

ITEC Level 1 Certificate in Hair and Beauty Salon Services

Unit 76 Assisting with Beauty Treatments

Recommended guided learning hours – 60

Unit 76 Assisting with Beauty Treatments	
Learning outcome	Underpinning knowledge
Students will be able to:	
1) Understand the basic structure of the skin	To include: • Epidermis • Dermis
2) Understand the basic functions of the skin	To include • Protection • Temperature control • Sensitivity
3) Understand how to recognise the basic skin types	To include: • Oily • Dry • Combination
4) Understand the types of skin conditions that may restrict treatment	To include: • Cold sores • Conjunctivitis • Eczema • Cuts • Abrasions • Redness • Swelling • Rashes • Blood shot eyes • Watery eyes
5) Understand and demonstrate how to prepare clients for facial treatment	To include: • Showing the client where to change • Removing appropriate clothing for the treatment • Covering the client appropriately for the treatment • Assisting the client onto the couch • Protecting the client's hair • Removing jewellery/accessories as appropriate • Storing the client's valuables in a safe place
6) Understand and demonstrate the different types of cleansing, toning, moisturising and mask products	To include: • Lotions • Milks • Creams • Rosewater • Witch hazel • Orange flower water • Distilled water • Calamine • Kaolin • Magnesium Carbonate • Fuller's Earth • Glycerine • Almond oil • Natural mask ingredients
7) Understand and demonstrate how to prepare the skin for treatment	To include: • Cleansing the skin • Performing a skin analysis and recording the skin type • Ensuring that the preparation meets with the senior therapist's satisfaction
8) Understand and demonstrate how to carry out facial treatments	To include: • Using facial products appropriately and following manufacturers' instructions • Deep cleansing the skin • Checking the skin is clean and free of all traces of make-up • Applying pre-prepared non-setting mask products neatly and evenly • Applying damp cotton wool eye pads • Leaving masks on the client for the recommended time • Removing masks with warm water and sponges, without discomfort to the client • Applying a suitable toner • Applying a suitable moisturiser
9) Understand and demonstrate how to complete the treatment	To include: • Checking that the finished result is to the client's satisfaction • Checking that the finished result meets the senior therapist's needs for any further treatment • Advising the client on suitable basic home care • Helping the client off the couch and showing them to the changing room/area • Ensuring that the client's record card is up to date and accurate • Ensuring that the treatment is cost effective and carried out in a commercially acceptable time • Leaving the work place in a suitable condition for further treatments

10) Understand the structure of the nail	To include: • Matrix • Nail plate • Nail bed • Cuticle • Free edge
11) Understand the different types of nail shapes	To include: • Oval • Square • Pointed • Almond • Round
12) Understand the types of conditions and disorders that might restrict treatment	To include: • Overgrown cuticles • Warts • Scabies • Ring worm • Cuts • Abrasions • Swelling • Redness • Discoloured nails • Damaged nails
13) Understand the different types of nail products and hand moisturising products	To include: • Polish remover • Clear nail polish • Nail strengtheners • Hand lotion • Hand cream
14) Understand the different types of tools used	To include: • Emery boards • Buffers
15) Understand and demonstrate how to prepare clients for nail treatments	To include: • Assisting the client into a comfortable and relaxed position for the treatment • Removing jewellery/accessories as appropriate • Storing the client's valuables in a small bowl beside the client
16) Understand and demonstrate how to prepare the nails for treatment	To include: • Removing any existing nail polish • Cleansing the treatment area • Identifying the condition of the nails and skin • Confirming the client's choice of nail finish • Checking that the preparation for nail treatment meets with the senior therapist's satisfaction
17) Understand and demonstrate how to carry out nail treatments	To include: • Filing the nails correctly ensuring that the free edge is left smoothed and with the length and shape to the client's satisfaction • Buffing using the correct technique • Applying a suitable hand moisturiser effectively and according to the senior therapist's instructions • Removing excess moisture from the natural nail • Applying a suitable nail finish (clear nail polish or nail strengthener) leaving the cuticle free from product according to the senior therapist's instructions
18) Understand and demonstrate how to complete the nail treatment	To include: • Checking the finished result meets with the client's satisfaction • Checking that the finished result meets with the senior therapist's satisfaction and needs for further treatment • Advising the client on suitable basic home care • Ensuring that the client's record card is up to date and accurate • Ensuring that the treatment is cost effective and carried out in a commercially acceptable time • Leaving the work place in a suitable condition for further treatments