

6003-030/530

Level 3 Beauty and Spa Therapy – Sample Questions

Version 1.1 – September 2017

Please note this is not a complete sample theory exam, this document consists of sample questions from across the test specification.

Candidate	Name	Date	DD/MM/YY
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- 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 identified in a). (4 marks)

- 2 Describe each of the following anatomical terms.

- a) Prone. (1 mark)

- b) Lateral. (1 mark)

3 State the bones located in the shoulder girdle. (2 marks)

4 Explain the movement of the quadriceps and hamstring muscles when walking up the stairs. (4 marks)

5 Describe the effects of a sprain within the ankle joint. (2 marks)

6 Explain the process of external respiration. (6 marks)

7 State **two** visual characteristics of an endomorph body type. (2 marks)

8 Explain the benefits of using hands-free massage techniques within a body massage treatment on a muscular client. (4 marks)

9 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 this treatments. (2 marks)

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

a) Direct. (1 mark)

b) Alternating. (1 mark)

11 Explain the benefits of combining galvanic and lymphatic drainage treatments for a client with cellulite on the upper thighs. (5 marks)

- 12 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.

Name:	Abigail.
Gender:	Female.
Age:	27.
Height:	5ft 8in / 1.73m
Weight:	10 stone / 64kg
Medical history:	No medical issues. Has had a baby 10 months ago 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 will be returning to work part time in 3 months. 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 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 appears rough and dull.

Discuss the treatment options available recommending a justified treatment plan for the **first** session for the client. (15 marks)
