6003-530 APRIL 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.

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 blue or black ink

General instructions
• This question paper is the property of the City & Guilds of the 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 eighteen questions.
1 a) State two different forms of advertising that could be used to promote a new treatment in a spa or salon. (2 marks)

b) Explain two advantages for each form of advertising stated in a). (4 marks)

2 Describe each of the following anatomical terms.
   a) Prone. (1 mark)
   b) Lateral. (1 mark)
3 Explain the effects of UV radiation on the skin. (4 marks)

4 Explain how joint movement affects the synovial joint. (4 marks)
5 State the bones located in the shoulder girdle. (2 marks)

6 State the muscle responsible for each of the following movements.
   a) Flex the hip and internally rotate the knee. (1 mark)
   b) Abduct and rotate the hip. (1 mark)
   c) Flex the elbow, supination and pronation of the forearm. (1 mark)

7 Explain how the pulmonary circulation system differs from the systemic circulation system. (4 marks)

8 State the location of the thymus gland. (1 mark)
9 Describe the function of the thoracic duct. (2 marks)

10 Describe one cause and one symptom of Bell's palsy. (2 marks)

11 Explain how external respiration physically affects the body. (6 marks)
12 State the advice that should be given to a client who experiences a headache following a body massage. (2 marks)

13 Explain why it is important for a therapist to maintain good posture and apply techniques correctly when carrying out a massage. (6 marks)
14 Explain why the negative electrode is used on an oily skin during a desincrustation treatment. (6 marks)

15 State four ways that a salon can promote sustainability and environmental awareness when providing body electrical treatments. (4 marks)
16 Explain why ageing may limit the effectiveness of a course of body electrotherapy treatments. (4 marks)
17  a) State the meaning of physiological and psychological in relation to a spa treatment. (2 marks)

b) Explain the physiological and psychological effects of a thermal body wrap treatment. (5 marks)
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 4 hour booking, to include consultation.

Propose a treatment plan, including advice and guidance for the client.
Give justifications for your choices. (15 marks)

<table>
<thead>
<tr>
<th>Name:</th>
<th>Joanne.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gender:</td>
<td>Female.</td>
</tr>
<tr>
<td>Age:</td>
<td>56.</td>
</tr>
<tr>
<td>Height:</td>
<td>5ft 5in / 1.68m.</td>
</tr>
<tr>
<td>Weight:</td>
<td>9 stone / 57.15kg.</td>
</tr>
<tr>
<td>Medical history:</td>
<td>Has a history of sciatica. Post-menopausal use of HRT following a hysterectomy at age 45.</td>
</tr>
<tr>
<td>Medication:</td>
<td>HRT.</td>
</tr>
<tr>
<td>Comments:</td>
<td>Really enjoys her job which involves lots of travel to and from work. Her occupation is an HR officer and she spends much of her time sitting at a desk working on a computer. She wants to relax. Client is concerned about her weight gain on abdominal area and upper thigh area she feels this is due to her occupation, lack of exercise and eating lots of unhealthy convenience food. Client has recently returned from a two week break in Dubai and has noticed a change in her facial skin complexion – fine lines seem to be apparent around the eyes. The skin is dehydrated particularly over the cheek area as it looks tight and parched. Around the nose and chin area the skin is rough and flaky in places.</td>
</tr>
<tr>
<td>Physical body observations:</td>
<td>Very tanned, pear shaped body frame with dimply appearance on outer upper thighs, soft fat on abdominal area, skin on body generally very dry and flaky on lower legs.</td>
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</tbody>
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