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Certificate for Beauty Specialists

Learning Outcomes

Learning Outcomes of the Qualification's Units:

- Unit: iUBT427 Skincare & Eye Treatments

Purpose of this document:

This document outlines the learning outcomes for each unit within the Certificate for Beauty Specialists. It provides learners, tutor, and assessors with a clear understanding of the knowledge, skills, and competencies to be achieved upon successful completion of the qualification.

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Unit – iUBT427: Skincare & Eye Treatments

LO1 - Be able to carry out a consultation and recognise contraindications to skincare and eye treatments:

Taking into account the following: private comfortable area, positive body language, positioning of the client (no barriers between therapist and client), good communication skills, use of open and/or closed questions where appropriate, trust, professionalism, confidence, enthusiasm, confidentiality, Informed consent, signed consent of parent/guardian for a minor, any contra-indications to treatment, client lifestyle, client profile, importance of planning a treatment programme taking into account any diverse needs - cultural, religious, moral and social beliefs, age, gender, disability, Compliance with current data protection regulations;

Recognising the contra-indications to facial/eye treatment requiring medical permission or the client to sign an informed consent form prior to treatment, and those contra-indications that restrict treatment; Contra-indication requiring GP consent include: Medical oedema, Nervous/psychotic conditions, Epilepsy, Recent facial operations affecting the area, Diabetes, Skin cancer, Slipped disc, Undiagnosed pain, When taking prescribed medication, Whiplash, Chemotherapy.

Recognising contra-indications that restrict treatment including: Fever, Contagious or infectious diseases, Under the influence of recreational drugs or alcohol, Diarrhoea and vomiting, Any known allergies, Eczema, Undiagnosed lumps and bumps, Localised swelling, Inflammation, Cuts, Bruises, Abrasions, Scar tissues (2 years for major operation and 6 months for a small scar), Sunburn, Hormonal implants, Recent fractures (minimum 3 months), Sinusitis, Neuralgia, Migraine/headache, Hypersensitive skin, Botox/dermal fillers (1 week following treatment), Hyperkeratosis, Skin allergies, Styes, Watery eyes, Dry eye syndrome, Trapped/pinched nerve affecting the treatment area, Inflamed nerve, Eye infection, Conjunctivitis, Glaucoma, Trichotillomania, Contact lenses;

Recognising other conditions which may affect facial/eye treatment including: Cardiovascular conditions, Thrombosis, Phlebitis, Hypertension, Hypotension, Heart conditions, Any condition already being treated by a GP, Osteoporosis, Arthritis, Any dysfunction of the nervous system, Bell's palsy, Postural deformities, Acute rheumatism, Cervical spondylitis, Thyroid disturbance.

LO2 Be able to carry out superficial cleansing and toning:

Selecting the appropriate product for the client's skin type/characteristics: Lotions, Milks, Cream cleansers, Gel cleansers, Eye make-up remover - For the following skin types: White, Black, Asian, Mixed, Dry, Oily, Combination, Mature skin, Young skin – For the following conditions: Sensitive, Dehydrated, Loss of elasticity, Loss of muscle tone, Blemishes, Congested, Ageing, Crow's feet, Broken capillaries, Open pores, Comedones, Milia, Pustules, Papules, Hyperpigmentation, Hypopigmentation, Dermatosis papulosa nigra, Pseudofolliculitis, Keloids, Ingrowing hairs, Scarring, Thin skin, Small moles.

Demonstrating the appropriate cleansing routine ensuring all make-up and products are removed: Eye make-up, Lipstick, Full face and neck sequence to cleanse the whole area, A double cleanse should be performed, Cleanser should be removed after each cleanse with damp cotton wool or sponges, Appropriate toner applied after second cleanse and blotted with tissues.

Selecting the appropriate product (astringent/toners) for the skin type/condition/colour: Rosewater, Witch hazel, Orange flower, Distilled water, Commercial toner/tonics - the following methods of application can be used: Cotton wool, Gauze, Spray.

LO3 Be able to carry out deep cleansing:

Selecting the appropriate product for the client's skin type: Enzymatic peel, AHAs, Exfoliation products, Brush cleansing.

Demonstrating appropriate application and removal of the product: Enzymatic peel, AHAs, Exfoliation products.

Demonstrating how to extract any comedones or milia with the following methods: Use of sterilised cotton wool or sterilised tissues, Comedone extractor (in countries where it is acceptable), Lance (in countries where it is acceptable), Gloves must be worn.

LO4 Be able to carry out pre-heat treatments:

Selecting the appropriate pre-heat treatment for the client's skin type and administer it safely and effectively using: Steam, Hot towels/compress, Infrared, their benefits, effects and safety precautions.

LO5 Be able to carry out skin analysis:

Demonstrating the use of a magnifying lamp: Checking the lamp is in good working order, Ensuring the lamp is cleaned, Ensuring the client's eyes are sufficiently protected.

Recognise skin diseases/disorders and show knowledge of whether they are contraindicated: Infestations (Scabies, Lice), Congenital (Atopic eczema, Atopic dermatitis, Psoriasis), Bacterial (Acne vulgaris, Impetigo, Acne rosacea, Boils, Folliculitis), Viral (Warts, Herpes simplex, Herpes zoster), Fungal (Tinea corporis), Pigmentation disorders (Vitiligo, Albinism, Chloasma, Ephilides, Lentigo, Moles/Papilloma, Naevae, Port wine stain, Leucoderma), General disorders (Urticaria, Allergic reaction).

Explaining the environmental and lifestyle factors that can affect the condition of the skin: UV damage, Diet, Smoking, Alcohol Central heating, Air conditioning, Pollution, Stress, Current regime.

Updating the client record card accurately: Recheck contra-indications and any contra-actions from previous treatment or products on each visit, Re-analyse the skin type and change the treatment plan accordingly, Note the benefits of the treatment on each visit, Products recommended, purchased and used, Record and store in line with current data protection legislation and professional code of conduct.

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LO6 Be able to enhance the appearance of eyebrows and lashes:

Demonstrating how to produce written evidence of a patch test: Patch test should be performed 48 hours before treatment, Details should be recorded on the client record card and signed by the client, The darkest colour tint should be mixed and placed either behind the ear or in the crease of the elbow, Any reaction should be noted over the next 48 hours, If there is any skin reaction the eyelash/brow tint should not take place.

Demonstrating how to assess the client's hair colour and skin tone: Hair – Fair, Red/auburn, Dark, Grey; Skin tone – Olive, Medium, Fair, Dark.

Demonstrating how to protect the surrounding skin: Petroleum jelly, Damp cotton wool pads/preformed eye shields.

Demonstrating how to ensure the mixture of tint and hydrogen peroxide follows the manufacturer's instructions, minimising wastage of product: Check manufacturer's instructions, however on average 1 centimetre of tint and 2 drops of 10 volume peroxide is sufficient for the lashes and brows.

Demonstrating the application of tint to lashes and eyebrows using orange wood stick, tint brush or cotton bud: Ensure the tint covers the roots as well as the ends of the lashes and does not cover the skin, Dry eye pads should be used to cover the eye lash tint, The tint should be left for a maximum of 10 minutes on the lashes (following manufacturer's instructions), For the eyebrows the tint should be removed immediately after tint application to the second eyebrow is complete and the technique repeated as required to meet the client's needs and desired effect.

Demonstrating thorough removal of tint after the required development time with minimum discomfort to the client using: Damp cotton wool, Tipped orange wood stick or damp cotton buds, An eye wash may be used only if the client has tint in the eye.

Outline aftercare and home care advice: Do not rub eyes, Recommendations for future treatments and intervals.

Recognising contra-indications with reasons - All the general contra-indications plus any form of eye infection to include: If there has been any reaction to the patch test, eye lash tint will be contra-indicated; Any eye surgery (approximately 6 months); Conjunctivitis; Stye; Hay fever; Watery eye; Dry eye syndrome; Very nervous clients; Blepharitis; Trichotillomania; Glaucoma; Thyroid disturbance; Infectious and non-infectious skin conditions specific to the eye and surrounding area to include: Atopic eczema, Atopic dermatitis, Psoriasis; Contact lenses must be removed.

LO7 Be able to bleach facial hair:

Explaining the benefits of bleaching facial hair: Lightening superfluous dark facial hair particularly on the upper lip, chin and sides of the face.

Demonstrating the method of applying the bleach: Patch test 48hrs before treatment (inner arm or behind the ear), Ensuring that product is used sparingly and wastage is minimised, Ensure area is cleansed and dry prior to application, Ensuring that bleach is only applied to the hair and not the skin, Ensuring that the bleach is removed efficiently after the required treatment time, Ensuring any reactions are recorded, Follow manufacturer's instructions and mix accordingly.

LO8 Be able to tweeze and shape the eyebrows:

Assess client requirements and demonstrate appropriate measuring: Measure from the corner of the nose to the inside corner of the eye and any brow hairs extending beyond this point should be removed, Measure from the corner of the nose to the outside corner of the eye and any hairs extending from the outside corner of the eye to the hairline should be removed, The arch should be at the highest point when the pupil of the eye is looking straight ahead.

Explain different eyebrow shapes: Arched, Angular, Straight, Round, Thin, Medium, Thick.

Demonstrating how to communicate with the client regarding the desired outcome: Keep a mirror to hand and keep checking with the client throughout, Check the client is happy with the finished result.

Demonstrating how to pre-heat the area where appropriate: Facial steam, A cotton wool pad soaked in warm water can be held over the area to dilate the hair follicle.

Demonstrating how to support the area keeping the skin taut: The skin should be held taut between the index and middle finger to ensure the skin does not move when the hairs are tweezed.

Demonstrating removal of hairs in the direction of growth minimising client discomfort: Skin should be held taut, Hairs must be tweezed out in the direction of the hair growth, Gloves must be worn.

Apply aftercare where appropriate: A soothing lotion should be wiped over the area to prevent any possible infection, Avoidance of activities which may cause contra-actions, Products for home use, Future treatment needs and intervals between treatments.

Demonstrating how all equipment should be sterilised/sanitised accordingly: Hands must be washed in antiseptic soap; Tweezers can be sterilised in a variety of ways - Glass bead, Autoclave, UV cabinet, Chemical immersion and should be wiped with antiseptic during the treatment.

LO9 Be able to perform a facial massage:

Select a suitable massage medium and explain the benefits: Oil, Cream, Gel.

Demonstrating all classical massage movements including when and how to adapt the movements to meet the needs of the client's skin and muscle tone: Effleurage, Petrissage, Frictions, Tapotement, Vibrations.

Demonstrating massage techniques, varying pressure and maintaining fluidity: Vary the pressure and technique according to the area being massaged and maintain fluidity and continuity throughout the sequence.

Demonstrating an effective removal of the massage medium using: Damp cotton wool, Hot towels, Toner, Sponges.

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LO10 Be able to apply facial masks:

Clay masks - Select and mix ingredients minimising wastage and stating their effects and benefits: Calamine, Kaolin, Magnesium carbonate, Fuller's earth, Rosewater, Orange flower water, Distilled water, Witch hazel, Glycerine, Almond oil.

Natural masks - Select appropriate ingredients for the client's skin type and condition and state their effects and benefits: Avocado, Egg white, Honey, Banana, Cucumber, Strawberry, Natural yoghurt, Wheatgerm, Lemon juice, Oatmeal, Milk, Tea bags, Egg yolk, Kiwi, Carrot, Aloe.

Commercial masks – Demonstrate underpinning knowledge of ingredients for the client's skin type and condition and state their effects and benefits: In accordance with manufacturer's instructions, the main active ingredients of any mask applied to the skin should be known.

Specialised masks – Demonstrate underpinning knowledge of ingredients for the client's skin type and condition and state their effects and benefits: Thermal/mineral masks, Peel off masks, Setting masks, Non-setting masks, Geloid, Clay, Paraffin wax, Hot oil as per manufacturer's instructions, Collagen masks.

For all masks listed - Demonstrate application of masks evenly and neatly ensuring full coverage of the area to be treated: The whole area should be covered including the neck and décolleté, Lips should be moisturised, Damp eye pads over the eyes.

Demonstrating the removal of masks thoroughly after treatment time has elapsed (according to manufacturer's instructions where appropriate): Remove with warm water and sponges or hot towels, Tone, Blot with tissue, Apply appropriate moisturiser.

Advise on aftercare and home care: Avoid activities that may cause contra-actions, Advise on suitable products and their uses, Time intervals between treatments.

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LO11 The Structure, functions and pathologies of the skin:

Being able to explain (with the aid of a diagram) the position and function of the following: Epidermis (Stratum Corneum, Stratum Lucidum, Stratum Granulosum, Stratum Spinosum/Malphigian, Stratum Germinitivum/Basal layer); Dermis (Blood supply, Lymphatic supply, Hair follicle, Hair, Sebaceous gland, Sweat glands [Eccrine and Apocrine], Sensory nerve endings, Dermal papilla, Collagen, Elastin, Histeocytes, Mast cells, Fibroblasts, Erector pili muscle**.**

Being able to explain the Subcutaneous/Adipose layer: The structure and function of the fatty layer underneath the Dermis.

Being able to explain the functions of the skin: Secretion, Heat regulation, Absorption, Protection/Acid Mantle, Elimination, Sensation, Vitamin D formation (7-dehydrocholesterol).

Being able to explain the functions and formation of the acid mantle: Composition and formation.

Being able to explain and recognise the different skin types/conditions and devise treatment programmes for them: White, Black, Asian, Mixed, Dry, Oily, Combination, Mature skin, Young skin, Sensitive, Dehydrated, Broken capillaries, Open pores, Comedones, Milia, Pustules, Papules, Hyperpigmentation, Hypopigmentation.

Being able to explain and recognise skin diseases/disorders:

Infestations: Scabies, Lice

Congenital: Atopic eczema, Atopic dermatitis, Psoriasis

Bacterial: Acne vulgaris, Impetigo, Acne rosacea, Boils, Folliculitis

Viral: Warts, Herpes simplex, Herpes zoster

Fungal: Tinea corporis

Pigmentation disorders: Vitiligo, Albinism, Chloasma, Ephilides, Lentigo, Moles (papilloma), Naevae, Port wine stain, Leucoderma

General disorders: UV damage, Urticaria, Allergic reaction, Hyperkeratosis.

Being able to explain the main skin cancers and all possible causes of: Basal Cell Carcinoma; Squamous Cell Carcinoma; Malignant Melanoma.

LO12 The Structure of the cell and tissue types:

Understand the structure of the cell and explain their functions: Cell membrane, Nuclear membrane, Nucleus, Nucleolus, Protoplasm, Cytoplasm, Centrosome, Centromere, Chromosome, Golgi apparatus, Mitochondria, Lysosome, Centrioles, Ribosomes, Vacuoles, Endoplasmic reticulum.

Define histology and mitosis: Histology – the study of cells, Mitosis - Cell division.

Describe the structure and explain the function of tissue types: Epithelial, Nervous, Muscular, Connective tissue (Areolar, Adipose, White fibrous, Yellow elastic, Bone).

LO13 The Skeletal system in relation to the cranium, face, shoulder, chest and neck:

Describe the structure of bone: Cancellous, Compact.

Describe the types of bone with examples: Long, Short, Flat, Irregular, Sesamoid.

Describe the position of the bones of the cranium and face:

Cranium: Parietal, Frontal, Ethmoid, Sphenoid, Occipital, Temporal

Facial: Nasal, Zygomatic, Maxilla, Lacrimal, Turbinate, Palatine, Mandible, Vomer

Shoulder: Clavicle, Scapula, Humerus

Chest: Sternum

Neck: Cervical vertebrae

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LO14 The Muscular system in relation to the cranium, face, shoulder, chest and neck:

Being able to explain the types of muscular tissue and their functions and define the terms used: Voluntary, Involuntary, Cardiac, Origin, Insertion, Action, Tone, Tension, Fatigue, Atrophy, Hypertonic.

Describe the position and explain the action of the muscles of the face and neck: Orbicularis oculi, Orbicularis oris, Masseter, Buccinator, Risorius, Levator anguli oris, Levator labii superioris, Depressor anguli oris (triangularis), Depressor labii inferioris, Mentalis, Zygomaticus, Temporalis, Nasalis, Procerus, Corrugator, Frontalis, Occipitalis, Pterygoids, Trapezius, Platysma, Sternocleidomastoid, Deltoid, Pectoralis major and minor.

LO15 The Nervous system in relation to facial skincare treatments:

Being able to explain the types nerves: Motor, Sensory, Mixed nerves, Neurone.

Describe the position and explain the function of the main cranial nerves: 5th, 7th and 11th cranial nerves.

LO16 The Circulatory system in relation to facial skincare treatments:

Describe the structure of arteries and veins and explain the function of the components of blood: Blood plasma, Erythrocytes, Leucocytes, Platelets, Thrombocytes, Arteries, Arterioles, Veins, Venules, Capillaries.

Describe the position of the main arteries and the main veins of the head and neck:

Main arteries of the head and neck: Thyroid, Facial, Temporal, Lingual, Occipital, Maxillary

Main veins of the head and neck: Middle temporal, Superficial temporal, Maxillary, Anterior facial, Common facial, Internal jugular, External jugular

Being able to explain the interrelationship between blood and lymph and their role in improving skin and muscle conditions: The way in which the 2 systems support each other i.e. blood transports nutrients to the cells and tissues, the lymphatic system transports additional waste from the cells and tissues.

LO17 The Lymphatic system in relation to facial skincare treatments:

Describe the structure and explain the functions of lymph: The content of lymph and its functions including transporting waste which the circulatory system cannot cope with; Purifies toxins; Adds antibodies, antitoxins and lymphocytes; Rejoins the circulatory system; Part of the immune system; secondary circulation.

Describe the structure and explain the function of the structures of the lymphatic system: Lymphocyte, Lymphatic capillary, Lymphatic vessel, Lymph node, Lymphatic duct.

Describe the position of the main lymph nodes of the head and neck: Superficial and deep cervical, Submandibular, Anterior and posterior auricular, Occipital, Buccal, Sub-mental.

LO18 The Cosmetic science of skincare products:

Being able to explain and give examples of the sources and uses of cosmetic ingredients: Oils, Fats and waxes, Emulsions, Emulsifying agents, Humectant, Emollient, Talc.

Being able to explain the different ingredients and differences between products, stating their effects and benefits: Cleansing milks/creams, Facial washes, Lotions, Day cream, Night cream, Eye cream, Neck cream, Toner, Astringent, Gels, Lip balms, Serums/ampoules.

Being able to explain the main mask ingredients: Clays - Fuller's earth, Calamine, Kaolin, Magnesium carbonate, Witch hazel, Rosewater, Orange flower water, Distilled water, Glycerine, Almond oil; Commercial masks; AHA's; Exfoliators.

Being able to explain the effects of natural ingredients: Banana, Avocado, Apple, Pear, Strawberry, Egg yolk, Egg white, Natural yoghurt, Honey, Oatmeal, Kiwi, Cucumber, Milk, Wheatgerm, Lemon juice, Teabags, Carrot, Aloe.

Case Studies / Portfolio of evidence containing:

5 treatment evidence (on 5 different clients)

They should include: Consultation; Medical history; Skin analysis; Treatment details (skincare and eyelash/eyebrow treatments); Client feedback; Aftercare and home care advice including retail recommendations.

Treatments should be evidenced through the consultation form.