

ITEC Unit 9 Skincare and Eye Treatments
Recommended guided learning hours – 100

Learning outcome	Underpinning knowledge
Students will be able to: 1) Understand and recognise those contraindications to facial/eye treatment requiring medical permission or the client to sign an informed consent form prior to treatment and those contraindications that restrict treatment	◆ Contraindications requiring medical permission – in circumstances where medical permission cannot be obtained clients must sign an informed consent form stating that the treatment and its effects have been fully explained to them and confirm that they are willing to proceed without permission from their GP • Medical oedema • Nervous/Psychotic conditions • Epilepsy • Recent facial operations affecting the area • Diabetes • Skin cancer • Slipped disc • Undiagnosed pain • When taking prescribed medication • Whiplash ◆ Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Any known allergies • Eczema • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Cuts • Bruises • Abrasions • Scar tissues (2 years for major operation and 6 months for a small scar) • Sunburn • Hormonal implants • Recent fractures (minimum 3 months) • Sinusitis • Neuralgia • Sunburn • Migraine/Headache • Hypersensitive skin • Botox/dermal fillers (1 week following treatment) • Hyper-keratosis • Skin allergies • Styes • Watery eyes • Trapped/pinched nerve affecting the treatment area • Inflamed nerve • Eye infection • Conjunctivitis
2) Understand and recognise other conditions which may affect facial treatment	To include: • Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Any condition already being treated by a GP • Osteoporosis • Arthritis • Any dysfunction of the nervous system • Bells Palsy • Postural deformities • Acute rheumatism • Cervical spondylitis
Superficial Cleanse	
3) Understand, explain and select the appropriate product for the client's skin type/characteristics	To include: • Lotions • Milks • Foaming cream cleansers For the following skin types: • White • Black • Asian type skin • Mixed • Dry • Oily • Combination • Mature skin • Young skin
4) Understand, explain and select the appropriate product for the client's skin condition/texture	To include: • Lotions • Milks • Foaming cream cleansers For the following skin conditions: • Sensitive • Dehydrated • Lack of elasticity • Lack of muscle tone • Blemishes • Age • Crows feet • Broken capillaries • Open pores • Comedones • Milia • Pustules • Papules • Hyper-pigmentation • Hypo pigmentation • Dermatitis papulosa nigra • Pseudo folliculitis • Keloids • Ingrowing hairs • Scarring • Thin skin • Small moles
5) Understand, explain and perform the appropriate cleansing routine ensuring all makeup and product is removed	• Eye makeup • Lipstick • Full face and neck sequence to cleanse the whole area • A double cleanse should be performed • Cleanser should be removed after each cleanse with damp cotton wool or sponges • Appropriate toner applied after second cleanse and blotted with tissues

Toning	
6) Understand, explain and select the appropriate product (astringent/toners) for the skin type/condition/colour	To include: • Rosewater • Witchazel • Orange flower • Distilled water • Commercial toner/tonics The following methods of application can be used: • Cotton wool/gauze/tapping/spray
Pre-Heat Treatments	
7) Understand, explain and select appropriate pre-heat treatment for client's skin type and administer it safely and effectively	To include: • Steam • Hot towels/compress • Benefits • Effects • Safety precautions
Deep Cleansing	
8) Understand, explain and select the appropriate product for the client's skin type	To include: • Enzymatic peel • AHAs • Exfoliation products • Brush cleansing
9) Understand, explain and apply product correctly and show adequate removal	To include: • Enzymatic peel • AHAs • Exfoliation products
10) Understand, explain and extract any comedones or milia	Methods to include: • Use of sterilised cotton wool or sterilised tissues • Comedone extractor (in countries where it is acceptable) • Lance (in countries where it is acceptable) • Gloves must be worn
Skin Analysis	
11) Understand, explain and demonstrate use of a magnifying lamp	To include: • Checking the lamp is in good working order • Ensure it is cleaned. • Ensuring the client's eyes are sufficiently protected
12) Understand, explain and recognise skin diseases/disorders and show knowledge of whether they are contraindicated	To include: ◆ Infestations • Scabies • Lice ◆ Congenital • Atopic eczema • Atopic dermatitis • Psoriasis ◆ Bacterial • Acne vulgaris • Impetigo • Acne rosacea • Boils • Folliculitis ◆ Viral • Warts • Herpes simplex • Herpes zoster ◆ Fungal • Tinea corporis ◆ Pigmentation disorders • Vitiligo • Albinism • Chloasma • Ephelides • Lentigo • Moles (papilloma) • Naevae • Port wine stain • Leucoderma ◆ General disorders • Urticaria • Allergic reaction
13) Understand and explain the environmental and lifestyle factors that can affect the condition of the skin	To include: • UV damage • Diet • Smoking • Alcohol • Central heating • Air conditioning • Stress • Current regime
14) Understand and explain how to update the client record card accurately	To include: • Recheck contraindications on each visit • Re-analyse the skin type and change the treatment plan accordingly • Note the benefits of the treatments on each visit • Products recommended, purchased and used
15) Understand, explain and demonstrate the importance of communicating with the client tactfully and accurately	A sample consultation form can be downloaded from www.itecworld.co.uk Taking into account the following: • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills • Use of open and/or closed questions where appropriate • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Informed consent • Any contraindications to treatment (as listed previously) • Client lifestyle • Client profile • Importance of planning a treatment programme taking into account the clients religious, moral and social beliefs

Enhance the Appearance of Eyebrows and Lashes	
16) Understand and explain how to produce written evidence of a patch test	• Patch test should be performed 48 hours before treatment • Details should be recorded on the client record card and signed by the client • The darkest colour tint should be mixed and placed either behind the ear or in the crease of the elbow • Any reaction should be noted over the next 48 hours • If there is any skin reaction the eyelash/brow tint should not take place
17) Understand and explain how to assess the client's hair colour and skin tone	◆ Hair • Fair • Red/Auburn • Dark • Grey ◆ Skin tone • Olive • Medium • Fair • Dark
18) Understand and explain how to protect the surrounding skin	• Petroleum jelly • Damp cotton wool pads/preformed eye shields
19) Understand and explain how to ensure the mixture of tint and hydrogen peroxide follows the manufacturer's instructions minimising wastage of product	• Check manufacturer's instructions however on average 1 centimetre of tint and 2 drops of 10 volume peroxide is sufficient for the lashes and brows
20) Understand, explain and apply tint correctly to lashes and eyebrows using orange wood stick, tint brush or cotton bud	• Ensure the tint covers the roots as well as the ends of the lashes and does not cover the skin • Eye pads should be used to cover the eye lash tint • The tint should be left for a maximum of 10 minutes on the lashes (following manufacturer's instructions) • For the eyebrows the tint should be removed immediately after tint application to the second eyebrow is complete
21) Understand, explain and demonstrate after the required development time, thorough removal of tint	Damp cotton wool • Tipped orange wood stick or damp cotton buds
22) Understand, explain and apply any soothing agents where necessary	• An eye wash may be used ONLY if the client has tint in the eye
23) Understand, explain and recognise contraindications with reasons	◆ All the general contraindications plus any form of eye infection to include: • If there has been any reaction to the patch test, eye lash tint will be contraindicated • Any eye surgery (approximately 6 months) • Conjunctivitis • Stye • Hay fever • Watery eye • Very nervous clients • Blepharitis - Infectious and non infectious skin conditions specific to the eye and surrounding area to include: • Atopic eczema • Atopic dermatitis • Psoriasis ◆ Contact lenses must be removed
Facial Hair Bleaching	
24) Understand and explain the benefits of bleaching facial hair	To include: • Lightening unsightly facial hair particularly on the upper lip, chin and sides of the face
25) Understand and explain the method of applying the bleach	To include: • Patch test 48hrs before treatment (inner arm or behind the ear) • Ensuring that product is used sparingly and wastage is minimised • Ensure area is cleansed and dry prior to application • Ensuring that bleach is only applied to the hair and not the skin • Ensuring that the bleach is removed efficiently after the required treatment time • Ensuring any reactions are recorded • Follow manufacturers instructions and mix accordingly

Eyebrow Tweezing	
26) Understand, explain and assess client requirements and measure accordingly	Measure from the corner of the nose to the inside corner of the eye – any brow hairs extending beyond this point should be removed • Measure from the corner of the nose to the outside corner of the eye and any hairs extending towards the middle of the forehead should be removed • The arch should be at the highest point when the pupil of the eye is looking straight ahead
27) Understand and explain different eyebrow shapes	To include: • Arched • Angular • Straight • Round • Thin • Medium • Thick
28) Understand and explain how to communicate with client regarding the desired outcome	• Keep a mirror on hand and keep checking with the client throughout • Check they are happy with the finished result
29) Understand, explain and demonstrate how to pre-heat the area where appropriate	To include: • Facial steam • A cotton wool pad soaked in warm water can be held over the area to dilate the hair follicle
30) Understand and explain how to support the area keeping skin taut	• The skin should be held taut between the index and middle finger to ensure the skin does not move when the hairs are tweezed
31) Understand, explain and demonstrate removal of hairs in the direction of growth minimising client discomfort	• Skin should be held taut • Hairs must be tweezed out in the direction of the hair growth • Gloves must be worn
32) Understand, explain and apply aftercare where appropriate	• A soothing lotion should be wiped over the area to prevent any infection
33) Understand and explain how all equipment should be sterilised/sanitised accordingly	• Hands must be washed in antiseptic soap • Tweezers can be sterilised in a variety of ways: Glass bead, Autoclave, UV cabinet, chemical immersion and should be wiped with surgical spirit/antiseptic during the treatment
Facial Massage	
34) Understand, explain and select suitable massage medium	• Oil • Cream • Gel
35) Understand, explain and demonstrate all classical massage movements	To include: • Effleurage • Petrissage: Kneading and Frictions • Tapotement • Vibrations
36) Understand, explain and demonstrate massage movements which are adapted to meet the needs of the client's skin and muscle tone	To include: • Effleurage • Petrissage: Kneading and Frictions • Tapotement • Vibrations
37) Understand, explain and demonstrate massage techniques; varying pressure and maintaining fluidity	• Vary the pressure and technique according to the area being massaged and maintain fluidity and continuity throughout the sequence
38) Understand, explain and demonstrate effective removal of the massage medium	To include: • Damp cotton wool • Toner • Sponges
Masks	
39) Clay Masks: Understand, explain, select and mix ingredients minimising wastage and state their effects and benefits	• Calamine • Kaolin • Magnesium Carbonate • Fuller's Earth • Flowers of Sulphur (COSHH) • Rosewater • Orange flower water • Distilled water • Witchazel • Glycerine • Almond oil
40) Natural Masks: Understand, explain and select appropriate ingredients and state their effects and benefits	• Avocado • Egg white • Honey • Banana • Cucumber • Strawberry • Natural Yoghurt • Wheatgerm • Lemon Juice • Oatmeal • Milk • Tea bags • Egg yolk • Kiwi • Carrot • Aloe
41) Commercial Masks: Understand, explain and demonstrate the underpinning knowledge of ingredients and their effects and benefits	• In accordance with manufacturer's instructions, the ingredients of any mask applied to the skin should be known
42) Specialised Masks: Understand, explain and demonstrate the underpinning knowledge of ingredients and their effects and benefits	To include: • Thermal/mineral masks • Peel off masks • Paraffin wax • Hot oil as per manufacturer's instructions • Collagen masks
43) For all masks listed: Understand, explain and demonstrate	• The whole area should be covered including the neck and décolleté • Lips should be moisturised

application of masks evenly and neatly and cover the area to be treated	• Damp eye pads over the eyes
44) Understand, explain and demonstrate removal of masks thoroughly after treatment time has elapsed (according to manufacturer's instructions where appropriate)	• Remove with warm water and sponges • Tone • Blot with tissue • Apply appropriate moisturiser
Structure of the Skin	
45) Understand and explain (with the aid of a diagram) the position and function of the following:	◆ Epidermis • Stratum Corneum • Stratum Lucidum • Stratum Granulosum • Stratum Spinosum/Malpighian • Stratum Germinativum/Basal Layer ◆ Dermis • Blood supply • Lymphatic supply • Hair follicle • Hair • Sebaceous gland • Sweat gland: Eccrine and Apocrine • Sensory nerve endings • Dermal papilla • Collagen • Elastin • Histiocytes • Mast Cells • Fibroblasts • Erector pili muscle
46) Understand and explain subcutaneous/adipose layer	• The structure and function of the fatty layer underneath the Dermis
47) Understand and explain Melanocytes	• Describe where they are found and their function
Functions of the Skin	
48) Understand and explain the functions of the skin	• Secretion • Heat regulation • Absorption • Protection/Acid Mantle (composition and formation) • Elimination/excretion • Sensation • Vitamin D formation (7-dehydro-cholesterol)
49) Understand and explain the functions and formation of the acid mantle	- To include: • Composition and formation
50) Understand, explain and recognise the different skin types/conditions	- To include: • White • Black • Asian type skin • Mixed • Dry • Oily • Combination • Mature skin • Young skin • Sensitive • Dehydrated • Broken capillaries • Open pores • Comedones • Milia • Pustules • Papules • Hyper pigmentation • Hypo pigmentation
51) Understand, explain and devise treatment programmes for the following skin types/conditions	- To include: • White • Black • Asian type skin • Mixed • Dry • Oily • Combination • Mature skin • Young skin • Sensitive • Dehydrated • Broken capillaries • Open pores • Comedones • Milia • Pustules • Papules • Hyper pigmentation • Hypo pigmentation
Pathology:	
52) Understand, explain and recognise the following skin diseases and disorders:	- To include: ◆ Infestations • Scabies • Lice ◆ Congenital • Atopic eczema • Atopic dermatitis • Psoriasis ◆ Bacterial • Acne vulgaris • Impetigo • Acne rosacea • Boils • Folliculitis ◆ Viral • Warts • Herpes simplex • Herpes zoster ◆ Fungal • Tinea Corporis ◆ Pigmentation disorders • Vitiligo • Albinism • Chloasma • Ephelides • Lentigo • Moles (papilloma) • Naevae • Port wine stain • Leucoderma ◆ General disorders • UV damage • Urticaria • Allergic reaction
Skin Cancer	
53) Understand and explain the main skin cancers and all possible causes of:	- To include: • Basal Cell Carcinoma • Squamous Cell Carcinoma • Malignant Melanoma

The Cell and Tissue Types	
54) Understand and briefly explain (with the aid of diagrams) the following structures of the cell and their functions:	• Cell membrane • Nuclear membrane • Nucleus • Nucleolus • Protoplasm • Cytoplasm • Centrosome • Centromere • Chromosome • Golgi apparatus • Mitochondria • Lysosome • Centrioles • Ribosomes • Vacuoles • Endoplasmic Reticulum
55) Understand and briefly explain the following:	• Histology • Mitosis
56) Understand and explain the structure and function of the following tissue types:	◆ Epithelial ◆ Nervous ◆ Muscular ◆ Connective Tissue • Areolar • Adipose • White fibrous • Yellow elastic • Bone
The Skeletal System	
57) Understand and explain the structure of bone	• Cancellous • Compact
58) Understand and explain the types of bone and give examples	• Long • Short • Flat • Irregular • Sesamoid
59) Understand and explain the position (with the aid of diagrams) of the bones of the cranium and face	◆ Cranium • Parietal • Frontal • Ethmoid • Sphenoid • Occipital • Temporal ◆ Facial • Nasal • Zygomatic • Maxilla • Lacrimal • Turbinate • Palatine • Mandible • Vomer ◆ Shoulder • Clavicle • Scapula • Humerus ◆ Chest • Sternum ◆ Neck • Cervical vertebrae
The Muscular System	
60) Understand and explain (with the aid of diagrams) the types of muscular tissue and their functions	• Voluntary • Involuntary • Cardiac
61) Understand and explain the following terms	• Origin • Insertion • Action • Tone • Tension • Fatigue
62) Understand and explain (with the aid of diagrams) the position and action of the following muscles of the face and neck:	• Orbicularis Oculi • Orbicularis Oris • Masseter • Buccinator • Risorius • Levator Anguli Oris • Levator Labii Superioris • Depressor Anguli Oris (Triangularis) • Depressor Labii Inferioris • Mentalis • Zygomaticus • Temporalis • Nasalis • Procerus • Corrugator • Frontalis • Occipitalis • Pterygoids • Trapezius • Platysma • Sternocleidomastoid • Deltoid • Pectoralis major and minor
The Nervous System	
63) Understand and explain the following terms:	• Motor • Sensory • Mixed nerves • Neurone
64) Understand and explain (with the aid of a diagram) the position and function of the main cranial nerves	• 5th, 7th and 11th cranial nerves
The Circulatory System	
65) Understand and explain the structure and function of the following:	• Blood plasma • Erythrocytes • Leucocytes • Platelets • Thrombocytes • Arteries • Arterioles • Veins • Venules • Capillaries
66) Understand and explain (with the aid of diagrams) the position of:	◆ Main arteries of the head and neck • Thyroid • Facial • Temporal • Lingual • Occipital • Maxillary ◆ Main veins of the head and neck • Middle Temporal • Superficial Temporal • Maxillary • Anterior Facial • Common Facial • Internal Jugular • External Jugular
67) Understand and explain the interrelationship between blood and lymph	• The way in which the 2 systems support each other i.e. blood transports nutrients to the cells and tissues, the lymphatic system transports additional waste from the cells and tissues

The Lymphatic System	
68) Understand and explain the structure and functions of lymph	The content of lymph and its function: • Transports waste which the circulatory system cannot cope with • Purifies toxins • Adds antibodies, antitoxins and lymphocytes • Rejoins the circulatory system • Part of the immune system • Secondary circulation
69) Understand and explain the structure and function of the following:	• Lymphocyte • Lymphatic Capillary • Lymphatic Vessel • Lymph Node • Lymphatic Duct
70) Understand and explain (with the aid of diagrams) the main lymph nodes of the head and neck	• Superficial and deep cervical • Submandibular • Anterior and Posterior Auricular • Occipital • Buccal • Sub-mental
Cosmetic Science	
71) Understand, explain and give examples of the sources and uses of:	• Oils • Fats and waxes • Emulsions • Emulsifying agents • Humectant • Emollient • Talc
72) Understand and explain the difference between, and give examples of:	• Cleansing milks/creams • Facial washes • Lotions • Day cream • Night cream • Eye cream • Neck cream • Toner • Astringent • Gels • Lip balms • Serums (ampoules)
73) Understand and explain the different ingredients of:	• Cleansing milks/creams • Facial washes • Lotions • Day cream • Night cream • Eye cream • Neck cream • Toner • Astringent • Gels • Lip balms • Serums (ampoules)
74) Understand and explain the main mask ingredients	Clays: • Fuller's Earth • Calamine • Kaolin • Magnesium Carbonate • Flowers of sulphur • Witchazel • Rosewater • Orange flower water • Distilled water • Glycerine • Almond oil Commercial Masks: • AHA's • Exfoliators
75) Understand and explain the effects of natural ingredients	• Banana • Avocado • Apple • Pear • Strawberry • Egg yolk • Egg white • Natural Yoghurt • Honey • Oatmeal • Kiwi • Cucumber • Milk • Wheatgerm • Lemon juice • Teabags • Carrot • Aloe
Skincare and Eye Treatment Evidence of Treatments	
Evidence of 5 full facial treatments These are internally assessed by the college lecturer and verified by the ITEC Practical Examiner	To include: • Consultation • Medical history • Skin analysis • Treatment details – skincare and eyelash/eyebrow treatments performed • Client feedback • Aftercare and home care advice including retail recommendations Treatments should be evidenced through the consultation form. See www.itecworld.co.uk for a sample consultation form and evidence of treatments guidance form.