



Purpose

ITEC Level 3 Diploma in Beauty and Massage Therapy

QAN 603/0773/0

Aims and Objectives

The main aim of the ITEC Level 3 Diploma in Beauty and Massage Therapy is to enable Learners to gain the necessary practical and theoretical skills in order to provide Beauty and Massage treatments to the general public and to gain employment in the Beauty Therapy Industry. This qualification is suitable for Learners aged 16 and over and is designed to provide occupational competence at Level 2 and 3. It also provides a sound platform into further training at Level 3 and 4

Content

This qualification is for Learners who want to work within the Beauty Industry. The qualification consists of 16 mandatory units covering 873 hours of Guided Learning (GL) to achieve the full qualification

The main skills you will perform are:

- Care of the skin - to include cleansing, exfoliation, facial massage and the use of face masks
- Care of the eyebrows and eyelashes - to include shaping and lash and brow tinting
- Make-up application - to include the understanding of face shapes and full make-up application
- Manicure - to include care of the nails, hand massage and application of polish
- Pedicure - to include care of the nails, foot massage and application of polish
- Application of Light Cured Polish – to include preparing client and working area for the application following health and safety working practices and Industry Code of Practice, performing consultation and client skin and nail analysis, identifying contraindications, selecting products, tools and equipment to suit the client's treatment needs, following manufacturers' instructions, providing suitable aftercare and maintenance advice and recording the results of the treatment
- Removal of hair - to include hot and cool waxing techniques
- Body massage - to include consultation, identifying skin types, general body types, different types of fat and common postural faults and contraindications, selecting suitable massage mediums for the client's skin type, classical massage movements and adapting the treatment to the client's specific needs
- Body Electrotherapy treatments - to include carrying out relevant tests, selecting, using and adapting products and equipment to suit the clients' treatment needs and body types and conditions such as Electro Muscle Stimulator, Galvanism, Microcurrent, Vacuum Suction and Mechanical Massage (G5)
- Facial Electrotherapy treatments - to include carrying out relevant tests, selecting, using and adapting products and equipment to suit the clients' treatment needs and skin types and conditions such as Electro Muscle Stimulator, Galvanism, Microcurrent, Vacuum Suction and High Frequency
- Massage using Pre-Blended Aromatherapy Oils - to include choosing the correct Pre-Blended Aromatherapy Oil to suit the clients' specific treatment needs and skin type and adapting the massage to suit the client's treatment needs
- Stone Therapy Massage - to include the use of techniques and stones such as classical massage movements, trigger point work, semi-precious, hot and cold stones and adapting the treatment to the clients' specific treatment needs

- Indian Head Massage - to include the use of techniques such as classical Indian Head Massage movements, massage mediums and adapting the treatment to meet the clients' specific treatment needs
- Microdermabrasion - to include carrying out skin tests, skin analysis, product, tools, equipment and techniques to suit the client's treatment needs

The qualification also provides:

- The related knowledge and understanding required to perform the Beauty Therapy skills listed above effectively, in particular the anatomy and physiology of the face and body and common diseases and disorders that may affect when a client should or should not receive treatment
- Opportunities for Learners to focus on the development of their wider skills in a Beauty Therapy setting, such as communicating with clients, working with others and problem solving
- Opportunities for Learners to develop a range of skills, techniques, personal qualities and attitudes essential for successful performance in employment as a Beauty and Massage Therapist

Why Choose the ITEC Level 3 Diploma in Beauty and Massage Therapy?

1. This Qualification combines the full range of skills and knowledge for the Learner seeking employment or self-employment as a Beauty and Massage Therapist at Level 2 and 3. There are other smaller ITEC Awards and Certificates in Beauty and Massage Therapy at Level 3. However, this qualification covers both Beauty and Massage Therapy which are widely used in destination salons and spas. These form the basis for the more advanced technologies used in Industry enabling the Learner to become multi-skilled which is required for employment in Industry
2. This Qualification is listed in the Ofqual Register of Qualifications
3. This Qualification contains all the skills and knowledge required for employability at Level 3
4. Learners may progress on to qualifications such as the ITEC Level 4 Diploma in Advanced Skincare, the ITEC Level 4 Diploma in Laser and Light Treatments and the ITEC Level 4 Diploma in Spa and Salon Management
5. This qualification does not form part of an Apprenticeship
6. This qualification is recognised by all relevant professional bodies within the Beauty Therapy Industry for membership and insurance purposes at Level 3

Opportunities for Employment

There are opportunities for Beauty Therapists to find employment in a variety of areas:

- Beauty salons
- Hotels
- Health clubs
- Spas
- Cruise liners
- Own business

Please see a letter of support from an employer within the Industry, including [LCBT](#)

Opportunities for Progression

Once Learners have achieved the ITEC Level 3 Diploma in Beauty and Massage Therapy they may progress on to other ITEC or equivalent qualifications at Level 4, for example:

- Level 4 Diploma in Advanced Skincare

- Level 4 Diploma in Spa and Salon Management
- Level 4 Certificate in Laser and Light Treatment for Skin Rejuvenation
- Level 4 Certificate in Laser and Light Treatment for Hair Removal
- Level 4 Certificate in Micro-Pigmentation Treatment

For further Awards, Certificates and Diplomas please go to www.itecworld.co.uk

Professional Recognition

The qualification is recognised for membership by:

- British Association of Beauty Therapists and Cosmetologists (BABTAC)
- Federation of Holistic Therapists (FHT)
- Complementary Therapists Association (CThA)

For further details regarding the content please see the qualification specification [here](#)