

iUBT427 – Skincare and eye treatments

URN – K/617/7249

Guided Learning Hours: 100

Learning outcome	Assessment criteria	Taught content to include
LO1 Be able to carry out a consultation and recognise contra-indications to skincare and eye treatments	1.1. Demonstrate the importance of communicating with the client tactfully and accurately	• A sample consultation form can be downloaded from www.vtctskills.co.uk • 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 - Signed consent of parent/guardian for a minor - Any contra-indications to treatment - Client lifestyle - Client profile - Importance of planning a treatment programme taking into account any diverse needs ▪ Cultural, religious, moral and social beliefs ▪ Age ▪ Gender ▪ Disability - Compliance with current data protection regulations

	1.2. Explain and 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	• 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 or medical specialist - Medical oedema - Nervous/psychotic conditions - Epilepsy - Recent facial operations affecting the area - Diabetes - Skin cancer - Slipped disc - Undiagnosed pain - When taking prescribed medication - Whiplash - Chemotherapy • 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
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		- Botox/dermal fillers (1 week following treatment) - Hyperkeratosis - Skin allergies - Styes - Watery eyes - Dry eye syndrome - Trapped/pinched nerve affecting the treatment area - Inflamed nerve - Eye infection - Conjunctivitis - Glaucoma - Trichotillomania - Contact lenses
	1.3. Explain and recognise other conditions which may affect facial/eye treatment	• 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 • Thyroid disturbance
LO2 Be able to carry out superficial cleansing and toning	2.1. Explain and select the appropriate product for the client's skin type/characteristics	• Lotions • Milks • Cream cleansers • Gel cleansers • Eye make-up remover • For the following skin types: - White - Black - Asian

		- Mixed - Dry - Oily - Combination - Mature skin - Young skin
	2.2. Explain and select the appropriate product for the client's skin condition/texture	• Lotions • Milks • Cream cleansers • Gel cleansers • Eye make-up remover • For the following skin conditions: - Sensitive - Dehydrated - Loss of elasticity - Loss of muscle tone - Blemishes - Congested - Ageing - Crow's feet - Broken capillaries - Open pores - Comedones - Milia - Pustules - Papules - Hyperpigmentation - Hypopigmentation - Dermatitis papulosa nigra - Pseudofolliculitis - Keloids - Ingrowing hairs - Scarring - Thin skin - Small moles
	2.3. Explain and demonstrate the appropriate cleansing routine ensuring all make-up and products are removed	• 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. Explain and select the appropriate product (astringent/toners) for the skin type/condition/colour	• 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 deep cleansing	3.1. Explain and select the appropriate product for the client's skin type	• Enzymatic peel • AHAs • Exfoliation products • Brush cleansing
	3.2. Demonstrate appropriate application and removal of the product	• Enzymatic peel • AHAs • Exfoliation products
	3.3. Explain and demonstrate how to 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
LO4 Be able to carry out pre-heat treatments	4.1. Explain and select appropriate pre-heat treatment for the client's skin type and administer it safely and effectively	• Steam • Hot towels/compress • Infrared • Benefits • Effects • Safety precautions

LO5 Be able to carry out skin analysis	5.1. Explain and demonstrate use of a magnifying lamp	• Checking the lamp is in good working order • Ensure the lamp is cleaned • Ensuring the client's eyes are sufficiently protected
	5.2. Explain and recognise skin diseases/disorders and show knowledge of whether they are contra-indicated	• 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. Explain the environmental and lifestyle factors that can affect the condition of the skin	• UV damage • Diet • Smoking

		• Alcohol • Central heating • Air conditioning • Pollution • Stress • Current regime
	5.4. Explain and update the client record card accurately	• Recheck contra-indications and any contra-actions from previous treatment or products 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 • Record and store in line with current data protection legislation and professional code of conduct
LO6 Be able to enhance the appearance of eyebrows and lashes	6.1. Explain and demonstrate how to produce written evidence of a patch test	• 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. Explain and demonstrate 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. Explain and demonstrate how to protect the surrounding skin	• Petroleum jelly • Damp cotton wool pads/preformed eye shields

	6.4. Explain and demonstrate how to ensure the mixture of tint and hydrogen peroxide follows the manufacturer's instructions, minimising wastage of product	• 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. Explain and demonstrate application of tint 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 • Dry 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. Demonstrate thorough removal of tint after the required development time with minimum discomfort to the client	• Damp cotton wool • Tipped orange wood stick or damp cotton buds • An eye wash may be used only if the client has tint in the eye
	6.7. Outline aftercare and home care advice	• Do not rub eyes • Recommendations for future treatments and intervals
	6.8. 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 - Dry eye syndrome - Very nervous clients - Blepharitis - Trichotillomania - Glaucoma - Thyroid disturbance • 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. Explain the benefits of bleaching facial hair	• Lightening superfluous dark facial hair particularly on the upper lip, chin and sides of the face
	7.2. Explain and demonstrate the method of applying the bleach	• 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
LO8 Be able to tweeze and shape the eyebrows	8.1. Explain and assess client requirements and demonstrate appropriate measuring	• 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. Explain different eyebrow shapes	• Arched • Angular • Straight • Round • Thin • Medium • Thick
	8.3. Demonstrate how to communicate with the client regarding the desired outcome	• Keep a mirror to hand and keep checking with the client throughout • Check the client is happy with the finished result
	8.4. Explain and demonstrate how to pre-heat the area where appropriate	• Facial steam • A cotton wool pad soaked in warm water can be held over the area to dilate the hair follicle

	8.5. Demonstrate how to support the area keeping the skin taut	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. Demonstrate removal of hairs in the direction of growth minimising client discomfort	- Skin should be held taut - Hairs must be tweezed out in the direction of the hair growth - Gloves must be worn
	8.7. Explain and apply aftercare where appropriate	- A soothing lotion should be wiped over the area to prevent any possible infection - Avoidance of activities which may cause contra-actions - Products for home use - Future treatment needs and intervals between treatments
	8.8. Explain and demonstrate 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. Select a suitable massage medium and explain the benefits	- Oil - Cream - Gel
	9.2. Explain and demonstrate all classical massage movements including when and how to adapt the movements to meet the needs of the client's skin and muscle tone	- Effleurage - Petrissage – kneading and frictions - Tapotement - Vibrations
	9.3. Explain and demonstrate massage techniques; varying pressure and maintaining fluidity	Vary the pressure and technique according to the area being massaged and maintain fluidity and continuity throughout the sequence
	9.4. Explain and demonstrate effective removal of the massage medium	- Damp cotton wool - Hot towels - Toner - Sponges

LO10 Be able to apply facial masks	10.1. Clay masks: Select and mix ingredients minimising wastage and stating their effects and benefits	- Calamine - Kaolin - Magnesium carbonate - Fuller's earth - Rosewater - Orange flower water - Distilled water - Witch hazel - Glycerine - Almond oil
	10.2. Natural masks: Select appropriate ingredients for the client's skin type and condition and state their effects and benefits	- 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: Demonstrate underpinning knowledge of ingredients and their effects and benefits	In accordance with manufacturer's instructions, the main active ingredients of any mask applied to the skin should be known
	10.4. Specialised masks: Demonstrate underpinning knowledge of ingredients and their effects and benefits	- Thermal/mineral masks - Peel off masks - Setting masks - Non-setting masks - Geloid - Clay - Paraffin wax

		- Hot oil as per manufacturer's instructions - Collagen masks
	10.5. For all masks listed: Demonstrate application of masks evenly and neatly ensuring full coverage of the area to be treated	- The whole area should be covered including the neck and décolleté - Lips should be moisturised - Damp eye pads over the eyes
	10.6. Demonstrate removal of masks thoroughly after treatment time has elapsed (according to manufacturer's instructions where appropriate)	- Remove with warm water and sponges or hot towels - Tone - Blot with tissue - Apply appropriate moisturiser
	10.7. Explain and advise on aftercare and home care	- Avoid activities that may cause contra-actions - Advise on suitable products and their uses - Time intervals between treatments

LO11 Know the structure, functions and pathology of the skin	11.1. Describe the structure of the skin and explain the function of its components	- Epidermis - Stratum corneum - Stratum lucidum - Stratum granulosum - Stratum spinosum/malphigian layer - 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 - Histeocytes - Mast cells - Fibroblasts - Erector pili muscle
	11.2. Describe the subcutaneous/adipose layer	The structure and function of the fatty layer underneath the dermis

	11.3. Explain melanocytes	Describe where they are found and their function
	11.4. 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. Explain the functions and formation of the acid mantle	Composition and formation
	11.6. Explain and recognise the different skin types/conditions	- White - Black - Asian - Mixed - Dry - Oily - Combination - Mature skin - Young skin - Sensitive - Dehydrated - Broken capillaries - Open pores - Comedones - Milia - Pustules - Papules - Hyperpigmentation - Hypopigmentation
	11.7. Explain and devise treatment programmes for the following skin types/conditions	- White - Black - Asian - Mixed - Dry - Oily - Combination

		• Mature skin • Young skin • Sensitive • Dehydrated • Broken capillaries • Open pores • Comedones • Milia • Pustules • Papules • Hyperpigmentation • Hypopigmentation
	11.8. Explain and recognise skin diseases and disorders	• 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 - Hyperkeratosis
	11.9. Explain the main skin cancers and all possible causes of	• Basal cell carcinoma • Squamous cell carcinoma • Malignant melanoma

LO12 Know the cell and tissue types	12.1. Describe the structure of the cell and explain their functions	• Cell membrane • Nuclear membrane • Nucleus • Nucleolus • Protoplasm • Cytoplasm • Centrosome • Centromere • Chromosome • Golgi apparatus • Mitochondria • Lysosome • Centrioles • Ribosomes • Vacuoles • Endoplasmic reticulum
	12.2. Define histology and mitosis	• Histology - Study of microscopic structure of tissues • Mitosis - Cell division
	12.3. Describe the structure and explain the function of tissue types	• Epithelial • Nervous • Muscular • Connective tissue

		- Areolar - Adipose - White fibrous - Yellow elastic - Bone
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LO13 Know the skeletal system in relation to the cranium, face, shoulder, chest and neck	13.1. Describe the structure of bone	• Cancellous • Compact
	13.2. Describe the types of bone with examples	• Long • Short • Flat • Irregular • Sesamoid
	13.3. Describe the position 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. Explain the types of muscular tissue and their functions and define the terms used	• Voluntary • Involuntary • Cardiac • Origin • Insertion • Action • Tone • Tension • Fatigue • Atrophy • Hypertonic
	14.2. Describe the position and explain the action of the 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. Explain the types of nerves	• Motor • Sensory • Mixed nerves • Neurone
	15.2. Describe the position and explain the 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. Describe the structure of arteries and veins and explain the function of the components of blood	• Blood plasma • Erythrocytes • Leucocytes • Platelets • Thrombocytes • Arteries • Arterioles • Veins • Venules • Capillaries
	16.2. Describe 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. Explain the interrelationship between blood and lymph and their role in improving skin and muscle conditions	• 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. Describe the structure and explain the 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. Describe the structure and explain the function of the structures of the lymphatic system	• Lymphocyte • Lymphatic capillary • Lymphatic vessel • Lymph node • Lymphatic duct
	17.3. Describe the position of 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. Explain and give examples of the sources and uses of cosmetic ingredients	• Oils • Fats and waxes • Emulsions • Emulsifying agents • Humectant • Emollient • Talc
	18.2. Explain the different ingredients and differences between products, stating their effects and benefits	• Cleansing milks/creams • Facial washes • Lotions • Day cream • Night cream • Eye cream • Neck cream • Toner • Astringent

		• Gels • Lip balms • Serums/ampoules
	18.3. Explain the main mask ingredients	• Clays - Fuller's earth - Calamine - Kaolin • Magnesium carbonate • Witch hazel • Rosewater • Orange flower water • Distilled water • Glycerine • Almond oil • Commercial masks - AHA's - Exfoliators
	18.4. 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

Assessment

Portfolio of evidence containing:

- 5 treatment evidence to include:
 - All treatments must include lash and/or brow tinting and eyebrow shaping

Practical examination

MCQ

These treatment evidence 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 home care advice including retail recommendations

Treatments should be evidenced through the consultation form. See www.vtctskills.org.uk for sample form

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	19/06/2026	Rebranding	Development Administrator