

326

Provide spa treatments

This specialised unit is about using body wraps and masks to help contour the body, improve circulation, improve skin condition and also help to reduce the appearance of cellulite. You will learn about the different products involved, such as seaweed, and the different techniques such as dry body brushing. You will learn about the benefits of, and the differences between, hot and cold wrapping, and when to apply each. You will also study the effects of pre-heating the body prior to treatment by using sauna and steam baths. In our body conscious society, these treatments are very popular with clients, whether it's to fit into those favourite jeans, as a 'one-off' for a special occasion or as part of a longer term body sculpting regime – and they are safer, faster, cheaper and more pleasurable than a visit to the plastic surgeon or gym!

Assignment mark sheet

Unit 326 Provide spa treatments

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 claim a grade. For the practical task a pass equals 1 mark, a merit equals 2 marks and a distinction equals 3 marks.

What you must know	Tick when complete
Task 1a: produce an information sheet	
Task 1b: produce a fact sheet	
Task 1c: produce an information sheet	
Task 1d: produce a fact sheet	
Task 1e: anatomy and physiology	
Or tick if covered by an online test	

What you must do	Grade	Points
Task 2: Provide spa treatments		
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 Center Parcs

What does it mean?

Some useful words are explained below

Adipose tissue

The layer of fat cells which lies beneath the dermis; otherwise known as the subcutaneous layer.

Algae

Detoxifying seaweed containing therapeutic minerals.

Aromatherapy oils

Derived from plants, these potent essences have both a psychological and physiological effect on the body.

Body language

Gestures, facial expressions, eye contact and postures which are often used unconsciously.

Caldarium

The hottest wet-heat steam room, which may use herbal essences to create a perfumed steam.



Cellulite

Congested tissue with a dimply 'orange peel' appearance. It is usually cold to the touch and found on the thighs and buttocks.

Contra-indications

A condition which prevents treatment from taking place.

Cryo-based products

These products work by lowering the temperature of the body to make the circulation work harder.

Finnish sauna

A dry-heat treatment where the air is heated by an electric stove containing coals.

Heat exhaustion

Symptoms such as dizziness, nausea, headaches and fainting caused by loss of fluids and body salts.



Humidity

The amount of water found in the air. The higher the level of water, the higher the humidity is said to be.

Laconium sauna

Uses a milder heat than the Finnish sauna, which is usually created by under floor heating.



Lifestyle patterns

Habits such as smoking, alcohol intake, sleeping, relaxation and exercise patterns and diet and fluid intake.



Relaxation area

A quiet area where clients can rest to allow their body temperature and blood pressure to return to normal.

Seaweed-based products

Products containing minerals and trace elements; they are cleansing and detoxifying.

Treatment objective

The desired outcome of the spa treatment.

Wet area

This is the area where all the spa facilities are housed.

What you must know

You must be able to:

- 1 Explain salon requirements for preparing yourself, the client and work area
- 2 Explain the environmental conditions suitable for spa treatments
- 3 Explain the different consultation techniques used to identify treatment objectives
- 4 Explain the importance of carrying out a detailed body assessment and relevant tests
- 5 Explain how to select products, tools and equipment to suit client's treatment needs
- 6 Explain the contra-indications that prevent or restrict spa treatments
- 7 Explain how to communicate and behave in a professional manner
- 8 Explain health and safety working practices
- 9 Explain the importance of positioning yourself and the client correctly throughout the treatment
- 10 Explain the importance of using products, tools, equipment and techniques to suit client's treatment needs
- 11 Describe the effects and benefits of spa equipment and products on the skin and underlying structures

Continues on next page

Revision tip

There are two types of sweat glands: the eccrine glands which open directly onto the skin's surface, and apocrine glands which open onto a hair follicle.

- 12 Describe how treatments can be adapted to suit client's treatment needs
- 13 Explain the importance of keeping clients under observation while using spa equipment
- 14 State the contra-actions that may occur during and following treatments and how to respond
- 15 Explain the importance of completing the treatment to the satisfaction of the client
- 16 Explain the importance of completing treatment records
- 17 Explain the methods of evaluating the effectiveness of the treatment
- 18 Describe the aftercare advice that should be provided
- 19 Explain the structure, growth and repair of the skin
- 20 Explain skin conditions, diseases and disorders
- 21 Explain the structure and function of the circulatory and lymphatic systems for the body
- 22 Explain the structure and function of the nervous system for the body
- 23 Explain how the ageing process, lifestyle and environmental factors affect the skin, body conditions and underlying structures

Revision tip

Compression wraps help to compact the soft body tissues and sculpt the body's contours. That's why the client loses inches but doesn't actually lose any weight.



Think about how the client can improve their lifestyle to support the treatment and get even better results.

Spa treat

Recording 'before' and 'after' measurements, if appropriate to the course of treatments, helps to motivate your client and keep them on track.



Ensure massage techniques meet the client's treatment needs.

Image courtesy of Hertford Regional College



Little touches can make the most basic cubicle seem luxurious.

atments

Image courtesy of Ardencote Spa

The retail home care products you offer your client help to support and enhance their treatment.



"Spot" treating areas is popular and effective.

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 work area for spa treatment
- 2 Use suitable consultation techniques to identify treatment objectives *
- 3 Carry out a body assessment and any relevant tests
- 4 Provide clear recommendations to the client *
- 5 Position yourself and the client correctly throughout the treatment
- 6 Follow health and safety working practices
- 7 Communicate and behave in a professional manner
- 8 Select and use products, tools, equipment and techniques to suit client's treatment needs *
- 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 spa treatments		
1		
1	2	3
1		
1	2	3
1		
1		
1		
1	2	3
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	<p>Basic consultation</p> <p>Examples: uses open and closed questions, checks for contra-indications, identifies the treatment objectives correctly.</p>	<p>Good consultation</p> <p>Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations; identifies the treatment objectives and any factors that may limit or restrict the treatment.</p>	<p>Thorough consultation</p> <p>Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations, how client feels about their body and what improvement they would like to achieve; identifies the treatment objectives and any factors that may limit or restrict the treatment, allows the client to ask any questions to confirm understanding.</p>
4 Provide clear recommendations to the client	<p>A basic treatment plan is recommended</p> <p>Examples: explains treatment procedure and any adaptations to meet client's treatment needs.</p>	<p>A good treatment plan is recommended</p> <p>Examples: explains treatment procedure and any adaptations to meet client's treatment needs based on factors identified during consultation (lifestyle, medication (if any), contra-indications, results of body assessment and relevant tests), a choice of products to be used.</p>	<p>A thorough treatment plan is recommended</p> <p>Examples: explains treatment procedure and any adaptations to meet client's treatment needs based on factors identified during consultation (lifestyle, medication (if any), contra-indications, body assessment and relevant tests), a choice of products to be used, adaptation of treatment to suit client treatment needs, allows the client to ask questions about the treatment plan.</p>

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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 page 8.

	1 mark	2 marks	3 marks
8 Select and use products, tools, equipment and techniques to suit client's treatment needs	Selects and uses the correct products, tools, equipment and techniques based on factors identified in body assessment and relevant tests.	Selects and uses the correct products, tools, equipment and techniques based on factors identified in body assessment and relevant tests, explains effects and benefits of the products and equipment to the client as appropriate throughout, the client is appropriately positioned.	Selects and uses the correct products, tools, equipment and techniques based on factors identified in body assessment and relevant tests, explains effects and benefits of the products and equipment to the client as appropriate throughout, the client is appropriately positioned/repositioned as required, adapts and modifies the techniques used, explains the treatment to the client as appropriate throughout.
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 positive feedback is gained from the client.	The treatment is completed within the agreed time, brought to a satisfactory close and positive feedback is gained from the client, shows the client the results of the treatment and allows the client to ask questions.

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1 mark**2 marks****3 marks****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 advice (ie what to avoid immediately after the treatment, fluid intake, healthy eating), future treatment needs.

**Excellent aftercare
advice**

Examples: how to deal with possible contra-actions, product(s) to use, specific advice (ie what to avoid immediately after the treatment, fluid intake, healthy eating), recommends future treatment programme (regular treatments, introduction of new/ alternative treatments).



Comment form

Unit 326 Provide spa treatments

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



Image courtesy of Corinthia Palace Hotel & Spa