



6003-530 JUNE 2017

Level 3 Advanced Technical Diploma in Beauty and Spa Therapy (540)

Level 3 Beauty and Spa Therapy – Theory exam (1)

If provided, stick your candidate barcode label here.

Tuesday 20 June 2017
09:00 – 11:00

Candidate name (first, last)

First

Last

Candidate enrolment number

Date of birth (DDMMYYYY)

Gender (M/F)

Assessment date (DDMMYYYY)

Centre number

Candidate signature and declaration*

• 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

• **This question paper is the property of the City & Guilds of London Institute and is to be returned, or destroyed after the examination.**

- All questions do **not** have equal marks.
- The maximum marks for each question are shown.
- Answer **all twenty** questions.



1 Explain how different marketing methods can help promote a new facial treatment. (4 marks)

2 State **two** requirements of the Data Protection Act. (2 marks)

3 State **two** cell processes used to transport substances across the outer membrane. (2 marks)

4 Explain how different intrinsic factors affect skin condition.

(4 marks)

5 State the bone type for **each** of the following.

a) Vertebrae.

(1 mark)

b) Rib.

(1 mark)

c) Cuboid.

(1 mark)

6 Explain the movement of the quadriceps and hamstring muscles when walking up the stairs.

(4 marks)

7 Describe the effects of a sprain within the ankle joint.

(2 marks)

8 Explain how the circulatory system responds to changes in temperature. (4 marks)

9 State the location of **each** of the following. (1 mark)

a) Hepatic vein. (1 mark)

b) Subclavian artery. (1 mark)

c) Cephalic vein. (1 mark)

10 Explain the process of external respiration.

(6 marks)

11 Describe the function of **each** of the following.

a) Bladder.

(1 mark)

b) Ureter.

(1 mark)

12 State **two** visual characteristics of an endomorph body type.

(2 marks)

13 Explain the benefits of using hands-free massage techniques within a body massage treatment on a muscular client.

(4 marks)

14 Explain the benefits of using Tapotement and Percussion techniques within a body massage treatment.

(2 marks)

15 During a consultation a skin analysis has revealed that a client has a tight cheek area with patches of spider naevi. Around the nose and chin there are open and blocked pores and the texture is quite thick. The forehead has fine lines and the skin texture is rough and thick.

a) Explain the considerations to take when carrying out a micro-dermabrasion treatment on this client.

(5 marks)

b) State **two** contra-actions that could occur during or after these treatments.

(2 marks)

16 Describe **each** of the following electrical currents used in body electrotherapy treatments.

a) Direct.

(1 mark)

b) Alternating.

(1 mark)



17 Explain the benefits of combining galvanic and lymphatic drainage treatments for a client with cellulite on the upper thighs.

(5 marks)

18 Describe **two** working conditions that will help ensure a client experiences a relaxing body wrap treatment.

(2 marks)



19 Explain why specific advice and recommendations are given to a client following a dry spa treatment.

(5 marks)

- 20 The information given in the table below is a case study of a client who has come into the salon for the start of a course of treatments over an **eight** week period. Each treatment has been booked out and can last up to 3 hours including consultation.

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

(15 marks)

Name:	Abigail.
Gender:	Female.
Age:	27.
Height:	5 ft 8 in / 1.73m.
Weight:	10 stone / 64kg.
Medical history:	No medical issues. Has had a baby 10 months ago with a natural birth with no complications. Has just stopped breast feeding.
Medication:	Takes the odd anti-inflammatory for shoulder, upper back and upper arm pain from lifting and carrying the baby.
Comments:	Abigail has been on maternity leave for 11 months, and in 3 months will be returning to work part-time. Abigail is a hairdresser and spends most of her day on her feet. Since her maternity leave Abigail has found she has had no time for herself and feels her face and body have been totally neglected. Abigail is planning a family holiday prior to returning to work and wants to get her body and skin back into shape.
Physical body observations:	The skin on the upper arms and upper thighs has small patches of hyperkeratosis and areas that appear rough and scaly. Posture is generally good, the pelvis is slightly tilting forwards and weight is distributed onto the toes. Muscle tone on the abdomen, upper and inner thighs is poor. The inner cheek area is slightly sensitive, with fine lines developing around the eyes. The skin texture on the forehead, nose, chin and outer cheek area appear rough and dull.
