

iUBT365 – Provide spa treatments

URN – T/617/4290

Guided Learning Hours: 48

Learning outcome	Assessment criteria	Taught content to include
LO1 Be able to prepare for spa treatments	1.1. Prepare self, client and work area for spa treatments	• Preparation of working area • Equipment • Products • Work wear • Personal appearance and behaviour • Hygiene e.g. sterilising/sanitising tools and equipment • Preparation of client for treatment • Client care and modesty
	1.2. Use suitable consultation techniques to identify treatment objectives	• An example of a consultation form can be downloaded from: www.vtctskills.org.uk • Suitable area • Positive body language • Positioning of the client • Communication skills • Professionalism • Contra-indications and contra-actions • Treatment plan • Products used • Consent • Confidentiality • Client's signature • Compliance with current data protection regulations
	1.3. Carry out body assessment and relevant tests	• Height

		• Weight • Body measurements • Posture check • Muscle tone test • Body fat • Fluid retention • Body Mass Index (BMI) • Tactile test • Thermal test
	1.4. Provide clear recommendations to the client	• Taking into account the following: - The outcome of the body analysis - Diet - Smoking - Alcohol - Central heating - Air conditioning - Stress - Sleep - Exercise - Fresh air - Occupation - Lifestyle - Current regime
	1.5. Select products, tools and equipment to suit client treatment needs	• Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Sponges

		• Gloves • Spatulas • Bowls • Mask brushes • Gauze • UV cabinet • Autoclave • Chemicals • Waste disposal • Disposable briefs • Exfoliation - Salt scrubs - General scrubs - Peels - Body brushing • Body masks/wraps - Natural - Specialised - Anti-cellulite - Firming/contouring - Moisturising - Paraffin wax - Mud - Detox - Herbal - Mineral • Seaweed - Brown - Red - Green - Blue/green - Thalassotherapy • Spa treatments - Sauna - Steam - Hydrotherapy (spa pool, power jet massage, shower) - Showers (standard, affusion, hydro) - Flotation (bath, tank, pool, bed)
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	1.6. Explain spa requirements for preparing themselves, the client and work area	• To include the importance of: - Any particular rights, restrictions and acts applicable to spa treatments - Code of practice/ethics - Insurance and professional association membership - Record keeping - Professional appearance
	1.7. Explain the environmental conditions suitable for spa treatments	• To include the importance of: - Lighting - Heating - Recommended operating temperatures - Ventilation - Noise levels - Available space - Music - General hygiene - Hygiene and maintenance of the relaxation area - Waste disposal - Décor - Equipment - Privacy - Reception areas - General use/treatment areas - Wet area - Safety aspects
	1.8. Explain the different consultation techniques used to identify treatment objectives	• Positive body language • Positioning of the client (no barriers between themselves and client) • Good communication skills (asking open and/or closed questions where appropriate) • Verbal and non-verbal communication
	1.9. Explain the importance of carrying out a detailed body assessment and relevant tests	• Height • Weight • Body measurements • Posture check • Muscle tone test

		• Body fat • Fluid retention • Body Mass Index (BMI) • Tactile test • Thermal test
	1.10. Explain how to select products, tools and equipment to suit client treatment needs	• Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Spatulas • Bowls • Waste disposal • Disposable briefs • Exfoliation - Salt scrubs - General scrubs - Peels - Body brushing • Body masks/wraps - Natural - Specialised - Anti-cellulite - Firming/contouring - Moisturising - Paraffin wax - Mud - Detox - Herbal - Mineral

		• Seaweed - Brown - Red - Green - Blue/green - Thalassotherapy • Spa treatments - Sauna - Steam - Hydrotherapy (spa pool, power jet massage, shower) - Showers (standard, affusion, hydro) - Flotation (bath, tank, pool, bed) • Products and equipment applicable for the following: - Exfoliation - Body masks/wraps - Seaweed treatments - Spa treatments
	1.11. Explain those contra-indications requiring medical permission or the client to sign an informed consent form prior to treatment, and those contra-indications that restrict treatment	• 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 - Pregnancy - Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) - Haemophilia - Any condition already being treated by a GP or another complementary practitioner - Medical oedema - Osteoporosis - Arthritis - Nervous/psychotic conditions - Epilepsy - Recent operations - Diabetes - Asthma

		- Any dysfunction of the nervous system (e.g. Multiple sclerosis, Parkinson's disease, Motor neurone disease) - Bell's palsy - Trapped/pinched nerve (e.g. sciatica) - Inflamed nerve - Cancer - Postural deformities - Conditions causing muscular spasticity (e.g. cerebral palsy) - Kidney infections - Whiplash - Slipped disc - Undiagnosed pain - When taking prescribed medication - Acute rheumatism • Contra-indications that restrict treatment - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and vomiting - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Varicose veins - Pregnancy (abdomen) - Cuts - Bruises - Abrasions - Scar tissue (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants - Abdomen (first few days of menstruation depending how the client feels) - Haematoma - Hernia - Recent fractures (minimum 3 months) - Cervical spondylitis - Gastric ulcers
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		- After a heavy meal - Conditions affecting the neck - Exfoliation should always take place at the beginning of a spa treatment plan – never after any form of heat has been applied to the skin
LO2 Be able to provide spa treatments	2.1. Communicate and behave in a professional manner	• Checking consultations and contra-indications • Explaining the treatment to the client • Benefits, limitations and co-operation required • Helping the client onto the couch prior to and off the couch after the treatment • Positioning the client correctly • Sanitising client's hands as appropriate • Sanitising own hands as appropriate throughout treatment • Protecting the client's modesty at all times • Ensuring that all parts of the client are covered except the area being treated • Ensuring that the client is comfortable • Using appropriate covered supports • Adapt the spa treatments to suit the needs of the client • Ensure client does not stand on floor with bare feet • Client care • Communication • Correct posture, hygiene and a professional approach to the client throughout treatment
	2.2. Follow health and safety working practices	• Fire Precautions Act • Health & Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & Welfare) Regulations • The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations

		• Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • Disability Discrimination Act • Data Protection Act/General Data Protection Regulations (GDPR) • Adhere to all safety precautions and manufacturer's instructions
	2.3. Position themselves and client correctly throughout the treatment	• Positioning of the client • Client comfort • Application of the treatments • Spa therapist self-care
	2.4. Use products, tools, equipment and techniques to suit client treatment needs	• Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Tissues • Cotton wool • Sponges • Gloves • Spatulas • Bowls • Mask brushes • Gauze • UV cabinet • Autoclave • Chemicals • Waste disposal • Disposable briefs • Exfoliation - Salt scrubs - General scrubs - Peels

		- Body brushing • Body masks/wraps - Natural - Specialised - Anti-cellulite - Firming/contouring - Moisturising - Paraffin wax - Mud - Detox - Herbal - Mineral • Seaweed - Brown - Red - Green - Blue/green - Thalassotherapy • Spa treatments - Sauna - Steam - Hydrotherapy (spa pool, power jet massage, shower) - Showers (standard, affusion, hydro) - Flotation (bath, tank, pool, bed)
	2.5. Complete the treatment to the satisfaction of the client	• Conclusion of treatment in appropriate manner to meet client's needs
	2.6. Evaluate the results of the treatment	• Reviewing and recording treatment outcomes • Treatment recommendations • Home care advice • Record and store in line with current data protection legislation and professional codes of conduct
	2.7. Provide suitable aftercare advice	• Recommendations for immediate aftercare • Suitable body care regime • Use of SPF • Lifestyle • Recommendation of further salon treatments

	2.8. Explain how to communicate and behave in a professional manner	• Consultation • Treatment explanation • Client care • Hygiene • Good communication skills
	2.9. Explain health and safety working practices	• Fire Precautions Act • Health & Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health & Safety at Work Regulations • The Workplace (Health, Safety & Welfare) Regulations • The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • Disability Discrimination Act • Data Protection Act/General Data Protection Regulations (GDPR) • Adhere to all safety precautions and manufacturer's instructions
	2.10. Explain the importance of positioning themselves and the client correctly throughout the treatment	• Ensuring the client is comfortable and correctly supported • Applying the treatments as appropriate to the client's needs • Therapist maintaining correct posture/stance throughout treatment
	2.11. Explain the importance of using products, tools, equipment and techniques to suit client treatment needs	• Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid

		• Tissues • Cotton wool • Sponges • Gloves • Spatulas • Bowls • Mask brushes • Gauze • UV cabinet • Autoclave • Chemicals • Waste disposal • Disposable briefs • Exfoliation - Salt scrubs - General scrubs - Peels - Body brushing • Body masks/wraps - Natural - Specialised - Anti-cellulite - Firming/contouring - Moisturising - Paraffin wax - Mud - Detox - Herbal - Mineral • Seaweed - Brown - Red - Green - Blue/green - Thalassotherapy • Spa treatments - Sauna - Steam
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		- Hydrotherapy (spa pool, power jet massage, shower) - Showers (standard, affusion, hydro) - Flotation (bath, tank, pool, bed)
	2.12. Describe the effects and benefits of spa equipment and products on the skin and underlying structures	• Sauna • Steam • Hydrotherapy (spa pool, power jet massage, shower) • Showers (standard, affusion, hydro) • Flotation (bath, tank, pool, bed) • Hot and cold spa treatments - Cleanses - Relaxation - Relaxes muscles prior to deeper treatment • Exfoliation - Salt scrubs - General scrubs - Peels - Body brushing • Body masks/wraps - Natural - Specialised - Anti-cellulite - Firming/contouring - Moisturising - Paraffin wax - Mud - Detox - Herbal - Mineral • Seaweed - Brown - Red - Green - Blue/green - Thalassotherapy - Deep cleansing - Detoxifying - Stimulating to the metabolism - Weight loss

	2.13. Describe how treatments can be adapted to suit client treatment needs	• Restrictions • Client preferences and commitment • Product availability • Time scales • Costs • Exfoliation • Body masks/wraps • Seaweed treatments • Spa treatments
	2.14. State the contra-actions that may occur during and following treatments and how to respond	• Dehydration • Fainting • Heart attack • Coronary • Collapse • Nausea • Headaches • Skin irritations • Allergic reactions • Heat exhaustion • Burns • Low blood pressure • Breathing difficulties • Cramp
	2.15. Explain the importance of completing the treatment to the satisfaction of the client	• Concluding the treatment in an appropriate manner to meet client's needs • Concluding the spa treatment in an appropriate and safe manner to meet the client's needs • Ongoing treatments
	2.16. Explain the importance of completing treatment records	• Maintaining records • Aftercare • Home care • Product advice • Record and store in line with current data protection legislation and professional codes of conduct
	2.17. Explain the methods of evaluating the effectiveness of the treatment	• Maintaining records for accurate future treatment • Aftercare

		• Home care • Product advice • Compliance with current legislation • Concluding the treatment in the correct manner to meet client's requirements • The treatment should be performed for the required amount of time efficiently and professionally ensuring the working area remains clean and tidy throughout
	2.18. Describe the aftercare/home care advice that should be provided	• Based upon consultation, body analysis and relevant test recommendations for ongoing or further treatments, home and aftercare advice • Allow the body temperature to return to normal • Avoid activities that could cause contra-actions • Healthy eating • Fluid/water intake • Exercise • Smoking habits • Hobbies • Interests • Rest • Relaxation • Stress levels • Sleep • General care and lifestyle advice and the beneficial effects thereof
	2.19. Explain the structure, growth and repair of the skin	• Epidermis - Stratum corneum - Stratum lucidum - Stratum granulosum - Stratum spinosum/malphigian layer - Stratum germinativum/basal layer - Melanocytes • Dermis - Blood supply - Lymphatic supply - Hair follicle - Hair - Sebaceous gland

		- Sweat glands: Eccrine and apocrine - Sensory nerve endings - Dermal papilla - Collagen - Elastin - Histeocytes - Mast cells - Fibroblasts - Erector pili muscle and subcutaneous layer • Secretion • Heat regulation • Absorption • Protection • Elimination • Sensation • Vitamin D formation (7-dehydro-cholesterol) • Keratinisation • Melanin formation • Mitosis
	2.20. Explain skin conditions, diseases and disorders	• General - Broken capillaries - Crow's feet - UV damage - Urticaria - Allergic reaction - Comedones - Milia - Hyperkeratosis - Keloids - Ingrowing hairs - Psuedofolliculitis • Infestations - Scabies - Pediculosis • Congenital - Atopic eczema - Atopic dermatitis - Psoriasis

		• Bacterial - Acne vulgaris - Acne rosacea - Impetigo - Folliculitis - Boils • Viral - Herpes simplex - Herpes zoster - Warts • Fungal - Tinea corporis • Pigmentation disorders - Hyperpigmentation - Hypopigmentation - Dermatitis papulosa nigra - Vitiligo - Albinism - Chloasma - Ephelides - Lentigo - Naevae - Port wine stain - Leucoderma - Papilloma • Skin cancers - Basal cell carcinoma - Squamous cell carcinoma - Malignant melanoma
	2.21. Explain the structure and function of the cardiovascular and lymphatic systems for the body	• Erythrocytes • Leucocytes • Thrombocytes • Plasma and plasma proteins • Platelets • Arteries • Arterioles • Veins • Venules

		• Capillaries • Superior vena cava • Aortic arch • Inferior vena cava • Aorta • Right atrium • Right ventricle • Left atrium • Left ventricle • Septum • Pulmonary valve • Pulmonary artery • Pulmonary veins • Mitral (bicuspid) valve • Tricuspid valve • Endocardium • Myocardium • Pericardium • Blood pressure and pulse • Content of lymph • Transports waste • Purifies toxins • Adds antibodies, antitoxins and lymphocytes • Part of the immune system • Secondary circulation • Lymphocyte • Lymphatic capillary • Lymphatic vessel • Lymph node • Lymphatic duct
	2.22. Explain the structure and function of the nervous system for the body	• Neurone • Motor neurone • Sensory neurone • Mixed nerve • Dendrite • Axon • Synapse

		• Neurilemma • Nodes of Ranvier • White matter • Grey matter • Myelin sheath • End feet/axon terminals • Ganglia • Reflex arc • Central nervous system - Brain - Spinal cord • Peripheral nervous system - 31 pairs of spinal nerves - 12 pairs of cranial nerves • Autonomic nervous system - Sympathetic - Parasympathetic
	2.23. Explain how the ageing process, lifestyle and environmental factors affect the skin, body conditions and underlying structures	• Intrinsic ageing • Extrinsic ageing • The way in which our physical environment affects us and the way in which social, economic and environmental factors affect our health and social well-being • Computers • Mobile phones • Processed food • Lack of light • Stress • Lack of sleep • Financial problems • Poor ventilation • Lack of exercise • Chemicals • Pollution • Repetitive strain injuries • Jet lag • Lack of natural light

Assessment

Portfolio of evidence containing:

- 4 treatment evidence to include
 - Evidence must include a minimum of 4 body wrap/mask treatments to include exfoliation

Practical examination

MCQ

These treatment evidence are internally assessed by the college lecturer and verified by the external examiner to include:

- Consultation including medical history
- Treatment details
- After/home care advice
- Learner's and client signature
- Treatment date

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	23/08/2019	First published	Qualifications and Regulation Co-ordinator
v2	18/06/2026	Rebranding	Development Administrator