
Overview

This standard is for aesthetic practitioners using laser, intense light sources and aesthetic energy based devices for hair growth reduction. You will also be required to do a post treatment evaluation for continuous improvement of both your delivery and for the client's future needs.

Performance criteria

You must be able to:

1. implement consultation, health, safety and hygiene practices throughout the treatment
2. agree the **treatment objectives** with the client
3. prepare the **treatment area** following the treatment protocol
4. select equipment variables and use equipment according to the treatment protocol and manufacturers' instructions
5. manipulate the skin for optimal treatment outcome, depending on the **treatment area** and the treatment protocol
6. follow the treatment protocol to cover the **treatment area**
7. check your client's wellbeing and monitor skin reaction throughout the treatment
8. implement the correct course of action in the event of an adverse reaction to the treatment
9. conclude the treatment by returning the equipment into safe or stand-by mode
10. take treatment photographic evidence of the **treatment area** following organisational procedures
11. complete the client's records and store in accordance with data legislation
12. use evaluation methods which were agreed within the treatment protocol
13. collate and record the information gained from client feedback, client records and your own observations
14. provide verbal and written advice and recommendations to your client regarding the post treatment aftercare
15. agree any alterations for future treatment with your client and record the outcome of your evaluation

Knowledge and understanding

You need to know and understand:

1. the consultation, health, safety and hygiene requirements when performing hair growth reduction treatments
2. why you must have good lighting in the controlled area and illuminate the treatment area
3. the maintenance and correct use of marking out tools and techniques
4. the different types of approved cooling methods and when and how to use them
5. the preparation of treatment area(s) to be treated and why this can vary in accordance with the treatment protocol and manufacturers' guidance
6. the reasons for manipulating the skin during the hair reduction treatments following the treatment protocol
7. the benefits and specifications of different types of laser, intense light sources and aesthetic energy based devices to include:
 - 7.1 red and infrared wave lengths used in hair growth reduction
8. the compliance, classification, manufacturer service, user maintenance and warning labels on laser, intense light sources and aesthetic energy based devices
9. the core of knowledge in the use of laser devices
- 10 the role of a laser protection advisor
11. the legislative requirements with regards to optical radiation
12. the causes and hazards of accidental exposure to optical radiation
13. how to deliver the treatment objectives following the treatment protocol including:
 - 13.1 the origin and purpose of the treatment protocol and why it must be adhered to
 - 13.2 the content of the treatment protocol including treatment indications and **adverse reactions**
14. monitoring procedures for checking the treatment area and the client's wellbeing
15. the characteristics of optical radiation and how it interacts with hair and skin
16. the principles of light tissue interactions using red and infrared wavelengths to achieve selective photothermolysis
17. the potential hazards of laser, intense light sources and aesthetic energy based devices

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18. the differences and causes of hair growth disorders and how it impacts the treatment plan
 19. the reasons why paradoxical laser and light induced hair growth occurs
 20. the hazards of treating hair bearing sites that contain pigmented lesions
 21. the legal significance of producing photographic evidence of the treatment area
 22. the **anatomy and physiology** relevant to this standard
 23. the legal requirements of completing and storing client records
 24. the clinical outcomes expected from hair growth reduction using laser, intense light sources and aesthetic energy based devices
 25. the fundamentals of dermatological assessment of hair and skin for safe hair reduction treatments
 26. the purpose of evaluation activities
 27. how to collate, analyse, summarise and record evaluation feedback in a clear and concise way
 28. the aftercare **advice and recommendations** on products and treatments

Scope/range

Additional information

It is expected that an individual undertaking this standard already has the skills, knowledge and behaviours identified within the aesthetic practitioner's treatment guidance or the aesthetics National Occupational Standards.

The individual is expected to already be able to demonstrate competency in determining the relative (restrictive) and absolute (preventative) contraindications for the aesthetic standards undertaken.

It is expected that this standard is used in conjunction with SKABA1 – Maintain safe, hygienic and effective working practices for aesthetic treatments and SKABA2 – Consult, plan and prepare for aesthetic treatments.

Items listed within the scope/range should be evidenced in line with the specific type of treatment being performed.

Scope/range related to performance criteria **Treatment objectives**

1. management of hair growth
2. reduction of hair growth

Treatment area

1. head, face and neck
2. torso
3. limbs

Scope/range related to knowledge and understanding**Adverse reactions**

1. excessive skin greying or whitening
2. hyperaemia and irritation
3. blistering
4. hyperpigmentation and hypopigmentation
5. excessive oedema
6. excessive discomfort
7. excessive bruising
8. scarring
9. oozing and crusting
10. burns
11. eye injuries requiring medical referral
12. dizziness
13. fainting

Anatomy and physiology

1. the structure and functions of the body systems and their interdependence on each other
2. the structure and function of the skin and skin appendages
3. the structure and function of the hair, hair growth cycle and hair growth disorders
4. the hair growth cycle and how this influences present and future treatments
5. skin diseases, disorders and conditions affecting hair growth
6. the aging process and its effects on hair growth
7. the skin and wound healing processes

Advice and recommendations

1. the client and practitioner's legal rights and responsibilities
2. treatment maintenance
3. post treatment expectations and associated time frames
4. restrictions and contra-actions
5. additional products and treatments

Glossary

Electromagnetic spectrum

The range of energies or radiation that includes gamma rays, X rays, Ultra Violet, visible, infrared and radio waves. Lasers and intense light systems typically emit beams in the infrared, visible or Ultra Violet part of the Electromagnetic spectrum, collectively known as 'optical radiation'.

Equipment variables

An element, feature or control that can vary and adjust the functional ability.

Intense light sources

Also known as Intense Pulsed Light. A flash lamp, (typically Xenon) system generating broad spectrum, incoherent light. Filters remove unwanted wavelengths and transmit only those needed for treatment. Intense light sources are used to target a range of chromophores depending upon the filters used.

Laser

Light Amplification by the Stimulated Emission of Radiation. The beam from a laser is typically described as monochromatic, coherent and low divergence.

Laser/light controlled area

A controlled area around the laser/light device where people may be present within which hazards may arise and in which specific protective control measures are required

Treatment protocol

A plan, that sets out a device and treatment indication specific protocol, identifying pre-treatment checks and tests, the manner in which the procedure is to be applied, acceptable variations, settings used, the expected outcome and when to modify or abort the treatment.

SKABA5

Perform hair growth reduction using laser, intense light sources and aesthetic energy based devices



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