

ITEC Unit 13 Facial Electrical Treatments

Recommended guided learning hours – 250

Pre-requisite – Students must hold the ITEC Level 2 Diploma for Beauty Specialists or equivalent

Unit 13 Facial Electrical Treatments	
Learning outcome	Underpinning knowledge
1) Understand and explain the structure of an atom	To include: • Protons • Neutrons • Electrons • Nucleus • Functions of the above
2) Understand and explain the measurement of electricity	To include: • Volts • Watts and Amperes • Ohms and Ohm's law and their relevance
3) Understand and explain how to work out the correct fuse	• Definition of a fuse • 3 amp fuses with an appliance of up to 700 watts • 5 amp fuses with an appliance between 750-1000 watts • 13 amp fuses for appliances between 1000-3000 watts
4) Understand and explain the different types of current used in beauty therapy appliances and the possible high risk involved	To include: • Direct • Alternating • Interferential
5) Understand and explain the way in which the currents are produced and their effects on the body tissues	To include the following machines: • Faradic – direct interrupted/surged current • High frequency – Alternating– indirect/direct • Galvanic – Direct – iontophoresis/desincrustation • Microcurrent – Modified direct current • Vacuum suction – creates a vacuum • Infra Red • Steam • Brush Cleanse
6) Understand the function of the following	• Insulator • Conductor
7) Understand and explain the function of a transformer and when and why it may be used	To include: • Step up and step down voltage and the beauty therapy equipment which may contain one
8) Understand and explain the function of a rectifier	• Changes AC to DC
9) Understand and explain the correct wiring of a plug	To include: • The colours of the wires and correct positioning inside the plug • Green/yellow to the centre • Blue to the left • Brown to the right
10) Understand and explain their responsibility under the Health and Safety at Work Act	To include: • Safety precautions in the salon when dealing with the general public and their liability
11) Understand and explain the Electricity at Work Act 1992	To include: • The therapist's responsibilities
12) Understand, explain and demonstrate the procedure for a nerve sensitivity test	To include: • Electrical equipment where it would be necessary to carry out a test first • The procedure for the tactile test • Taking the sharp end of an orange wood stick and a piece of cotton wool and placing them alternately against the skin • Ask the client if they can tell the difference between the sharp and soft sensation
13) Understand, explain and demonstrate the procedure for a heat sensitivity test	To include: • Electrical equipment where it would be necessary to carry out a heat test – Infra Red • The procedure for the thermal test: • Take a hot and cold test tube full of water and place alternately against the clients skin to ascertain whether they feel the burning sensation of heat • If not, a heat lamp must not be used

14) Understand and explain the basic structure of the electro-magnetic spectrum	To include: • The position of the rays within the spectrum and the effect on the body tissues
15) Understand and explain the inverse square law	To include: • The relationship between distance, time and the distance of the lamp from the client
16) Understand and explain the first aid procedure for the following conditions: Electric shock, Shock, Burns	• Check the up to date procedures with St Johns/Andrews ambulance and the Red Cross
Deep Cleansing	
17) Understand, explain and select the appropriate product/equipment for the client's skin type	To include: • Steam • Brush cleanse
18) Understand, explain and apply product correctly and show adequate removal	To include: • Steam • Brush cleanse
19) Understand, explain and select appropriate equipment for the client's skin type	• Steam • Brush cleanse • Microcurrent • High frequency • Faradic • Galvanic • Vacuum suction • Infra red
20) Understand, explain and check for contraindications	• With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular Sclerosis, Parkinson's disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve • Inflamed nerve • Spastic conditions • Kidney infections • Acute rheumatism • Undiagnosed facial pain • When taking prescribed medication • Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Diarrhoea and vomiting • Hypersensitive skin • Broken capillaries • Skin diseases • 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 • Haematoma • Recent fractures (minimum 3 months) • Cervical spondylitis • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Sinusitis • Botox/dermal fillers (1 week following treatment) • Anaphylaxis • Muscle fatigue • Pacemaker • Body/face piercing • Excessive erythema
21) Understand, explain and demonstrate how to set up the equipment and check it is in good working order	To include: • Check there are no loose wires • Check there are no trailing wires • Check there is no water in the area • Test the equipment on therapist first • Explain the treatment and the sensation to the client • Ensure all attachments are sterilised before and after use on the client • Check all jewellery has been removed from both client and therapist (religious jewellery should be taped) • Do not make any contact with any metal articles

22) Understand, explain and demonstrate underpinning knowledge of the type of current used, indications for use, treatment effects, length and frequency of use	To include: • Steam • Brush cleanse • Faradic • Galvanic • Microcurrent • Vacuum suction • High frequency • Infra red
Galvanism – Iontophoresis/Desincrustation	
23) Understand, explain and demonstrate how to prepare the client accordingly	To include: • Cleanse and prepare the skin prior electrical treatment
24) Understand, explain and check for contraindications	• With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular Sclerosis, Parkinson's disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve • Inflamed nerve • Spastic conditions • Kidney infections • Urinary infections • Acute rheumatism • Undiagnosed facial pain • When taking prescribed medication • Contraindications that restrict treatment • Fever • Contagious or infectious • Under the influence of recreational drugs or alcohol • Cancer • Diarrhoea and vomiting • Hypersensitive skin • Skin diseases • 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 • Haematoma • Recent fractures (minimum 3 months) • Cervical spondylitis • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Sinusitis • Botox/dermal fillers (1 week following treatment) • Anaphylaxis • Body/face piercing • Hypersensitive skins • Pacemaker
25) Understand, explain and apply the treatment safely and effectively for the advised treatment time	To include: • Adhere to all safety precautions • Apply the appropriate gel ensuring minimal wastage • Use the correct intensity of current • Lower the intensity of the current when working on bony areas • Use the machine safely for the required amount of time • Ensure the electrodes are covered with sponges which have been pre-dampened with water • Ensure the galvanic electrodes do not lose contact with the skin • Therapist should check machine before use
26) Understand, explain and demonstrate the need to conclude the treatment safely and sterilise all the used electrodes	To include: • Ensure the electrodes remain in contact with the client's skin until after the intensity has been zeroed • Detach and sterilise all electrodes
27) Understand, explain and demonstrate removal of any excess product from the skin	To include: • Wipe the area with damp cotton wool or sponges to remove any product
28) Understand, explain and give home care advice for the client's skin type	To include: • Healthy eating • Skincare • General lifestyle

29) Understand and explain possible contra-actions	To include: • Caustic burn • Galvanic burn • Allergic reaction • Skin irritation
30) Understand, explain and demonstrate the ability to work within time limits acceptable to industry	• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout
31) Understand and explain how to update client records accurately	To include: • The treatment performed • Products used • Treatment time • Any skin reactions • Treatment plan
High Frequency – Direct and Indirect	
32) Understand, explain and demonstrate how to prepare the client accordingly	To include: • Cleanse and prepare the skin prior to electrical treatment • For direct – Apply talc to the skin or gauze and oxygenating cream • For indirect – Apply cream or oil
33) Understand, explain and check for contraindications	• With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular Sclerosis, Parkinson's disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve • Inflamed nerve • Spastic conditions • Kidney infections • Acute rheumatism • Undiagnosed facial pain • When taking prescribed medication • Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Cancer • Diarrhoea and vomiting • Hypersensitive skin • Skin diseases • 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 • Haematoma • Recent fractures (minimum 3 months) • Cervical spondylitis • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Sinusitis • Broken capillaries • Botox/dermal fillers (1 week following treatment) • Anaphylaxis • Pacemaker • Body/face piercing • Excessive erythema
34) Understand, explain and apply the treatment safely and effectively for the advised treatment time	To include: • Adhere to all safety precautions • Use the correct intensity of current and ensure it is tolerable to the client • Lower the intensity of the current over bony areas • Use the machine safely for the required amount of time • Direct – do not lift the electrode away from the skin • Indirect – do not let the hands break contact with the skin and do not use any Tapotement movements • Therapist should check machine before use
35) Understand, explain and demonstrate the need to conclude the treatment safely and sterilise all the used electrodes	To include: • Ensuring the electrode/hands remain in contact with the clients skin until after the intensity has been zeroed • Detach and sterilise all electrodes
36) Understand, explain and demonstrate removal of any excess product from the skin	To include: • Wipe the area with damp cotton wool or sponges to remove any product

37) Understand, explain and give home care advice for the client's condition	To include: • Healthy eating • Skin care • General lifestyle
38) Understand and explain possible contra-actions	To include: • Excessive erythema • Tissue destruction (sparking)
39) Understand, explain and demonstrate the ability to work within time limits acceptable to industry	• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains hygienic and tidy throughout
40) Understand and explain how to update client records accurately	To include: • The treatment performed • Products used • Treatment time • Any skin reactions • Treatment plan
Microcurrent	
41) Understand, explain and demonstrate how to prepare the client accordingly	To include: • Cleanse and prepare the skin prior to electrical treatment
42) Understand, explain and check for contraindications	• With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular Sclerosis, Parkinson's disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve • Inflamed nerve • Spastic conditions • Kidney infections • Urinary infections • Acute rheumatism • Undiagnosed facial pain • When taking prescribed medication • Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Cancer • Diarrhoea and vomiting • Botox/dermal fillers (until entire course completed) • Skin diseases • 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 • Haematoma • Recent fractures (minimum 3 months) • Cervical spondylitis • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Sinusitis • Anaphylaxis • Body/face piercing • Pacemaker
43) Understand, explain and apply the treatment safely and effectively for the advised treatment time	To include: • Sine • Ramp • Square Wave forms • Adhere to all safety precautions • Use the correct intensity of current • Use the machine safely for the required amount of time • Therapist should check machine before use
44) Understand, explain and demonstrate the need to conclude the treatment safely and sterilise all the used electrodes	To include: • Finish treatment, zero the machine • Detach and sterilise all electrodes
45) Understand, explain and demonstrate removal of any excess product from the skin	To include: • Wipe the area with damp cotton wool or sponges to remove any product • Apply aftercare when and if appropriate or continue with further treatment
46) Understand, explain and give home care advice for the client's condition	To include: • Healthy eating • Skincare • General lifestyle
47) Understand and explain possible contra-actions	To include: • Skin irritation

48) Understand, explain and demonstrate the ability to work within time limits acceptable to industry	• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains hygienic and tidy throughout
49) Understand and explain how to update client records accurately	To include: • The treatment performed • Products used • Treatment time • Any skin reactions • Treatment plan
Vacuum Suction	
50) Understand, explain and demonstrate how to prepare the client accordingly	To include: • Cleanse and prepare the skin prior to electrical treatment
51) Understand, explain and check for contraindications	• With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular Sclerosis, Parkinson's disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve • Inflamed nerve • Spastic conditions • Kidney infections • Acute rheumatism • Undiagnosed facial pain • When taking prescribed medication • Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Cancer • Diarrhoea and vomiting • Hypersensitive skin • Skin diseases • 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 • Haematoma • Recent fractures (minimum 3 months) • Cervical spondylitis • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Sinusitis • Broken capillaries • Loose crepey skin • Botox/dermal fillers (1 week following treatment) • Anaphylaxis • Body/face piercing • Pacemaker • Thin skin • Hirsutism
52) Understand, explain and apply the treatment safely and effectively for the advised treatment time	To include: • Adhere to all safety precautions • Use the correct intensity of Vacuum (reduced pressure) • Use the machine safely for the required amount of time • Therapist should check machine before use
53) Understand, explain and demonstrate the need to conclude the treatment safely and sterilise all the used tubes and ventouses	To include: • Ensuring the ventouse remains in contact with the client's skin until after the intensity has been zeroed • Detach and sterilise all tubing and ventouses
54) Understand, explain and demonstrate removal of any excess product from the skin	To include: • Wipe the area with damp cotton wool or sponges to remove any product • Continue with further treatment
55) Understand, explain and give home care advice for the client's condition	To include: • Healthy eating • Skincare • General lifestyle
56) Understand and explain possible contra-actions	To include: • Excessive erythema • Bruising
57) Understand, explain and demonstrate the ability to work within time limits acceptable to industry	• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout

58) Understand and explain how to update client records accurately	To include: • The treatment performed • Products used • Treatment time • Any skin reactions • Treatment plan
Faradism	
59) Understand, explain and demonstrate how to prepare the client accordingly	To include: • Cleanse and prepare the skin prior to electrical treatment
60) Understand, explain and check for contraindications	• With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular Sclerosis, Parkinson's disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve • Inflamed nerve • Spastic conditions • Kidney infections • Acute rheumatism • Undiagnosed facial pain • When taking prescribed medication • Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Cancer • Diarrhoea and vomiting • Hypersensitive skin • Botox/dermal fillers (until entire course completed) • Skin diseases • 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 • Haematoma • Recent fractures (minimum 3 months) • Cervical spondylitis • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Sinusitis • Anaphylaxis • Body/face piercing • Pacemaker • Muscle fatigue
61) Understand, explain and apply the treatment safely and effectively for the advised treatment time	To include: • Adhere to all safety precautions • Stimulate the muscles in the areas to be treated correctly • Ensure the electrode is dampened with saline solution to increase the conductivity of the current • Use the correct intensity of current required to produce a visible contraction • Use the machine safely for the required amount of time • Only increase the current in the stimulation period NOT the interval • Do not move the electrode with current flowing • Therapist should check machine before use
62) Understand the different types of frequencies	To include: • Monophasic • Biphasic
63) Understand, explain and demonstrate the need to conclude the treatment safely and sterilise all the used pads	To include: • Ensuring the electrode remains in contact with the client's skin until after the intensity has been zeroed
64) Understand, explain and demonstrate removal of any excess product from the skin	To include: • Wipe the area with damp cotton wool or sponges to remove any saline
65) Understand, explain and give home care advice for the client's condition	To include: • Healthy eating • Skincare • General lifestyle
66) Understand and explain possible contra-actions	To include: • Muscle fatigue

67) Understand, explain and demonstrate the ability to work within time limits acceptable to industry	• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains hygienic and tidy throughout
68) Understand and explain how to update client records accurately	To include: • The treatment performed • Products used • Treatment time • Any reactions • Treatment plan
Infra Red	
69) Understand, explain and demonstrate how to prepare the client accordingly	To include: • Cleanse and prepare the skin prior to electrical treatment
70) Understand and explain the therapeutic effect of Infra Red	To include: • Creates erythema • Heats the blood • Warms the tissues • Dilates the pores • Relaxes tense muscles • Preheats the tissues prior to further deeper treatment • Increases absorption of products • Analgesic effect
71) Understand and explain the safety precautions and contraindications	• With medical, GP or specialist permission – In circumstances where written medical permission cannot be obtained the client must sign an informed consent stating that the treatment and its effects has been fully explained to them and confirm that they are willing to proceed without permission from their G.P. or specialist • Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Nervous/Psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular Sclerosis, Parkinson's disease, Motor neurone disease) • Bells Palsy • Trapped/Pinched nerve • Inflamed nerve • Spastic conditions • Kidney infections • Acute rheumatism • Undiagnosed facial pain • When taking prescribed medication • Contraindications that restrict treatment • Fever • Contagious or infectious diseases • Under the influence of recreational drugs or alcohol • Cancer • Diarrhoea and vomiting • Hypersensitive skin • Skin diseases • 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 • Haematoma • Recent fractures (minimum 3 months) • Cervical spondylitis • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Sinusitis • Botox/dermal fillers (1 week following treatment) • Anaphylaxis • Body/face piercing • Broken capillaries • After any other heat treatment • Safety Precautions • Ensure there are no trailing wires • Ensure there are no loose wires • Perform the hot and cold test tube test for heat sensation • Ensure there are no dents in the canopy • Ensure the lamp is positioned over the tripod leg and not directly above the client • Ensure that the lamp is not placed within 18 inches of the most prominent point on the area to be treated (Inverse square law) • Check the skins reaction throughout treatment • Do not leave the client alone • Check the bulb
72) Understand and explain the reasons/indications for use	To include: • Sore aching muscles • Areas of tension • Dry skin (hot oil mask) • Dehydrated skin (hot oil mask)

73) Understand and explain possible contra-actions	To include: • Excessive erythema • Burning • Skin irritation
74) Understand, explain and distinguish between the different types of burns	To include: • Superficial • Partial-thickness • Full- thickness
75) Understand and explain the first aid treatment for burns and scalds, shock	• Check up to date procedures with St Johns/Andrews Ambulance and the Red Cross or equivalent for the country therein
Deep Cleansing	
76) Understand, explain and select the appropriate product/equipment for the client's skin type	To include: • Steam • Brush cleanse
77) Understand, explain and apply product correctly and show adequate removal	To include: • Steam • Brush cleanse

Unit 13 Facial Electrical Treatments Evidence of Treatments	
Evidence of treating 5 clients (using a minimum of 2 suitable facial electrical treatments per client). Candidates should cover the full range of equipment throughout their treatments with evidence to be documented) These are internally assessed by the college lecturer and verified by the ITEC Practical Examiner	To include: • Consultation • Medical History • Treatment details • Client feedback • Aftercare and homecare advice Treatments should be evidenced through the consultation form. See www.itec.world.co.uk for a sample consultation form and evidence of treatments guidance form.