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# body wrapping and flotation treatments



This unit is about carrying out specialist body wrapping and flotation treatments, including preparation of the treatment room, products and equipment. Client consultation and monitoring of the treatment is also included. The ability to tailor aftercare advice to

individual client needs is required. To carry out this unit you will need to monitor and maintain safe and effective methods of working. You will need to maintain your personal appearance and good communication with clients, colleagues and managers.



# Unit S3 (City & Guilds Unit 053)

## Provide body wrapping and flotation treatments

### *Optional*



### Evidence requirements

To achieve this unit you must practically demonstrate in your everyday work that you have met the standards for providing body wrapping and flotation treatments.

The standards cover things that you must do (performance criteria), things that you must cover (range) and things that you must know.

### What you must do

Your assessor will observe you on at least **four** separate occasions on at least **three** different clients. You must include **four** body wrap treatments and **two** flotation treatments. You must carry out correctly all the things listed under 'What you must do' on the sign-off sheets that follow.

All the observations must be with real clients in a salon setting – simulation is **not** allowed for any performance evidence within this unit.

Most evidence of your performance will be gathered from observations made by your assessor, but you may be required to produce other evidence to support your performance if your assessor has not been present.

When carrying out your work, all related health, safety and hygiene practices must be followed at all times.

This unit has five outcomes.

**Outcome 1**  
Maintain safe and effective methods of working when providing body wrapping and flotation treatments

**Outcome 2**  
Consult, plan and prepare for treatments with clients

**Outcome 3**  
Provide body wrapping treatments

**Outcome 4**  
Provide flotation treatments

**Outcome 5**  
Provide aftercare advice



“  
Identifying the correct spa treatment for your client will benefit both them and your business.  
Anita Crosland  
”



# Unit S3 (City & Guilds Unit 053)

## Provide body wrapping and flotation treatments

### *Optional (continued)*

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Level 3 NVQ/SVQ Spa

Image courtesy of Germaine de Capuccini

### What you must cover

You will see key words in bold on the 'What you must do' list. For each of these, there is a range of things that you must cover. You must show that you have:

#### **Used all of the following consultation techniques:**

Questioning

Visual

Reference to client records

Measuring

#### **Consulted clients on all life style patterns:**

Diet

Fluid intake

Alcohol intake

Exercise habits

Smoking habits

Current body skin care routine

#### **Carried out all types of skin preparation:**

Use of exfoliation products

Body brushing techniques

Pre-heat treatments

#### **Carried out all body wrapping treatment objectives:**

Slimming

Detoxifying

Skin nourishing

#### **Used all wrapping materials:**

Fabric

Plastic

Foil

#### **Used all treatment products:**

Algae (eg seaweed)

Oils

Mud

Gels

Creams

#### **Given all the types of advice:**

Suitable aftercare products and their use

The contra-actions which may occur post-treatment and how to deal with them

Recommendations for changes to lifestyle patterns

Post-treatment restrictions

Recommended further follow-on treatments

Post-treatment rest and relaxation advice

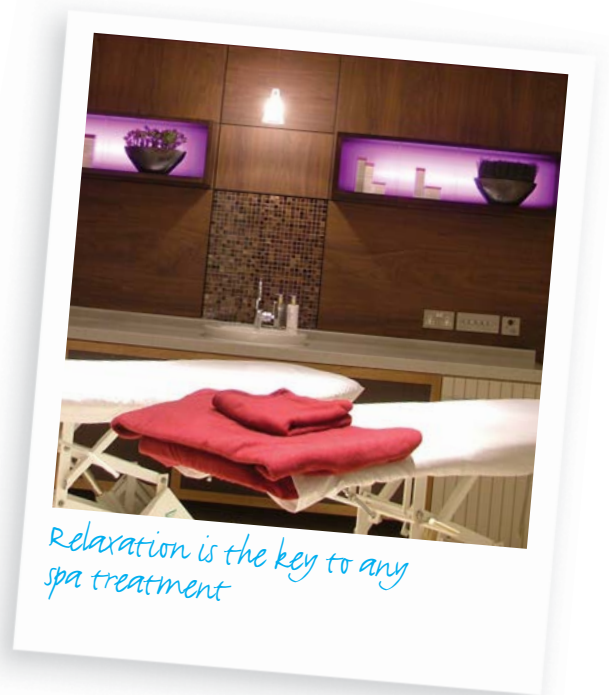


Image courtesy of Champneys

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## What you must know

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You will be assessed on your knowledge of the following:

Organisational and legal requirements

How to work safely and effectively when providing body wrapping and flotation treatments

Client consultation

Anatomy and physiology

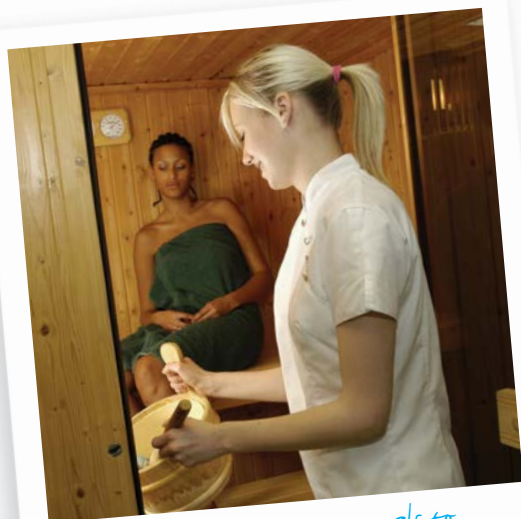
Body wrapping treatments

Flotation treatments

Aftercare advice for clients

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This will be completed through written and oral questioning by your assessor, or by an online test. For details of what you must know, see pages 17–22.



*Ladle water on to sauna coals to increase the humidity.*



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## Useful words

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Some terms that you will come across in this unit are explained below.

**Affusion shower** A treatment where the client lays down on a couch while water from micro jets above is applied.

**Algae** A detoxifying seaweed containing therapeutic minerals.

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

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

**Dry flotation bed** This has a similar principle to a waterbed – the client lies on and is protected by vinyl and then suspended on the warm water.

**Finnish sauna** A dry heat treatment where the air is heated from an electric stove containing coals. The cabinet is constructed of timber, which absorbs moisture.

**Hamman** Used to purify and detox, this is traditionally a communal type of bath house.

**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.

**Hydrotherapy** The powerful use of water in a treatment, such as a hydrotherapy bath, hydrotherapy pool and hydrotherapy hose.

**Laconium sauna** Uses a milder heat than the Finnish sauna, which is usually created by underfloor heating.

**Relaxation area** A quiet rest area to allow the body temperature and blood pressure to return to normal.

**Wet flotation tank** These use a high concentration of Epsom salts diluted in water to allow the client to float, suspended in the water.

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# Observation sign-off sheet

## *Unit S3 Provide body wrapping and flotation treatments*

### What you must do

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Level 3 NVQ/SVQ Spa

Within your work, you must show your assessor that you can do the following. Your assessor will observe your performance on at least **four** separate occasions; on at least **three** different clients. Your assessor will want to see you have carried out **four** body wrap treatments and **two** flotation treatments. (If you are using a dry flotation bed, treatments can be combined).

Each time you achieve **all** the points listed below within a single client service, your assessor will tick the circle and enter the date.

#### Outcome 1

##### **Maintain safe and effective methods of working when providing body wrapping and flotation treatments by:**

- a Setting up and monitoring the treatment area to meet organisation procedures and manufacturers' instructions
- b Making sure that environmental conditions are suitable for the client and the treatment
- c Ensuring your personal hygiene, protection and appearance meets accepted industry and organisational requirements
- d Wearing the recommended personal protective equipment for body wrapping and flotation treatments
- e Effectively disinfecting your hands prior to treatment
- f Ensuring your own posture and position minimises fatigue and risk of injury whilst working
- g Ensuring all tools and equipment are cleaned using the correct methods
- h Maintaining accepted industry hygiene and safety practices throughout the treatment
- i Adopting a positive, polite and reassuring manner towards the client throughout the treatment
- j Maintaining the client's modesty, privacy and comfort at all times
- k Checking the client's wellbeing at regular intervals according to organisational policy
- l Disposing of waste materials safely and correctly

*Continues on next page*

- m Giving clear and accurate instructions to anyone assisting you when necessary
- n Ensuring the treatment is cost effective and is carried out within a commercially viable time
- o Ensuring client record cards are up-to-date, accurate, complete, legible and signed by the client and practitioner
- p Leaving the treatment area in a condition suitable for future treatments



Observation	1	2	3	4		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date						
Candidate signature						
Assessor signature						
IQA signature (if sampled)						
EQA signature (if sampled)						

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# Observation sign-off sheet

## Unit S3 Provide body wrapping and flotation treatments

### What you must do (continued)

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Level 3 NVQ/SVQ Spa

#### Hints and tips

*Dry floatation creates what is known as 'occlusive pressure', which increases the absorption of products applied to the skin. This means that a thinner layer of product can be applied.*

#### Outcome 2

##### Consult, plan and prepare for treatments with clients by:

- a Using **consultation methods** in a polite and friendly manner to determine the client's treatment needs
- b Obtaining signed, written informed consent from the client prior to carrying out the treatment
- c Ensuring that informed and signed parent or guardian consent is obtained for minors prior to any treatment \*
- d Ensuring that a parent or guardian is present throughout the treatment for minors under the age of 16 \*\*
- e Clearly explaining to the client what the treatment entails in a way they can understand
- f Asking your client appropriate questions to identify their medical history, emotional and physical condition and **life style pattern**
- g Asking your client appropriate questions to identify if they have any contra-indications to body wrapping and flotation treatments

*Continues on next page*





- h Accurately recording your client's responses to questioning
- i Encouraging clients to ask questions to clarify any points
- j Encouraging clients with suspected contra-indications to seek medical advice without reference to specific conditions and without causing undue alarm or concern \*\*\*
- k Clearly identifying and agreeing in writing the client's needs, expectations and treatment objectives, ensuring they are realistic and achievable

Observation	1	2	3	4		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date						
Candidate signature						
Assessor signature						
IQA signature (if sampled)						
EQA signature (if sampled)						

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* Covered by observation	<input type="radio"/>	Date
Covered by oral questioning	<input type="radio"/>	Date
** Covered by observation	<input type="radio"/>	Date
Covered by oral questioning	<input type="radio"/>	Date
*** Covered by observation	<input type="radio"/>	Date
Covered by oral questioning	<input type="radio"/>	Date

Image courtesy of Center Parcs



*Hydrotherapy pressure treatments may be adjusted to suit the client's build.*

**Hints and tips**

*Hydrotherapy on the body is extremely powerful and you should make sure that clients take time to rest afterwards.*



# Observation sign-off sheet

## Unit S3 Provide body wrapping and flotation treatments

### What you must do (continued)



*Flotation treatments are the ultimate client experience for relaxation.*

Anita Crosland



### Outcome 3

**Provide body wrapping treatments by:**

- a **Preparing the skin** using methods which are suited to the **body wrapping objectives**
- b Preparing and applying the **wrapping materials** and **treatment products** efficiently in accordance with the **body wrapping treatment objectives** and manufacturers' instructions
- c Ensuring the application and use of the **wrapping materials** and **treatment products** minimises waste and avoids soiling of the surrounding area
- d Recognising contra-actions which occur during the body wrapping treatment and taking the necessary action \*
- e Removing the **wrapping materials** and **treatment products** efficiently in accordance with the **body wrapping treatment objectives** and manufacturers' instructions
- f Ensuring that the finished result is to the client's satisfaction and meets the agreed treatment plan objectives

Observation	1	2	3	4		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date						
Candidate signature						
Assessor signature						
IQA signature (if sampled)						
EQA signature (if sampled)						

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\* Covered by observation  Date \_\_\_\_\_  
 Covered by oral questioning  Date \_\_\_\_\_

## Outcome 4

### Provide flotation treatments by:

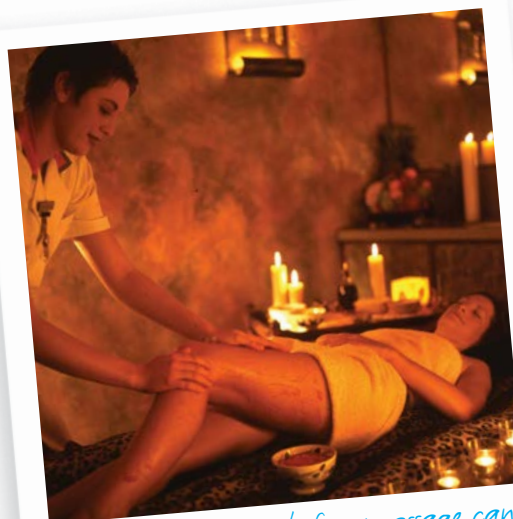
- Confirming the client's understanding of the flotation treatment and its objectives
- Adjusting the flotation equipment to meet the client's needs and ensure their comfort
- Recognising any contra-actions occurring during the flotation treatment and taking the necessary action \*
- Ensuring that the finished result is to the client's satisfaction and meets the agreed treatment plan



Observation	1	2	3	4		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date						
Candidate signature						
Assessor signature						
IQA signature (if sampled)						
EQA signature (if sampled)						

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- \* Covered by observation  Date
- Covered by oral questioning  Date



*Heat treatments before massage can help to increase its benefits.*



# Observation sign-off sheet

## Unit S3 Provide body wrapping and flotation treatments

### What you must do (continued)

#### Outcome 5

**Provide aftercare advice by:**

- a Giving **advice** and recommendations accurately and constructively
- b Giving your client suitable **advice** specific to their individual needs

Observation

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Achieved

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Date

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Candidate signature

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Assessor signature

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IQA signature (if sampled)

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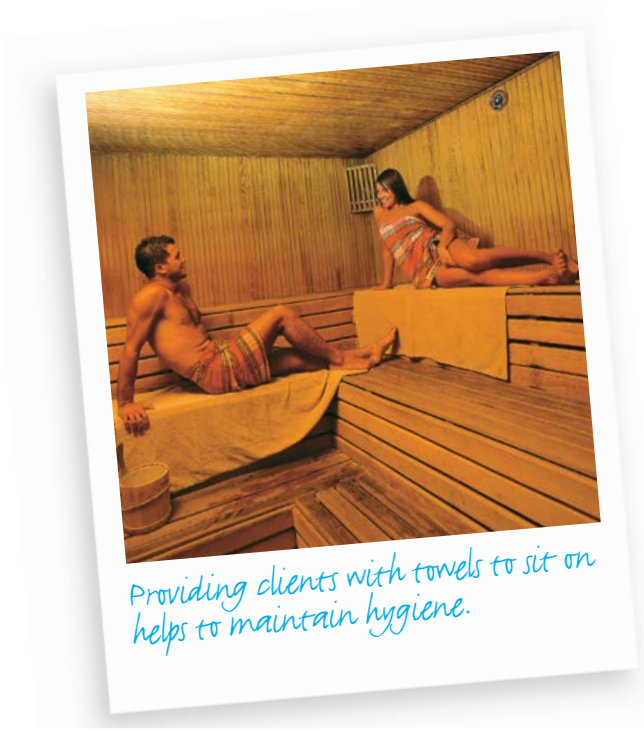
EQA signature (if sampled)

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	1	2	3	4		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date						
Candidate signature						
Assessor signature						
IQA signature (if sampled)						
EQA signature (if sampled)						

**Hints and tips**

*Certain skin disorders may be made worse by the salts used in some spa treatments. Refer the client to their GP if you are unsure whether you should treat them.*



# Observation sign-off sheet

## Unit S3 Provide body wrapping and flotation treatments

### What you must cover



**Before ticking the circles below, you must make sure that you have achieved 'What you must cover' in **all** the outcomes in which it occurs.**

#### Consultation methods

Tick the consultation methods used for each observation.  
You must use **all** consultation methods.

	1	2	3	4		
Questioning	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Visual	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Reference to client records	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Measuring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### Lifestyle patterns

Tick the lifestyle patterns covered for each observation.  
You must consult clients on **all** lifestyle patterns.

	1	2	3	4		
Diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Fluid intake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Alcohol intake	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Exercise habits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Smoking habits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Current body skin care routine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### Preparing the skin

Tick the skin preparation used for each observation.  
You must carry out **all** types of skin preparation.

	1	2	3	4		
Use of exfoliation products	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Body brushing techniques	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pre-heat treatments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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# Observation sign-off sheet

## Unit S3 Provide body wrapping and flotation treatments

### What you must cover (continued)

#### Body wrapping treatments objectives

Tick the body wrapping treatment objective carried out for each observation.

You must carry out **all** body wrapping treatment objectives.

- Slimming
- Detoxifying
- Skin nourishing.

1	2	3	4		
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### Wrapping materials

Tick the wrapping materials used for each observation.

You must carry out **all** body wrapping treatment objectives.

- Fabric
- Plastic
- Foil.

1	2	3	4		
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#### Treatment products

Tick the treatment products used during each observation.

You must use **all** treatment products.

- Algae (eg. seaweed)
- Oils
- Mud
- Gels
- Creams

1	2	3	4		
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>





**Aftercare advice**

Tick the types of aftercare advice provided in each observation.  
You must provide **all** types of aftercare advice.

	1	2	3	4		
Suitable aftercare products and their use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The contra-actions which may occur post-treatment and how to deal with them	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recommendations for changes to lifestyle patterns	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Post-treatment restrictions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Recommended further follow-on treatments	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Post-treatment rest and relaxation advice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Observation	1	2	3	4		
Achieved	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Date						
Candidate signature						
Assessor signature						
IQA signature (if sampled)						
EQA signature (if sampled)						



# Comment form

## Unit S3

This form can be used to record oral questioning, or for assessor/candidate comments, if required.

### Comments

### Date

1	
2	
3	
4	



*The benefits of healing baths and waters have been enjoyed for thousands of years.*

“

*A spa environment can induce a feeling of tranquility and relaxation for clients.*

Anita Crosland

”

# Knowledge sign-off sheet

## Unit S3 Provide body wrapping and flotation treatments

### What you must know



You need to understand: Evidence type

#### Organisational and legal requirements

1	your responsibilities under relevant health & safety legislation	E3
2	your responsibilities under any local bye-laws relating to body wrapping and flotation treatments	E3
3	the importance of not discriminating against clients with illnesses and disabilities and why (eg Disability Discrimination Act)	E3
4	the age at which an individual is classed as a minor and how this differs nationally	E3
5	the legal significance of gaining signed, informed client consent to treatment	E3
6	why minors should not be given treatments without informed and signed parental or guardian consent	E3
7	why it is important, when treating minors under 16 years of age, to have a parent or guardian present	E3
8	manufacturers', organisational and legal requirements for waste disposal	E3
9	the importance of the correct storage of client records in relation to the GDPR/Data Protection Act	E3
10	how to maintain accurate records of water testing for wet flotation equipment	E4
11	how to complete the client records used in your organisation and the importance of, and reasons for, keeping records of treatments and gaining client signatures	E3
12	your responsibilities under current Control of Substances Hazardous to Health (COSHH) Regulations for the correct use and storage of chemicals required for wet flotation treatments	E4

You will be assessed on your knowledge and understanding of **all** the following points. This will be completed by your assessor through oral questions (evidence type E3) and a mandatory test (E4). These will be online tests.

The form tells you which evidence type is needed for each point.

Some areas appear in more than one unit (shaded in darker blue). These are covered in a cross-unit knowledge test. You only need to be tested on these once.

Once you have been assessed on each point, you can fill in the date and reference any written evidence that you've put in your portfolio.

*Continues on next page*



# Knowledge sign-off sheet

## *Unit S3 Provide body wrapping and flotation treatments*

### What you must know (continued)

You need to understand:	Evidence type
13 your responsibilities, and reasons for, maintaining your own personal hygiene, protection and appearance according to accepted industry and organisation requirements	E3
14 the organisation's requirements for client preparation	E3
15 your organisation's service times for body wrapping and flotation treatments	E3
16 your organisation's and manufacturers' requirements for treatment area, equipment maintenance and equipment cleaning regimes and intervals	E3
<b>How to work safely and effectively when providing body wrapping and flotation treatments</b>	
17 the type of personal protective equipment that should be available and used by yourself (eg powder-free nitrile or powder-free vinyl gloves)	E3
18 why it is important to use personal protective equipment	E3
19 what is contact dermatitis and how to avoid developing it when carrying out body wrapping and flotation treatments	E4
20 how to set up the work area for body wrapping and flotation treatments	E3
21 the necessary environmental conditions for body wrapping and flotation treatments (including lighting, heating, ventilation, sound and general comfort) and why these are important	E4
22 the importance and reasons for disinfecting hands and how to do this effectively	E3
23 how to position yourself and the client for body wrapping and flotation	E3
24 how the position of your client and yourself can affect the desired outcome and reduce fatigue and the risk of injury	E3

**Hints and tips**

*The whey contained in milk derivatives nourishes and soothes the skin, as it contains essential amino acids, such as lactic acid.*

*Continues on next page*

You need to understand:	Evidence type
25 reasons for maintaining client modesty, privacy and comfort during the treatment	E3
26 why it is important to maintain standards of hygiene and the principles of avoiding cross-infection	E4
27 why it is important to check the client's wellbeing at regular intervals.	E3
28 how to give clear instructions to others	E3
<b>Client consultation</b>	
29 why it is important to encourage and allow time for clients to ask questions	E3
30 how to use effective consultation techniques when communicating with clients from different cultural and religious backgrounds, age, disabilities and gender for this treatment	E3
31 how to give effective advice and recommendations to clients	E3
32 those contra-indications applicable to body wrapping and flotation treatments and the courses of action to take in the event of contra-indications and why (eg thyroid imbalance, nut allergies, weeping eczema and psoriasis, circulatory disorders, any medical condition with specialist or general practitioner approval etc)	E4
33 how to measure and weigh clients for slimming body wrapping treatments	E3
34 how to assess body fat and fluid retention	E3
35 how differing client body weight and frame impacts on flotation equipment set up and use	E4
36 the importance of questioning clients to establish any contra-indications to body wrapping and flotation treatments	E3
37 why it is important to record client responses to questioning	E3
38 the legal significance of client questioning and recording the client's responses	E3
39 the reasons why it is important to encourage clients with suspected contra-indications to seek medical advice	E3



**Hints and tips**

*The salt in spa treatments helps to exfoliate the skin and draw out tissue waste, leaving the skin soft and smooth.*

*Continues on next page*



# Knowledge sign-off sheet

## Unit S3 Provide body wrapping and flotation treatments

### What you must know (continued)

You need to understand:	Evidence type
40 the importance of, and reasons for, not naming specific contra-indications when encouraging clients to seek medical advice	E3
<b>Anatomy and physiology</b>	
41 the characteristics of different body types (eg endomorph, ectomorph and mesomorph) and conditions	E4
42 the effect of exercise on muscle tone and how it can vary	E4
43 the basic structure and function of skin (ie the layers of the epidermis, subcutaneous layer, the dermis, including connective tissues, nerve endings, sweat glands, sebaceous glands, capillaries and hairs)	E4
44 the skin characteristics and skin types of different ethnic client groups	E4
45 the structure, location and utilisation of adipose tissue	E4
46 the function of the endocrine system and its relationship to weight gain and loss	E4
47 the function of the excretory system Centre files	E4
48 the function of the digestive system Centre files	E4
49 the basic principles of healthy eating Centre files	E4
50 the function of blood and the principles of circulation, blood pressure and pulse	E4
51 the structure and function of the heart and arteries, veins and capillaries	E4
52 how to identify erythema and its causes	E4
53 the structure and function of the lymphatic system, including lymphatic vessels, nodes and lymph of the body	E4

**Hints and tips**

*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.*

*Continues on next page*

You need to understand:	Evidence type
54 the principles of lymph circulation and the interaction of lymph and blood within the circulatory system	E4
55 the effect of wrap and flotation treatments on the skin, circulatory, lymphatic, endocrine, excretory and digestive systems	E4
<b>Body wrapping treatments</b>	
56 the different types of pre-heat treatment that can be used prior to body wrapping and their effects	E4
57 the different types and uses of equipment and products available for body wrapping treatments	E3
58 the maintenance and monitoring requirements for wrapping materials	E3
59 the objectives of body wrapping	E3
60 methods and products which can be used for preparing the skin prior to body wrapping treatments and their benefits	E3
61 body wrapping products and materials available and their benefits and how to use them	E3
62 the recommended body wrapping treatment times and the potential risks of exceeding them	E3
63 the physiological and psychological effects of body wrapping treatments	E4
64 the possible contra-actions which can occur during body wrapping treatments and how to deal with them	E4
<b>Flotation treatments</b>	
65 the uses and benefits of wet flotation treatments (eg tank, bath and pool)	E4
66 the uses and benefits of a dry flotation bed	E4
67 how to prepare and use the equipment for wet flotation treatments	E3
68 how to prepare and use the equipment for dry flotation treatments	E3
69 the manufacturers' recommended operating temperatures for flotation treatments	E3
70 the maintenance and monitoring requirements for flotation equipment	E3



**Hints and tips**

*Hydrotherapy may be enhanced with the use of seaweed extracts, sea salt, milk product or essential oils.*

*Continues on next page*



# Knowledge sign-off sheet

## *Unit S3 Provide body wrapping and flotation treatments*

### What you must know (continued)

You need to understand:	Evidence type
71 the manufacturer's recommended salt concentrations and salt maintenance requirements for different sizes of wet flotation equipment	E3
72 how to test and interpret results of water and chemical concentrations for wet flotation	E4
73 the recommended flotation treatment times and the potential risks of exceeding them	E3
74 the physiological and psychological effects of flotation treatments	E4
75 the possible contra-actions which can occur during flotation treatments and how to deal with them	E4
<b>Aftercare advice for clients</b>	
76 products for home use that will benefit the client and those to avoid and why	E3
77 the contra-actions that could occur after body wrapping and flotation treatments and what advice to give to clients	E4
78 the effects of changes to lifestyle patterns on health and wellbeing	E3
79 the post-treatment restrictions applicable to body wrapping and flotation treatments	E3
80 suitable types of follow-on treatments, their benefits and costs	E3
81 the importance of water intake post treatment	E3
82 the nature, duration and importance of rest periods post treatment	E3
Tick if E3 was an online test	<input type="radio"/> Date
Tick if E4 was an online test	<input type="radio"/> Date
Tick if cross-unit knowledge was an online test	<input type="radio"/> Date



# Unit S3 (City & Guilds Unit 053)

## Provide body wrapping and flotation treatments

### *Optional*

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