	4.9 Explain the need to keep accurate records to monitor the use of resources, associated problems and resolution	KU 11, 12
	4.10 Explain the importance present the benefits of recommendations in a positive manner	KU 13
	4.11 Understand how to negotiate and agree productivity and development targets and how to respond positively to negative feedback	KU 14, 15
	4.12 Define the general principles of time management and the importance to the delivery of business services	KU 16
LO5 Know how to meet productivity and development targets	5.1 Explain why it is important to meet productivity and development targets and the consequences of failure	KU 17, 18
	5.2 Discuss the types of opportunities that can be used to achieve targets, include activities to promote new products and services, seasonal promotions and special offers	KU 19
	5.3 Explain the importance to review targets and gain feedback on performance and development needs from others	KU 20, 21

Indicative Content

1. business types - business sectors, legal structures
2. organisational structures, different functions of the business
3. business internal and external environment
4. marketing plan
5. cash flow forecast
6. budgeting
7. the principles of basic bookkeeping

Scope/range

Resources

1. human
2. stock
3. tools and equipment
4. time
5. environmental sustainability
6. waste management
7. commercial space
8. digital technologies
9. use of media

Productivity and development targets

1. retail sales

2. technical services
3. personal learning
4. customer loyalty and incentives
6. seasonal push
7. product launch
8. brand/rebranding awareness campaign

Glossary

- **Benefits** - the way in which the functions provide advantages
- **Best Practice** - commercial or professional processes that are accepted as being correct or the most effective
- **Budget** - a financial plan for a defined period/activity including forecast revenue and expenditure
- **Concise** - to the point, however still including all the relevant information, in as few words as possible
- **Confirmation** - confirming/agreeing something
- **Effective** - successfully achieved the results that you want
- **Expectations** - what a client will require of you
- **Evaluation** – judging or assessing the quality, quantity, value and effectiveness
- **Legal** - something required by the law
- **Professional** - a confident, knowledgeable, skilful, ethical to profession
- **Recommendations** - a suggestion that something is good or suitable for a particular purpose or job
- **Reflection** - a period of time to make an informed decision
- **Relevant** - connected to what is happening
- **Requirements** - things that are needed and must be done
- **Review** - activity to examine something to assess quality, quantity, value or effectiveness to will enable recommendations for improvement to be made
- **SMART** - an acronym used for setting objectives/targets meaning they should be specific, measurable, achievable, realistic and timely
- **Visual media** - visual media is evidence generated through photography or video

Suggested Resources

- To sell is Human by Daniel Pink
- The 1-Page Marketing Plan by Allan Dib, May 2018
- Self-Made: The definitive guide to business start-up success by Bianca Miller-Cole
- Starting a Business QuickStart Guide by Ken Colwell PhD MBA
- The Business Start Up Guide by Alan Pink FCA, CTA and Alistair MacDonald FCA, CTA, PEP June 2021
- Professional Beauty Therapy: *The Official Guide to Level 3* by Lorraine Nordmann

Assessment Guidance

All assessment of occupational competence will be conducted in a realistic work i.e., salon or clinic environment. Simulation is not allowed. Learners' competence will be assessed using methods that are appropriate for the assessment of skills, knowledge and understanding.

Assessment observations of **practical performance** will be recorded and will confirm that **all** the competence-based assessment criteria have been met. Observation records may include oral questioning and learner responses. Observations will be signed and dated by the learner and assessor and recorded on the unit assessment checklist. Supporting evidence of learner competency e.g., client case studies/before and after procedure photographs, tasks, assignments etc. should be referenced and retained in learners' portfolios of evidence.

Holistic assessment is encouraged, and one piece of evidence may be used to meet the requirements of more than one learning outcome/unit or assessment criterion.

For the assessment of knowledge and understanding criteria, learners are required to provide oral or written responses to questions, tasks and assignments. Questions, tasks and assignments provided by Qualifi are listed below.

Pass mark for MCQ and/or SAQs:

< 69% = Fail, the learner will be permitted to re-sit the same MCQ or SAQ paper on 3 occasions

70% - 100% = Pass

Assessment Criteria:

- Unit CO401, Health, safety and hygiene for aesthetic procedures:
 - LO1 - LO3 Performance criteria outcomes will require practical competency to be observed by the Assessor on at least **2** occasions.
 - LO4 - LO6 Knowledge and understanding criteria will be assessed through SAQs and Tasks:
 - 1 x SAQs - short answer questions paper
 - Task 1 - Design a Salon/Clinic Handbook.
 - Task 2 - Design and implement a risk assessment in full to support an aesthetic procedure.
- Unit CO402 Client consultation for aesthetic procedures:
 - LO1 - LO3 Performance criteria outcomes will require practical competency to be observed by the Assessor on at least **2** occasions.
 - LO1 – LO6 will be assessed through one Assignment to create a Consultation Support brochure

- LO4 - LO6 knowledge and understanding will be assessed through 1 x SAQs - short answer question paper.
- Unit AP401 The biochemistry and biology of cells
 - LO1 – LO3 knowledge and understanding will be assessed through 1 x MCQ - multiple choice question paper and 1 x SAQ paper (combining units AP401/AP402/AP403)
- Unit AP402 Skin morphology and the inflammatory response
 - LO1 – LO3 knowledge and understanding will be assessed through 1 x MCQ - multiple choice question paper 1 x SAQ paper (combining units AP401/AP402/AP403)
- Unit AP403 Skin disorders and diseases relative to aesthetic practice
 - LO1 – LO4 knowledge and understanding will be assessed through 1 x MCQ - multiple choice question paper (combining units AP401/AP402/AP403)
 - Knowledge and understanding relevant to these 3 units are also assessed by 1 x SAQs paper - short answer question paper for:
 - Level 4 Anatomy and physiology for aesthetics practice
 - ***NB: There is an accompanying Level 4 Anatomy and Physiology resource workbook with answer guide as an optional extra for purchase, a sample is available on request.***
- Unit AP408 Skin rejuvenation using a plasma device
 - LO1 - LO3 Performance criteria outcomes will require practical competency to be observed by the Assessor on at least **3** occasions and supported by:
 - Oral questions
 - An additional **10 treatments** recorded using the generic Aesthetic Procedure Case Study form (upper and lower blepharoplasty on the same client can count as 2 treatments). Evidence to include images of the treatment area before and immediately after the procedure.
 - LO4 - LO6 knowledge and understanding will be assessed through 1 x SAQs - short answer question paper
- Unit AP409 Skin rejuvenation using microneedling
 - LO1 - LO3 Performance criteria outcomes will require practical competency to be observed by the Assessor on at least **4** occasions and supported by:
 - Oral questions

- An additional **6 treatments** 4 on the face and 2 on the body recorded using the generic Aesthetic Procedure Case Study form. Evidence to include images of the treatment area before, immediately after the procedure.
- LO4 - LO6 knowledge and understanding will be assessed through 1 x SAQs - short answer question paper
- Unit AP410 Skin rejuvenation using superficial chemical peels
 - LO1 - LO3 Performance criteria outcomes will require practical competency to be observed by the Assessor on at least **4** occasions, 3 on the face and 1 on the body to meet client objectives for example:
 1. skin rejuvenation
 2. improvement of superficial blemishes
 3. improvement of pigmentation variations
 4. improvement of skin texture and tone
 5. improvement of skin hydration
 6. improvement of acne
 7. improvement of scarring

and supported by:

- Oral questions
- An additional **6 treatments** 4 on the face and 2 on the body, recorded using the generic Aesthetic Procedure Case Study form. Evidence to include before and after images of the treatment area.
- LO4 - LO6 knowledge and understanding will be assessed through 1 x SAQs - short answer question paper
- Unit AP411 Skin rejuvenation using mesotherapy
 - LO1 - LO3 Performance criteria outcomes will require practical competency to be observed by the Assessor on at least **4** occasions to meet the client objectives using:
 1. Mesotherapy procedures using the no needle technique
 2. Mesotherapy procedures using the micro needle technique
 3. Mesotherapy procedures using an automated device

and supported by:

- Oral questions
- An additional **6 treatments** 4 on the face and 2 on the body, recorded using the generic Aesthetic Procedure Case Study form. Evidence to include images of the treatment area before, immediately after the procedure.

- LO4 - LO6 knowledge and understanding will be assessed through centre-devised assignments
- Unit AP412 Skin rejuvenation using laser, light and energy-based devices
 - LO1 - LO3 Performance criteria outcomes will require practical competency to be observed by the Assessor on at least **4** occasions, 3 on the face and 1 on the body to meet client objectives for example:
 1. reduction of fine lines
 2. improvement of pigmentation variations, colour and tone
 3. reduction of superficial Telangiectasia, Spider Naevi and Campbell De Morgan spots (blood spots)
 4. improving the appearance of photo-aged skin
 5. improvement of acne
 6. improvement of scarring

and supported by:

- Oral questions
- An additional **6 treatments** 4 on the face and 2 on the body, recorded using the generic Aesthetic Procedure Case Study form. Evidence to include images of the treatment area before, immediately after the procedure.
- LO4 - LO6 knowledge and understanding will be assessed through centre-devised assignments.
- Unit AP413 Hair reduction using laser, light and energy-based devices
 - LO1 - LO3 Performance criteria outcomes will require practical competency to be observed by the Assessor on at least **4** occasions, 3 on the face and 1 on the body to meet client objectives for example:

and supported by:

- Oral questions
- An additional **6 treatments** 4 on the face and 2 on the body, recorded using the generic Aesthetic Procedure Case Study form. Evidence to include images of the treatment area before, immediately after the procedure, and results after a course of treatments.
- LO4 - LO6 knowledge and understanding will be assessed through centre-devised assignments
- Unit AP414 Skin rejuvenation using electrotherapy
 - LO1 - LO3 Performance criteria outcomes will require practical competency to be observed by the Assessor on at least **4** occasions, 3 on the face and 1 on the body to meet client objectives for example:

1. reduction of fine lines
2. improvement of pigmentation variations
3. improving skin texture and tone
4. improving skin hydration
5. improving the appearance of photo-aged skin
6. reducing skin congestion
7. reducing acne scarring

and supported by:

- Oral questions
 - An additional **4 treatments**. Evidence to include images of the treatment area before, immediately after the procedure, and results after a course of treatments. Case studies should include evidence of the learner's reflective practice.
 - LO4 - LO6 knowledge and understanding will be assessed through centre-devised assignments
- Unit AP415 Skin rejuvenation using dermaplaning
 - LO1 - LO3 Performance criteria outcomes will require practical competency to be observed by the Assessor on at least **3** occasions to meet client objectives for example:
 1. progressive desquamation
 2. removal of hair
 3. progressive skin renewal
 4. anti-ageing
 5. preparation prior to skin peeling procedures
 6. preparation prior to photo rejuvenation procedures
 7. increase absorption of pharmaceuticals and skincare products

and supported by:

- Oral questions
 - An additional **4 treatments** recorded using the generic Aesthetic Procedure Case Study form. Evidence to include images of the treatment area before, immediately after the procedure, and results after a course of treatment:
 - LO4 - LO6 knowledge and understanding will be assessed through centre-devised assignments
- Unit AP301 Skincare to support aesthetic procedures
 - LO1 - LO3 Performance criteria outcomes will require practical competency to be observed by the Assessor on at least **4** occasions and supported by:

- Oral questions
- LO4 - LO6 knowledge and understanding will be assessed through centre-devised assignments
- Unit CO403 Business and financial effectiveness
 - LO1 – LO2 Performance criteria outcomes will require practical competency to be observed by the Assessor on at least **1** occasion and supported by:
 - Oral questions
 - LO3 – LO5 knowledge and understanding will be assessed through centre-devised assignments

There must be valid, authentic and sufficient evidence for all the assessment criteria.

The overall assessment outcome for the qualification certification claim should be resulted as: **pass, fail** or **incomplete**.

Contact Details

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