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# Unit Specification

## UBT275 – Advanced skin care for non-medical aesthetic therapies

Unit reference number: F/616/8606

**Level: 4**

**Guided Learning (GL) hours: 34**

### Overview

This unit is about advanced skin analysis techniques. It will enable learners to enhance their understanding of skin, developing their comprehension of the facial analysis procedure and advance their understanding of the ageing process on the ageing process and its effects on the skin. A more thorough understanding will enable learners to formulate a detailed treatment plan to address the client's specific and individual needs, ensuring health, safety and unique requirements are met.

### Learning outcomes

On completion of this unit, learners will:

LO1 Understand the physiology of skin ageing

LO2 Understand advanced skin assessment

LO3 Prepare for advanced skin assessment

LO4 Provide advanced skin assessment

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# Unit content

## LO1 Understand the physiology of skin ageing

### Theories of ageing

#### Taught content

Evolutionary theories, programmed theories, somatic theory, DNA error theory, cellular theory, cellular garbage theory, accumulation of errors theory, immunological theory, neuro-ageing theory, nutritional theory, gene theories, wear and tear theory, cross-linking theory, free radical theory, etc.

### Ageing processes within the structure of the skin

#### Taught content

- Keratinocyte life cycle
- Desquamation of corneocytes
- Formation of proteins
- Protein lifecycle
- Extracellular fluid
- Melanogenesis
- Angiogenesis
- Immune and lymphatic system
- Glycosaminoglycans (GAGS)
- Enzymes – matrix metalloproteinases (MMPs), tissue inhibitors of metalloproteinases (TIMPs), proteolytic
- Glycation, advanced glycation end products (AGEs) and the role of macrophages
- Effects on transepidermal water loss (TEWL) and natural moisturising factor (NMF)
- Vitamin C
- Vitamin A
- Micro circulation
- Oxygenation
- Skin barrier defence

## Signs and symptoms of an ageing skin

### Taught content

- Changes to sebaceous gland activity
- Excess keratinisation
- Glycation
- Hair growth
- Impaired immune system – puffy eyes, swelling of ankles, feet, fingers, cellulite, weight fluctuations
- Lines and wrinkles
- Loss of elasticity
- Loss of hyaluronic acid
- Loss of skin adhesion, elastin, superficial and deep fascia
- Loss of structural integrity
- Muscle atrophy, loss of muscle tone and dropped contours
- Pigmentation change
- Reduced epidermal cell turnover
- Reduced barrier function
- Skin density
- Vascular damage

## Effects of UV light on the skin ageing process

### Taught content

- Light spectrum, UVA , UVB, UVC, melanocytes, melanin production and function, abnormal elastin production, accelerated ageing, Langerhans cell migration, actinic keratosis, free radical generation, affected DNA repair, altered cell death, bruising, collagen and elastin breakdown, increase in MMPs, effects on vitamin A & C, hyper/hypo-pigmentation, lowered immunity, photosensitivity, seborrheic keratosis, solar keratosis, mole changes, tumours/cancers – basal cell carcinoma, squamous cell carcinoma, malignant melanoma
- Acute and chronic sun damage
- Recommend precautions to minimise damage caused by UV light – physical barriers, e.g. hats, clothing, avoid or limit exposure, nutritional protection, e.g. Vitamin C, antioxidants, time of exposure, sunscreens, sun protection factor, SPF, avoid UV sunbeds, medications and cosmetic procedures which may cause photosensitivity

## Effects of nutrition, illness and medication on skin health

### Taught content

- The effects of water on skin health
- The sources and effects of macronutrients and micronutrients
- The sources and effects of antioxidants
- The effects of anti-nutrients on skin health
  - The anti-nutrient effects of tea, coffee, alcohol, carbonated soft drinks, tranquillisers, antibiotics, smoking, medication, the contraceptive pill
  - The effect of anti-nutrients on vitamin and mineral absorption
  - The nutritional supplements which support skin health, e.g. omega three and six fatty acids, antioxidants, Vitamin C
- How lifestyle changes can impact on client's treatment outcomes
- How certain diets may affect skin health – e.g. low fat diet, fat free food, high glycaemic index foods, vegetarian, vegan
- How certain illnesses and medication may affect skin health – e.g. diabetes, anaemia, endometriosis, diuretic medication, the effect of oestrogen levels post menopause

## Benefits and limitations of treatments and products considered to delay the ageing process

### Taught content

- Skin effects – hydration, moisturising effects, exfoliation, cell regeneration, collagen promotion, nutrients, cell metabolism, fine lines and wrinkles, desquamation, acid mantle
- Corrective or active skincare products – e.g. cleansers, serums, anti-oxidants, phytosterols, phytohormones, moisturisers, sunscreens, skin lighteners, cosmeceuticals
- Pentapeptides – increase collagen and elastin production in the skin
- Collagen and elastin – reduce the appearance of fine lines and wrinkles and improve elasticity, promote firmer skin
- Fatty acids – combination of fatty acids and synthetic peptides enable deeper penetration for collagen stimulation
- Retinol (Vitamin A compound) – anti-oxidant, breaks down free radicals, free radicals cause wrinkles
- Hydroxy acids – exfoliating effect, stimulates growth of smooth, evenly pigmented, new skin
- Enzymes – nutrients regulate energy in cells, reduces the appearance of fine lines
- Copper peptides – enhance wound healing, stimulate collagen production
- Peels – e.g. hydroxy acids, lactic acid, phenol, carbolic acid, trichloroacetic acid (TCA), Vitamin A
- Treatments – galvanic, microcurrent, microdermabrasion, Intense Pulsed Light (IPL), laser treatments, Light Emitting Diodes (LED), Radio frequency therapy, ultrasound, photodynamic therapy (PDT), skin needling, facial massage

### **Pathological conditions of the skin which may occur as a result of ageing**

#### **Taught content**

- Thin skin, elastosis, solar elastosis, keratoacanthomas, solar keratosis, dehydrated skin, dry skin, loss of subcutaneous tissue, poor thermoregulation, haematomas, cherry angiomas, hyperplasia, decreased cellular renewal, melanomas, allergies, increased incidence of skin disorders i.e. psoriasis, eczema, pressure ulcers, increased incidence of skin infections, lentigines and lentigo, telangiectasia, poikiloderma, diffused redness, inflammatory pigmentation, skin tumours, miliaria rubra, chloasma, melasma, ephelides, vitiligo, vascular naevi, haemangiomas, seborrheic or senile warts, verrucae filiformis or skin tags, keloids, malignant tumours (squamous cell carcinomas or prickle-cell cancers, basal cell carcinomas or rodent ulcers, melanoma), urticaria, acne

### **How ageing effects the repair mechanisms of the skin**

#### **Taught content**

- Loss of cell function, DNA damage, reduction in healing abilities, increase in healing time, poor or slower results from treatments, increased likelihood of adverse effects from treatment, increased need for pre and post treatment products

## LO2 Understand advanced skin assessment

### The key characteristics of skin types

#### Taught content

- Skin type – predisposed, inherited genetic skin type
  - Normal – even balance of oil and water secretions, skin is soft, supple and elastic, no imperfections, even colour, small pores, efficient skin renewal, usually found on very young skins
  - Dry – matt and uneven texture, minimal oil, signs of premature ageing, pigmentation and diffused redness, visible capillaries, easily sensitised, little resistance to climate changes, flaky and dull
  - Oily – excessive sebaceous secretions, scarring may be evident, dilated pores, shiny appearance, thick and coarse texture, comedones, pustules and papules, sallow colour, may have diffused redness

### The signs and causes of skin conditions

#### Taught content

- Dehydration
- Acne (vulgaris and rosacea)
- Excess keratinisation
- Loss of structural integrity and skin density
- Glycation
- Hyperpigmentation
- Vascular conditions
- Oxygenation loss
- Impaired lymphatic/circulatory system
- Impaired enzyme activity
- Impaired acid mantle

### The importance of linking skin structure and function to skin condition

#### Taught content

- The lifecycle of the keratinocyte
- The lifecycle of fibroblasts and how they are responsible for collagen and elastin formation, fibroblastic stimulation
- The lifecycle of the melanocyte – melanogenesis, angiogenesis
- The skin barrier defence system

### **The benefits and limitations of different methods used for skin assessment**

#### **Taught content**

- Equipment
  - Magnifying lamps
  - Magnifying glasses
  - Black light skin scanners, e.g. Wood's lamp
  - Skin scanning cameras
  - Electronic devices which measure levels of lipids, hydration, melanin, density, erythema and pH
- Classification scales, e.g. Fitzpatrick, Glogau scale, Rubin

### **The ingredients and effects of products used in preparing the skin for skin analysis**

#### **Taught content**

Know which skin types and conditions individual products are suitable for

- Cleansing products
  - Oily eye make-up remover
  - Non-oily eye make-up remover
  - Cleansing milk
  - Cleansing cream
  - Cleansing lotion
  - Facial wash/cleansing gel
- Toners
  - Toner (freshener)
  - Toner (astringent)
  - Toner (tonic)
- Moisturising products
  - Moisturiser – day cream, night cream, eye, lip or neck creams or serums and products designed for skin type
- Manual exfoliation products
- Availability of SPF

### **Contra-actions that may occur and how to respond**

#### **Taught content**

- Where the treatment may need to be terminated due to extreme adverse skin reaction e.g. excessive erythema, skin irritation, itching, allergic reaction
- The immediate actions to perform, removal of products, application of cool compress, referral procedures
- How to recognise possible contra-actions and the advice to give to clients on contra-actions

## How to carry out advanced skin assessment

### Taught content

- How to prepare the skin for skin assessment
- The importance of cleansing the skin
- How to complete a facial cleansing routine
- How to remove all make-up from the eyes, lips, face, neck, décolleté or other areas using appropriate products
- How to remove all traces of cleansing products with appropriate toner
- How to perform skin assessment using equipment in line with manufacturer's instructions, working methodically over the area using zonal analysis, observing and recording skin type, tone and characteristics, using visual and tactile skills, using questioning techniques, identifying primary and secondary skin types and conditions
- How to perform a second cleanse using a suitable product appropriate to the analysis findings
- How to complete assessment by applying a suitable moisturiser (as applicable)
- How to give advice and recommendations on products and treatments

### L03 Prepare for advanced skin assessment

#### **Prepare self and work area for consultation**

##### Taught content

- Ensure safe and hygienic working area
- Area is well organised
- A private and comfortable area to consult in
- All the required paperwork to ensure a professional consultation
- Professional appearance that meets workplace standards – appropriate personal presentation for uniform, hair, nails and hygiene

#### **Demonstrate consultation techniques**

##### Taught content

- Professional communication skills – verbal and non-verbal. Communication skills demonstrating shared decision making, informed consent and agreement on treatments, outcomes and expectations
- Identify the key information it is necessary to gain from the client to understand the client's expectations and to achieve the outcome that will be mutually agreed during the explanation
- Ensure the most suitable questioning techniques are used to gain the information – objective, subjective, open questions, ascertain key information, e.g. medication, contra-indications, allergies, sun exposure history, smoking habits, lifestyle, diet and water intake
- Identify client's primary and secondary concerns
- Listen and respond appropriately, adapt and tailor responses for different clients' needs
- Complete all necessary records prior to and following the treatment
- Recommend suitable products and/or future treatments or treatments to the client following the treatment or treatments
- Ensure that appropriate aftercare advice is explained to the client
- Show commercial awareness and maximise the opportunity by recommending products and promoting future treatments
- Perform pre-treatment tests if required
- Take clinical photographs pre-treatment

#### **Gain signatures evidencing client approval and consent**

##### Taught content

- Gaining signatures and consent prior to treatment and in receipt of aftercare

## LO4 Provide advanced skin assessment

### Carry out advanced skin analysis

#### Taught content

- Selection of appropriate products to suit skin type
- Effective methods of eye make-up removal, lipstick removal, superficial cleanse, skin analysis, deep cleanse, tone, moisturise
- Performing a skin assessment to identify client's skin type and condition, pigmentation and colour variations, skin texture, imperfections, elasticity, temperature and skin and muscle tone
- Procedure
  - Remove all make-up from the eyes, lips, face, neck, décolleté or other areas using appropriate products
  - Remove all traces of cleansing products with appropriate toner
  - Protect the client's eyes if required – use skin assessment equipment in line with manufacturer's instructions work methodically over the face in a zonal pattern
  - Identify and record findings with consideration to contributing factors – external, internal, skin structure and function, effects on epidermis and dermis
  - Identify primary skin type and secondary skin conditions
  - Complete a second cleanse of the skin using most appropriate products to match the presenting skin type and condition
  - Complete by applying suitable moisturiser (as applicable)
  - Take remedial action if the client experiences contra-actions
  - Keep work area clean and tidy throughout the treatment
  - Complete the treatment within a commercially viable time

### Identify factors which may limit or affect the desired outcome

#### Taught content

- Recognise the importance of checking for allergies and contra-indications to avoid reactions, invalidation of insurance policy
- Ensure client suitability by recognising any limiting factors based on high risk groups, client aims and areas of concern, medical history, skin type condition, hair type/condition, body type/condition relating to area of treatment, previous treatments and outcomes, current and previous product usage and outcomes
- Provide treatments in line with the age of consent and regulations for treating minors

## Communicate a treatment plan to the client

### Taught content

- Draw on the information gained during the consultation, analyse the personal information presented and its potential impact on treatment recommendations
- Produce a personalised treatment plan for the client
- Explain the treatment plan to include
  - Treatment method
  - Benefits and effects of treatment – identify what the treatment will and will not do and whether results can be guaranteed
  - Benefits and effects of alternative treatment options
  - Pre-treatment requirements, e.g. stop taking medication if this is a requirement of the treatment, use of pre-treatment products to enhance the effectiveness of the treatment
  - Risks of treatment
  - Length of treatment – individual treatments, benefits of courses of treatments, importance of time frames for optimum results
  - Sensations of treatment
  - Normal reactions and side effects
  - Potential adverse reactions, risks and how to deal with them
  - Recovery times and restrictions post treatment
  - Identify any limitations to the treatment
  - Aftercare
  - Treatment costs – details of course of treatment for optimum results if required, costs
- Agree the treatment plan based on consultation and realistic outcomes
- Update relevant records prior to and following the treatment or treatment to meet workplace and industry requirements, consider the standard of communication skills (written), follow required confidentiality policies/procedures, data protection and any other relevant legislation

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# Assessment requirements

## Assignment

Learners must produce an assignment for this unit which forms part of the learner's internal assessment. The assignment must be internally marked before the learner is entered for the qualification's practical and written examinations at the end of the period of learning. The assignment must contain proficient evidence that the learners have met all the assessment criteria below.

Learning Outcome	Assessment Criteria
LO1 Understand the physiology of skin ageing	1.1. Identify the various theories of ageing
	1.2. Describe the ageing process within the structures of the skin
	1.3. Explain the signs and symptoms of ageing skin
	1.4. Define the effects of UV light on the skin ageing process
	1.5. Describe the effects of nutrition, illness and medication on skin health
	1.6. Describe the benefits and limitations of treatments and products considered to delay the ageing process
	1.7. Identify the pathological conditions of the skin which may occur as a result of ageing
	1.8. Explain how ageing affects the repair mechanisms of the skin

Learning Outcome	Assessment Criteria
LO2 Understand advanced skin assessment	2.1. State the key characteristics of skin types
	2.2. Describe the signs and causes of skin conditions
	2.3. Explain the importance of linking skin structure and function to skin condition
	2.4. Describe the benefits and limitations of skin assessment methods
	2.5. Identify the effects and ingredients used in skin preparation products
	2.6. Describe the contra-actions that may occur and how to respond
	2.7. Describe how to complete an advanced skin assessment

## Document History

Version	Issue Date	Changes	Role
v2	01/05/2018	First published	Qualifications Manager
v3	12/04/2019	Greater clarity provided on unit content	Qualifications Administrator
v4	03/09/2019	Amended grammar in Assessment criteria	Qualifications Administrator