



ITEC Level 3 Diploma in Spa and Body Treatments
QAN 601/0586/0
Learner Guidance Notes

General Advice

1. Requirements for Undertaking this Qualification

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

2. Structure of the Qualification, Guided Learning (GL)

The ITEC Level 3 Diploma in Spa and Body Treatments is comprised of 7 mandatory units with a total of 374 hours of Guided Learning (GL) in order to achieve the full qualification. However, you will also be required to complete further study and generate evidence of your learning in your own time. This is known as Total Qualification Time (TQT), please see Table 1 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	Pass 60% - 74% Merit 75% - 89% Distinction 90% - 100% Pass or Refer

		treatments plus 10 MCQ - Paper or online	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

Total Guided Learning (GL) - 374
Total Qualification Time (TQT) - 454
Total Credit Value for the Qualification - 45

3. Grading of the Qualification

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

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

Your results and Certificates will be sent to your Centre by ITEC. Therefore, you will need to collect your results and Certificates from your Centre

4. Assessment of the Qualification

The ITEC Level 3 Diploma in Spa and Body Treatments will be internally and externally assessed using a variety of assessment methods as set out in Table 1 above

Once you have completed all the specified assessments for the qualification and your Lecturer has awarded a Pass mark for all the evidence you have submitted, you will have a Final External Practical Examination carried out by an ITEC Examiner, who will also verify a sample of all the evidence you have completed during your training to ensure it meets the ITEC standard

Practical Examination Sequence

Once all aspects of the mandatory units have been completed, you will complete a Final Internal Practical Assessment. This will be observed by your Lecturer using the ITEC Internal Assessment forms. The results will be reviewed by the ITEC External Examiner on the day of your Final External Practical Examination

- a. You will perform the following treatments in sequence for your internal and external practical examinations:
- b. Practical examination sequence – approximately 2 hours and 15 minutes

You will need to supply a client that can receive all the following treatments in order to complete your examination:-

Unit 822 – Provide body massage, approximately 45 minutes

- Massage treatment (back of 1 leg, back, chest, 1 arm, abdomen, front of 1 leg)

Unit 826 – Apply stone therapy massage, approximately 30 minutes

- Consultation to be carried out prior to the exam
- Your client should be on the couch
- Demonstrate appropriate safety precautions
- Demonstrate hot stone massage treatment to include back and face in whatever order you have been taught

Unit 829 – Provide spa treatments, approximately 1 hour

- Consultation and body analysis to include measurements
- Prepare the client
- Demonstrate appropriate safety precautions
- Demonstrate the exfoliation and body wrap or mask treatments suitable for your client's skin type and requirements
- Aftercare/home care advice

- You will be asked oral questions during the Final Practical Examination
- You will need to complete Consultation Forms for your client for each unit of the ITEC External Examination. They should be reviewed and completed at the end of the treatment and will be taken away by the Examiner
- You will need to demonstrate excellent hygiene and client care throughout your examination as well as competence in all your skills
- The ITEC Examiner may reduce the treatment timings, as the examination is a demonstration of your professionalism and your accomplished skills

Multiple-choice Tests

Each question is formatted in the same way:

- 1 stem (the question)
- 1 key (the correct answer)
- 3 distractors (incorrect answers)
- You must indicate the answer you believe is correct by placing a mark in the appropriate box on your answer sheet

Multiple-choice tests are used for units 822, 825, 826, 829, 830 and 613 - Online testing of all relevant units is also available

Assignments

- Unit 821 are assessed by the completion of an assignment
- Your assignments form part of your internal assessment and should be assessed throughout your training by your Lecturer using the ITEC Guidance Forms
- The criteria for the assignments are detailed on the Assignment Guidance and Assessment Form
- Your Lecturer will complete the ITEC Assessment Forms and ensure they are ready for verification by the ITEC External Examiner
- The internal assessment(s) will be conducted by the Centre's Lecturer/Internal Verifier(s) and will be sampled by the ITEC External Verifier

Treatment Evidence/Portfolio of Evidence

You are required to provide evidence of treatments that you have performed on clients during your training under the supervision of your Lecturer who will monitor the quality of your treatments in order to ensure that they meet the ITEC criteria

- The criteria are detailed on the Treatment Evidence Guidance Forms. They are graded Pass or Refer
- You will need to complete a Client Consultation Form as evidence that you performed the required number of treatments during your training (see Table 1) as they form part of your internal assessment for the qualification. They can be stored in your ITEC E-portfolio

5. Resources

Your Centre must provide a suitable environment for teaching the ITEC Level 3 Diploma in Spa and Body Treatments as well as all equipment both fixed and free standing to complete all aspects of the qualification. You may need to supply some consumables and/or towels in order to complete your training

6. Opportunities for Progression

Once you have achieved the ITEC Level 3 Diploma in Spa and Body Treatments you 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

7. 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. The ITEC Level 3 Diploma in Spa and Body Treatments also enables Graduates to apply for membership of The Complementary Therapist Association

8. Support from Industry

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

9. Book List

A full book list can be found [here](#)

10. E-learning Resources

A full list of e-learning resources can be found [here](#)