1. Identify **two** structures in the skin that contribute to heat regulation. (2 marks)

**Answer**

1 mark each for any of the following, to a maximum of 2 marks:

- Sudoriferous glands.
- Arrector pili muscle.
- Adipose tissue.
- Blood capillaries.

2. Explain the differences between Herpes Simplex and Tinea Pedis (4 marks)

**Answer**

Candidates must identify which of the above is a fungal and which a viral infection is and be able to explain all the key symptoms of each for the full four marks.

Herpes Simplex is a viral infection (1).
It occurs on the face (1) - starts itching, blister is formed, blister weeps and forms a crust (1)
Tinea Pedis is a fungal infection (1).
It occurs on the feet (1) - starts as flaking skin between the toes, becomes soft and soggy and itches (1).

3. State the muscles responsible for each of the following actions.
   a) Dorsiflexion of the foot. (1 mark)
   b) Extension of the forearm. (1 mark)
   c) Pulls the corners of the mouth upwards. (1 mark)

**Answer**

a) 1 mark each for the following:
   - Tibialis anterior.

b) 1 mark each for the following:
   - Triceps.

c) 1 mark each for the following:
   - Risorius.
4
State the location of the following.
   a) Supra trochlear lymph nodes.
   b) Sub-mandibular lymph nodes. (1 mark) (1 mark)

Answer
   a) 1 mark for each of the following:
      • Crook of elbow.
   b) 1 mark for each of the following:
      • Under the chin.

5
It is important to follow professional practices when working in the beauty industry.
Give three reasons why it is important to maintain client confidentiality. (3 marks)

Answer
   1 mark each for any of the following, to a maximum of 3 marks
   • Compliance with data protection act.
   • To maintain a professional image of the establishment.
   • To protect the business reputation.
   • To protect the clients welfare.

6
Describe the effects of petrissage massage movements when used within a facial. (3 marks)

Answer
   1 mark each for any of the following, to a maximum of 3 marks:
   • Increases blood flow (1) stimulates the lymph flow (1).
   • Eases tension in muscles (1), stimulates the sebaceous glands (1), and stimulates sudoriferous glands (1).

7
Describe the process used to remove the gel polish from the nail. (4 marks)

Answer:
   1 mark each for any of the following, to a maximum of 4 marks:
   • Buff topcoat prior to soaking.
   • Soak nails in acetone using individual nail wraps.
   • Remove gel using lint free pads or cotton wool pads soaked with product remover.
   • Allow product to soak into the gel product and wipe towards free edge.
8

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<thead>
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<tbody>
<tr>
<td>a)</td>
<td>State the importance of carrying out a patch test on clients prior to an eyelash tint. (1 mark)</td>
</tr>
<tr>
<td>b)</td>
<td>Give two reasons why it is important to accurately record the results of a patch test prior to eyelash tinting. (2 marks)</td>
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</table>

**Answer:**

a)  
One mark for any of the following  
To prevent allergic reaction.

b)  
One mark each for any of the following, to a maximum of 2 marks:  
- To comply with insurance requirements.  
- To follow manufacturer’s instructions.  
- To provide evidence in the case of a dispute.
Lisa often comes to the salon for facials and hair removal. She is getting married in two months and her main concerns are ingrowing hairs on her chin, dry dehydrated skin on her face and brittle and dry nails which are due to her occupation.

Lisa would like you to prepare a treatment plan running up to the event to address her main concerns. She is willing to invest time and money to look her best on the wedding day.

Discuss the treatment options available recommending a justified treatment plan for the client.  

(12 marks)

Indicative content
Candidate’s response may include, but is not limited to, the following:

Treatments
- Exfoliation
- Facials
- Hair removal
- Manicure/pedicure
- Eyelash/eyebrow tint
- Tanning

Timescales
- Sufficient time left between waxing treatment and adequate time allowed prior to the wedding to minimise the risk of contra actions
- Tanning a couple of days prior to the wedding to ensure it is set
- Facials a couple of days prior to the wedding to minimise risk of adverse reactions
- Patch testing for tinting
- Manicure/ pedicure day prior to the wedding or consider gel polish on the day
- Treatment plan for the actual wedding day including advice on clothing to be worn whilst having treatments e.g. button up blouses so that hair and makeup remain intact

Homecare plan
- Products for dry/dehydrated skin e.g. hydrating face mask, eye cream
- Recommendation of use of products containing SPF

Band 1: 1-4
A limited range of available treatments were discussed. No consideration was given to timescales and the requirement for regular treatments in the period prior to the wedding. Limited advice and recommendations were provided. Brief treatment plan proposed for the wedding day.

Band 2: 5-8
Treatments discussed were relevant to the clients concerns, with some justification provided. Timescales were considered but were not fully developed or linked to the treatment plan. Advice and recommendations were suggested with some evidence of relevance to the treatments provided. Logical treatment plan proposed for wedding day.
Band 3: 9-12
Treatment plan described a range of treatments linked to the clients concerns providing clear justifications for the choices. Thorough consideration was given to planning timescales to ensure the maximum benefit is achieved for the client, taking into account the effects of the treatments provided and products used. Comprehensive and relevant options relating to advice and recommendations were provided to maintain the effects of the treatments. Comprehensive and logical treatment plan proposed for wedding day.