

# iUBT398 – Provide self tanning

URN – J/617/4343

**Guided Learning Hours: 25**

Learning outcome	Assessment criteria	Taught content to include
LO1 Be able to prepare for self tanning treatments	1.1. Prepare themselves, client and work area for self tanning treatments	<ul style="list-style-type: none"> <li>• Preparation of working area</li> <li>• Equipment</li> <li>• Products</li> <li>• Work wear</li> <li>• Personal appearance and behaviour</li> <li>• Hygiene e.g. sterilising/sanitising tools and equipment</li> <li>• Client for treatment</li> <li>• Client care and modesty</li> </ul>
	1.2. Use suitable consultation techniques to identify treatment objectives	<ul style="list-style-type: none"> <li>• An example of a consultation form can be downloaded from <a href="http://www.itecworld.co.uk">www.itecworld.co.uk</a></li> <li>• Suitable area</li> <li>• Positive body language</li> <li>• Positioning of the client</li> <li>• Communication skills</li> <li>• Professionalism</li> <li>• Contra-indications and contra-actions</li> <li>• Treatment plan</li> <li>• Products used</li> <li>• Consent</li> <li>• Confidentiality</li> <li>• Client's signature</li> <li>• Compliance with current data protection regulations</li> </ul>
	1.3. Carry out a skin analysis	<ul style="list-style-type: none"> <li>• Overall skin type</li> <li>• Skin condition</li> <li>• Pigmentation and colour</li> </ul>

		<ul style="list-style-type: none"> <li>• Skin texture</li> <li>• Skin imperfections</li> <li>• Skin tone</li> <li>• Skin temperature</li> <li>• Muscle tone</li> <li>• Skin elasticity</li> <li>• UV damage</li> </ul>
	1.4. Provide clear recommendations to the client	<ul style="list-style-type: none"> <li>• Taking into account the following: <ul style="list-style-type: none"> <li>- The outcome of the skin analysis</li> <li>- Diet</li> <li>- Smoking</li> <li>- Alcohol</li> <li>- Central heating</li> <li>- Air conditioning</li> <li>- Stress</li> <li>- Sleep</li> <li>- Exercise</li> <li>- Fresh air</li> <li>- Occupation</li> <li>- Lifestyle</li> <li>- Current regime</li> </ul> </li> </ul>
	1.5. Select self tanning products and equipment to suit client treatment needs and skin conditions	<ul style="list-style-type: none"> <li>• Couch</li> <li>• Trolley</li> <li>• Stool</li> <li>• Towels</li> <li>• Headband/disposable hair caps</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• UV cabinet</li> <li>• Autoclave</li> <li>• Chemicals</li> </ul>

		<ul style="list-style-type: none"> <li>• Waste disposal</li> <li>• Spray guns</li> <li>• Compressor</li> <li>• Buffing mitt</li> <li>• Tanning creams</li> <li>• Tanning gels/mousses</li> <li>• Spray tan liquid</li> <li>• Barrier cream</li> <li>• Exfoliators</li> <li>• Moisturisers</li> <li>• Disposable briefs</li> </ul>
	1.6. Describe salon requirements for preparing themselves, the client and work area	<ul style="list-style-type: none"> <li>• Any particular rights, restrictions and acts applicable to self tanning treatments</li> <li>• Code of practice/ethics</li> <li>• Insurance and professional association membership</li> <li>• Record keeping</li> <li>• Compliance with current data protection legislation</li> <li>• Professional appearance</li> </ul>
	1.7. Describe the environmental conditions suitable for self tanning treatments	<ul style="list-style-type: none"> <li>• Lighting</li> <li>• Heating</li> <li>• Ventilation</li> <li>• Noise levels</li> <li>• Available space</li> <li>• Music</li> <li>• General hygiene</li> <li>• Waste disposal</li> <li>• Décor</li> <li>• Equipment</li> <li>• Privacy</li> <li>• Reception areas</li> <li>• General use/treatment areas</li> </ul>
	1.8. Describe the different consultation techniques used to identify treatment objectives	<ul style="list-style-type: none"> <li>• Positive body language</li> <li>• Positioning of the client (no barriers between themselves and client)</li> <li>• Good communication skills (asking open and/or closed questions where appropriate)</li> </ul>

		<ul style="list-style-type: none"> <li>• Verbal and non-verbal communication</li> </ul>
	1.9. Explain the importance of carrying out a skin analysis	<ul style="list-style-type: none"> <li>• Identifying client's skin type and needs</li> <li>• Thermal test</li> <li>• Tactile test</li> <li>• Contra-indications</li> <li>• Scope of treatment(s)</li> <li>• Aftercare advice</li> <li>• Home care advice</li> </ul>
	1.10. Describe how to select products and equipment to suit client treatment needs and skin conditions	<ul style="list-style-type: none"> <li>• Couch</li> <li>• Trolley</li> <li>• Stool</li> <li>• Towels</li> <li>• Headband/disposable hair caps</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• UV cabinet</li> <li>• Autoclave</li> <li>• Chemicals</li> <li>• Waste disposal</li> <li>• Spray guns</li> <li>• Compressor</li> <li>• Buffing mitt</li> <li>• Tanning creams</li> <li>• Tanning gels/mousses</li> <li>• Spray tan liquid</li> <li>• Barrier cream</li> <li>• Exfoliators</li> <li>• Moisturisers</li> <li>• Disposable briefs</li> </ul>

	<p>1.11. Explain the contra-indications to self tanning treatments</p>	<ul style="list-style-type: none"> <li>• 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             <ul style="list-style-type: none"> <li>- Any condition being treated by a dermatologist</li> <li>- Medical oedema</li> <li>- Nervous/psychotic conditions</li> <li>- Epilepsy</li> <li>- Recent operations</li> <li>- Cardiovascular conditions                 <ul style="list-style-type: none"> <li>▪ Thrombosis</li> <li>▪ Phlebitis</li> <li>▪ Hypotension/hypertension</li> <li>▪ Heart conditions</li> </ul> </li> <li>- Diabetes</li> <li>- Asthma</li> <li>- Bronchitis</li> <li>- Bell's palsy</li> <li>- Trapped/pinched nerve</li> <li>- Inflamed nerve</li> <li>- Chemotherapy</li> <li>- During radiotherapy</li> </ul> </li> <li>• Contra-indications that restrict treatment             <ul style="list-style-type: none"> <li>- Fever</li> <li>- Contagious or infectious diseases</li> <li>- Under the influence of drugs or alcohol</li> <li>- Diarrhoea and vomiting</li> <li>- Skin cancer</li> <li>- After any form of heat treatment</li> <li>- After waxing</li> <li>- After electrolysis</li> <li>- Contact lenses - face (unless removed)</li> <li>- Urticaria</li> <li>- Any allergies to product</li> <li>- Skin diseases</li> <li>- Vitiligo</li> <li>- Chloasma</li> <li>- Pigmentation disorders</li> </ul> </li> </ul>
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		<ul style="list-style-type: none"> <li>- Hypersensitive skin</li> <li>- Undiagnosed lumps and bumps</li> <li>- Cuts</li> <li>- Bruises</li> <li>- Abrasions</li> <li>- Scar tissue (2 years for major operation and 6 months for a small scar)</li> <li>- Sunburn</li> <li>- Areas of undiagnosed pain</li> <li>- Botox/dermal fillers (1 week following treatment)</li> <li>- Respiratory conditions</li> <li>- Hyperkeratosis</li> </ul>
	1.12. Compare the benefits of self tanning treatments with UV tanning treatments	<ul style="list-style-type: none"> <li>• Health risks</li> <li>• Safe tanning</li> <li>• Advantages</li> <li>• Disadvantages</li> </ul>
LO2 Be able to provide self tanning treatments	2.1. Communicate and behave in a professional manner	<ul style="list-style-type: none"> <li>• Checking consultations and contra-indications</li> <li>• Explaining the treatment to the client</li> <li>• Benefits, limitations and co-operation required</li> <li>• Helping the client onto the couch prior to and off the couch after the treatment</li> <li>• Positioning the client correctly</li> <li>• Sanitising client's hands/feet as appropriate</li> <li>• Sanitising own hands as appropriate throughout treatment</li> <li>• Ensuring that the client is comfortable</li> <li>• Ensuring client does not stand on floor with bare feet</li> <li>• Client care</li> <li>• Communication</li> <li>• Correct posture, hygiene and a professional approach to the client throughout treatment</li> </ul>
	2.2. Follow health and safety working practices	<ul style="list-style-type: none"> <li>• Fire Precautions Act</li> <li>• Health &amp; Safety at Work Act</li> <li>• Health and Safety (First Aid) Regulations</li> <li>• The Management of Health &amp; Safety at Work Regulations</li> <li>• The Workplace (Health, Safety &amp; Welfare) Regulations</li> <li>• The Manual Handling Operations Regulations</li> </ul>

		<ul style="list-style-type: none"> <li>• The Personal Protective Equipment at Work Regulations</li> <li>• The Provision and Use of Work Equipment Regulations</li> <li>• The Control of Substances Hazardous to Health Regulations (COSHH)</li> <li>• The Electricity at Work Regulations</li> <li>• Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)</li> <li>• Disability Discrimination Act</li> <li>• Data Protection Act/General Data Protection Regulations (GDPR)</li> <li>• Adhere to all safety precautions and manufacturer's instructions</li> </ul>
	2.3. Position themselves and client correctly throughout the treatment	<ul style="list-style-type: none"> <li>• Positioning of the client</li> <li>• Client comfort</li> <li>• Application of the treatments</li> <li>• Tanning therapist self-care</li> </ul>
	2.4. Use products, equipment and techniques to suit client treatment needs and skin conditions	<ul style="list-style-type: none"> <li>• Couch</li> <li>• Trolley</li> <li>• Stool</li> <li>• Towels</li> <li>• Headband/disposable hair caps</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• UV cabinet</li> <li>• Autoclave</li> <li>• Chemicals</li> <li>• Waste disposal</li> <li>• Spray guns</li> <li>• Compressor</li> <li>• Buffing mitt</li> <li>• Tanning creams</li> <li>• Tanning gels/mousses</li> <li>• Spray tan liquid</li> </ul>

		<ul style="list-style-type: none"> <li>• Barrier cream</li> <li>• Exfoliators</li> <li>• Moisturisers</li> <li>• Disposable briefs</li> </ul>
	2.5. Complete the treatment to the satisfaction of the client	<ul style="list-style-type: none"> <li>• Conclusion of treatment in appropriate manner to meet client's needs</li> </ul>
	2.6. Record and evaluate the results of the treatment	<ul style="list-style-type: none"> <li>• Reviewing and recording treatment outcomes</li> <li>• Treatment recommendations</li> <li>• Home care advice</li> <li>• Record and store in line with current data protection legislation and professional codes of conduct</li> </ul>
	2.7. Provide suitable home care and aftercare advice	<ul style="list-style-type: none"> <li>• Recommendations for immediate aftercare</li> <li>• Avoidance of activities that may cause contra-actions</li> <li>• Suitable body care regime</li> <li>• Lifestyle</li> <li>• Use of SPF</li> <li>• Recommendation of further salon treatments</li> </ul>
	2.8. Explain how to communicate and behave in a professional manner	<ul style="list-style-type: none"> <li>• Consultation</li> <li>• Treatment explanation</li> <li>• Client care</li> <li>• Hygiene</li> <li>• Good communication skills</li> </ul>
	2.9. Describe health and safety practices	<ul style="list-style-type: none"> <li>• Fire Precautions Act</li> <li>• Health &amp; Safety at Work Act</li> <li>• Health and Safety (First Aid) Regulations</li> <li>• The Management of Health &amp; Safety at Work Regulations</li> <li>• The Workplace (Health, Safety &amp; Welfare) Regulations</li> <li>• The Manual Handling Operations Regulations</li> <li>• The Personal Protective Equipment at Work Regulations</li> <li>• The Provision and Use of Work Equipment Regulations</li> <li>• The Control of Substances Hazardous to Health Regulations (COSHH)</li> <li>• The Electricity at Work Regulations</li> <li>• Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)</li> <li>• Disability Discrimination Act</li> </ul>



		<ul style="list-style-type: none"> <li>• Data Protection Act/General Data Protection Regulations (GDPR)</li> <li>• Adhere to all safety precautions and manufacturer's instructions</li> </ul>
	2.10. Explain the importance of positioning themselves and client correctly throughout the treatment	<ul style="list-style-type: none"> <li>• Ensuring the client is comfortable</li> <li>• Applying the treatment as appropriate to the client's needs</li> <li>• Therapist maintaining correct posture/stance throughout treatment</li> </ul>
	2.11. Explain the importance of using products, equipment and techniques to suit client treatment needs and skin conditions	<ul style="list-style-type: none"> <li>• Couch</li> <li>• Trolley</li> <li>• Stool</li> <li>• Towels</li> <li>• Headband/hair caps</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• UV cabinet</li> <li>• Autoclave</li> <li>• Chemicals</li> <li>• Waste disposal</li> <li>• Spray guns</li> <li>• Compressor</li> <li>• Buffing mitt</li> <li>• Tanning creams</li> <li>• Tanning gels/mousses</li> <li>• Spray tan liquid</li> <li>• Barrier cream</li> <li>• Exfoliators</li> <li>• Moisturisers</li> <li>• Disposable briefs</li> </ul>
	2.12. Describe the effects and benefits of self tanning treatments and products on the skin	<ul style="list-style-type: none"> <li>• No UV damage</li> <li>• No exposure to UV</li> <li>• No premature ageing</li> </ul>

		<ul style="list-style-type: none"> <li>• An all year round safe tan</li> <li>• Can prolong an existing tan</li> <li>• Can be applied on small areas, e.g. face, back when required</li> <li>• Psychological wellbeing</li> </ul>
	2.13. Describe the structure and function of the skin	<ul style="list-style-type: none"> <li>• Epidermis <ul style="list-style-type: none"> <li>- Stratum corneum</li> <li>- Stratum lucidum</li> <li>- Stratum granulosum</li> <li>- Stratum spinosum/Malpighian layer</li> <li>- Stratum germinativum/Basal layer</li> </ul> </li> <li>• Dermis <ul style="list-style-type: none"> <li>- Blood supply</li> <li>- Lymphatic supply</li> <li>- Hair follicle</li> <li>- Hair shaft</li> <li>- Sebaceous gland</li> <li>- Sweat gland: eccrine and apocrine</li> <li>- Sensory nerve endings</li> <li>- Dermal papilla</li> <li>- Collagen</li> <li>- Elastin</li> <li>- Histiocytes</li> <li>- Mast cells</li> <li>- Fibroblasts</li> <li>- Erector pili muscle</li> <li>- Melanocytes</li> </ul> </li> <li>• Subcutaneous/adipose layer <ul style="list-style-type: none"> <li>- The structure and function of the fatty layer underneath the dermis</li> </ul> </li> <li>• Functions <ul style="list-style-type: none"> <li>- Secretion</li> <li>- Heat regulation</li> <li>- Absorption</li> <li>- Protection/acid mantle (composition and formation)</li> <li>- Elimination/excretion</li> <li>- Sensation</li> <li>- Vitamin D formation (7-dehydro-cholesterol)</li> </ul> </li> </ul>

	2.14. Describe the contra-actions which might occur during or following treatments and how to respond	<ul style="list-style-type: none"> <li>• Skin irritation</li> <li>• Skin allergies</li> <li>• Undesirable skin/hair discolouration</li> <li>• Swelling</li> <li>• Burning</li> <li>• Itching</li> <li>• Watery eyes</li> <li>• Coughing</li> <li>• Fainting</li> </ul>
	2.15. Explain the importance of completing the treatment to the satisfaction of the client	<ul style="list-style-type: none"> <li>• Restrictions</li> <li>• Client preferences and commitment</li> <li>• Product availability</li> <li>• Time scales</li> <li>• Costs</li> </ul>
	2.16. Explain the importance of completing treatment records	<ul style="list-style-type: none"> <li>• Maintaining records</li> <li>• Aftercare</li> <li>• Home care</li> <li>• Product advice</li> <li>• Advice for on-going treatments</li> <li>• Record and store in line with current data protection legislation and professional codes of conduct</li> </ul>
	2.17. Describe the methods of evaluating the effectiveness of the treatment	<ul style="list-style-type: none"> <li>• Maintaining records for accurate future treatment</li> <li>• Aftercare</li> <li>• Home care</li> <li>• Product advice</li> <li>• Compliance with current legislation</li> <li>• Record and store in line with current data protection legislation and professional codes of conduct</li> <li>• Concluding the treatment in the correct manner to meet client's requirements</li> <li>• The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout</li> </ul>
	2.18. Describe the aftercare and home care advice that should be provided	<ul style="list-style-type: none"> <li>• Based upon consultation, skin analysis and relevant test recommendations for ongoing or further treatments, home and aftercare advice</li> </ul>

		<ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Fluid/water intake</li> <li>• Exercise</li> <li>• Smoking habits</li> <li>• Hobbies</li> <li>• Interests</li> <li>• Rest</li> <li>• Relaxation</li> <li>• Stress levels</li> <li>• Sleep</li> <li>• General care and lifestyle advice and the beneficial effects thereof</li> </ul>
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Assessment	
Portfolio of evidence containing: <ul style="list-style-type: none"> <li>• Evidence of 3 self tanning treatments</li> </ul>	These treatment evidence are internally assessed by the college lecturer and verified by the external examiner to include: <ul style="list-style-type: none"> <li>• Consultation including medical history</li> <li>• Treatment details</li> <li>• Aftercare and home care advice</li> <li>• Learners and client signature</li> <li>• Treatment date</li> </ul>
Practical examination	
1 assignment	Treatments must be evidenced through the use of signed and dated treatment evidence forms. See <a href="http://www.itecworld.co.uk">www.itecworld.co.uk</a> for sample form.

Guide to taught content
The content contained within the unit specification is not prescriptive or exhaustive but is intended to provide helpful guidance to teachers and learners with the key areas that will be covered within the unit, and, relating to the kinds of evidence that should be provided for each assessment objective specific to the unit learning outcomes.

**Document History**

Version	Issue Date	Changes	Role
v1	17/09/2019	First published	Qualifications and Regulation Co-ordinator
v2	29/10/2019	Corrected MCQ to Assignment	Qualifications and Regulation Co-ordinator