



Image courtesy of Su-do Professional – The Art of the Sunless Tan

# 223

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## Apply skin tanning techniques

Skin tanning is a popular salon treatment. It achieves an instant result and clients leave with a healthy, natural-looking glow. You will learn how to apply self-tanning products to the lower legs, arms, shoulders and face; ideal for clients who need a bit of colour for a special occasion such as a wedding. You will consult with the client, identify contra-indications, carry out a sensitivity test and recommend the best type of treatment – be it manual application or spray application – and apply the product to the client's satisfaction. You will learn about the effects of the sun's rays and methods to use to protect the body, as well as the various products available and the effects of these products on the skin.

# Assignment mark sheet

## Unit 223 Apply skin tanning techniques

Your assessor will mark you on each of the practical tasks in this unit. This page is used to work out your overall grade for the unit. You must pass **all** parts of the tasks to be able to achieve a grade. **For each completed practical task, a pass equals 1 point, a merit equals 2 points and a distinction equals 3 points.**

### What you must know

Evolve (online multiple-choice test)

### Tick when complete

### What you must do

Task 2: provide self-tanning service

### Grade

### Points

### Overall grade

Candidate name:

Candidate signature:

Date:

Assessor signature:

Date:

Quality assurance co-ordinator signature  
(where applicable):

Date:

External Verifier signature  
(where applicable):

Date:



Image courtesy of iStockphoto.com/Mark Stout Photography

## What does it mean?

Some useful words are explained below

### Aftercare advice

Advice given to the client following a skin tanning treatment in order to maintain the tan and prevent any adverse reactions.



Image courtesy of naturasun

### Compressor

An electrical piece of equipment that forces the liquid tanning product out of the spray gun.

### Contra-action

An unfavourable reaction that may occur either during or after the treatment, eg skin swelling.

### Contra-indication

A condition that may restrict the treatment being carried out, eg dermatitis.

### Desirable characteristics

The appropriate conditions that are needed to carry out a skin tanning treatment, such as warmth, ventilation, privacy and music.

### Dihydroxyacetone (DHA)

An ingredient in tanning products, which often comes from plant sources such as sugar beet or sugar cane.

### Exfoliation products

Abrasive products used to remove the top layer of the epidermis.

### Malignant melanoma

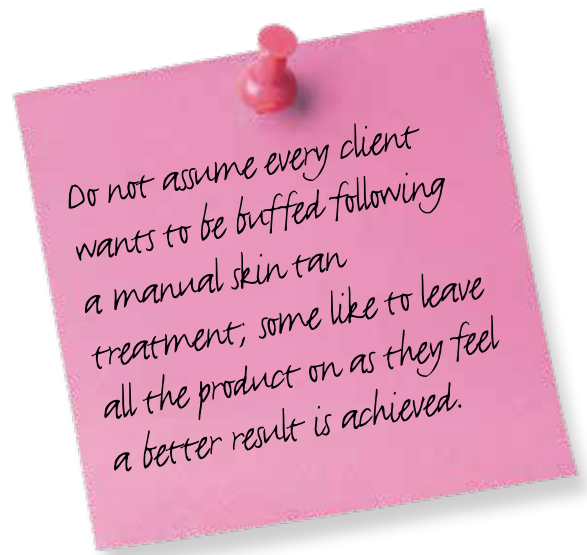
A form of skin cancer which develops from a mole.



Image courtesy of www.hiveofbeauty.com

### PPE

Personal protective equipment that should be used during the treatment, such as disposable gloves or a face mask.



## What you must know

### You must be able to:

- 1 describe salon's requirement for client preparation, preparing themselves and the work area
- 2 identify different consultation techniques used to identify treatment objectives
- 3 describe the factors that need to be considered when selecting techniques, products and equipment
- 4 describe the environmental conditions suitable for self-tanning treatment
- 5 describe the safety considerations that must be taken into account when providing self-tanning treatment
- 6 identify the range of equipment used for self-tanning treatments
- 7 identify products used and their key ingredients
- 8 compare the benefits and effects of self-tanning treatments with UV tanning treatments
- 9 explain the importance of regular disinfecting and sterilising of equipment between self-tanning sessions
- 10 explain the effect self-tanning products have on the skin and the reasons the effect has limited duration
- 11 describe contra-indications that prevent or restrict self-tanning treatment

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#### Revision tip

Test the spray gun by aiming on to a piece of tissue prior to using on the client's skin, to check the flow of the product.



### Follow in the footsteps of... *Samantha Raybould* “

After studying Beauty Therapy for two years, Samantha worked in a salon where tanning was the most popular treatment. She left to run a salon in a Greek hotel, which offered a wider variety of treatments. Six months later, Samantha moved to Antigua to work in a spa, where she learnt a great deal about client care and working with clients from different cultures. She then returned to the UK to do a Beauty Therapy Management course. Samantha is now a lecturer at Aberdeen College, and towards the end of her third year of teaching she was temporarily promoted to Curriculum Leader for Beauty Therapy. **Look for the pink quote marks to see what she has to say to you!**

- 12 describe how to communicate and behave in a professional manner
- 13 state the importance of positioning yourself and the client correctly throughout the treatment
- 14 describe safe and hygienic working practices
- 15 describe contra-actions which might occur during and following the treatment and how to respond
- 16 describe the aftercare advice that should be provided
- 17 state the importance of completing the treatment to the satisfaction of the client
- 18 state the methods of evaluating the effectiveness of the treatment
- 19 describe the structure and function of the skin



*Fake tan contains dihydroxyacetone (DHA), which stops the tan from going orange on application.*

**Revision tip**

Make sure the client is properly exfoliated, especially around dry areas such as ankles, knees, elbows, wrists and knuckles.





*It's important to make clients aware of the harmful effects of the sun.*

Image courtesy of United Beauty

# SKIN TO



*Dilute the tanning lotion with moisturiser when working on areas that need to be lighter, such as the wrists, the backs of the hands and the hairline.*

Image courtesy of Germaine de Capuccini

Make sure the spray gun is used at a 90° angle or keep your wrist straight.

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Image courtesy of Su-do Professional – The Art of the Sunless Tan

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*Always look at the client's natural skin colour. If there is a choice, adjust the product to avoid the tan looking unnatural.*



## What you must do

### Practical observations descriptors table

This table shows what you need to do to achieve 1, 2 or 3 points for the criteria indicated with \* on the previous page.

	1 mark	2 marks	3 marks
<b>2</b> <b>Use suitable consultation techniques to identify treatment objectives</b>	Basic consultation carried out. Examples: closed questions used throughout, questioning covered contra-indications.	Good consultation carried out. Examples: open and closed questions, positive body language, questioning covered contra-indications, general health and expectations.	Thorough consultation carried out. Examples: open and closed questions, positive body language, questioning covered contra-indications, general health and expectations, natural shade of skin.
<b>4</b> <b>Provide clear recommendations to the client</b>	A basic treatment plan is recommended. Example: objectives of the treatment identified.	A good treatment plan is recommended. Examples: objectives of the treatment identified, taking into account client expectations, natural shade of skin and the method to be used.	A thorough treatment plan is recommended. Examples: objectives of the treatment identified, taking into account client expectations, natural shade of skin and the method to be used, effect to be achieved based on the client's skin tone, allows the client to ask questions to confirm understanding.
<b>9</b> <b>Select and use products and equipment taking into account identified factors</b>	Correctly selects and applies the tanning products.	Correctly selects and applies the tanning products, taking into account identified factors, to achieve the treatment objective.	Correctly selects and applies the tanning products, taking into account identified factors, to achieve the treatment objective. Correctly explains the process to the client throughout the treatment

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## What you must do

### Practical observations descriptors table (continued)

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with \* on the previous page.

	1 mark	2 marks	3 marks
<b>10</b> Complete the treatment to the satisfaction of the client	The treatment is completed within the agreed time and brought to a satisfactory close.	The treatment is completed within the agreed time and the client is shown the result and the treatment is brought to a satisfactory close.	The treatment is completed within the agreed time, brought to a satisfactory close, the client is shown the result, client is assisted where necessary.
<b>12</b> Provide suitable aftercare advice	Basic aftercare advice is provided, including possible contra-actions.	Good level of aftercare advice to include contra-actions and homecare products.	Excellent aftercare advice to include contra-actions, homecare products, and future treatment needs and frequency.



*Try to make sure the client buys a recommended moisturiser to maintain their tan for as long as possible, and prevent patchiness as the tan fades.*

# Comment form

## Unit 223 Apply skin tanning techniques

This form can be used to record comments by you, your client, or your assessor.

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Image courtesy of St Tropez

