

Overview

This standard coexists alongside, **SKAHDBRBNST1 Implement and maintain safe, hygienic and effective working practices and SKAHDBRBNS1 Consult, assess, plan and prepare for Hair, Barbering, Beauty, Nails, Wellbeing and Holistic services**. This standard is about providing facial treatments to improve and maintain skin condition. You will also be required to do a post treatment evaluation and reflection for continuous improvement. Users of this standard will need to ensure that their practices reflect up-to-date information, policies, procedures and best practice guidance. It is advisable users of this standard are aware of, and comply with first aid requirements in accordance with legislation and organisational policies and procedures.

The main outcomes are:

1. Provide facial treatments

Performance criteria

You must be able to:

1. carry out a concise and comprehensive consultation with the individual
2. maintain your responsibilities for health and safety in accordance with legislation, regulations, directives and guidelines
3. discuss and establish the individual's objectives, skin concerns, expectations and desired outcomes to inform the facial treatment plan, to include:
 - 3.1 treatment history
 - 3.2 skincare regime
 - 3.3 lifestyle
 - 3.4 alternative treatment options
4. confirm and agree with the individual, they have understood the proposed facial treatment, to include:
 - 4.1 expected outcomes
 - 4.2 contra-actions
 - 4.3 adverse reactions
 - 4.4 physical sensation
5. obtain and record the individual's informed consent for the facial treatment in accordance with organisational and insurance requirements
6. prepare and superficially cleanse the individual's treatment area in accordance with the **facial treatment protocol**
7. illuminate and magnify the individual's treatment area in accordance with the facial treatment protocol
8. carry out a skin analysis, to include:
 - 8.1 **skin classification**
 - 8.2 **skin condition**
 - 8.3 **skin type**
9. select and use skincare products in accordance with the facial treatment protocol, to include:
 - 9.1 deep cleanse
 - 9.2 **exfoliation**
10. 10. select skin warming technique and use in accordance with facial treatment protocol, to include:
 - 10.1 10.1 hot towel
 - 10.2 10.2 steam
11. carry out safe and effective manual comedone extraction in accordance with facial treatment protocol
12. select a **massage medium** in accordance with the facial treatment protocol

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13. apply the massage medium and carry out **massage techniques** as agreed in the facial treatment protocol, to include:
 - 13.1 relaxation
 - 13.2 **therapeutic massage techniques**
14. select, apply and remove a **mask product** in accordance with the facial treatment protocol
15. monitor the individual's health, wellbeing and skin reaction throughout the facial treatment
16. implement the correct course of action in the event of an adverse reaction
17. conclude the treatment in accordance with the facial treatment protocol, legislative requirements and organisational policies and procedures
18. complete the individual's treatment records and store in accordance with data legislation
19. use reflective practice to evaluate the facial treatment and take appropriate action
20. provide **instructions** and advice to the individual pre and post treatment
21. record the outcome and evaluation of the facial treatment

Knowledge and understanding

You need to know and understand:

1. your role and responsibilities in providing facial treatments and the importance of working within your competence
2. why you must comply with ethical practice and work within the legislative requirements, to include:
 - 2.1 the responsibilities under local authority licensing regulations for yourself and your premises
3. the importance to engage in, and document continuous professional development to include, up-to-date information policies, procedures and best practice guidance
4. the **anatomy and physiology** relevant to this standard
5. the relative and absolute contraindications relevant to the beauty treatment, to include:
 - 5.1 the legislative and insurance requirements for obtaining medical diagnosis and referral
6. the importance of recognising suspicious skin irregularities and lesions, and referring to a relevant healthcare professional
7. the purpose, use and limitations of facial treatments, in relation to:
 - 7.1 skin condition
 - 7.2 past and current medical history
 - 7.3 relevant lifestyle factors
 - 7.4 medication and medical conditions
 - 7.5 individual's expectations
8. the adverse reactions associated with a facial treatment and how to respond
9. the health and safety responsibilities in line with legislation before, during and after the facial treatment
10. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the facial treatment plan
11. the fee structures and treatment options
12. the legislative and indemnity requirements of gaining signed, informed consent for the facial treatment
13. the importance of adhering to the facial treatment protocol
14. the **manual techniques** used in facial treatments
15. the importance of magnification, illumination and preparation of the individual's treatment area when carrying out a skin analysis
16. the types of hygiene products for your skin and the importance of following manufacturer instructions

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17. the importance of adhering to manufacturer instructions to prevent product incompatibilities and risks to health
18. the importance of carrying out a skin analysis to determine the treatment plan
19. the types, benefits and limitations of skincare products and **equipment** used in facial treatments
20. how to prepare and use products and equipment in accordance with the facial treatment protocol
21. the risks and limitations associated with self-heating masks
22. the risks and restrictions associated with very superficial skin peels, to include:
 - 22.1 the pH scale and its relevance to skin sensitivity
 - 22.2 the action of acid and alkaline concentrations on the skin
 - 22.3 how and why the skin's barrier function is impaired
 - 22.4 the increased risk of photosensitivity and ways to protect the skin
 - 22.5 how and why it's important to carry out a skin test
23. the importance of monitoring the health and wellbeing of the individual during, and post the treatment
24. the reasons for taking consensual visual media of the individual's treatment area and storing in accordance with the service, legislative, insurance and organisational requirements
25. the legislative and regulatory requirements of completing and storing the individual's facial treatment records
26. the expected outcomes of a facial treatment
27. the purpose of reflective practice and evaluation and how it informs future treatments
28. the importance to record the outcome and evaluation of the facial treatment
29. the instructions and advice, pre and post the facial treatment

Scope/range

Facial treatment protocol

1. working environment
2. health and safety
3. infection prevention and control
4. treatment plan
5. informed consent
6. data management
7. test outcomes
8. manufacturer instructions
9. audit and accountability
10. instructions and advice
11. sustainability
12. waste management
13. evidence-based practice
14. reflective practice

Skin classification

1. Fitzpatrick scale
2. Phenotype and genotype
3. Lancer scale

Skin condition

1. lax elasticity
2. hyper and hypo pigmentation
3. congested
4. pustular
5. fragile
6. vascular
7. sensitised
8. sensitive
9. dehydrated
10. photo-sensitive
11. photo-aged
12. dehydrated
13. lack lustre

Skin type

1. dry
2. oily
3. combination
4. balanced

Exfoliation

1. very superficial skin peels as per the stratum corneum
2. physical exfoliation
3. chemical exfoliation

Massage medium

1. oil
2. cream
3. serum
4. oil free

Massage techniques

1. effleurage
2. petrissage
3. tapotement
4. friction
5. vibrations
6. pressure point
7. lymphatic drainage

Therapeutic massage techniques

1. detoxifying
2. stimulating
3. toning

Mask product

1. self-heating
2. cooling
3. setting
4. non-setting

Instructions

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1. the individual and practitioner's legal rights and responsibilities
2. pre and post treatment instructions and care
3. restrictions and associated risks
4. future treatments

Anatomy and physiology

1. the structure and function of the skin
2. the anatomy and physiology of the human body
3. relative and absolute contraindications and related pathologies
4. the physiological and physical effects of skincare treatments

Manual techniques

1. skin analysis
2. cleansing
3. exfoliating
4. comedone extraction
5. massage
6. mask application
7. moisturizer application
8. sun protection factor protection application

Equipment

1. magnifying light
2. skin warming devices
3. digital technologies

Glossary

Absolute contraindication

An absolute contraindication is a condition that prevents the service from being carried out and may require referral.

Adverse reaction

An adverse reaction is an 'unexpected' reaction or outcome following a service, i.e. fainting

Contra action

A contra-action is an 'expected' reaction or outcome following a service, i.e. erythema

Digital technologies

Digital technologies are used to provide a scientific skin analysis.

Evidence-based practice

Evidence-based practice is based on the best available, current, valid and relevant evidence.

First aid

First aid can refer to first aid at work qualifications or equivalent and first aid mental health awareness.

Protocol

A protocol is a standard procedure to ensure best practice and compliance when providing services, i.e. follow manufacturer instructions.

Relative contraindication

A relative contraindication is a condition that requires an assessment of suitability for the service and/or if adaptations are required.

Sensitive skin condition

A genetic increased capillary reactivity and altered barrier function leading to inherent epidermal fragility.

Sensitised skin condition

A sensitised skin condition occurs due to environmental and lifestyle factors that either increase inflammatory cytokines and modulators or impair skin barrier.

Skin barrier function

The renewable, biochemical barrier that shields our internal systems from environmental aggressors and pathogens, and helps prevent trans-epidermal water loss. Composed of cornified cells, natural moisturizing factors, barrier lipids and the skin microbiome.

Skin priming programme

Skin priming programme, are a set of instructions the individual can do prior to the treatment to achieve the best results.

Links to other NOS

SKAHDBRBNST1, SKAHDBRBNS1, SKABBR1, SKABN1, SKABN2, SKABN3, SKAB1, SKAB2, SKAB3, SKAB4, SKAB5, SKAB6, SKAB7, SKAB8, SKAB9, SKAB10, SKAB11, SKAB12, SKABS1, SKABS2, SKABS2, SKABS3, SKABS4, SKABS5, SKABS6, SKABS7, SKAHDBMN1, SKAHDBRBNS2, SKAHDBRBNS3, SKAHDBRBNST2, SKAHDBRBNST3, SKAHDBRBNT1

SKABBR2



Provide facial skincare treatments

Developed by	SkillsActive
Version Number	3
Date Approved	30 Mar 2021
Indicative Review Date	31 Mar 2024
Validity	Current
Status	Original
Originating Organisation	SkillsActive
Original URN	STABT4
Relevant Occupations	Barbering, Spa Therapist, Beauty Therapist, Barber
Suite	Barbering, Beauty therapy, Wellbeing and Holistic
Keywords	facial, skincare, male grooming
