

iUBT407 – Laser and light treatments for skin rejuvenation

URN – T/617/4354

Guided Learning Hours: 74

Learning outcome	Assessment criteria	Taught content to include
LO1 Be able to prepare for laser and light skin rejuvenation treatment	1.1. Prepare self, client and work area for laser or light treatment for skin rejuvenation	• Preparation of controlled area • Illuminate controlled area • Warning signage • Maintenance and service history • Follow manufactures guidelines • Equipment • Products • Work wear • Personal Protective Equipment (PPE) – self and client • Personal appearance and behaviour • Hygiene e.g. sterilising/sanitising tools and equipment • Client for treatment • Client care and modesty • Removal of all jewellery (client and therapist)
	1.2. Use suitable consultation techniques to identify treatment objectives	• 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

	1.3. Carry out skin analysis and any relevant tests to identify any influencing factors	• Overall skin type and characteristics • Skin condition • Pigmentation and colour /phototypes (Fitzpatrick scale) • Skin texture • Skin imperfections • Skin tone • Skin temperature • Skin elasticity • Skin health • UV damage • Thermal and tactile safety test • Patch test each area • Test shot
	1.4. Provide clear recommendations to the client based on outcomes of skin analysis	• The outcome of the skin analysis and relevant tests • Adverse reactions • Skin hydration levels • Skin healing • Skin health • Client commitment • Diet • Smoking • Alcohol • Central heating • Air conditioning • Stress • Sleep • Exercise • Fresh air • Occupation • Lifestyle • Current regime • UV protection • Treatment duration • Aftercare advice • Treatment plan (interval between treatments)
	1.5. Select products, tools and equipment to suit client treatment needs, skin types and conditions	• Couch or chair • Trolley

		• Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Coupling gel • Magnifying lamp • Woods lamp • Tissues • Cotton wool • Sponges • Gloves • Face mask • Scissors • Spatulas • Bowls • Mask brushes • Gauze • Eye shields according to optical radiation legislation • Aftercare soothing lotion • Cooling gel or spray • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Skin rejuvenation equipment/laser device/choice of light colour • Hand piece • Camera • Razors • Protective eye wear according to optical radiation legislation
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	1.6. Select personal protective equipment that should be worn by client and therapist during laser and intense pulsed light treatments	• Eye shields according to optical radiation legislation • Disposable gloves • Disposable surgical mask • Protective eye wear according to optical radiation legislation
	1.7. Explain salon requirements for preparing self, the client and work area	• Any particular rights, restrictions and acts applicable to laser and light treatments for skin rejuvenation • Code of practice/ethics • Insurance and professional association membership guidelines • Record keeping in line with current data protection legislation • Laser protection advisor • Professional appearance • Secure environment • Controlled area • No metal contact • Non reflective surfaces • No flammable materials • Windows covered during treatments • Removal of all jewellery
	1.8. Explain the environmental conditions suitable for laser and light treatments for skin rejuvenation	• Lighting • Heating • Ventilation • Noise levels • Available space • Music • General hygiene • Waste disposal • Décor • Equipment • Privacy • Reception areas • General use/treatment areas • Safety aspects
	1.9. Explain the different consultation techniques used to identify treatment objectives	• Positive body language • Positioning of the client (no barriers between self and client) • Good communication skills (asking open and/or closed questions where appropriate)

		• Verbal and non-verbal communication
	1.10. Explain the importance of carrying out a detailed skin analysis and relevant tests	• Identifying client's skin type and needs • Thermal test • Tactile test • Patch test • Contra-indications • Scope of treatment(s) • Skin preparation • Photographs and legal significance • Agree treatment objective • Evaluate needs • Aftercare advice • Home care advice
	1.11. Explain how to select laser or intense pulsed light equipment to suit client skin types and conditions	• Types of laser and IPL • Wavelengths and depth of penetration • Photons • Joules • Pulse repetition rate • Pulse duration • Pulse delay • Fluence • Size of treatment beam (spot size) • Types of light emitted from laser and IPL systems • Polychromatic • Monochromatic • Non-coherent • Coherent • Defocused light • Parallel light • Protocols (following manufacturers' instructions for parameter settings) • Target chromophores (melanin, haemoglobins, water) • Wavelengths (fluency) • Cooling methods • Treatment time and intervals

	1.12. Identify the range of equipment used for laser and intense pulsed light treatment for skin rejuvenation	• Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Coupling gel • Magnifying lamp • Woods lamp • Tissues • Cotton wool • Sponges • Gloves • Face mask • Spatulas • Bowls • Mask brushes • Gauze • Eye shields according to optical radiation legislation • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Skin rejuvenation equipment/laser device/choice of wavelength • Extraction device for plume • Hand piece • Cooling method • Intense pulsed light • Camera • Razors
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	1.13. Explain the contra-indications that prevent or restrict advanced laser or intense pulsed light treatment for skin rejuvenation	• Protective eye wear according to optical radiation legislation • Contra-indications requiring medical referral or the client to indemnify their condition in writing prior to treatment - Any condition already being treated by a GP, dermatologist or another skin therapist - Medical oedema - Osteoporosis - Arthritis - Nervous/psychotic conditions - Recent operations - Diabetes - Asthma - Bell's palsy - Trapped/pinched nerve - Inflamed nerve - Acute rheumatism - Undiagnosed skin lesions/dyschromia in treatment area • Contra-indications that restrict treatment - Fever - Contagious or infectious skin diseases - Under the influence of drugs or alcohol - Cancer - Pregnancy - Drugs or medication that cause photo-sensitisation or skin thinning effects - Herbal remedies that cause photo-sensitisation - Gold injections - Allergies to the products or materials used - Epilepsy - Cardio-vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) - Connective tissue disorders (scleroderma) - Herpes - Skin types 4, 5 and 6 - Smoking within two hours of treatment for diffused redness - Skin diseases - Undiagnosed lumps and bumps - Cuts - Bruises
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		- Abrasions - Sunburn - Suntanned skin - Artificial tan until the product has faded from the skin - Areas of undiagnosed pain - Skin pigment conditions (vitiligo, melasma moles and pigmented naevi) - Keloid scars - Any metal pins or plates - Loss of skin sensitivity (test with tactile and thermal methods)
	1.14. Explain the required legislation for laser and intense pulsed light treatments and the importance of compliance with regulations	• Role of Care Quality Commission (CQC) • Health and Social Care Act 2008 • Current legislation specific to laser and intense pulsed light treatments • Registration with local authority (LA) for health and safety and inspection purposes • Application of the Care Standards Act • Professional ethics and code of practice • Laser protection officer • Illumination and signage for controlled area • Identification of optical radiation hazards • Refer to manufacturer's guidelines • Professional membership requirements • Insurance requirements • Compliance with the Local Miscellaneous Provisions Act
LO2 Be able to provide laser and light treatment for skin rejuvenation	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 skin rejuvenation treatment 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. Position self and client correctly throughout the treatment	• Positioning of the client (minimising discomfort) • Client comfort • Application of the treatments (ensuring that light is discharged in the correct manner) • Therapist self-care – maintaining correct working posture throughout treatment
	2.3. Use products, tools, equipment and techniques to suit client's treatment needs	• Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Coupling gel • Magnifying lamp • Woods lamp • Tissues • Cotton wool • Sponges • Gloves • Face mask • Scissors • Spatulas • Bowls

		• Mask brushes • Gauze • Eye shields according to optical radiation legislation • Aftercare soothing lotion • Cooling gel or spray • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Skin rejuvenation equipment/laser device/IPL device/choice of wavelength • Hand piece • Camera • Razors • Protective eye wear according to optical radiation legislation • Select and adjust parameters • Shot test
	2.4. Follow health and safety working practices	• Fire Precautions Act • Health and Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health and Safety at Work Regulations • The Workplace (Health, Safety and Welfare) Regulations • The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations • The Provision and Use of Work Equipment Regulations • 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 manufacturers' instructions e.g. standby mode to ensure safety • Current legislation specific to laser and light treatments • Registration with local authority (LA) for health and safety and inspection purposes

		• Care Standards Act • Compliance with the Local Miscellaneous Provisions Act
	2.5. Adapt treatment to suit client needs and skin conditions	• Protocols (following manufacturers' instructions for parameter settings) • Selective thermolysis • Target chromophores (melanin, haemoglobins, water) • Interaction with chromophores • Wavelengths (fluency) • Treatment time and intervals • Cooling methods • Artificial tan • Skin disorders • Skin types • Skin imperfections • Skin texture • Skin temperature • Wavelengths and depth of penetration • Photons • Joules • Pulse repetition rate • Pulse duration • Pulse delay • Fluence • Size of treatment beam (spot size) • Electromagnetic spectrum • Types of light emitted from IPL systems • Polychromatic • Monochromatic • Non-coherent • Coherent • Defocused light • Parallel light • Thermal relaxation time • Treatment area • Monitor the skin • Check wellbeing • Gain client feedback

		Identify hazards
	2.6. Complete the treatment to the satisfaction of the client	- Conclusion of treatment in appropriate manner to meet client's needs - Secure standby mode - Conclude treatment
	2.7. Record and evaluate the results of the treatment	- Collate, summarise, record and evaluate feedback - Treatment recommendations - Homecare advice - Photographic evidence (before and after) - Store clients record cards in compliance with current data protection legislation
	2.8. Provide suitable aftercare advice	- Recommendations for immediate aftercare and up to 72 hours after treatment - Suitable skin care regime - Skin management throughout course of treatments - Use of sun protection (minimum SPF 30) - Recommendation of further salon treatments - Future treatment evaluation
	2.9. Explain how to communicate and behave in a professional manner	- Consultation - Treatment explanation - Client care - Hygiene - Good communication skills
	2.10. Explain health and safety working practices	- Fire Precautions Act - Health and Safety at Work Act - Health and Safety (First Aid) Regulations - The Management of Health and Safety at Work Regulations - The Workplace (Health, Safety and Welfare) Regulations - The Manual Handling Operations Regulations - The Personal Protective Equipment at Work Regulations - The Provision and Use of Work Equipment Regulations - 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 manufacturers' instructions e.g. standby mode to ensure safety • Current legislation specific to laser and light treatments • Registration with local authority (LA) for health and safety and inspection purposes • Care Standards Act • Compliance with the Local Miscellaneous Provisions Act • Personal Protective Equipment (PPE) • Role of Laser Protection Officer
	2.11. Explain the importance of positioning self and the client correctly throughout the treatment	• Ensuring the client is comfortable and correctly supported (minimising discomfort) • Application of the treatments (ensuring that light is discharged in the correct manner) • Applying the treatments as appropriate to the client's needs • Therapist maintaining correct working posture/stance throughout treatment
	2.12. Explain the importance of using products, tools, equipment and techniques to suit client's treatment needs, skin types and conditions	• Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Razors • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Coupling gel • Magnifying lamp • Woods lamp • Tissues • Cotton wool • Sponges • Gloves • Face mask • Scissors

		• Spatulas • Bowls • Mask brushes • Gauze • Eye shields according to optical radiation legislation • Aftercare soothing lotion • Cooling gel or spray • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • Skin rejuvenation equipment/laser device/IPL device/choice of wavelength • Hand piece • Camera • Protective eye wear according to optical radiation legislation
	2.13. Explain how to work on different treatment areas	• Photo-rejuvenation face and body • Any areas with lesions suitable to treatment • Scarring • Skin tone • Sun damage • Pigmentation/pigmented lesions • Fine lines and wrinkles • Acne treatments • Pore refining • Detoxification and congestion • Thread veins and spider naevi
	2.14. Explain the consequences of inaccurate identification of skin type/labouring according to Fitzpatrick scale	• Skin types 1-6 • Skin phototypes • Skin and eye colour • Pigmentation response • Adjustment of treatment parameters to accommodate all variable factors • Adverse reactions • Identifying hazards

		• Burning • Blistering • Hyper/hypo pigmentation
	2.15. Describe how treatments can be adapted to suit client treatment needs and skin conditions	• Restrictions • Client preferences and commitment • Product availability • Costs • Protocols (following manufacturers' instructions for parameter settings and adjusting parameter settings) • Target chromophores (melanin, haemoglobins, water) • Wavelengths (fluency) • Joules • Treatment time scales and intervals • Wavelength of IPL/laser used to meet client's needs
	2.16. Explain the contra-actions that may occur during and following treatments	• Excessive erythema • Burning • Increased pigmentation • Herpes simplex (cold sore) outbreak • Blistering • Bruising
	2.17. Explain the methods of evaluating the effectiveness of the treatment	• Maintaining records for accurate future treatment • Aftercare • Home care • Product advice • Lifestyle advice • Compliance with current data protection 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 • Normal and close up photographic evidence (before and after) of skin condition, progression and suitability of treatment
	2.18. Summarise the aftercare advice that should be provided to prevent post-treatment damage	• Recommendations for immediate aftercare and up to 72 hours after treatment • Suitable skin care regime

		• Skin management throughout course of treatments • Lifestyle advice • Use of sun protection (minimum SPF 30) • Future treatment recommendations
	2.19. Explain suitable methods of dealing with reappearance of skin condition between treatments	• Following aftercare advice/guidance information carefully • Skincare management
	2.20. Explain the effects and benefits of laser or intense pulsed light on the skin and underlying tissues	• Principles of light tissue interaction • Skin rejuvenation and resurfacing • Improved skin tone • Reduction in scarring and fine lines • Circulatory system • Lymphatic system • Immune response • Increased cellular activity and collagen production • Increase in elasticity and skin tissue repair
	2.21. Explain different skin types, conditions, diseases and disorders	• Skin types • Fitzpatrick skin type 1 to 6 • Skin phototypes • Dry • Oily • Combination • Skin conditions/characteristics • Mature skin • Young skin • Sensitive • Dehydrated • Lack of elasticity • Lack of muscle tone • Blemishes/dyschromia • Age • Crows' feet • Broken/dilated capillaries • Rosacea • Open pores • Milia

		• Comedones • Pustules • Papules • Hyperpigmentation • Hypopigmentation • Dermatitis papulosa nigra • Psuedo folliculitis • Keloids • Ingrowing hairs • Scarring • Thin skin • Small moles • Actinic keratosis • Diseases and disorders - Infestations - Scabies - Pediculosis • Congenital - Atopic eczema - Atopic dermatitis - Psoriasis • Bacterial - Acne vulgaris - Impetigo - Boils - Folliculitis • Viral - Warts - Herpes simplex - Herpes zoster • Fungal - Tinea (ringworm) • Pigmentation disorders - Vitiligo - Albinism - Chloasma - Ephelides - Lentigo
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		- Moles (papilloma) - Naevae - Port wine stain - Leucoderma • General disorders - UV damage - Urticaria - Allergic reaction - Hyperkeratosis • Cancers - Basal cell carcinoma - Squamous cell carcinoma - Malignant melanoma
	2.22. Explain the structure and functions of the skin	• Epidermis - Stratum corneum - Stratum lucidum - Stratum granulosum - Stratum spinosum/Malpighian layer - Stratum germinativum/basal layer - Melanocytes - Langerhans cells • Dermis - Blood supply - Lymphatic supply - Hair follicle - Hair - Sebaceous gland - Sweat ducts: eccrine and apocrine - Sensory nerve endings - Dermal papilla - Collagen - Elastin - Glycosaminoglycan - Histeocytes - Mast cells - Fibroblasts - Erector pili muscle • Hypodermis/Subcutaneous layer

		- Sweat glands: eccrine and apocrine - Adipose tissue • Functions - Secretion - Heat regulation - Absorption - Protection (Acid mantle composition and formation) - Elimination - Sensation - Vitamin D formation (7-dehydrocholesterol/ergosterol) - Keratinisation - Melanin formation - Microbiomes
	2.23. Explain the principles of skin healing	• Mitosis • The blood clotting process • Immune response • Stages of wound healing
	2.24. Explain how natural ageing, lifestyle and environmental factors affect the condition of the skin and underlying structures	• Intrinsic ageing - Genetic - Hereditary • Extrinsic ageing • The way in which the physical environment and social, economic and environmental factors affect health and social wellbeing • Computers • Mobile phones • Processed food • Lack of natural light • Stress • Sleep patterns • Financial problems • Poor ventilation • Exercise • Chemicals • Pollution • Repetitive strain injuries • Jet lag • Age

		• Hormonal changes • Diet • Smoking • Fluid intake • Alcohol • UV damage • Central heating • Air conditioning • Air travel • Fresh air • Pollution • Occupation • Rest • Relaxation • Illness • Medication - prescription, self-medicated and other substances • Current regime and skin care products used
	2.25. Explain the structure and function of the endocrine system and its effect on skin conditions	• Pituitary - Oxytocin - Antidiuretic hormone (ADH) (Vasopressin) - Prolactin - Human growth hormone (HGH) - Thyroid stimulating hormone (TSH) - Adrenocorticotrophic hormone (ACTH) - Luteinising hormone (LH) - Follicle stimulating hormone (FSH) - Melanin stimulating hormone (MSH) • Thyroid gland - Thyroxin - Triiodothyronine - Calcitonin • Parathyroid glands - Parathormone • Thymus - T lymphocytes • Pineal - Regulates the pituitary and releases serotonin • Islets of Langerhans

		- Insulin • Adrenal glands - Adrenal medulla - Adrenalin - Noradrenalin • Adrenal cortex - Corticosteroids - Mineralocorticoids – aldosterone - Glucocorticoids • Ovaries - Oestrogen - Progesterone • Testes - Testosterone • Stress • Puberty • Pregnancy • Menopause
	2.26. Explain the structure and function of the circulatory and lymphatic systems	• Content of blood • Blood plasma • Erythrocytes • Leucocytes • Platelets • Thrombocytes • Arteries • Arterioles • Veins • Venules • Capillaries • Transportation of substances • Protection by fighting • Infection • Blood clotting • Regulation of body temperature • 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 • Main arteries of the body - Descending aorta - Left common carotid - Left subclavian - Right common carotid - Right subclavian - Pulmonary - Right hepatic - Splenic - Right renal - Superior mesenteric - Right iliac - Inferior mesenteric - Left iliac - Vertebral - Axillary - Brachial - Right ulnar - Left ulnar - Right radial - Left radial - Right deep palmar arch - Left deep palmar arch - Right superficial palmar arch - Left superficial palmar arch - External iliac - Left femoral - Right femoral
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		- Left popliteal - Right popliteal - Left anterior tibial - Right anterior tibial - Plantar arch • Main veins of the body - Inferior vena cava - 4 pulmonary - Right hepatic - Splenic - Right renal - Right iliac - Left iliac - Right axillary - Left axillary - Right brachial - Left brachial - Right basilic - Left basilic - Right cephalic - Left cephalic - Right subclavian - Long saphenous - Left short saphenous - Right short saphenous - Dorsal venous arch - Left femoral - Right femoral - Left popliteal - Right popliteal - Right posterior tibial - Left posterior tibial - Right anterior tibial - Left anterior tibial • Content of lymph • Transports waste • Purifies toxins • Adds antibodies, antitoxins and lymphocytes • Part of the immune system
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		• Secondary circulation • Lymphocyte • Lymphatic • Capillary • Lymphatic vessel • Lymph node • Right lymphatic duct • Thoracic duct • Lymph nodes of the head and neck - Superficial and deep cervical - Submandibular - Anterior and posterior auricular - Occipital - Buccal - Sub-mental • Lymph nodes of the body - Axillary - Supra trochlear - Inguinal - Popliteal • Lymphatic tissue - Peyer's patches - Tonsils - Spleen - Appendix
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Assessment

Portfolio of evidence containing: • Treatment evidence (4 treatments)	These treatment evidence are internally assessed by the college lecturer and verified by the external examiner to include: • Consultation including medical history • Treatment details • Reaction during treatment (Include photographs of before and after treatment) • After/home care advice • Candidates and client signature • Treatment date Treatments should be evidenced through the consultation form. See www.vtctskills.org.uk for a sample consultation form. All learners will be examined via a practical examination of their technical skills and treatments techniques. Practical assessment forms and marking criteria may be downloaded from the www.vtctskills.org.uk
Practical examination	
MCQ	

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	17/09/2019	First published	Qualifications and Regulation Co-ordinator
v2	18/06/2026	Rebranding	Development Administrator