

Sample Questions

iUBT411 – Spa treatments

1	In general, the pH balance of the water used in flotation therapy should be:			
A	6.4-6.6	B	6.7-7.0	C
C	7.2-7.4	D	7.6-7.8	

2	When should exfoliation take place?			
A	After the heat treatment	B	At the end of the spa treatment plan	C
C	At the beginning of the spa treatment plan	D	At any time during the spa treatment plan	

3	What was the spa pool originally known as:			
A	Blitz bath	B	Affusion	D
C	Hot tub	D	Jacuzzi	

4	Which of the following is an effect of paraffin wax?			
A	To stimulate the nerves	B	To cool the skin	D
C	To reduce blood flow	D	To relax the muscles	

5	What is the effect of lemongrass in a herbal pack?			
A	Astringent	B	Anti-bacterial	A
C	Cleansing	D	Relaxing	

Document History

Version	Issue Date	Changes	Role
v1	10/01/2020	First published	Qualifications and Regulation Co-ordinator