



ITEC Level 3 Diploma in Spa and Body Treatments QAN 601/0586/0 Specification

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 the Learner 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

The Learner 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

ITEC Unit Number	Unit Title	Credit Value	Guided Learning (GL)
822	Provide Body Massage	9	84
825	Provide Massage using Pre-Blended Aromatherapy Oils	7	65
826	Apply Stone Therapy Massage	9	75
829	Provide Spa Treatments	7	48
830	Monitor and Maintain Spa Area	5	45
613	Monitor and Maintain Health and Safety Practice in the Salon	4	29
821	Client Care and Communication in the Beauty Related Industries	3	28

Total Guided Learning - 374

Total Qualification Time (TQT) - 454

Total Credit Value for the Qualification - 45

Guided Learning (GL)

Guided Learning is 'the activity of a Learner in being taught or instructed by – or otherwise participating in education or training under the immediate guidance or supervision of – a Lecturer, Supervisor, Tutor or other appropriate provider of education or training.' This includes 'the activity of being assessed if the assessment takes place under the immediate guidance or supervision of a Lecturer, Supervisor, Tutor or other appropriate provider of education or training'

Total Qualification Time (TQT)

Total Qualification Time is the number of notional hours which represents an estimate of the total amount of time that could reasonably be expected to be required, in order for a Learner to achieve and demonstrate the achievement of the level of attainment necessary for the award of the qualification

Total Credit Value

The total Credit Value for the qualification is equal to one tenth of the Total Qualification Time rounded to the nearest whole number.

Assessment

This qualification will be internally and externally assessed using a range of assessment methods as set out in the table below:-

Table 1

ITEC Unit Number	Unit Title	Assessment	Grading
822	Provide Body Massage	Practical examination Evidence of 4 treatments plus 50 MCQ - Paper or online	Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100% Pass or Refer Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100%
825	Provide Massage using Pre-Blended Aromatherapy Oils	Evidence of 4 treatments plus 10 MCQ - Paper or online	Pass or Refer Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100%
826	Apply Stone Therapy Massage	Practical examination Evidence of 4 treatments plus 20 MCQ - Paper or online	Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100% Pass or Refer Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100%
829	Provide Spa Treatments	Practical examination Evidence of 4 treatments plus 10 MCQ - Paper or online	Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100% Pass or Refer Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100%
830	Monitor and Maintain Spa Area	Assignment Evidence of 3 treatments plus 15 MCQ - Paper or online	Pass or Refer Pass or Refer Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100%

613	Monitor and Maintain Health and Safety Practice in the Salon	Portfolio of evidence MCQ – Paper or online	Pass or Refer Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100%
821	Client Care and Communication in the Beauty Related Industries	Assignment	Pass or Refer

All assessment criteria and sample assessment materials for this qualification can be found [here](#)

Grading of the Qualification

All assessment tasks required for each unit of the qualification (detailed in table 1 of the specification) must be completed and awarded a Pass mark before the complete qualification can be certificated

The overall qualification is graded, Pass - 60% - 74%, Merit - 75% - 89%, Distinction – 90%-100%. This is formed by the aggregate of the multiple-choice questions and the Final Practical Assessment

Controlled Assessment

All theory tests must be conducted in a controlled environment and follow the procedures defined by ITEC [here](#). The theory tests will be set and marked by ITEC

All practical assessments must be conducted in a controlled environment as defined by ITEC [here](#). The practical examination will be conducted by an ITEC Examiner; however, the Centre is responsible for ensuring the examination can operate seamlessly by organising the process as defined by ITEC in the Lecturer Guidance Notes [here](#). The marking criteria and marking scheme can be found under each individual unit within the qualification [here](#). How to operate a practical examination can be found [here](#).

Failure to operate ITEC Examinations as documented in the ITEC policies and guidance notes may result in sanction(s) against the Centre e.g., withdrawal by ITEC for a particular qualification and/or withdrawal of ITEC recognition from the Centre due to Maladministration and/or Malpractice. Please see our policy [here](#).

Recommended Prior Learning

It is recommended that Learners should have achieved a level of education equivalent to five GCSEs at grade A*-C or a Level 2 Diploma in Beauty Therapy prior to commencing the ITEC Level 3 Diploma in Spa and Body Treatments; however, exemptions may be made for adult returners with experience of the workplace

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

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](#) and [FHT](#)

Relationship to National Occupational Standards

ITEC has mapped to National Occupational Standards where they exist and has ensured that best practice in the workplace has been reflected in the qualification. ITEC has linked the qualification to the relative job roles as well as ensuring that the qualification reflects the required level of knowledge and ability for the Spa and Body Therapist at Level 3

Professional Body Membership and Insurance

Professional Indemnity and Public Liability Insurance can be obtained via The Complementary Therapist Association (www.CThA.com) and other Industry Associations who recognise the ITEC Diploma