

# Scheme of work

For each VTCT (ITEC) qualification, the lecturer/centre must complete a scheme of work for each unit indicating how the Lecturer is planning to cover the unit content throughout the course. Set out the planned sessions in terms of learning outcomes to be achieved. These should match those stated within the VTCT (ITEC) unit specification. Include all units of each course offered. Hours should meet the minimum guided learning hours listed within the unit specification.

**Unit title:** iUBT326 - Laser and light treatments for hair removal

**Total contact tuition hours proposed:** 74

**Lecturer(s) responsible:**

Learning objectives	Lecture content	Suggested resources	Approx. hours
	<ul style="list-style-type: none"> <li>College rules and regulations</li> <li>College mission statement</li> <li>ITEC rules and regulations</li> <li>Health &amp; Safety</li> <li>Timetable</li> <li>Dates – holidays etc.</li> <li>Syllabus</li> <li>Recommended books</li> <li>Uniform</li> </ul>	<ul style="list-style-type: none"> <li>Lecture</li> <li>Q&amp;A</li> <li>Using all the documents listed to ensure the students understand the college expectations and their commitment to the course</li> </ul>	
<b>Be able to prepare for laser and light treatments</b>			
Prepare themselves, client and work area for laser or light treatment for hair removal	<ul style="list-style-type: none"> <li>Preparation of working area</li> <li>Equipment</li> <li>Products</li> <li>Work wear</li> <li>Personal protective equipment (client and therapist)</li> <li>Personal appearance and behaviour</li> <li>Hygiene e.g. sterilizing/sanitising tools and equipment</li> <li>Client for treatment</li> <li>Client care and modesty</li> <li>Removal of all metal jewellery (client and therapist)</li> </ul>	<ul style="list-style-type: none"> <li>OHP/Whiteboard</li> <li>Lecture</li> <li>Q&amp;A</li> <li>Homework</li> <li>Test</li> </ul>	30

Use suitable consultation techniques to identify treatment objectives	<ul style="list-style-type: none"> <li>• Suitable area</li> <li>• Positive body language</li> <li>• Positioning of the client</li> <li>• Communication skills</li> <li>• Professionalism</li> <li>• Contraindications and contra-actions</li> <li>• Treatment plan</li> <li>• Products used</li> <li>• Consent</li> <li>• Confidentiality</li> <li>• Client's signature</li> </ul>		
Carry out skin and hair analysis and any relevant tests to identify any influencing factors	<ul style="list-style-type: none"> <li>• Overall skin type</li> <li>• Skin condition</li> <li>• Hair colour and thickness</li> <li>• Hair density and anatomical site</li> <li>• Pigmentation and skin colour (Fitzpatrick scale)</li> <li>• Ethnicity</li> <li>• Artificial tan</li> <li>• Skin texture</li> <li>• Skin imperfections</li> <li>• Skin tone</li> <li>• Skin temperature</li> <li>• Skin elasticity</li> <li>• UV damage</li> <li>• Thermal and tactile safety test</li> <li>• Patch test for each area treated</li> <li>• Test shot</li> </ul>		
Provide clear recommendations to the client based on outcomes of skin and hair analysis	<ul style="list-style-type: none"> <li>• The outcome of the skin and hair analysis and relevant tests</li> <li>• Adverse reactions</li> <li>• Skin hydration levels</li> <li>• Skin healing</li> <li>• Occupation</li> <li>• Lifestyle</li> <li>• Current regime</li> <li>• UV protection</li> <li>• Treatment duration</li> <li>• Aftercare advice</li> <li>• Treatment plan (interval between treatments)</li> </ul>		

Select products, tools and equipment to suit client treatment needs, hair types, skin types and conditions	<ul style="list-style-type: none"> <li>• Couch or chair • Trolley</li> <li>• Stool</li> <li>• Towels</li> <li>• Blanket</li> <li>• Additional support if appropriate</li> <li>• Headband</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Coupling gel</li> <li>• Razor</li> <li>• Magnifying lamp</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Gloves</li> <li>• Scissors</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• Eye shields</li> <li>• Protective eye wear</li> <li>• Aftercare soothing lotion</li> <li>• Cooling gel or spray</li> <li>• Mirror</li> <li>• Sterilising solution</li> <li>• UV cabinet</li> <li>• Chemical immersion equipment</li> <li>• Waste disposal</li> <li>• Type of Laser</li> <li>• Intense Pulsed Light</li> <li>• Laser classifications</li> <li>• Camera</li> </ul>		
Select personal protective equipment that should be worn by client and therapist during laser and light treatment for hair removal	<ul style="list-style-type: none"> <li>• Eye shields</li> <li>• Disposable gloves</li> <li>• Disposable surgical mask</li> <li>• Protective eye wear</li> </ul>		

Explain 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 laser and light treatments for hair removal</li> <li>Code of practice/ethics</li> <li>Insurance and professional association membership guidelines</li> <li>Record keeping</li> <li>Professional appearance</li> <li>No metal contact (all jewellery removed)</li> <li>No flammable materials</li> <li>Windows covered during treatments</li> <li>Warning signs on equipment and door when in use</li> <li>Follow protocols/ manufacturers' procedure manual</li> <li>Controlled area</li> </ul>		
Explain the environmental conditions suitable for laser and light treatments for hair removal	<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> <li>Safety aspects</li> <li>Secure environment</li> <li>Local rules</li> <li>Controlled area</li> <li>No metal in area</li> <li>No flammable materials</li> <li>Non-reflective surfaces</li> </ul>		
Explain 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> <li>Verbal and non-verbal communication</li> </ul>		
Explain the importance of carrying out a detailed	<ul style="list-style-type: none"> <li>Identifying client's skin type, condition and hair characteristics as per consultation</li> </ul>		

skin and hair analysis and relevant tests	<ul style="list-style-type: none"> <li>• Performance of test shot</li> <li>• Determination of treatment parameters and equipment use</li> <li>• Thermal test</li> <li>• Tactile test</li> <li>• Patch test</li> <li>• Artificial tan</li> <li>• Contraindications</li> <li>• Scope of treatment(s)</li> <li>• Aftercare advice</li> <li>• Home care advice</li> </ul>		
Explain how to select laser and light treatment equipment to suit client skin and hair types and conditions	<ul style="list-style-type: none"> <li>• Selection of equipment to include: <ul style="list-style-type: none"> <li>- Types of laser</li> <li>- Wavelengths and depth of penetration</li> <li>- Photons</li> <li>- Joules</li> <li>- Pulse repetition rate</li> <li>- Pulse duration</li> <li>- Fluence</li> <li>- Size of treatment beam (spot size)</li> <li>- Types of light emitted from IPL systems</li> <li>- Polychromatic</li> <li>- Monochromatic</li> <li>- Non-coherent</li> <li>- Coherent</li> <li>- Defocused light</li> <li>- Parallel light</li> <li>- Protocols (following manufacturers' instructions for parameter settings)</li> <li>- Target chromophores (melanin and haemoglobins)</li> <li>- Treatment time and intervals</li> <li>- Thermal relaxation time</li> <li>- Treatment areas</li> </ul> </li> </ul>		
Identify the range of equipment used for laser and light treatment for hair removal	<ul style="list-style-type: none"> <li>• Couch or chair</li> <li>• Trolley</li> <li>• Stool</li> <li>• Towels</li> <li>• Blanket</li> <li>• Additional support if appropriate</li> <li>• Headband</li> <li>• Bedroll</li> <li>• Robe</li> </ul>		

	<ul style="list-style-type: none"> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Coupling gel</li> <li>• Magnifying lamp</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Gloves</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• Eye shields</li> <li>• Protective eye wear</li> <li>• Mirror</li> <li>• Sterilising solution</li> <li>• UV cabinet</li> <li>• Autoclave</li> <li>• Chemical immersion equipment</li> <li>• Waste disposal</li> <li>• Intense pulsed light systems</li> <li>• Camera</li> <li>• Razors</li> <li>• Types of laser</li> <li>• Argon</li> <li>• Ruby</li> <li>• Carbon dioxide</li> <li>• Helium neon</li> <li>• Diode</li> <li>• Nd: Yag</li> </ul>		
Explain the contraindications that prevent or restrict laser and light treatment for hair removal	<ul style="list-style-type: none"> <li>• Contraindications requiring medical referral or the client to indemnify their condition in writing prior to treatment: <ul style="list-style-type: none"> <li>- Any condition already being treated by a GP, dermatologist or another skin therapist</li> <li>- Medical oedema</li> <li>- Osteoporosis</li> <li>- Arthritis</li> <li>- Nervous/Psychotic conditions</li> <li>- Recent operations</li> <li>- Diabetes</li> <li>- Asthma</li> <li>- Bell's palsy</li> <li>- Trapped/Pinched nerve</li> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>- Inflamed nerve</li> <li>- Acute rheumatism</li> <li>• Contraindications that restrict treatment: <ul style="list-style-type: none"> <li>- Fever</li> <li>- Contagious or infectious skin diseases</li> <li>- Under the influence of drugs or alcohol</li> <li>- Cancer</li> <li>- Pregnancy</li> <li>- Drugs or medication that cause photo-sensitisation or skin thinning effects</li> <li>- Herbal remedies that cause photo-sensitisation</li> <li>- Gold injections</li> <li>- Allergies to the products or materials used</li> <li>- Epilepsy</li> <li>- Cardio-vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions)</li> <li>- Connective tissue disorders (scleroderma)</li> <li>- Herpes</li> <li>- Skin types 5 and 6</li> <li>- Smoking within two hours of treatment for diffused redness</li> <li>- Skin diseases</li> <li>- Undiagnosed lumps and bumps</li> <li>- Cuts</li> <li>- Bruises</li> <li>- Abrasions</li> <li>- Sunburn</li> <li>- Suntanned skin</li> <li>- Artificial tan until the product has faded from the skin</li> <li>- Areas of undiagnosed pain</li> <li>- Skin pigment conditions (vitiligo, melasma moles and pigmented naevi)</li> <li>- Keloid scars</li> <li>- Any metal pins or plates</li> <li>- Loss of skin sensitivity (test with tactile and thermal methods)</li> </ul> </li> </ul>		
Explain the required legislation for laser and light treatment and the importance of compliance with regulations	<ul style="list-style-type: none"> <li>• Role of Care Quality Commission (CQC)</li> <li>• Health and Social Care Act 2008</li> <li>• Current legislation specific to laser and intense pulsed light treatments</li> <li>• Registration with Local Authority (LA) for health and safety and inspection purposes</li> <li>• Application of the Care Standards Act</li> <li>• Professional ethics and code of practice</li> <li>• Professional membership requirements</li> <li>• Insurance requirements</li> <li>• Compliance with the Local Miscellaneous Provisions Act</li> </ul>		

Be able to provide laser and light treatments			
Communicate and behave in a professional manner	<ul style="list-style-type: none"> <li>• Checking consultations and contraindications</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 as appropriate</li> <li>• Sanitising own hands as appropriate throughout treatment</li> <li>• Protecting the client's modesty at all times</li> <li>• Ensuring that all parts of the client are covered except the area being treated</li> <li>• Ensuring that the client is comfortable</li> <li>• Using appropriate covered supports</li> <li>• Adapt the laser and light treatment to suit the needs of the client</li> <li>• Ensure 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>	<ul style="list-style-type: none"> <li>• OHP/Whiteboard</li> <li>• Lecture</li> <li>• Q&amp;A</li> <li>• Handout:</li> <li>• Homework</li> <li>• Test</li> </ul>	44
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> <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</li> <li>• Adhere to all safety precautions and manufacturers' instructions</li> <li>• Current legislation specific to laser and light treatments</li> <li>• Registration with Local Authority (LA) for health and safety and inspection purposes</li> <li>• Care Standards Act</li> <li>• Compliance with the Local Miscellaneous Provisions Act</li> </ul>		
Position themselves and client correctly throughout the treatment	<ul style="list-style-type: none"> <li>• Positioning of the client (minimising discomfort)</li> <li>• Client comfort</li> </ul>		



	<ul style="list-style-type: none"> <li>• Application of the treatments (ensuring that light is discharged in the correct manner)</li> <li>• Beauty therapist self-care</li> </ul>		
Use products, tools, equipment and techniques to suit clients treatment needs	<ul style="list-style-type: none"> <li>• Couch or chair</li> <li>• Trolley</li> <li>• Stool</li> <li>• Towels</li> <li>• Blanket</li> <li>• Additional support if appropriate</li> <li>• Headband</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Coupling gel</li> <li>• Magnifying lamp</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Sponges</li> <li>• Gloves</li> <li>• Face mask</li> <li>• Scissors</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• Mask brushes</li> <li>• Gauze</li> <li>• Eye shields</li> <li>• Protective eye wear</li> <li>• Aftercare soothing lotion</li> <li>• Cooling gel or spray</li> <li>• Mirror</li> <li>• Sterilising solution</li> <li>• UV cabinet</li> <li>• Autoclave</li> <li>• Chemical immersion equipment</li> <li>• Waste disposal</li> <li>• Type of Laser</li> <li>• Intense Pulsed Light</li> <li>• Laser classifications</li> </ul>		

	<ul style="list-style-type: none"> <li>• Camera</li> <li>• Razors</li> </ul>		
Adapt treatment to suit client needs and skin and hair conditions	<ul style="list-style-type: none"> <li>• Protocols (following manufacturers' instructions for parameter settings)</li> <li>• Target chromophores (haemoglobins)</li> <li>• Wavelengths (fluency)</li> <li>• Treatment time and intervals</li> <li>• Hair colour and thickness</li> <li>• Hair density and anatomical site</li> <li>• Artificial tan</li> <li>• Skin disorders</li> <li>• Skin types</li> <li>• Skin texture</li> <li>• Skin imperfections</li> <li>• Skin temperature</li> <li>• Types of laser</li> <li>• Wavelengths and depth of penetration</li> <li>• Photons</li> <li>• Joules</li> <li>• Pulse repetition rate</li> <li>• Pulse duration</li> <li>• Fluence</li> <li>• Size of treatment beam (spot size)</li> <li>• Types of light emitted from IPL systems</li> <li>• Polychromatic</li> <li>• Monochromatic</li> <li>• Non-coherent</li> <li>• Coherent</li> <li>• Defocused light</li> <li>• Parallel light</li> <li>• Protocols (following manufacturers' instructions for parameter settings)</li> <li>• Target chromophores (melanin and haemoglobins)</li> <li>• Treatment time and intervals</li> <li>• Thermal relaxation time</li> <li>• Treatment areas</li> </ul>		
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>		

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>• Homecare advice</li> <li>• Photographic evidence (before and after)</li> </ul>		
Provide suitable aftercare advice	<ul style="list-style-type: none"> <li>• Recommendations for immediate aftercare and application of make-up without irritating the skin</li> <li>• Compatible skin care products/ regime</li> <li>• Use of sun protection (minimum SPF 30)</li> <li>• Lifestyle</li> <li>• Recommendation of further salon treatments</li> <li>• Appropriate interval between treatments</li> <li>• Avoid the following for the next 48 hours: heat, friction, UV Light, or trauma to the area, swimming in chlorinated pools, vigorous exercise, hot showers or baths</li> <li>• Avoid use of self-tanning products, perfumed products or aftershave for 4-5 days after treatment</li> <li>• In the event of crusting or blistering, do not pick or scratch the area</li> <li>• Hair growth management at home (use of razors or scissors only)</li> <li>• Discussing and providing an aftercare advice leaflet</li> </ul>		
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>		
Explain 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> <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</li> <li>• Adhere to all safety precautions and manufacturers' instructions</li> <li>• Current legislation specific to laser and light treatments</li> </ul>		

	<ul style="list-style-type: none"> <li>• Registration with Local Authority (LA) for health and safety and inspection purposes</li> <li>• Care Standards Act</li> <li>• Compliance with the Local Miscellaneous Provisions Act</li> </ul>		
Explain the importance of positioning themselves and the client correctly throughout the treatment	<ul style="list-style-type: none"> <li>• Ensuring the client is comfortable and correctly supported (minimising discomfort)</li> <li>• Application of the treatments (ensuring that light is discharged in the correct manner)</li> <li>• Applying the treatments as appropriate to the client's needs</li> <li>• Therapist maintaining correct posture/stance throughout treatment</li> </ul>		
Explain the importance of using products, tools, equipment and techniques to suit client's treatment needs, skin types and conditions	<ul style="list-style-type: none"> <li>• Couch or chair</li> <li>• Trolley</li> <li>• Stool</li> <li>• Towels</li> <li>• Blanket</li> <li>• Additional support if appropriate</li> <li>• Razors</li> <li>• Headband</li> <li>• Bedroll</li> <li>• Robe</li> <li>• Disposable slippers</li> <li>• Disinfecting fluid</li> <li>• Coupling gel</li> <li>• Magnifying lamp</li> <li>• Tissues</li> <li>• Cotton wool</li> <li>• Sponges</li> <li>• Gloves</li> <li>• Face mask</li> <li>• Scissors</li> <li>• Spatulas</li> <li>• Bowls</li> <li>• Mask brushes</li> <li>• Gauze</li> <li>• Eye shields</li> <li>• Protective eye wear</li> <li>• Aftercare soothing lotion</li> <li>• Cooling gel or spray</li> <li>• Mirror</li> <li>• Sterilising solution</li> <li>• UV cabinet</li> </ul>		

	<ul style="list-style-type: none"> <li>• Autoclave</li> <li>• Chemical immersion equipment</li> <li>• Waste disposal</li> <li>• Determination of treatment parameters</li> <li>• Protocols</li> <li>• Appropriate selection and use of equipment (laser/intense pulsed light)</li> <li>• Camera</li> </ul>		
Explain the principles of electrical currents and basic electricity	<ul style="list-style-type: none"> <li>• Protons</li> <li>• Neutrons</li> <li>• Electrons</li> <li>• Nucleus</li> <li>• Volts</li> <li>• Watts and amperes</li> <li>• Ohms and Ohm's law and their relevance</li> <li>• Insulator</li> <li>• Conductor</li> <li>• Transformer</li> <li>• Rectifier</li> <li>• Fuses</li> <li>• Direct current</li> <li>• Alternating current</li> <li>• Wiring of a plug</li> <li>• The types of light used by lasers and intense pulsed light</li> <li>• The wavelengths and depth of penetration</li> <li>• Photons</li> <li>• Joules</li> <li>• Pulse repetition rate</li> <li>• Pulse duration</li> <li>• Fluence</li> <li>• The size of the treatment beam (spot size)</li> </ul>		
Explain the consequences of inaccurate identification of skin type/labouring according to Fitzpatrick Scale	<ul style="list-style-type: none"> <li>• Skin types I – VI</li> <li>• Ethnic skin types</li> <li>• Skin and eye colour</li> <li>• Pigmentation response</li> <li>• Adjustment of treatment parameters to accommodate all variable factors</li> <li>• Adverse reactions</li> <li>• Burning</li> <li>• Blistering</li> </ul>		

	<ul style="list-style-type: none"> <li>Increased pigmentation</li> </ul>		
Describe how treatments can be adapted to suit client treatment needs and skin and hair conditions	<ul style="list-style-type: none"> <li>Restrictions</li> <li>Client preferences and commitment</li> <li>Product availability</li> <li>Costs</li> <li>Protocols (following manufacturers' instructions for parameter settings)</li> <li>Target chromophores (melanin and haemoglobins)</li> <li>Wavelengths (fluency)</li> <li>Treatment time scales and intervals</li> <li>Adjustments to speed of pulses, pulse duration and thermal relaxation time</li> </ul>		
Explain the contra-actions that may occur during and following treatments	<ul style="list-style-type: none"> <li>Excessive erythema</li> <li>Burning</li> <li>Increased pigmentation</li> <li>Herpes simplex (cold sore) outbreak</li> <li>Blistering</li> <li>Bruising</li> <li>Perifollicular erythema</li> <li>Perifollicular oedema</li> </ul>		
Explain 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>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> <li>Normal and close up photographic evidence (before and after) of skin condition, for progression and suitability of treatment</li> <li>Recording and monitoring adverse reactions</li> </ul>		
Summarise the aftercare advice that should be provided to prevent post-treatment damage	<ul style="list-style-type: none"> <li>Recommendations for immediate aftercare and up to 72 hours after treatment</li> <li>Suitable skin care regime</li> <li>Skin management throughout course of treatments</li> <li>Use of sun protection (minimum SPF 30)</li> <li>Recommendation of further salon treatments</li> </ul>		
Explain the suitable methods of dealing with reappearance of hair	<ul style="list-style-type: none"> <li>Following aftercare advice/guidance information carefully</li> <li>Hair growth management</li> </ul>		

condition between treatments			
Explain different skin and hair types, conditions, diseases and disorders	<ul style="list-style-type: none"> <li>• Skin types: <ul style="list-style-type: none"> <li>- White</li> <li>- Black</li> <li>- Asian type skin</li> <li>- Mixed</li> <li>- Dry</li> <li>- Oily</li> <li>- Combination</li> </ul> </li> <li>• Hair types: <ul style="list-style-type: none"> <li>- Lanugo</li> <li>- Vellus</li> <li>- Terminal</li> </ul> </li> <li>• Skin conditions/characteristics: <ul style="list-style-type: none"> <li>- Mature skin</li> <li>- Young skin</li> <li>- Sensitive</li> <li>- Dehydrated</li> <li>- Lack of elasticity</li> <li>- Lack of muscle tone</li> <li>- Blemishes</li> <li>- Age</li> <li>- Crows' feet</li> <li>- Broken capillaries</li> <li>- Open pores</li> <li>- Milia</li> <li>- Comedones</li> <li>- Pustules</li> <li>- Papules</li> <li>- Hyper pigmentation</li> <li>- Hypo pigmentation</li> <li>- Dermatitis papulosa nigra</li> <li>- Psuedo folliculitis</li> <li>- Keloids</li> <li>- In-growing hairs</li> <li>- Vitiligo</li> <li>- Albinism</li> <li>- Chloasma</li> <li>- Ephelides</li> <li>- Lentigo</li> <li>- Naevae</li> <li>- Port wine stain</li> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>- Leucoderma</li> <li>- Scarring</li> <li>- Thin skin</li> <li>- Small moles</li> <li>• Diseases and disorders: <ul style="list-style-type: none"> <li>- Infestations</li> <li>- Scabies</li> <li>- Pediculosis</li> </ul> </li> <li>• Congenital: <ul style="list-style-type: none"> <li>- Atopic eczema</li> <li>- Atopic dermatitis</li> <li>- Psoriasis</li> </ul> </li> <li>• Bacterial: <ul style="list-style-type: none"> <li>- Acne vulgaris</li> <li>- Impetigo</li> <li>- Acne rosacea</li> <li>- Boils</li> <li>- Folliculitis</li> </ul> </li> <li>• Viral: <ul style="list-style-type: none"> <li>- Warts</li> <li>- Herpes simplex</li> <li>- Herpes zoster</li> </ul> </li> <li>• Fungal: <ul style="list-style-type: none"> <li>- Tinea (ringworm)</li> </ul> </li> <li>• Pigmentation disorders: <ul style="list-style-type: none"> <li>- Vitiligo</li> <li>- Albinism</li> <li>- Chloasma</li> <li>- Ephelides</li> <li>- Lentigo</li> <li>- Moles (papilloma)</li> <li>- Naevae</li> <li>- Port wine stain</li> <li>- Leucoderma</li> </ul> </li> <li>• General disorders: <ul style="list-style-type: none"> <li>- UV damage</li> <li>- Urticaria</li> <li>- Allergic reaction</li> <li>- Hyper keratosis</li> </ul> </li> <li>• Cancers: <ul style="list-style-type: none"> <li>- Basal cell carcinoma</li> <li>- Squamous cell carcinoma</li> <li>- Malignant melanoma</li> </ul> </li> </ul>		
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Explain the structure and functions 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/Malphigian layer</li> <li>- Stratum germinativum/Basal layer</li> <li>- Melanocytes</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</li> <li>- Sebaceous gland</li> <li>- Sweat glands: 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 and subcutaneous layer functions</li> <li>- Secretion</li> <li>- Heat regulation</li> <li>- Absorption</li> <li>- Protection (acid mantle composition and formation)</li> <li>- Elimination</li> <li>- Sensation</li> <li>- Vitamin D formation (7-dehydro-cholesterol/ergosterol)</li> <li>- Keratinisation</li> <li>- Melanin formation</li> </ul> </li> </ul>		
Explain the principles of skin healing	<ul style="list-style-type: none"> <li>• Mitosis</li> <li>• The blood clotting process</li> </ul>		
Explain the structure and function of the endocrine system and its effect on hair growth	<ul style="list-style-type: none"> <li>• Pituitary: <ul style="list-style-type: none"> <li>- Oxytocin</li> <li>- Antidiuretic hormone (ADH) (Vasopressin)</li> <li>- Prolactin</li> <li>- Human Growth Hormone (HGH)</li> <li>- Thyroid Stimulating Hormone (TSH)</li> <li>- Adrenocorticotrophic Hormone (ACTH)</li> <li>- Luteinising Hormone (LH)</li> <li>- Follicle Stimulating Hormone (FSH)</li> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>- Melanin Stimulating Hormone (MSH)</li> <li>• Thyroid gland: <ul style="list-style-type: none"> <li>- Thyroxin</li> <li>- Triiodothyronine</li> <li>- Calcitonin</li> </ul> </li> <li>• Parathyroid glands: <ul style="list-style-type: none"> <li>- Parathormone</li> </ul> </li> <li>• Thymus: <ul style="list-style-type: none"> <li>- T lymphocytes</li> </ul> </li> <li>• Pineal: <ul style="list-style-type: none"> <li>- Regulates the pituitary and releases serotonin</li> </ul> </li> <li>• Islets of Langerhans: <ul style="list-style-type: none"> <li>- Insulin</li> </ul> </li> <li>• Adrenal glands: <ul style="list-style-type: none"> <li>- Adrenal medulla</li> <li>- Adrenalin</li> <li>- Noradrenalin</li> </ul> </li> <li>• Adrenal cortex: <ul style="list-style-type: none"> <li>- Corticosteroids</li> <li>- Mineralcorticoids – Aldosterone</li> <li>- Glucocorticoids</li> </ul> </li> <li>• Ovaries: <ul style="list-style-type: none"> <li>- Oestrogen</li> <li>- Progesterone</li> </ul> </li> <li>• Testes: <ul style="list-style-type: none"> <li>- Testosterone</li> </ul> </li> <li>• Effects of the following on hair growth: <ul style="list-style-type: none"> <li>- Addison's syndrome</li> <li>- Cushing's syndrome</li> <li>- Polycystic ovarian syndrome</li> <li>- Stress</li> <li>- Puberty</li> <li>- Pregnancy</li> <li>- Menopause</li> </ul> </li> </ul>		
Explain growth patterns and causes of hair growth	<ul style="list-style-type: none"> <li>• Congenital</li> <li>• Topical</li> <li>• Drugs/medication</li> <li>• Systemic</li> <li>• Stress (adrenalin production)</li> <li>• Anorexia</li> <li>• Polycystic ovaries</li> </ul>		

	<ul style="list-style-type: none"> <li>• Hirsutism</li> <li>• Anagen</li> <li>• Catagen</li> <li>• Telogen</li> <li>• Cuticle</li> <li>• Cortex</li> <li>• Medulla</li> <li>• Inner root sheath</li> <li>• Huxley's layer</li> <li>• Henle's layer</li> <li>• Outer root sheath</li> <li>• Vitreous membrane</li> <li>• Connective tissue</li> <li>• Dermal papilla</li> <li>• Richard-Meharg hair growth table</li> <li>• Puberty</li> <li>• Pregnancy</li> <li>• Menopause</li> </ul>		
Explain the structure and function of the circulatory and lymphatic systems	<ul style="list-style-type: none"> <li>• Content of blood</li> <li>• Blood plasma</li> <li>• Erythrocytes</li> <li>• Leucocytes</li> <li>• Platelets</li> <li>• Thrombocytes</li> <li>• Arteries</li> <li>• Arterioles</li> <li>• Veins</li> <li>• Venules</li> <li>• Capillaries</li> <li>• Transportation of substances</li> <li>• Protection by fighting infection</li> <li>• Blood clotting</li> <li>• Regulation of body temperature</li> <li>• Main arteries of the head and neck: <ul style="list-style-type: none"> <li>- Thyroid</li> <li>- Facial</li> <li>- Temporal</li> <li>- Lingual</li> <li>- Occipital</li> </ul> </li> </ul>		

	<ul style="list-style-type: none"> <li>- Maxillary</li> <li>- Main veins of the head and neck</li> <li>- Middle temporal</li> <li>- Superficial temporal</li> <li>- Maxillary</li> <li>- Anterior facial</li> <li>- Common facial</li> <li>- Internal jugular</li> <li>- External jugular</li> <li>• Main arteries of the body: <ul style="list-style-type: none"> <li>- Descending aorta</li> <li>- Left common carotid</li> <li>- Left subclavian</li> <li>- Right common carotid</li> <li>- Right subclavian</li> <li>- Pulmonary</li> <li>- Right hepatic</li> <li>- Splenic</li> <li>- Right Renal</li> <li>- Superior mesenteric</li> <li>- Right iliac</li> <li>- Inferior mesenteric</li> <li>- Left Iliac</li> <li>- Vertebral</li> <li>- Axillary</li> <li>- Brachial</li> <li>- Right ulnar</li> <li>- Left ulnar</li> <li>- Right radial</li> <li>- Left radial</li> <li>- Right deep palmar arch</li> <li>- Left deep palmar arch</li> <li>- Right superficial palmar arch</li> <li>- Left superficial palmar arch</li> <li>- External Iliac</li> <li>- Left femoral</li> <li>- Right femoral</li> <li>- Left popliteal</li> <li>- Right popliteal</li> <li>- Left anterior tibial</li> <li>- Right anterior tibial</li> <li>- Plantar arch</li> </ul> </li> <li>• Main veins of the body:</li> </ul>		
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	<ul style="list-style-type: none"> <li>- Inferior vena cava</li> <li>- 4 Pulmonary</li> <li>- Right hepatic</li> <li>- Splenic</li> <li>- Right renal</li> <li>- Right iliac</li> <li>- Left iliac</li> <li>- Right axillary</li> <li>- Left axillary</li> <li>- Right brachial</li> <li>- Left brachial</li> <li>- Right basilic</li> <li>- Left basilic</li> <li>- Right cephalic</li> <li>- Left cephalic</li> <li>- Right subclavian</li> <li>- Long saphenous</li> <li>- Left short saphenous</li> <li>- Right short saphenous</li> <li>- Dorsal venous arch</li> <li>- Left femoral</li> <li>- Right femoral</li> <li>- Left popliteal</li> <li>- Right popliteal</li> <li>- Right posterior tibial</li> <li>- Left posterior tibial</li> <li>- Right anterior tibial</li> <li>- Left anterior tibial</li> <li>• Content of lymph: <ul style="list-style-type: none"> <li>- Transports waste</li> <li>- Purifies toxins</li> <li>- Adds antibodies, antitoxins and lymphocytes</li> <li>- Part of the immune system</li> <li>- Secondary circulation</li> <li>- Lymphocyte</li> <li>- Lymphatic capillary</li> <li>- Lymphatic vessel</li> <li>- Lymph node</li> <li>- Right lymphatic duct</li> <li>- Thoracic duct</li> </ul> </li> <li>• Lymph nodes of the head and neck: <ul style="list-style-type: none"> <li>- Superficial and deep cervical</li> <li>- Submandibular</li> </ul> </li> </ul>		
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	<ul style="list-style-type: none"> <li>- Anterior and posterior auricular</li> <li>- Occipital</li> <li>- Buccal</li> <li>- Sub-mental</li> <li>• Lymph nodes of the body: <ul style="list-style-type: none"> <li>- Axillary</li> <li>- Supra trochlear</li> <li>- Inguinal</li> <li>- Popliteal</li> </ul> </li> <li>• Lymphatic tissue: <ul style="list-style-type: none"> <li>- Peyer's patches</li> <li>- Tonsils</li> <li>- Spleen</li> <li>- Appendix</li> </ul> </li> </ul>		
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iUBT326 - Laser and light treatments for hair removal			
<b>Case studies:</b>		Mock theory paper	
<b>Mock practical:</b>	To include full treatment		
<b>Mock theory:</b>	To include all the theory		

**Document History**

Version	Issue Date	Changes	Role
V0.1	6/9/19	New document	Temp
v1	19/11/2019	First published	Qualifications Administrator