

**BTEC Nationals**

## **IVA – LEARNER INSTRUCTIONS**

**Edexcel Level 3 BTEC National Certificate/Diploma**

**Beauty Therapy Sciences**

Unit 8: Facial Therapy  
Unit 10: Body Therapy

**Issued June 2004**

For use during the remainder of the duration of operation  
of the specification issued August 2002



# INSTRUCTIONS FOR LEARNERS COMPLETING IVAs

1. The Integrated Vocational Assignment (IVA) is a compulsory part of your qualification. If you do not complete the IVA you may not receive your certificate.
2. Your tutor(s) will tell you how long you have to complete the IVA and the access you may have to resources.
3. Read the IVA carefully and make sure that you understand the work you should hand in and what is required of you. If you are uncertain, discuss it with your tutor(s).
4. The IVA requires you to work by yourself and to produce original work. You should not share your work with any other learners. For example, if you produce an illustration or diagram electronically, you should not give it to another learner. Similarly, you should not accept and use such information from others. You are required to sign that the work submitted is your own.
5. If you work in a group at any stage, you must present your own responses to each task for assessment.
6. Information taken from sources for research, e.g. internet and textbooks, must be identified and not presented as your own work. You should list the sources used.
7. Some tasks may require Observation Records/Witness Statements. Your tutor(s) will organise for these to be completed and you must attach these to your submitted work.
8. In presenting your final work, you should not include draft work or reference materials such as handouts, notes and leaflets, unless the tasks specifically ask you to do so.
9. Presentation of your work:
  - Check that you have completed all tasks.
  - Label work with the appropriate task/sub task number.
  - Present tasks in the correct order.
  - Label each page with your name and page number.
  - Submit all electronic materials in paper format
  - Clearly label video or audio tapes submitted as part of your assignment.
  - All papers should be securely bound.
  - The completed IVA should NOT be presented in plastic envelopes, a box file or a lever arch file.

# YOUR ASSIGNMENT TASKS

## Scenario

This assignment requires you to demonstrate the skills required to perform:

- manual, mechanical and electrical facial treatments
- mechanical and electrical body treatments.

In order to complete this assignment you must be able to develop appropriate treatment plans and apply facial and body treatments to a professional standard. You must be able to provide appropriate home care advice and identify commercial opportunities associated with all treatments.

You must demonstrate facial treatments and body treatments in a realistic working environment. All the tasks will be based on real clients who have received treatment as part of your practical assessment activities.

You should consult with your tutor over the choice of suitable clients, in order that you may provide both mechanical body treatment techniques and electrical body treatment techniques.

You must devise treatment plans for at least two different clients. The clients should be selected because of their need for both mechanical body treatment techniques and the electrical body treatment techniques. Each treatment plan must consider both the facial treatments for *Unit 8: Facial Therapy*, and, the body treatments for *Unit 10: Body Therapy*. You must maintain a report that describes your activity for each of the tasks.

## UNIT 8: FACIAL THERAPY

### TASK 1

1.a.

Describe the procedures that you need to carry out before applying facial therapy treatments noting any health and safety requirements. You need to consider the procedures for these facial therapy treatments:

- manual
- massage
- mechanical
- electrical,

You should describe procedures around

- client consultation
- keeping record cards
- treatment methods
- provision of consumables and non-consumables.

1.b.

For these facial therapy treatments:

- manual
- massage
- mechanical
- electrical,

describe these pre-treatment procedures, noting any health and safety requirements:

- skin analysis
- preparation of the skin
- indications and contraindications
- sterilisation and sanitisation.

1.c.

For the range of facial treatments you should explain why the pre-treatment preparation procedures are necessary. You must also describe the possible consequences of not following the correct pre-treatment preparation procedures.

**This task provides evidence for unit 8 criteria P2, M2, D2.**

## **TASK 2**

2.a.

Identify the procedures that you use to apply the full range of facial therapy treatments noting any health and safety requirements. You need to note how long and how frequently the treatments should be applied. You need to consider these procedures:

Massage techniques:

- effleurage
- petrissage
- tapotment,

Mechanical techniques:

- safe application of vapour
- exfoliation
- lymphatic drainage,

Electrical techniques:

- safe application of direct and indirect high frequency
- galvanic desincrustation and iontophoresis
- EMS and microcurrent.

2.b.

Describe how the procedures used for applying facial therapy treatments are carried out. You need to consider the procedures for adapting massage to skin type and condition. You need to consider the techniques listed above.

2.c.

Explain why you would choose any given treatment rather than a different one for each of the three sets of techniques. You need to consider the techniques listed above.

**This task provides evidence for unit 8 criteria P3, M3, D3.**

### TASK 3

3.a.

Describe the benefits to the client of each of the following facial treatments:

- Massage
- Mechanical
- Electrical.

3.b.

Describe the benefits to the client of each of the following individual facial treatment techniques:

Massage techniques:

- effleurage
- petrissage
- tapotment,

Mechanical techniques:

- safe application of vapour
- exfoliation
- lymphatic drainage,

Electrical techniques:

- safe application of direct and indirect high frequency
- galvanic desincrustation and iontophoresis
- EMS and microcurrent.

3.c.

Describe the benefits of combining different massage techniques. Justify the combinations of different techniques for a range of at least three different circumstances. Evaluate the outcomes for clients of these combinations of different techniques. You should consider in each case whether:

- desired outcomes were achieved
- time expended was appropriate
- costs to client were reasonable.

**This task provides evidence for unit 8 criteria P4, M4, D4.**

### TASK 4

4.a.

For facial therapy techniques, list the contraindications/indications. You should list the range of:

- dermatological conditions
- allergies
- medical conditions
- sensitive tissue.

4.b.

For facial therapy techniques, describe the contraindications/indications. You should describe the range of conditions shown above.

4.c.

For facial therapy techniques, explain the causes and consequences of contraindications/indications. You should explain the range of conditions shown above.

**This task provides evidence for unit 8 criteria P5, M5, D5.**

## TASK 5

A range of different products is available to beauty therapists for use in facial treatments. Examples of products from this range are:

- cleansers
- face wash
- face scrubs
- exfoliants
- toners
- moisturisers
- face masks
- massage creams
- oils
- oxygenating preparations
- specialised gels
- ampoules.

5.a.

Describe the purpose of the range products used in facial treatments. You should consider the products listed above.

5.b.

Explain how the products in the range work. You need to consider the products listed above.

5.c.

Evaluate the range of products used in facial treatments. You should consider:

- the effectiveness of the products used in facial treatment
- whether or not the products work as well as the suppliers claim
- whether some products work better than other products and why this is the case.

**This task provides evidence for unit 8 criteria P6, M6, D6.**

## TASK 6

As part of your client after care, you should provide home care advice. You should also explore any retail opportunities.

6.a.

Identify the home care advice that you should give clients following facial treatments, note this on the client treatment record cards. Identify any opportunities to sell your clients cosmetic and facial treatment products.

6.b.

Explain the home care advice that you have provided your clients. Explain why you would recommend particular cosmetic and facial treatment products.

6.c.

Justify why you have offered the particular home care advice to clients, rather than other home care advice. Justify why you have selected particular cosmetic and facial treatment products rather than other, similar products.

**This task provides evidence for unit 8 criteria P7, M7, D7.**

## UNIT 10: BODY THERAPY

### TASK 7

7.a.

Identify and record the main figure and posture problems of your body therapy clients. You should consider:

- different body types
- hard/soft adipose tissue ratio
- body height and weight ratio
- different spinal deviations
- muscle tone
- common postural problems.

7.b.

Describe the probable cause of the posture problems evident in your clients.

7.c.

Analyse which body treatment plans are most appropriate for providing a solution to your clients' figure and posture problems.

**This task provides evidence for unit 10 criteria P1, M1, D1.**

### TASK 8

8.a.

Describe the procedures that you need to carry out before applying body therapy treatments noting any health and safety requirements. You need to consider the procedures for these body therapy treatments:

- manual
- electrical,

You should describe procedures around:

- client consultation
- keeping record cards
- treatment methods
- provision of consumables and non-consumables.

8.b.

For these body therapy treatments:

- manual
- electrical,

describe these pre-treatment procedures, noting any health and safety requirements:

- preparation of equipment
- sanitation, sterilisation
- preparation of area to be treated.

8.c.

For the range of body treatments you should explain why the pre-treatment preparation procedures are necessary. You must also describe the possible consequences of not following the correct pre-treatment preparation procedures.

**This task provides evidence for unit 10 criteria P3, M3, D3.**

## TASK 9

9.a.

Describe the benefits to the client of each of the following body treatments:

- Mechanical
- Electrical.

9.b.

Describe the benefits to the client of each of the following individual body treatment techniques:

Mechanical techniques:

- gyratory vibration
- audio sonic
- vacuum suction,

Electrical techniques:

- Faradism (EMS)
- galvanism (cellulite polarity).

9.c.

Evaluate the outcomes for clients of different mechanical and electrical body treatment techniques. You should consider in each case whether:

- desired outcomes were achieved
- time expended was appropriate
- costs to client were reasonable.

**This task provides evidence for unit 10 criteria P4, M4, D4, P5, M5, D5.**

## TASK 10

10.a.

For body therapy techniques, list the contraindications/indications. You should list the range of:

- dermatological conditions
- hypersensitivity including allergies
- medical conditions
- sensitive tissue.

10.b.

For body therapy techniques, describe the contraindications/indications. You should describe the range of conditions from the categories above.

10.c.

For body therapy techniques, explain the causes and consequences of contraindications/indications. You should explain the range of conditions from the categories above.

**This task provides evidence for unit 10 criteria P6, M6, D6.**

## **TASK 11**

Light irradiation treatments remain popular in beauty salons and health spas, despite health warnings in the press and by the health authorities. It is important that the therapist has a thorough understanding of the benefits, risks and effects of light irradiation treatments, so that their use in the salon can be evaluated and sound advice given to clients. Therapists need knowledge of techniques such as:

- self tanning
- radiant heat
- infra red
- UVA & UVB lamps
- solariums
- sunbed/shower tanning equipment.

11.a.

For light irradiation, identify the benefits and hazards to clients. Describe when and with what frequency their use would be indicated in the salon.

11.b.

Describe the possible benefits of light irradiation treatment to clients. Describe the possible hazards.

11.c.

Consider the benefits and hazards of light irradiation treatment. Judge for the different applications and benefits whether or not they outweigh the hazards for different clients.

**This task provides evidence for unit 10 criteria P7, M7, D7.**

## **TASK 12**

A range of different products is available to beauty therapists for use in body treatments. Examples of products from this range are:

- body scrub
- body exfoliants
- hydrating creams saline solution
- galvanic gels.

12.a.

Describe the purpose of the range products used in body treatments.

12.b.

Explain how the products in the range work.

12.c.

Evaluate the range of products used in body treatments. You should consider:

- the effectiveness of the products used in body treatment
- whether or not the products work as well as the suppliers claim
- whether some products work better than other products and why this is the case.

**This task provides evidence for unit 10 criteria P8, M8, D8.**

### **TASK 13**

As part of your client after care, you should provide home care advice. You should also explore any retail opportunities.

13.a.

Identify the home care advice that you should give clients following body treatments, note this on the client treatment record cards. Identify any opportunities to sell your clients cosmetic and body treatment products.

13.b.

Explain the home care advice that you have provided your clients. Explain why you would recommend particular cosmetic and body treatment products.

13.c.

Justify why you have offered the particular home care advice to clients, rather than other home care advice. Justify why you have selected particular cosmetic and body treatment products rather than other, similar products.

**This task provides evidence for unit 10 criteria P9, M9, D9.**

## TASK 14

Complete all the practical work in *Unit 8: Body Therapy* and *Unit 10: Body Therapy* and complete the record provided. You must be able to demonstrate that you can carry **out all the treatments listed in each category**, to a safe, professional and commercial standard.

You must maintain record cards, select and prepare materials, tools and equipment competently and with due regard to health and safety.

### Unit 8: Facial Therapy

#### Manual facial treatments

1. cleansing
2. exfoliation
3. extraction
4. face masks
5. toning
6. moisturisation

#### Manual facial massage treatments

1. effleurage
2. petrissage
3. tapotement

#### Mechanical facial treatments

1. vapour treatment
2. exfoliation (brush cleansing)
3. lymphatic drainage

#### Electrical facial treatments

1. direct, high frequency
2. indirect, high frequency
3. galvanic desincrustation
4. iontophoresis
5. electrical muscle stimulation (EMS)
6. microcurrent

## **Unit 10: Body Therapy**

### Mechanical body treatments

1. gyratory vibration
2. audio sonic
3. vacuum suction

### Electrical body treatments

1. faradism (EMS)
2. galvanism

### Heat treatments

1. radiant heat
2. infra-red

### Light irradiation and self-tanning treatments

1. sunbeds
2. self tanning

All the treatments must be carried out with due regard to health and safety and to indications and contraindications.

**Each treatment must be signed off and dated by your assessor when you can consistently achieve the standard required.**

**This task provides evidence for unit 8 criterion P8, unit 10 criterion P10.**

## **TASK 15**

### 15.a

For each client you must maintain appropriately completed record cards. The record card should indicate the materials, tools and equipment selected. The record cards should indicate the type, frequency and duration of:

- Facial therapy treatments
- Body therapy treatments.

### 15.b

The record cards should indicate why the particular treatment was selected. This should apply to:

- Facial therapy treatments
- Body therapy treatments.

### 15.c

The record cards should justify why the particular treatment was selected in preference to others. This should apply to:

- Facial therapy treatments
- Body therapy treatments.

**This task provides evidence for unit 8 criteria P1, M1, D1, unit 10 criteria P2, M2, D2.**

## ASSESSMENT CRITERIA

For ease of reference, the assessment criteria from the unit specifications that are relevant to assessing and grading this IVA are repeated below. You should refer to the full unit specification for information on unit content.

### Assessment Evidence Unit

<b>UNIT 8: Facial Therapy</b>		
<b>To achieve a pass grade the evidence must show that the learner is able to:</b>	<b>To achieve a merit grade the evidence must show that the learner is able to:</b>	<b>To achieve a distinction grade the evidence must show that the learner is able to:</b>
<ul style="list-style-type: none"> <li>• present appropriately completed record cards and select and prepare materials, tools and equipment competently and with due regard to health and safety</li> <li>• describe pre-treatment preparation procedures related to manual, massage, mechanical and electrical facial treatments with due regard to health and safety</li> <li>• describe the manual, massage, mechanical and electrical techniques used in facial treatments with due regard to timing, frequency, health and safety</li> </ul>	<ul style="list-style-type: none"> <li>• present clear and coherent record cards and select and prepare materials, tools and equipment competently and with due regard to health and safety</li> <li>• describe with attention to detail pre-treatment preparation procedures related to manual, massage, mechanical and electrical facial treatments with due regard to health and safety</li> <li>• describe in detail the use of manual, massage, mechanical and electrical techniques used in facial treatments with due regard to timing, frequency, health and safety</li> </ul>	<ul style="list-style-type: none"> <li>• present record cards with data which is accurate, precise and reliable and prepare materials, tools and equipment with due regard to health and safety</li> <li>• analyse clearly and coherently pre-treatment preparation procedures related to manual, massage, mechanical and electrical facial treatments with due regard to health and safety</li> <li>• evaluate the use of manual, massage, mechanical and electrical techniques used in facial treatments with due regard to timing, frequency, health and safety</li> </ul>

## Assessment Criteria Continued...

<b>UNIT 8: Facial Therapy</b>		
<b>To achieve a pass grade the evidence must show that the learner is able to:</b>	<b>To achieve a merit grade the evidence must show that the learner is able to:</b>	<b>To achieve a distinction grade the evidence must show that the learner is able to:</b>
<ul style="list-style-type: none"> <li>describe the benefits and uses of manual, massage, mechanical and electrical facial treatments appropriate to clients' needs</li> <li>list the contraindications/indications to facial treatment</li> <li>describe the functions of the products used in facial treatments</li> <li>provide adequate home care advice and demonstrate awareness of retail opportunities</li> <li>demonstrate to a safe professional commercial standard manual, mechanical and electrical facial treatments with due regard to health and safety and to indications/contraindications to treatment.</li> </ul>	<ul style="list-style-type: none"> <li>discuss the benefits and uses of manual, massage, mechanical and electrical facial treatment appropriate to client needs</li> <li>describe the contraindications/indications to facial treatment</li> <li>explain the functions of the products use in facial treatments</li> <li>provide detailed home care advice and demonstrate awareness of retail opportunities.</li> </ul>	<ul style="list-style-type: none"> <li>evaluate, justify and combine the benefits and uses of manual, massage, mechanical and electrical facial treatment appropriate to clients' needs</li> <li>explain the contraindications/indications to facial treatment</li> <li>evaluate, compare and contrast the functions of the products used in facial treatments</li> <li>provide detailed and justified home care advice and demonstrate awareness of retail opportunities.</li> </ul>

## ASSESSMENT CRITERIA

For ease of reference, the assessment criteria from the unit specifications that are relevant to assessing and grading this IVA are repeated below. You should refer to the full unit specification for information on unit content.

### Assessment Evidence Unit

<b>Unit 10: Body Therapy</b>		
<b>To achieve a pass grade the evidence must show that the learner is able to:</b>	<b>To achieve a merit grade the evidence must show that the learner is able to:</b>	<b>To achieve a distinction grade the evidence must show that the learner is able to:</b>
<ul style="list-style-type: none"> <li>• identify the main figure and posture problems</li> <li>• present appropriately completed record cards and select and prepare materials, tools and equipment competently and with due regard to health and safety</li> <li>• describe pre-treatment preparation procedures related to mechanical and electrical body treatments with due regard to health and safety</li> <li>• describe the benefits and uses of mechanical body treatment techniques and equipment, ie gyratory vibrating, vacuum suction and audio sound with due regard to timing, frequency, health, safety and clients' needs</li> </ul>	<ul style="list-style-type: none"> <li>• describe in detail the main posture problems</li> <li>• present clear and coherent record cards and select and prepare materials, tools and equipment competently and with due regard to health and safety</li> <li>• describe with attention to detail pre-treatment preparation procedures related to mechanical and electrical body treatments with due regard to health and safety</li> <li>• discuss the benefits and uses of mechanical body treatment techniques and equipment and present findings showing comparisons and with due regard to timing, frequency, health, safety and clients' needs</li> </ul>	<ul style="list-style-type: none"> <li>• analyse the main posture problems offering solutions or treatment plans</li> <li>• present record cards with data which is accurate, precise and reliable and prepare materials, tools and equipment with due regard to health and safety</li> <li>• analyse clearly and coherently pre-treatment preparation procedures related to mechanical and electrical body treatments with due regard to health and safety</li> <li>• evaluate the benefits and uses of mechanical body treatment techniques and equipment producing well-reasoned arguments and with due regard to timing, frequency, health, safety and clients' needs</li> </ul>

## Assessment Criteria Continued...

<b>Unit 10: Body Therapy</b>		
<b>To achieve a pass grade the evidence must show that the learner is able to:</b>	<b>To achieve a merit grade the evidence must show that the learner is able to:</b>	<b>To achieve a distinction grade the evidence must show that the learner is able to:</b>
<ul style="list-style-type: none"> <li>describe the benefits and uses of electrical body treatment techniques and equipment, ie Faradism (EMS) and galvanic with due regard to timing, frequency, health, safety and clients' needs</li> <li>list the contraindications/indications to mechanical and electrical body treatments</li> <li>identify the benefits and hazards of infra-red, radiant heat, sun-tanning equipment and self-tanning applications describing timing, frequency, health and safety procedures, indications and contraindications</li> <li>describe the functions of the products used in body treatments</li> <li>provide adequate home care advice and awareness of retail opportunities</li> <li>demonstrate to a safe professional commercial standard mechanical, electrical, heat, tanning and self-tanning treatments with due regard to health and safety and to indications/contraindications to treatment.</li> </ul>	<ul style="list-style-type: none"> <li>discuss the benefits and uses of electrical body treatment techniques and equipment available showing the various application methods with due regard to timing, frequency, health, safety and clients' needs</li> <li>describe the contraindications/indications to mechanical and electrical body treatments</li> <li>discuss the benefits and hazards of infra-red, radiant heat, sun tanning and self-tanning applications describing timing, frequency, health and safety procedures, indications and contraindications</li> <li>explain the functions of the products use in body treatments</li> <li>provide detailed home care advice and awareness of retail opportunities</li> </ul>	<ul style="list-style-type: none"> <li>evaluate the benefits and uses of electrical body treatment techniques and equipment and treatments producing well-reasoned arguments and with due regard to timing, frequency, health, safety and clients' needs</li> <li>explain the contraindications/indications to mechanical and electrical body treatments</li> <li>evaluate the benefits and hazards of infra-red, radiant heat, sun tanning and self-tanning applications describing timing, frequency, health and safety procedures, indications and contraindications</li> <li>evaluate, compare and contrast the functions of the products used in body treatments</li> <li>provide detailed and justified home care advice and demonstrate awareness of retail opportunities</li> </ul>