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## Overview

This standard is about using cosmetic skin needling techniques, with needles between 0.5mm to 1.0mm long, to improve body and facial skin condition. It covers the skills involved in providing a thorough consultation to establish the client's suitability for treatment and the formulation of a specific treatment plan tailored to suit individual client's needs. The ability to provide relevant aftercare advice is also required.

To carry out this standard you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and demonstrate effective communication and consultation skills.

The main outcomes of this standard are:

1. maintain safe and effective methods of working when providing cosmetic skin needling treatments
2. consult, plan and prepare for treatments
3. carry out cosmetic skin needling treatments

## Performance criteria

You must be able to:

### Maintain safe and effective methods of working when providing cosmetic skin needling treatments

1. maintain your responsibilities for health and safety throughout the treatment
2. prepare and protect your client and yourself to meet legal and organisational requirements
3. maintain your client's modesty and privacy at all times
4. position your client to meet the needs of the treatment without causing them discomfort
5. ensure your own posture and working methods minimise fatigue and the risk of injury to yourself and others
6. ensure environmental conditions are suitable for the client and the treatment
7. use working methods that minimise the risk of cross-infection
8. ensure the use of clean equipment and materials
9. promote environmental and sustainable working practices
10. follow workplace and suppliers' or manufacturers' instructions for the safe use of equipment, materials and products
11. dispose of waste materials to meet legal requirements
12. complete the treatment within a commercially viable time

### Consult, plan and prepare for treatments

13. use **consultation techniques** to determine the client's treatment plan
14. refuse cosmetic skin needling treatments to minors under the age of 18 years
15. identify the client's medical history, **treatment objectives, areas to be treated, skin characteristics** and skin condition
16. recognise any contra-indications and take the **necessary action**
17. take pre-treatment photographs of the **areas to be treated** following organisational procedures
18. explain the physical sensation of the treatment and the appearance of the skin post-treatment, to the client
19. carry out a topical anaesthetic skin sensitivity test, prior to treatment and record the results
20. identify the client's needs, expectations and **treatment objectives**, and agree with the client
21. obtain signed, informed consent from the client prior to carrying out the treatment
22. select suitable **equipment** and products to suit the **treatment objectives**

### Carry out cosmetic skin needling treatments

23. ensure that the client's skin is clean and prepared for cosmetic skin needling treatment
24. apply topical anaesthetic the **areas to be treated**
25. ensure a new needle unit is used for each client at each treatment
26. select the needle size for the skin condition and **treatment objectives**
27. work systemically to cover the **areas to be treated** using the required movements in the direction recommended
28. adjust the intensity and duration of the treatment to suit the client's **skin characteristics, treatment objectives** and tolerance level
29. monitor the skin's reaction and client response and discontinue treatment if any adverse reactions occur
30. leave the area treated clean and protected with a post-treatment soothing product
31. take post-treatment photographs of the treated area following organisational procedures
32. give your client **advice and recommendations** on the treatment provided
33. ensure the client's records are completed and signed by you and the client

## Knowledge and understanding

You need to know and understand:

### Maintain safe and effective methods of working when providing cosmetic skin needling treatments

1. your responsibilities for **health and safety** as defined by any specific legislation covering your job role
2. the responsibilities under local authority licensing regulations for yourself and your premises, where applicable
3. the importance of checking the legality of the products against current EU Cosmetic Regulations and how to gain verification of legality
4. the reasons for checking current insurance guidelines for the delivery of cosmetic skin peel treatments
5. the legal and organisational requirements for client protection and preparation
6. the importance of personal hygiene, protection and presentation in maintaining health and safety in your workplace
7. why it is important to maintain client's modesty and privacy
8. how the position of your client and yourself can affect the desired outcome and reduce fatigue and the risk of injury
9. the necessary environmental conditions for treatments such as heating and ventilation and why these are important
10. methods of cleaning, disinfection and sterilisation
11. why it is important to avoid direct and indirect cross-infection by working safely and hygienically
12. the hazards and risks associated with the delivery of cosmetic skin needling treatments and how these can be minimised
13. the different types of working methods that promote **environmental and sustainable working practices**
14. suppliers' and manufacturers' instructions for the safe use of equipment, materials and products which you must follow
15. the legal requirements for waste disposal
16. the reasons for completing the service in a commercially viable time

### Consult, plan and prepare for treatments

17. the importance of communicating with clients in a professional manner
18. how to complete a consultation taking into account client's **diverse needs**
19. the reasons why cosmetic skin needling treatments should not be carried

out on clients under the age of 18 years

20. the importance of agreeing the treatment that meets the client's needs
21. the legal significance of gaining signed, informed consent to carry out the treatment
22. the legislative requirements for storing and protecting client data
23. how to recognise **contra-indications** that would prevent or restrict the treatment
24. the contra-indications requiring medical referral and why
25. the necessary action to take in relation to specific contra-indications when referring clients
26. the importance of and reasons for not naming specific contra-conditions when referring clients
27. how to assess skin characteristics
28. how to match the treatment to suit skin characteristics, the Fitzpatrick classification scale and treatment objectives
29. the reasons for considering the client's previous skin treatments, skin condition, sun exposure and medical history and how the treatment should be adapted
30. the pre-treatment advice to give clients and how this can improve the skin needling results
31. how to describe the physical sensation of the treatment and the client's post treatment appearance
32. the procedure for carrying out a topical anaesthetic skin sensitivity test prior to skin peel treatments
33. the reasons for carrying out a skin sensitivity test and recording the results
34. how to prepare **consultation records**
35. the preparation of equipment and products for cosmetic skin needling treatments

### **Carry out cosmetic skin needling treatments**

36. the reasons for cleansing the skin prior to treatment
37. the reasons for the use of topical anaesthetic in conjunction with cosmetic skin needling treatments
38. the types and purpose of cosmetic skin needling equipment and associated products
39. how to select and use cosmetic skin needling agents and equipment to suit different skin types, skin characteristics, the Fitzpatrick classification scale and treatment objectives
40. use and limitations of products and equipment used for cosmetic skin

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needling treatments

41. the benefits and effects created by the use of the different cosmetic skin needling equipment
42. how to work systematically and methodically, avoiding excess treatment overlap across the areas to be treated
43. how to adapt the treatment to take into account pre-existing conditions
44. why it is necessary to adapt pressure, duration and the number of passes for different areas of the body and client sensitivity
45. possible **contra-actions** which may occur, how to deal with them and what advice to give to clients
46. the **anatomy and physiology** of the face and body
47. the types of pre and post-treatment products available and why they are necessary
48. the **advice and recommendations** on products and service

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**Scope/range related to performance criteria**

- Consultation techniques**
1. questioning
  2. listening
  3. visual
  4. manual
  5. written

**Treatment objectives**

1. reduction of fine lines
2. improved skin condition
3. improved skin texture
4. skin laxity improvement
5. stretch mark improvement

**Areas to be treated**

1. face
2. neck
3. chest
4. back of hands
5. legs
6. abdomen

**Skin Characteristics**

1. Fitzpatrick scale
2. level of sensitivity
3. thickness of skin
4. epidermal thickness

**Necessary action**

1. explaining why the treatment cannot be carried out
2. encouraging the client to seek medical advice
3. modification of treatment

**Equipment**

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1. 0.5mm needle unit
  2. 1mm needle unit

**Advice and recommendations**

1. suitable aftercare products and their uses
2. avoidance of activities which may cause contra-actions
3. time intervals between treatments
4. present and future products and treatments



**Scope/range related to knowledge and understanding** **Health and safety**

1. Health and Safety at Work Act
2. The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)
3. The Health and Safety (First Aid) Regulations
4. The Regulatory Reform (Fire Safety) Order
5. The Manual Handling Operations Regulations
6. The Control of Substances Hazardous to Health Regulations (COSHH)
7. The Electricity at Work Regulations
8. The Environmental Protection Act
9. The Management of Health and Safety at Work Regulations
10. The Health and Safety (Information for Employees) Regulations

**Environmental and sustainable working practices**

1. reducing waste and managing waste (recycle, reuse, safe disposal)
2. reducing energy usage (energy efficient equipment, low energy lighting, utilising solar panels)
3. reducing water usage and other resources
4. preventing pollution
5. using disposable items (easy dry towels)
6. using recycled eco-friendly furniture
7. using low chemical paint
8. using environmentally friendly product packaging
9. choosing responsible domestic products (Fairtrade tea and coffee)
10. encouraging carbon reducing journeys to work

**Diverse needs**

1. cultural
2. religious
3. age
4. disability
5. gender

**Contra-indications** which prevent

1. contagious skin diseases
2. extremely sensitive skin

3. severe active acne
4. open wounds
5. recent scar tissue
6. undiagnosed lumps
7. inflammations and swellings
8. blood born diseases
9. haemophilia
10. anti coagulant medication
11. Rosacea
12. skin cancer
13. isotretinoin
14. history of drugs with photosensitising potential

**Contra-indications** which restrict

1. recent botox or fillers in the treatment area
2. diabetes
3. epilepsy
4. piercings
5. anxiety
6. varicose veins
7. cuts
8. abrasions
9. current medications
10. supplements and herbal remedies
11. active inflammatory dermatoses such as psoriasis
12. large moles
13. skin types
14. prior cosmetic surgery
15. poor mental and emotional state
16. herpes
17. history of scarring
18. recent dermabrasion or cosmetic skin peels
19. IPL or laser and epilation
20. bruises

**Consultation records**

1. previous skin treatments
2. medical history

## Provide cosmetic skin needling treatments

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3. the Fitzpatrick classification scale
4. skin characteristics and condition
5. client expectations
6. treatment objectives
7. area to be treated
8. skin test results
9. contra-actions
10. treatment restrictions

### **Contra-actions**

1. bruising
2. irritation
3. localised allergic reaction
4. histamine reaction
5. urticaria
6. signs of infection

### **Anatomy and physiology**

1. the structure and function of skin
2. the role of melanocytes, keratinocytes and fibroblasts in promoting healthy skin and its rejuvenation
3. the ageing process of the skin including the effects of lifestyle and environment
4. principles of the circulatory and lymphatic system
5. the stages of the wound healing process
6. the impact of a compromised healing process and how to recognise and respond to it
7. the types of collagen (including types 1, 3, 7)
8. the importance of the extra cellular matrix and the role of collagenase and elastase in the wound healing process
9. the process of, and the requirements for, collagen synthesis, including A, vitamin C, vitamin E, anti-oxidants, growth factors, copper peptides, bioflavonoids, iron, zinc and amino acids
10. the defensive role of the epidermis and the importance of barrier function

### **Advice and recommendations**

1. additional services

2. additional products
3. advice on visual skin changes and recovery time
4. the lifestyle factors and changes that may be required to improve the effectiveness of the treatment
5. post-treatment hygiene requirements, including washing hands before touching the treated area, avoidance of pets and dirty surfaces to help reduce the risk of infection, the need to avoid immediate exercise, avoidance of laser, IPL or iLIPO treatments
6. post-treatment restrictions and future treatment needs, including sun exposure, heat treatments, polluted atmospheres and topical preparations; no make-up for time specified in manufacturers' instructions
7. products for home use that will assist healing and protect the skin (including a minimum of a SPF30 UVA and UVB sun protection, calming and soothing skin care products such as anti-inflammatories or anti-oxidants) and those to avoid and why
8. how skin care routines, healthy eating, drinking and exercise can affect and improve the effectiveness of the treatment
9. post-treatment contra-actions and how to deal with them
10. ongoing maintenance to retain optimum results
11. the importance of giving the client written aftercare advice
13. ensuring the client is given a post-treatment point of contact
14. the benefits of a course of treatment and the necessary frequency of treatment

## Values

The following key values underpin the delivery of services in the beauty, nails and spa sectors

1. a willingness to learn
2. a flexible working attitude
3. a team worker
4. a positive attitude
5. personal and professional ethics

## Behaviours

The following behaviours underpin the delivery of services in the beauty, nails and spa sectors. These behaviours ensure that clients receive a positive impression of both the organisation and the individual

1. meeting the organisation's standards of behaviour
2. greeting the client respectfully and in a friendly manner
3. communicating with the client in a way that makes them feel valued and respected
4. treating the client courteously and helpfully at all times
5. adapting behaviour to respond effectively to different client behaviour
6. checking with the client that you have fully understood their expectations
7. responding promptly and positively to the client's questions and comments
8. recognising information that the client might find complicated and checking whether they fully understood
9. explaining clearly to the client any reasons why their needs or expectations cannot be met
10. maintaining effective, hygienic and safe working methods
11. adhering to workplace, suppliers' and manufacturers' instructions for the safe use of equipment, materials and products
12. meeting both organisational and industry standards of appearance.

## Skills

The following key skills underpin the delivery of services in the beauty, nails and spa sectors

1. the ability to self-manage
2. excellent verbal and non-verbal communication
3. using the most appropriate ways of communicating with a client
4. responding promptly to a client seeking assistance
5. quickly locating information that will help the client
6. providing the client with information they need about services and products offered by the organisation

## Glossary

### Fitzpatrick scale

Devised in 1975 at Harvard University, this is a skin classification on a scale of 1 to 6 based on photosensitivity reaction to ultra violet radiation.

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Provide cosmetic skin needling treatments



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