





6003-530 JUNE 2018 Level 3 Advanced Technical Diploma in Beauty and Spa Therapy Level 3 Beauty and Spa Therapy – Theory exam (1)

Thursday 14 June 2018 If provided, stick your candidate 09:30 - 12:10 barcode label here. Candidate name (first, last) First Last Candidate enrolment number Date of birth (DDMMYYYY) Gender (M/F) Candidate signature and declaration* Assessment date (DDMMYYYY) Centre number • If any additional answer sheets are used, enter the additional number of pages in this box. • Please ensure that you **staple** additional answer sheets to the **back** of this answer booklet, clearly labelling them with your full name, enrolment number, centre number and qualification number in BLOCK CAPITALS. • All candidates need to use a **black/blue pen. Do not** use a pencil or gel pen. • If provided with source documents, these documents will not be returned to City & Guilds, and will be shredded. **Do not** write on the source documents. *I declare that I had no prior knowledge of the questions in this assessment and that I will not divulge to any person any information about the questions.

You should have the following for this examination

• a pen with black or blue ink

General instructions

- Use black or blue ball-point pen.
- The marks for questions are shown in brackets.
- This examination contains 19 questions. Answer **all** questions.
- Answer the questions in the spaces provided. Answers written in margins or on blank pages will **not** be marked.
- Cross through any work you do not want to be marked.

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niques when working in a salon.	(4 mar
cell structures.	(1 ma
	(1 ma
	niques when working in a salon.

b) Extension of the hip and flexion of the knee. (1 mark)

c) Flexion of the knee and planter flexion of the foot. (1 mark)

6 State **two** of the bones that form part of the pelvic girdle. (2 marks)

7 Describe **two** functions of the right lymphatic duct. (2 marks)

8 State the location of **each** of the following blood vessels.

a) Saphaneous vein. (1 mark)

b) Carotid artery. (1 mark)

c) Axillary vein. (1 mark)

Explain the effects of kyphosis on the body.	(4 marks)
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State two functions of the endocrine system.	(2 marks)

Explain the transportation of oxygen through the cardio vascular system.	(4 marks)
State three advantages of using effleurage massage techniques to prevent repetitive strain injuries.	(3 marks)
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Expla elder	in the considerations to be taken when carrying out a full body massage on an ly female client.	(6 mark
of the	e a contra-indication that would prevent a body massage on the limbs in each following categories.	
) '	√iral.	(1 mai
-) [-ungal.	(1 ma
) l	Bacterial.	(1 mai

State three contra-actions that could occur following a body galvanic treatment.	(3 marks
Explain the benefits of combining desincrustation and direct high frequency within a facial, on a client with oily skin and comedones.	(6 marks



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17	Dur abc a)	ring a client's consultation, a body analysis has revealed weak muscles on the domen, medial aspect of upper thighs and lateral aspect of upper arms. Explain the adaptations required when applying a 20min EMS treatment to this client.	(6 marks)
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b) State **three** pieces of aftercare advice that could be given to the client following the treatment.

(3 marks)

18 a) State **three** benefits of using infra-red prior to a body mechanical massage treatment. (3 marks)

b) State **two** precautions to follow when using infra-red. (2 marks)

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19 The information given in the table below is a case study of a client who has come into the salon for treatment. The client has a four hour booking, to include consultation, and treatments to incorporate at least one body electrotherapy, one facial electrotherapy and one body massage.

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

(15 marks)

Name: Mike Gender: Male Age: 42

Height: 5ft 10in / 1.77 m **Weight:** 13 stone / 82.5 kg

Medical history: Has had a knee operation 2 years ago, has mild asthma

Medication: Asthma inhaler

Comments: Works full time as a postman which covers both driving a van

and walking. Works from 5.30am – 2.00pm 5 days a week and this could include Saturdays depending on the work rota. Client is concerned about soft fat on both the abdominal and outer thighs, this may be due to snacking during work hours. When at home has healthy meals with a variety of meats and vegetables but likes to drink at least one pint of beer each evening. Mike is busy when at home as he takes his two children to various activities after school. On Sunday he likes to go out cycling with his group of male friends and they try to cycle a round trip of 60 miles. Mike has noticed his nose has become quite red recently, he does use a moisturising cream that his wife bought him and when out cycling uses a sunblock.

Physical Face & Body

Observations: Soft fat on abdomen, upper outer legs, pelvis tilting forward

and weight is carried on the front of the feet. This seems to have caused a hollow in the lower back and the muscles in this area seem very tight. The facial skin is quite coarse with open pores,

comedones and a red nose.



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