
Unit Specification

UBT285 – Skin Analysis and Facial Skincare

Unit reference number: M/650/6629

Level: 2

Guided Learning (GL) hours: 45

Overview

The aim of this unit is to enable learners to provide facial treatments to clients, working on the required areas of the face, neck and décolleté. Learners will develop the knowledge and skills to prepare for and provide professional treatments including an understanding of treatment indications, benefits and effects and possible contra-indications.

Learning outcomes

On completion of this unit, learners will:

LO1 Know the salon requirements for facial treatments

LO2 Understand the effects and indications for facial treatments

LO3 Be able to prepare for facial treatments

LO4 Be able to provide facial treatments

Unit content

LO1 Know the salon requirements for facial treatments

Personal presentation

Taught content

- Clean professional uniforms, closed in footwear, no jewellery, no piercings, hair neatly tied back and any fringe secured, nails well-manicured, short and free of varnish
- Personal hygiene and cleanliness including showering, oral hygiene, wearing deodorant or antiperspirant and covering cuts and abrasions

Record keeping

Taught content

- Accurate appointment systems, stationery, loyalty rewards, acknowledgement of occasions
- How to establish and record clear information that is accurate and in a logical order, how to refer to existing records
- How to record skin sensitivity tests, adaptations and modifications to treatments and recommendations
- How to plan treatments and update records at the end of the treatment, maintain electronic and paper records, data protection

Sensitivity and patch testing

Taught content

- Reasons for performing a patch test, usually 24-48 hours before treatment, noting and recording products tested and area of body tested, results of test(s) date of test(s) and obtaining client's signature
- Understanding negative and positive reactions

Dealing with contra-actions to treatment

Taught content

- Understanding how to deal with allergic reactions/contra-actions – establish if it is an expected reaction or a contra-action
 - In the case of expected reactions, provide immediate aftercare and inform the client of any relevant home care advice
 - In the case of a contra-action, discontinue treatment, take remedial action, record contra-action, advise on home care and how to access remedial medical care if required

Insurance requirements

Taught content

- As a minimum a salon should hold where applicable, employer's insurance as well as public liability insurance and professional indemnity

Treatment of minors

Taught content

- The age at which an individual is classed as a minor and how this may differ nationally and internationally. The need for parent/guardian permission to treat and supervision of treatments to minors

LO2 Understand the effects and indications for facial treatments

Benefits of facial therapy

Taught content

- General
 - Improves desquamation
 - Stimulates collagen production
 - Eliminates toxins and waste by helping lymph drainage
 - Stimulates the blood flow helping to increase the circulation of blood in the face
 - Improves the general appearance and overall radiance of the skin
 - Skin-specific products for the client's individual needs

Safe application of techniques

Taught content

- Importance of avoiding pressure over bony areas, the carotid artery, the sternocleidomastoid muscle or trachea
- Importance of adapting application techniques to meet the needs of the client

Skin analysis

Taught content

- Consultation
 - Understand consultation techniques, suitable consulting area, communication, professionalism
- Equipment
 - Magnifying lamp, Wood's lamp
- Considerations
 - Skin Type – dry, oily, combination, balanced
 - Skin characteristics and conditions – for example mature skin and muscle tone analysis, fragile, sensitive, dehydrated, acne, comedones, whiteheads, papules, pustules, sun damage, rosacea, milia, scarring and blemishes, broken capillaries, open pores, moles, skin's predisposition to react to influences such as heat, spice, alcohol, chemicals, fragrances and products
 - Natural ageing, lifestyle and environmental factors – intrinsic ageing, extrinsic ageing, physiological factors
 - Skin classifications – for example Fitzpatrick scale, Phenotype and genotype and Lancer Scale

Contra-indications to facial treatments

Taught content

- Examples of contra-indications that may prevent treatment (absolute contra-indications) – severe asthma, contagious skin diseases and disorders, bacterial (impetigo), viral (herpes simplex), fungal (tinea), parasitic infestations (scabies), systemic medical conditions, eye infections, acne, boils, severe skin conditions, recent scar tissue, any undiagnosed lumps or swellings, cancer treatments, product allergies
- Examples of contra-indications that may restrict treatment (relative contra-indications) – anyone undergoing medical treatments, anxiety, medication, for example, acne medication, retinols, steroids, epilepsy, diabetes, pigmentation disorders, micropigmentation, botox, dermal fillers, recent dermabrasion or medical peels, IPL or laser, epilation, metal pins and plates, sunburn, psoriasis, eczema, cuts and abrasions, bruises, broken bones, recent scar tissue, hyperkeratosis, skin allergies, styes, respiratory conditions, heart disorder/disease, pacemaker, history of thrombosis or embolisms, high or low blood pressure and pregnancy
- Understand when doctors' permissions would be required to treat
- Examples of possible contra-indications to steaming – vascular skin disorders, respiratory problems, claustrophobia, broken capillaries, diabetes

Skin diseases and disorders

Taught content

- General, for example – UV damage, urticaria, allergic reaction, hyperkeratosis
- Primary lesions for example – macule, ephelides, papule, pustule, wheal, hives or urticaria, vesicles
- Secondary lesions, for example – scale, scar, stain, keloid scar
- Infestations, for example – scabies, pediculosis
- Skin Conditions, for example – eczema, dermatitis, psoriasis, skin tags, cysts, acne vulgaris, acne rosacea
- Bacterial, for example – Impetigo, folliculitis, boils, Pseudo folliculitis barbae (PSB)
- Viral, for example – herpes simplex, herpes zoster, warts, verruca
- Fungal for example – tinea corporis, tinea pedis, tinea capitis, pityriasis versicolor
- Sebaceous glands, for example – seborrhoea, sebaceous cyst, comedone, milia
- Sweat glands, for example – prickly heat (Miliaria rubra), anidrosis
- Pigmentation disorders, for example – hyper pigmentation, hypo pigmentation, dermatosis papulosa nigra, vitiligo, albinism, chloasma, ephelides, lentigo, naevus port wine stain, leucoderma, papilloma, strawberry mark, telangiectasia, erythema, post inflammatory hyperpigmentation (PIH)
- Skin cancers, for example – basal cell carcinoma, squamous cell carcinoma, malignant melanoma

Skin conditions

Taught content

- Sensitive – high colouring, dilated capillaries
- Dehydrated – lacks the ability to retain water in the tissues, dull, may feel tight and itchy, fine lines are visible
- Mature – skin lacking in oil due to hormonal changes, skin loses firmness/lax elasticity and begins to drop, becomes lined and crepey
- Congested skin – lumpy, uneven texture, with comedones, papules, pustules and build-up of dead skin cells
- Hyper and hypo pigmentation
- Photo-aged
- Photo-sensitive

Variations in pigment and the Fitzpatrick scale

Taught content

- The Fitzpatrick scale (also Fitzpatrick skin typing test or Fitzpatrick phototyping scale) is a numerical classification system for human skin colour. It was developed in 1975 by Thomas B. Fitzpatrick as a way to estimate the response of different types of skin to ultraviolet (UV) light
 - Type I (scores 0-6) – always burns, never tans (pale white; blond or red hair; blue eyes; freckles)
 - Type II (scores 7-13) – usually burns, tans minimally (white; fair; blond or red hair; blue, green, or hazel eyes)
 - Type III (scores 14-20) – sometimes mild burn, tans uniformly (cream white; fair with any hair or eye colour)
 - Type IV (scores 21-27) – burns minimally, always tans well (moderate brown)
 - Type V (scores 28-34) – very rarely burns, tans very easily (dark brown)
 - Type VI (scores 35-36) – never burns, never tans (deeply pigmented dark brown to darkest brown)

Factors that influence facial treatments

Taught content

- Skin type, conditions and characteristics
- General health and well being
- Reactions to skin sensitivity tests, patch tests, thermal and tactile tests

Expected reactions and contra-actions that may occur and responses

Taught content

- Expected reactions – mild erythema due to circulation improvement
- Contra-actions and responses – excessive erythema, inflammatory response from products, irritation, itching
- Discontinue treatment and remove products
- Take remedial action, application of cool compress
- For example:
 - Eye products – Remove all products immediately, apply a cold compress, if product is in the eye use an eye bath to flush the eye, record the information on the client's record card, seek medical advice if symptoms persist
 - Skin products – Remove all skin products immediately, apply a cool compress, record the information on the client's record card, seek medical advice if symptoms persist
- Record contra-action
- If severe, advise client to seek medical assistance
- Referral procedures

Effects and use of products

Taught content

- Cleansing products
 - Non-oily eye make-up remover
 - Oily eye make-up remover
 - Cleansing milk/lotion
 - Cleansing cream/balm
 - Cleansing oil
 - Cleansing foam
 - Facial wash/cleansing gel
- Toners
 - Toner (freshener)
 - Toner (astringent)
 - Active toners (for example, glycolic acid, lactic acid)
- Exfoliation products
 - Physical exfoliants – for example, mechanical – facial brush/brush cleanse machine, scrubs grains, clay
 - Chemical exfoliants – for example, AHAs/BHAs
 - Enzyme exfoliants – for example, papain, bromelain
- Moisturising products
 - Moisturiser – day cream, night cream, oil free gels, serums, eye, lip creams or balms, neck creams, Sun Protection Factor (SPF)

- Setting and non-setting masks – more than one mask can be used on one client, for example, for a combination skin
 - Clay masks
 - Peel-off masks
 - Thermal masks
 - Warm oil masks
 - Cooling masks
 - Natural masks
 - Cream masks
- Additional products
 - Awareness of acid peels – glycolic acid, alpha hydroxy acid, beta hydroxy acid, retinols
 - Awareness of pre-blended aromatherapy massage oil – blended by the manufacturer to perform a specific objective

Methods and benefits of skin warming

Taught content

- Steamers
- Warm towels
- Paraffin wax
- Infra-red lamp

Extraction methods

Taught content

- Therapist to wear disposable gloves
- Comedone extractor
- Finger extraction

Professional terminology

Taught content

- Abrasive, antioxidant, aqueous, astringent, broad spectrum SPF, ceramides, comedogenic, cosmeceuticals, detergent, emollient, emulsifying agent, emulsion, enzyme, essential oils, exfoliating, foaming agents, free radicals, glycolic acid, homogenous, humectant, hyaluronic acid, hydroxy acid, beta hydroxyl acid, lactic acid, luminosity, occlusive, paraben, photo damaged skin, photo sensitive skin, phyto nutrient, preservatives, retinol, salicylic acid, silicone, skin lightening, titanium dioxide, vitamins A, C, E, water soluble, zinc

LO3 Be able to prepare for facial treatments

Considerations for setting up area

Taught content

- Work area to allow for
 - Ease of access and free movement around the couch/chair
 - Effective lighting
 - Hygienic set up of chair, couch and trolley
 - Selection of products and equipment to meet the needs of the client
- Ensure a safe working environment
 - Clean and hygienic work area
 - The use of a suitable sterilisation and sanitisation for equipment, for example, UV cabinet, autoclave, chemical immersion equipment
 - Use of personal protective equipment (PPE)
 - Frequent use of hand washing/sanitising, for example before, during and after each treatment
 - Single use items, for example, spatulas, gloves, aprons
 - Effective ergonomic positioning of couch, trolley and stool to allow safe working practice
 - Ventilation
 - Temperature
 - General waste disposal and hazardous waste disposal

Prepare and check the work area, equipment and products

Taught content

- Prepare treatment area according to salon requirements
- Set up and prepare the work area with the necessary products, tools and equipment
 - Chair/couch, towels, blanket, gown, disposable couch roll, headband, trolley, stool, additional supports, magnifying lamp, steamer, hot towels, infra-red lamp, paraffin wax heater, tissues, cotton wool, sponges, disposable gloves, spatulas, bowls, mask brushes, gauze, mirror, UV cabinet, autoclave, chemical immersion equipment, cleansers, eye make-up removers, toners, exfoliating products, masks, moisturisers, eye creams, neck creams, serums, waste disposal
- Provide a modesty gown for the client
- Ensure all equipment and products are close to hand and are working efficiently
- Use safe working practices:
 - Positioning yourself to avoid injury
 - Positioning your client
 - Positioning your equipment, tools and products

Complete consultation

Taught content

- Verbal communication – open and/or closed questions
- Non-verbal communication – eye contact, positive body language, listening
- Record keeping – manual and visual contra-indication check, signatures, name, address, contact numbers, age range, reason for treatment, occupation, sport/hobbies, medical history, allergies/hypersensitivity, contact lenses, contra-actions, skin sensitivity tests
- Establish client's perception of their skin type and condition
- Outline benefits of treatment and agree treatment aims
- Establish treatment choices
- Establish the correct products to use on the client
- Document client response to treatment and feedback
- Document recommendations for immediate aftercare
- Document recommendation of further salon treatment
- Document any referrals
- Store records demonstrating knowledge of confidentiality requirements (data protection)

Instruct the client on how to prepare for treatments

Taught content

- Removal of appropriate clothing and jewellery, use of modesty gown, position the client for the treatment, client comfort throughout the treatment, client should communicate comfortable depth of pressure and any areas of discomfort

LO4 Be able to provide facial treatments

Prepare the client and their skin for facial treatment

Taught content

- Remove or protect clothing and hair as appropriate
- Ensure modesty, appropriate covering provided
- Position the client comfortably with adequate support
- Explain each stage of the treatment

Carry out facial techniques

Taught content

- Select equipment and products to suit treatment needs, skin types and conditions
- Follow manufacturers' instructions when using products and equipment
- Prevent excess waste of treatment time and consumables by preparing effectively and working efficiently
- Double cleanse the area to be treated
- Tone to remove all trace of cleansing product
- Complete skin analysis – using magnifying lamp, protect eyes, check all areas of the face and neck for skin type, skin conditions and characteristics, complete record card with results
- Application of exfoliation product
- Removal of exfoliation product
- Carry out steaming and comedone extraction if applicable
- Application of correct masks for skin type and conditions (two masks to be applied simultaneously on appropriate areas of the face and neck to include one clay and one commercial mask)
- Removal of mask
- Appropriate application of toner and facial moisturiser(s) on specific targeted areas
- Reassure the client and check client comfort throughout the treatment

Provide suitable aftercare advice

Taught content

- Advise the client to avoid excessive heat, further facial treatments and make-up for 24 hours
- Provide advice on the expected reactions and possible contra-actions that may occur
- Provide advice and guidance on a suitable skin care regime and home care treatments to suit client's skin type and conditions
- Use of sunscreen
- Provide advice on retail products to continue the beneficial effects of treatment

Update and maintain the client treatment records

Taught content

- Record the outcomes of the treatment ensuring records are up-to-date with the products used, any adaptations, any reactions to the treatment, aftercare given and feedback from the client

Skin cancer awareness

Please note this information will not be assessed for the achievement of this unit.

Public awareness of skin cancer has never been higher, and yet skin cancer remains the fastest growing cancer in the UK, especially amongst young people. The chances of a positive outcome can be dramatically increased with early identification and diagnosis.

Professionals in hair, beauty, sports massage and health and wellbeing industries work closely with clients and in many cases have sight of areas of skin which may not be easily visible to the client. An informed awareness of the signs, symptoms and changes of appearance to be aware of when checking for early signs of cancer is a crucial tool for the conscientious practitioner in order to provide the most thorough service and in some cases, possibly lifesaving information signposting.

Signs to look for when checking moles include utilising the ABCDE guide:

A – Asymmetry – the two halves of the area/mole may differ in their shape and not match.

B – Border – the edges of the mole area may be irregular or blurred and sometimes show notches or look ‘ragged’.

C – Colour – this may be uneven and patchy. Different shades of black, brown and pink may be seen.

D – Diameter – most but not all melanomas are at least 6mm in diameter. If any mole gets bigger or changes see your doctor.

E – Elevation/evolving – elevation means the mole is raised above the surface and has an uneven surface. Looks different from the rest or changing in size, shape or colour. Anyone can get a suspicious mole or patch of skin checked out for free by the NHS by visiting their doctor, who may then refer to a dermatologist (an expert in diagnosing skin cancer).

If you require any additional NHS information please refer to <https://www.nhs.uk/be-clear-on-cancer/symptoms/skin-cancer>

If your learners are interested in learning more about skin cancer awareness alongside this qualification, VTCT runs the following qualification: VTCT Level 2 Award in Skin Cancer Awareness for Non-Healthcare Professionals.

This qualification has been specifically designed for those working in the sports massage, health and wellbeing, beauty, hairdressing and barbering sectors. It will enable learners to identify any changes to their client’s skin and to highlight those changes to the client using appropriate language and communication skills. It will enable the learner to raise awareness of skin cancer and signpost their clients to public information about skin cancer.

This qualification will enable hair, beauty and wellbeing professionals to gain the appropriate knowledge and communication skills required to provide non-diagnostic, professional advice and information to clients in a discrete, empathetic and confidential manner.

For more information please refer to the Record of Assessment book:

<https://qualifications.vtct.org.uk/finder/qualfinder/1Record%20of%20Assessment%20Book/AG20529.pdf>

Assessment requirements

Learners must complete **all** assessment requirements related to this unit:

1. Portfolio of evidence
2. Theory examination
3. Practical assessment

1. Portfolio of evidence

As part of this qualification learners are required to produce a portfolio of evidence. The portfolio will confirm the knowledge, understanding and skills that have been achieved, as well as providing supporting evidence and treatment planning for the practical assessments that have been completed. It may be in electronic or paper format.

2. Theory examination

The theory content of learning outcomes 1 and 2 will be tested by an externally set theory examination at the end of the period of learning.

Learners must complete a theory examination for this unit. This will consist of a multiple choice question paper which is mapped to the relevant assessment criteria stated below.

The theory examination will test knowledge and understanding from across learning outcomes 1 and 2. Learners should use the unit content sections of this unit to aid revision since exam questions will test the full breadth of this content over time.

Learning Outcome	Assessment Criteria
LO1 Know the salon requirements for facial treatments	1.1 Personal presentation
	1.2 Record keeping
	1.3 Sensitivity and patch testing
	1.4 Dealing with contra-actions to treatment
	1.5 Insurance requirements
	1.6 Treatment of minors

Learning Outcome	Assessment Criteria
LO2 Understand the effects and indications for facial treatments	2.1 Benefit of facial therapy
	2.2 Safe application of techniques
	2.3 Skin analysis
	2.4 Contra-indications to facial treatment
	2.5 Skin diseases and disorders
	2.6 Skin conditions
	2.7 Variations in pigment and the Fitzpatrick scale
	2.8 Factors that influence facial treatments
	2.9 Expected reactions and contra-actions that may occur and responses
	2.10 Effects and use of products
	2.11 Methods and benefits of skin warming
	2.12 Extraction methods
	2.13 Professional terminology

3. Practical assessments

The learner will be observed completing a minimum of 6 treatments including consultation. The practical assessment must take place in a real or realistic working environment on a real client. The learner needs to show how to provide the correct treatment to improve skin condition, texture, hydration and moisture levels. At a minimum, the treatment portfolio for this unit must include 6 treatments covering all of the following:

Range for assessment

Learners must produce a treatment portfolio.

At a minimum the treatment portfolio should contain evidence that learners have:

- Performed a minimum of 6
 - Facial treatments (a minimum of 1 to include steam and extraction)
- Used all products
 - Eye make-up remover
 - Skin toners, fresheners, astringents or tonics
 - Cleansing lotions, milks, creams, oils or gels
 - Moisturising creams, lotions or gels
 - Eye creams or gels
 - Neck creams
 - Serums
 - Exfoliating products
 - Masks, setting, non-setting, thermal, cooling
- Used all equipment
 - Sponges
 - Chair/couch
 - Magnifying light
 - Containers for water
 - Mirror
 - Tissues
 - Couch roll
 - Cotton buds
 - Bowls
 - Warm towels
 - Steamers
 - Cotton buds
 - Spatulas
 - Headbands
 - Consultation card/treatment plan

- Treated all skin types and conditions
 - Oily
 - Dry
 - Combination
 - Balanced
 - Dehydrated
 - Mature
 - Sensitive
- Worked on all treatment areas
 - Face
 - Neck
 - Décolleté and shoulders
- Given all types of advice
 - Aftercare
 - Possible contra-actions
 - Post-treatment restrictions and associated risks
 - Future treatments
 - Additional retail products and services

The content of LO3 and LO4 are covered by practical assessments mapped to the relevant assessment criteria (see table below). The Practical assessments must take place under the supervision of a lecturer who must observe the quality of the practical demonstrations performed throughout the learner's training.

The Practical Assessments must take place under controlled conditions, in a realistic working environment on a real client and in a commercially acceptable time frame.

Learning Outcome	Assessment Criteria
LO3 Be able to prepare for facial treatments	3.1 Considerations for setting up area
	3.2 Prepare and check the work area, equipment and products
	3.3 Complete consultation
	3.4 Instruct the client on how to prepare for treatments

Learning Outcome	Assessment Criteria
LO4 Be able to provide facial treatments	4.1 Prepare the client and their skin for facial treatments
	4.2 Carry out facial techniques
	4.3 Provide suitable aftercare advice
	4.4 Update and maintain the client treatment records

Document History

Version	Issue Date	Changes	Role
v1.0	01/04/2023	First published	Product and Regulation Coordinator
v2.0	20/04/2023	Corrected grammar in assessment criteria table	Qualifications Administrator