



## **Purpose**

### **ITEC Level 3 Diploma in Spa and Body Treatments**

#### **QAN 601/0586/0**

#### **Aims and Objectives**

The main aim of the ITEC Level 3 Diploma in Spa and Body Treatments is to enable Learners to gain the necessary practical and theoretical skills in order to provide Spa and Body Treatments to the general public and to gain employment in the Spa and Beauty Therapy Industry. This qualification is suitable for Learners aged 16 and over and is designed to provide occupational competence at Level 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 Spa or Beauty Therapy Industry. The qualification consists of 7 mandatory units with a total of 374 hours of Guided Learning (GL) to achieve the full qualification

The main skills you will perform are:

- Consultation techniques – to include treatment plan and contraindications and contra-actions, identifying general body types, different types of body fat and common postural faults
- 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
- 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
- Spa treatments – to include carrying out relevant tests, using products, equipment and techniques to suit client's treatment needs such as exfoliation, body masks/wraps, sauna, steam, jet shower and hydrotherapy baths
- Monitoring and maintaining spa areas – to include following manufacturers' instructions, adhering to health and safety working practices, carrying out tests on equipment, monitoring the spa environment and monitoring client safety and well-being

You will also learn about related health and safety and client care and communication which is essential in order to work and be successful in the industry

This qualification also provides:

- The related knowledge and understanding required to perform the Spa and Body Treatment skills listed above effectively in particular the anatomy and physiology of the 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 Spa and Body Treatments 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 Spa and Body Therapist

### Why Choose the ITEC Level 3 Diploma in Spa and Body Treatments?

1. This Qualification combines the full range of skills and knowledge for the Learner seeking employment or self-employment as a Spa and Body Therapist at Level 3. There are other smaller ITEC Awards and Certificates in Spa Treatments at Level 3. However, this qualification covers exfoliation/scrubs, body masks/wraps and all aspects of hydrotherapy and the use and maintenance of water. This qualification enables the Learner to become multi-skilled which is required for employment in Industry, particularly destination spas
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 at Level 4 such as the ITEC Level 4 Diploma in Advanced Skincare 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 and Spa Industry for membership and insurance purposes at Level 3

### Opportunities for Employment

There are opportunities for Spa and Body Therapists to find employment in a variety of areas:

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

Please see the letters of support from employers within the industry, including [Steiner Training Limited](#), [Rene Guinot](#), [Champneys](#), [The Carlton Group](#), [Dermalogica](#), [BABTAC](#) and [FHT](#)

### Opportunities for Progression

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

- Level 3 Diploma in Massage and Electrotherapy
- 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](http://www.itecworld.co.uk)

### Professional Recognition

The qualification was developed collaboratively with the Hair and Beauty Industry Authority (HABIA) and enables Learners to apply for entry to the HABIA Register of Beauty Professionals once they have gained their qualification. It is also recognised for membership by:

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

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