

312

Provide UV tanning

It's very important for anyone wanting to have a UV tanning treatment to get the correct advice that only an expert can give. For many people, a tan makes them feel and look healthier and fitter, and gives them a sense of wellbeing.

If a client doesn't want to use a self-tan product, then UV tanning may be the answer. This unit covers how to prepare the client properly, analyse their skin, and calculate the best session and exposure times. You will also learn how to give effective home care advice, so the client can achieve a natural glow for longer.

Assignment mark sheet

Unit 312 Provide UV tanning

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

Task 1a: produce an information sheet

Task 1b: produce a report

Task 1c: produce a fact sheet

Task 1d: anatomy and physiology

Or tick if covered by an online test

Tick when complete

What you must do

Task 2: provide UV tanning

Grade

--

Points

--

Overall grade

--

Candidate name:

--

Candidate signature:

Date:

--

Assessor signature:

Date:

--

Quality assurance co-ordinator signature
(where applicable):

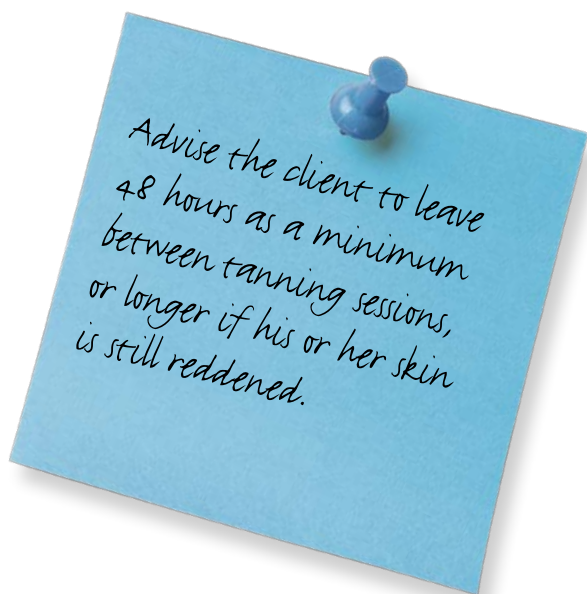
Date:

--

External Verifier signature
(where applicable):

Date:

--



What does it mean?

Some useful words are explained below

Collagen

A fibrous type of protein found in many of the body's structures. It gives body and skin tissues form, and provides firmness and strength.



Contra-indications

Condition that prevents treatment from taking place, or makes it necessary to modify the treatment. A mole would prevent treatment.

Dehydrated skin

This is a lack of water or moisture within the skin as opposed to a lack of oil, and can occur on any skin type.

Elastin

Fibres within the skin, which help to keep it flexible but tight, allowing it to return to its natural shape if stretched.

Electromagnetic spectrum

Light waves and other types of energy that radiate are called electromagnetic radiation. Together, they form the electromagnetic spectrum. Humans can only see part of the electromagnetic spectrum, for example when a rainbow appears. Energy we can see is called visible light. Ultraviolet light (see below) is invisible.

Erythema

Redness of the skin resulting from dilation of blood vessels, due to stimulation, irritation or allergy.



Herpes simplex

Commonly known as a cold sore. This is a viral infection where blisters appear around the lip and nose area. They may break open, bleed and crust. In some people, cold sores can be made worse by using a sun bed.



Longevity of tan

The length of time that the tan lasts before fading.

Mature skin

In beauty therapy terms, this is any skin over the age of 25. However, the skin is generally not classed as being mature until the signs of ageing are apparent.

Melanin

The pigment formed in skin by melanocytes. It gives the skin colour and provides natural protection against UV rays. It also has the function of absorbing heat from the sun.

Skin analysis

A careful assessment of the skin to determine its type, condition and importantly in UV tanning, colour.

Skin type

A way of classifying the skin according to the amount of oil it produces. The skin types are normal, dry, oily and combination.

Tanning accelerator

Products designed to increase your body's natural production of melanin, and thereby increasing the effect of UV radiation on the skin. They can damage the skin and are not recommended.

Tan enhancer

These include creams, gels, powders and illuminators, which are shimmery or bronzed to give a glowing look to the tan.

Ultraviolet light

Ultraviolet (UV) light consists of invisible rays of light, which are found in sunlight. Exposure to UV light can cause the skin to tan.

UVA rays

Penetrating into the dermis, these stimulate melanin production, for a fast but short-lived tan. They lead to premature ageing of the skin.

UVB rays

Penetrating to the lower levels of the epidermis, creating a slower but longer lasting tan than UVA. They also stimulate melanin production.

What you must know

You must be able to:

- 1 Describe workplace requirements for preparing yourself, the client and work area
- 2 Describe the environmental conditions suitable for UV tanning
- 3 Describe the different consultation techniques used to identify objectives
- 4 Explain the importance of carrying out a skin analysis to determine skin type and condition
- 5 Describe how to select products and equipment to suit the client's treatment needs, skin type and condition
- 6 Describe the effects and benefits of different types of UV tanning equipment
- 7 Explain the contra-indications that prevent or restrict UV tanning
- 8 Explain how to communicate and behave in a professional manner
- 9 Describe health and safety working practices
- 10 State the importance of positioning yourself and the client correctly throughout the treatment

Continues on next page

Revision tip

Very fair skin produces very little melanin. Even when exposed to UV, some fair skins cannot form melanin, so they will not tan in sunlight or on a sun bed.



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 Yale College in Wrexham. **Look for the blue quote marks to see what she has to say to you!**

Revision tip

When the skin is exposed to UV, the melanocyte cells produce more melanin. The melanin oxidises, producing brown pigment, which will reach the surface of the skin and then be shed, along with the skin cells.

- 11 Explain the importance of using products and equipment to suit the client's treatment needs, skin type and condition
- 12 State the contra-actions that may occur during and following treatments and how to respond
- 13 State how to calculate session times and correct exposure times
- 14 Explain how the principles of radiation and the electro-magnetic spectrum apply to the use of light irradiation equipment
- 15 Describe the structure and function of the skin
- 16 Describe the effects of UVA, UVB and UVC rays on the skin and risks of overexposure
- 17 Explain the importance of completing the treatment to the satisfaction of the client
- 18 Explain the importance of completing treatment records
- 19 Describe the methods of evaluating the effectiveness of the treatment
- 20 Describe the aftercare advice that should be provided

Image courtesy of naturasun

Revision tip

A sunscreen containing SPF 15 allows a person to stay out in the sun 15 times longer than if they were wearing no sunscreen. That is, it will delay the onset of sunburn from 10 minutes to 150 minutes.



Make sure you advise the client to shower and remove all make-up thoroughly before tanning sessions as some ingredients, especially those in perfume, can make the skin more likely to burn.



It is essential the client wear eye protection during a session.

Image courtesy of iStockphoto.com/MaximumImage

UV tanning



The golden glow of a tan can give self confidence.

“

Remember that exfoliation and moisturising are essential in both preparing and maintaining the perfect tan.

Image courtesy of Germaine de Capuccini

Insist that the client uses the eye protection provided to prevent permanent damage to their eyes.



Make sure you instruct the client on safe sunbed use.

Warning

“

Don't forget that it's illegal for anyone under the age of 18 to use UV tanning.

What you must do

Practical observations

This page shows what you need to do during your practical task. You can look at it beforehand, but you're **not** allowed to have it with you while carrying out your practical task. You must achieve **all** the criteria; you can achieve 1 mark, 2 marks or 3 marks for the criteria indicated with *****.

Conversion chart

Grade	Marks
Pass	11–13
Merit	14–18
Distinction	19–21

Please tick when all pre-observation requirements have been met

- 1 Prepare yourself, the client and the work area for UV tanning
- 2 Use suitable consultation techniques to identify treatment objectives *
- 3 Carry out a skin analysis to calculate correct exposure time
- 4 Advise the client on how to prepare for the treatment *
- 5 Provide clear recommendations to the client *
- 6 Follow health and safety working practices
- 7 Communicate and behave in a professional manner
- 8 Select and use products and equipment to suit client's treatment needs, skin type and conditions
- 9 Complete the treatment to the satisfaction of the client *
- 10 Record and evaluate the results of the treatment
- 11 Provide suitable aftercare advice *

Provide UV tanning		
1		
1	2	3
1		
1	2	3
1	2	3
1		
1		
1	2	3
1		
1	2	3

Total

Grade

Candidate signature and date

Assessor signature and date

What you must do

Practical observations descriptors table

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
2 Use suitable consultation techniques to identify treatment objectives	Basic consultation Examples: uses open and closed questions, checks for contra-indications, identifies the treatment objectives correctly.	Good consultation Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations with regard to depth of colour and longevity of tan and reasons/ occasion for having tan; identifies the treatment objectives and any factors that may limit or restrict the treatment.	Thorough consultation Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations with regard to depth of colour and longevity of tan and reasons/ occasion for having tan, identifies the treatment objectives and any factors that may limit or restrict the treatment, allows the client to ask any questions to confirm understanding.
4 Advise the client on how to prepare for the treatment	Advises the client on the items of clothing and jewellery that need to be removed, gives basic instruction on how the equipment is operated.	Advises the client on the items of clothing and jewellery that need to be removed, gives detailed instruction on how the equipment is operated and how the client should be positioned during the treatment, explains the type of equipment used and timing calculation.	Advises the client on the items of clothing and jewellery that need to be removed, gives detailed instruction on how the equipment is operated and how the client should be positioned during the treatment, explains the type of equipment used and timing calculation, makes the client feel at ease by explaining how their privacy will be ensured during the treatment, allows the client to ask questions.

Continues on next page

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
5 Provide clear recommendations to the client	A basic treatment plan is recommended Examples: explains treatment procedure and any adaptations to meet client treatment needs.	A good treatment plan is recommended Examples: explains treatment procedure and any adaptations to meet client treatment needs, takes into account client lifestyle and expectations.	A thorough treatment plan is recommended Examples: explains treatment procedure and any adaptations to meet client treatment needs, takes into account client lifestyle and expectations and skin colouring characteristics.
9 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, brought to a satisfactory close, and client is given sufficient time to get dressed.	The treatment is completed within the agreed time, brought to a satisfactory close, client is given sufficient time to get dressed, the client is asked for feedback.
11 Provide suitable aftercare advice	Basic aftercare advice Examples: how to deal with possible contra-actions, product(s) to use, future treatment needs.	Good level of aftercare advice Examples: how to deal with possible contra-actions, product(s) to use, specific lifestyle advice (ie sun exposure, fluid intake), future treatment needs.	Excellent aftercare advice Examples: how to deal with possible contra-actions, product(s) to use/avoid, specific lifestyle advice (ie sun exposure, fluid intake), provides information on how to prolong/maintain tan, recommends future treatment programme (a course of tanning treatments, introduction of new/ alternative treatments).

Comment form

Unit 312 Provide UV tanning

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

Image courtesy of Future Industries



“

Tan accelerators are designed to prolong a tan after exposure to the sun or UVA rays. Always check the manufacturer's instructions when recommending products to ensure your clients' safety.