

iUBT290 – Skincare and eye treatments

URN – H/617/0218

Guided Learning Hours: 100

Learning outcome	Assessment criteria	Taught content
LO1 Be able to recognise contra-indications to skincare and eye treatments	1.1. The learner will understand and be able to recognise those contra-indications to facial/eye treatment requiring medical permission or the client to sign an informed consent form prior to treatment, and those contra-indications that restrict treatment	To include: • Contra-indications requiring medical permission – in circumstances where medical permission cannot be obtained clients must sign an informed consent form stating that the treatment and its effects have been fully explained to them and confirm that they are willing to proceed without permission from their GP - Medical oedema - Nervous/Psychotic conditions - Epilepsy - Recent facial operations affecting the area - Diabetes - Skin cancer - Slipped disc - Undiagnosed pain - When taking prescribed medication - Whiplash • Contra-indications that restrict treatment: - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and vomiting - Any known allergies - Eczema - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Cuts

		- Bruises - Abrasions - Scar tissues (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants - Recent fractures (minimum 3 months) - Sinusitis - Neuralgia - Sunburn - Migraine/Headache - Hypersensitive skin - Botox/dermal fillers (1 week following treatment) - Hyper-keratosis - Skin allergies - Styes - Watery eyes - Trapped/pinched nerve affecting the treatment area - Inflamed nerve - Eye infection - Conjunctivitis
	1.2. The learner will understand and be able to recognise other conditions which may affect facial treatment	To include: • Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Any condition already being treated by a GP • Osteoporosis • Arthritis • Any dysfunction of the nervous system • Bell's Palsy • Postural deformities • Acute rheumatism • Cervical spondylitis

LO2 Be able to carry out superficial cleansing and toning	2.1. The learner will be able to explain and select the appropriate product for the client's skin type/characteristics	To include: • Lotions • Milks • Foaming cream cleansers • For the following skin types: - White - Black - Asian - Mixed - Dry - Oily - Combination - Mature skin - Young skin
	2.2. The learner will be able to explain and select the appropriate product for the client's skin condition/texture	To include: • Lotions • Milks • Foaming cream cleansers • For the following skin conditions: - Sensitive - Dehydrated - Lack of elasticity - Lack of muscle tone - Blemishes - Age - Crow's feet - Broken capillaries - Open pores - Comedones - Milia - Pustules - Papules - Hyper-pigmentation - Hypo-pigmentation - Dermatitis papulosa nigra - Pseudo folliculitis - Keloids - Ingrowing hairs

		- Scarring - Thin skin - Small moles
	2.3. The learner will be able to explain and perform the appropriate cleansing routine ensuring all make-up and products are removed	To include: • Eye make-up • Lipstick • Full face and neck sequence to cleanse the whole area • A double cleanse should be performed • Cleanser should be removed after each cleanse with damp cotton wool or sponges • Appropriate toner applied after second cleanse and blotted with tissues
	2.4. The learner will be able to explain and select the appropriate product (astringent/toners) for the skin type/condition/colour	To include: • Rosewater • Witch Hazel • Orange flower • Distilled water • Commercial toner/tonics • The following methods of application can be used: - Cotton wool/gauze/spray
LO3 Be able to carry out pre-heat treatments	3.1. The learner will be able to explain and select appropriate pre-heat treatment for the client's skin type and administer it safely and effectively	To include: • Steam • Hot towels/compress • Benefits • Effects • Safety precautions
LO4 Be able to carry out deep cleansing	4.1. The learner will be able to explain and select the appropriate product for the client's skin type	To include: • Enzymatic peel • AHAs • Exfoliation products • Brush cleansing
	4.2. The learner will be able to explain and apply product correctly and demonstrate adequate removal	To include: • Enzymatic peel • AHAs

		Exfoliation products
	4.3. The learner will be able to explain and extract any comedones or milia	Methods to include: - Use of sterilised cotton wool or sterilised tissues - Comedone extractor (in countries where it is acceptable) - Lance (in countries where it is acceptable) - Gloves must be worn
LO5 Be able to carry out skin analysis	5.1. The learner will be able to explain and demonstrate use of a magnifying lamp	To include: - Checking the lamp is in good working order - Ensure the lamp is cleaned - Ensuring the client's eyes are sufficiently protected
	5.2. The learner will be able to explain and recognise skin diseases/disorders and show knowledge of whether they are contra-indicated	To include: - Infestations - Scabies - Lice - Congenital - Atopic eczema - Atopic dermatitis - Psoriasis - Bacterial - Acne vulgaris - Impetigo - Acne rosacea - Boils - Folliculitis - Viral - Warts - Herpes simplex - Herpes zoster - Fungal - Tinea corporis - Pigmentation disorders - Vitiligo - Albinism - Chloasma - Ephelides - Lentigo

		- Moles (papilloma) - Naevae - Port wine stain - Leucoderma • General disorders - Urticaria - Allergic reaction
	5.3. The learner will be able to explain the environmental and lifestyle factors that can affect the condition of the skin	To include: • UV damage • Diet • Smoking • Alcohol • Central heating • Air conditioning • Stress • Current regime
	5.4. The learner will understand and be able to update the client record card accurately	To include: • Recheck contra-indications on each visit • Re-analyse the skin type and change the treatment plan accordingly • Note the benefits of the treatment on each visit • Products recommended, purchased and used
	5.5. The learner will understand and be able to demonstrate the importance of communicating with the client tactfully and accurately	A sample consultation form can be downloaded from: www.itecworld.co.uk To include taking into account the following: • Private comfortable area • Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills • Use of open and/or closed questions where appropriate • Trust • Professionalism, confidence and enthusiasm • Confidentiality • Informed consent • Any contra-indications to treatment (as listed previously) • Client lifestyle • Client profile

		Importance of planning a treatment programme taking into account the client's religious, moral and social beliefs
LO6 Be able to enhance the appearance of eyebrows and lashes	6.1. The learner will be able to explain how to produce written evidence of a patch test	To include: - Patch test should be performed 48 hours before treatment - Details should be recorded on the client record card and signed by the client - The darkest colour tint should be mixed and placed either behind the ear or in the crease of the elbow - Any reaction should be noted over the next 48 hours - If there is any skin reaction the eyelash/brow tint should not take place
	6.2. The learner will be able to explain how to assess the client's hair colour and skin tone	- Hair - Fair - Red/Auburn - Dark - Grey - Skin tone - Olive - Medium - Fair - Dark
	6.3. The learner will be able to explain and demonstrate how to protect the surrounding skin	To include: - Petroleum jelly - Damp cotton wool pads/preformed eye shields
	6.4. The learner will be able to explain how to ensure the mixture of tint and hydrogen peroxide follows the manufacturer's instructions, minimising wastage of product	To include: Check manufacturer's instructions, however on average 1 centimetre of tint and 2 drops of 10 volume peroxide is sufficient for the lashes and brows
	6.5. The learner will be able to explain and apply tint correctly to lashes and eyebrows using orange wood stick, tint brush or cotton bud	- Ensure the tint covers the roots as well as the ends of the lashes and does not cover the skin - Eye pads should be used to cover the eye lash tint - The tint should be left for a maximum of 10 minutes on the lashes (following manufacturer's instructions)

		For the eyebrows the tint should be removed immediately after tint application to the second eyebrow is complete and the technique repeated as required to meet the client's needs and desired effect
	6.6. The learner will be able to explain and demonstrate thorough removal of tint after the required development time	To include: - Damp cotton wool - Tipped orange wood stick or damp cotton buds
	6.7. The learner will be able to explain and apply any soothing agents where necessary	An eye wash may be used ONLY if the client has tint in the eye
	6.8. The learner will be able to explain and recognise contra-indications with reasons	- All the general contra-indications plus any form of eye infection to include: - If there has been any reaction to the patch test, eye lash tint will be contra-indicated - Any eye surgery (approximately 6 months) - Conjunctivitis - Stye - Hay fever - Watery eye - Very nervous clients - Blepharitis - Infectious and non-infectious skin conditions specific to the eye and surrounding area to include: - Atopic eczema - Atopic dermatitis - Psoriasis - Contact lenses must be removed

LO7 Be able to bleach facial hair	7.1. The learner will be able to explain the benefits of bleaching facial hair	To include: Lightening unsightly facial hair particularly on the upper lip, chin and sides of the face
	7.2. The learner will be able to explain the method of applying the bleach	To include: - Patch test 48hrs before treatment (inner arm or behind the ear) - Ensuring that product is used sparingly and wastage is minimised - Ensure area is cleansed and dry prior to application - Ensuring that bleach is only applied to the hair and not the skin - Ensuring that the bleach is removed efficiently after the required treatment time

		• Ensuring any reactions are recorded • Follow manufacturer's instructions and mix accordingly
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LO8 Be able to tweeze and shape the eyebrows	8.1. The learner will be able to explain and assess client requirements and measure accordingly	To include: • Measure from the corner of the nose to the inside corner of the eye – any brow hairs extending beyond this point should be removed • Measure from the corner of the nose to the outside corner of the eye and any hairs extending from the outside corner of the eye to the hairline should be removed • The arch should be at the highest point when the pupil of the eye is looking straight ahead
	8.2. The learner will be able to explain different eyebrow shapes	To include: • Arched • Angular • Straight • Round • Thin • Medium • Thick
	8.3. The learner will be able to explain how to communicate with client regarding the desired outcome	To include: • Keep a mirror to hand and keep checking with the client throughout • Check the client is happy with the finished result
	8.4. The learner will be able to explain and demonstrate how to pre-heat the area where appropriate	To include: • Facial steam • A cotton wool pad soaked in warm water can be held over the area to dilate the hair follicle
	8.5. The learner will be able to explain how to support the area keeping skin taut	To include: • The skin should be held taut between the index and middle finger to ensure the skin does not move when the hairs are tweezed
	8.6. The learner will be able to explain and demonstrate removal of hairs in the direction of growth minimising client discomfort	To include: • Skin should be held taut • Hairs must be tweezed out in the direction of the hair growth

		Gloves must be worn
	8.7. The learner will be able to explain and apply aftercare where appropriate	To include: A soothing lotion should be wiped over the area to prevent any infection
	8.8. The learner will be able to explain how all equipment should be sterilised/sanitised accordingly	- Hands must be washed in antiseptic soap - Tweezers can be sterilised in a variety of ways: - Glass bead - Autoclave - UV cabinet - Chemical immersion and should be wiped with antiseptic during the treatment

LO9 Be able to perform facial massage	9.1. The learner will be able to explain and select a suitable massage medium	To include: - Oil - Cream - Gel
	9.2. The learner will be able to explain and demonstrate all classical massage movements	To include: - Effleurage - Petrissage – Kneading and Frictions - Tapotement - Vibrations
	9.3. The learner will be able to explain and demonstrate massage movements which are adapted to meet the needs of the client's skin and muscle tone	To include: - Effleurage - Petrissage – Kneading and Frictions - Tapotement - Vibrations
	9.4. The learner will be able to explain and demonstrate massage techniques; varying pressure and maintaining fluidity	To include: Vary the pressure and technique according to the area being massaged and maintain fluidity and continuity throughout the sequence
	9.5. The learner will be able to explain and demonstrate effective removal of the massage medium	To include: - Damp cotton wool - Toner - Sponges

LO10 Be able to apply facial masks	10.1. Clay Masks: The learner will be able to explain, select and mix ingredients minimising wastage and stating their effects and benefits	To include: • Calamine • Kaolin • Magnesium Carbonate • Fuller's Earth • Flowers of Sulphur (COSHH) • Rosewater • Orange flower water • Distilled water • Witch Hazel • Glycerine • Almond oil
	10.2. Natural Masks: The learner will be able to explain and select appropriate ingredients and state their effects and benefits	To include: • Avocado • Egg white • Honey • Banana • Cucumber • Strawberry • Natural Yoghurt • Wheatgerm • Lemon Juice • Oatmeal • Milk • Tea bags • Egg yolk • Kiwi • Carrot • Aloe
	10.3. Commercial Masks: The learner will be able to explain and demonstrate the underpinning knowledge of ingredients and their effects and benefits	To include: • In accordance with manufacturer's instructions, the ingredients of any mask applied to the skin should be known
	10.4. Specialised Masks: The learner will be able to explain and demonstrate the underpinning	To include: • Thermal/mineral masks • Peel off masks

	knowledge of ingredients and their effects and benefits	• Paraffin wax • Hot oil as per manufacturer's instructions • Collagen masks
	10.5. For all masks listed: The learner will be able to explain and demonstrate application of masks evenly and neatly and cover the area to be treated	To include: • The whole area should be covered including the neck and décolleté • Lips should be moisturised • Damp eye pads over the eyes
	10.6. The learner will be able to explain and demonstrate removal of masks thoroughly after treatment time has elapsed (according to manufacturer's instructions where appropriate)	• Remove with warm water and sponges • Tone • Blot with tissue • Apply appropriate moisturiser

LO11 Know the structure, functions and pathology of the skin	11.1. The learner will be able to explain (with the aid of a diagram) the position and function of the following:	• Epidermis - Stratum Corneum - Stratum Lucidum - Stratum - Granulosum - Stratum Spinosum/Malphigian - Stratum Germinativum/Basal Layer • Dermis - Blood supply - Lymphatic supply - Hair follicle - Hair - Sebaceous gland - Sweat gland: Eccrine and Apocrine - Sensory nerve endings - Dermal papilla - Collagen - Elastin - Histiocytes - Mast Cells - Fibroblasts - Erector pili muscle
	11.2. The learner will be able to explain subcutaneous/adipose layer	• The structure and function of the fatty layer underneath the Dermis

	11.3. The learner will be able to explain Melanocytes	Describe where they are found and their function
	11.4. The learner will be able to explain the functions of the skin	- Secretion - Heat regulation - Absorption - Protection/Acid Mantle (composition and formation) - Elimination/excretion - Sensation - Vitamin D formation (7-dehydro-cholesterol)
	11.5. The learner will be able to explain the functions and formation of the acid mantle	To include: Composition and formation
	11.6. The learner will be able to explain and recognise the different skin types/conditions	To include: - White - Black - Asian - Mixed - Dry - Oily - Combination - Mature skin - Young skin - Sensitive - Dehydrated - Broken capillaries - Open pores - Comedones - Milia - Pustules - Papules - Hyper-pigmentation - Hypo-pigmentation
	11.7. The learner will be able to explain and devise treatment programmes for the following skin types/conditions	To include: - White - Black - Asian - Mixed

		• Dry • Oily • Combination • Mature skin • Young skin • Sensitive • Dehydrated • Broken capillaries • Open pores • Comedones • Milia • Pustules • Papules • Hyper-pigmentation • Hypo-pigmentation
	11.8. The learner will be able to explain and recognise the following skin diseases and disorders:	To include: • Infestations - Scabies - Lice • Congenital - Atopic eczema - Atopic dermatitis - Psoriasis • Bacterial - Acne vulgaris - Impetigo - Acne rosacea - Boils - Folliculitis • Viral - Warts - Herpes simplex - Herpes zoster • Fungal - Tinea Corporis • Pigmentation disorders - Vitiligo - Albinism

		- Chloasma - Ephelides - Lentigo - Moles (papilloma) - Naevae - Port wine stain - Leucoderma • General disorders - UV damage - Urticaria - Allergic reaction
	11.9. The learner will be able to explain the main skin cancers and all possible causes of:	To include: • Basal Cell Carcinoma • Squamous Cell Carcinoma • Malignant Melanoma

LO12 Know the cell and tissue types	12.1. The learner will be able to briefly explain (with the aid of diagrams) the following structures of the cell and their functions:	• Cell membrane • Nuclear membrane • Nucleus • Nucleolus • Protoplasm • Cytoplasm • Centrosome • Centromere • Chromosome • Golgi apparatus • Mitochondria • Lysosome • Centrioles • Ribosomes • Vacuoles • Endoplasmic Reticulum
	12.2. The learner will be able to briefly explain the following:	• Histology • Mitosis
	12.3. The learner will be able to explain the structure and function of the following tissue types:	• Epithelial • Nervous

		• Muscular • Connective Tissue - Areolar - Adipose - White fibrous - Yellow elastic - Bone
LO13 Know the skeletal system in relation to the cranium, face, shoulder, chest and neck	13.1. The learner will be able to explain the structure of bone	• Cancellous • Compact
	13.2. The learner will be able to explain the types of bone and give examples	• Long • Short • Flat • Irregular • Sesamoid
	13.3. The learner will be able to explain the position (with the aid of diagrams) of the bones of the cranium and face	• Cranium - Parietal - Frontal - Ethmoid - Sphenoid - Occipital - Temporal • Facial - Nasal - Zygomatic - Maxilla - Lacrimal - Turbinate - Palatine - Mandible - Vomer • Shoulder - Clavicle - Scapula - Humerus • Chest - Sternum

		• Neck - Cervical vertebrae
LO14 Know the muscular system in relation to the cranium, face, shoulder, chest and neck	14.1. The learner will be able to explain (with the aid of diagrams) the types of muscular tissue and their functions	• Voluntary • Involuntary • Cardiac
	14.2. The learner will be able to explain the following terms:	• Origin • Insertion • Action • Tone • Tension • Fatigue
	14.3. The learner will be able to explain (with the aid of diagrams) the position and action of the following muscles of the face and neck:	• Orbicularis Oculi • Orbicularis Oris • Masseter • Buccinator • Risorius • Levator Anguli Oris • Levator Labii Superioris • Depressor Anguli Oris (Triangularis) • Depressor Labii Inferioris • Mentalis • Zygomaticus • Temporalis • Nasalis • Procerus • Corrugator • Frontalis • Occipitalis • Pterygoids • Trapezius • Platysma • Sternocleidomastoid • Deltoid • Pectoralis major and minor

LO15 Know the nervous system in relation to facial skincare treatments	15.1. The learner will be able to explain the following terms:	• Motor • Sensory • Mixed nerves • Neurone
	15.2. The learner will be able to explain (with the aid of a diagram) the position and function of the main cranial nerves	• 5th, 7th and 11th cranial nerves

LO16 Know the circulatory system in relation to facial skincare treatments	16.1. The learner will be able to explain the structure and function of the following:	• Blood plasma • Erythrocytes • Leucocytes • Platelets • Thrombocytes • Arteries • Arterioles • Veins • Venules • Capillaries
	16.2. The learner will be able to explain (with the aid of diagrams) the position of the main arteries and the main veins of the head and neck	• Main arteries of the head and neck - Thyroid - Facial - Temporal - Lingual - Occipital - Maxillary • Main veins of the head and neck - Middle Temporal - Superficial Temporal - Maxillary - Anterior Facial - Common Facial - Internal Jugular - External Jugular

	16.3. The learner will be able to explain the interrelationship between blood and lymph	The way in which the 2 systems support each other i.e. blood transports nutrients to the cells and tissues, the lymphatic system transports additional waste from the cells and tissues
LO17 Know the lymphatic system in relation to facial skincare treatments	17.1. The learner will be able to explain the structure and functions of lymph	The content of lymph and its function: - Transports waste which the circulatory system cannot cope with - Purifies toxins - Adds antibodies, antitoxins and lymphocytes - Rejoins the circulatory system - Part of the immune system - Secondary circulation
	17.2. The learner will be able to explain the structure and function of the following:	- Lymphocyte - Lymphatic Capillary - Lymphatic Vessel - Lymph Node - Lymphatic Duct
	17.3. The learner will be able to explain (with the aid of diagrams) the main lymph nodes of the head and neck	- Superficial and deep cervical - Submandibular - Anterior and Posterior Auricular - Occipital - Buccal - Sub-mental
LO18 Know the cosmetic science of skincare products	18.1. The learner will be able to explain and give examples of the sources and uses of:	- Oils - Fats and waxes - Emulsions - Emulsifying agents - Humectant - Emollient - Talc
	18.2. The learner will be able to explain the difference between, and give examples of:	- Cleansing milks/creams - Facial washes - Lotions - Day cream - Night cream

		• Eye cream • Neck cream • Toner • Astringent • Gels • Lip balms • Serums (ampoules)
	18.3. The learner will be able to explain the different ingredients of:	• Cleansing milks/creams • Facial washes • Lotions • Day cream • Night cream • Eye cream • Neck cream • Toner • Astringent • Gels • Lip balms • Serums (ampoules)
	18.4. The learner will be able to explain the main mask ingredients	• Clays - Fuller's Earth - Calamine - Kaolin • Magnesium Carbonate • Flowers of sulphur • Witch Hazel • Rosewater • Orange flower water • Distilled water • Glycerine • Almond oil • Commercial Masks - AHA's - Exfoliators
	18.5. The learner will be able to explain the effects of natural ingredients	• Banana • Avocado

		• Apple • Pear • Strawberry • Egg yolk • Egg white • Natural Yoghurt • Honey • Oatmeal • Kiwi • Cucumber • Milk • Wheatgerm • Lemon juice • Teabags • Carrot • Aloe
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Evidence of treatments

Evidence of 5 full facial treatments

These are internally assessed by the college lecturer and verified by the external examiner

To include:

- Consultation
- Medical history
- Skin analysis
- Treatment details – skincare and eyelash/eyebrow treatments
- Client feedback
- Aftercare and homecare advice including retail recommendations

Treatments should be evidenced through the consultation form

Document History

Version	Issue Date	Changes	Role
v1	01/05/2018	First published	Qualifications Manager
v2	30/08/2019	Amended product coding	Qualifications and Regulation Co-ordinator
v3	16/06/2026	Rebranding	Development Administrator