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## Overview

This standard is for aesthetic practitioners using laser, intense light sources, high intensity light emitting diodes and aesthetic energy based devices for photo rejuvenation of the skin. 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.

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## 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 photo rejuvenation 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 treatment
7. the benefits and specifications of different types of laser, intense light sources, high intensity light emitting diodes and aesthetic energy based devices
8. how light and laser device outputs are described and measured in relation to the electromagnetic spectrum
9. the compliance, classification, manufacturer service, user maintenance and warning labels on laser, intense light sources, high intensity light emitting diodes and aesthetic energy based devices
10. the core of knowledge in the use of laser devices
11. the role of a laser protection advisor
12. the legislative requirements with regards to optical radiation
13. the causes and hazards of accidental exposure to optical radiation
14. how to deliver the treatment objectives following the treatment protocol including:
  - 14.1 the origin and purpose of the treatment protocol and why it must be adhered to
  - 14.2 the content of the treatment protocol including treatment indications and **adverse reactions**
15. monitoring procedures for checking the treatment area and the client's wellbeing
16. the characteristics of optical radiation and how it interacts with the intended chromophore
17. the principles of light tissue interactions and selective photothermolysis

18. the potential hazards of laser, intense light sources, high intensity light emitting diodes and aesthetic energy based devices
19. the legal significance of producing photographic evidence of the treatment area
20. the **anatomy and physiology** relevant to this standard
21. the legal requirements of completing and storing client records
22. the clinical outcomes expected from photo rejuvenation of the skin using laser, intense light sources, high intensity light emitting diodes and aesthetic energy based devices
23. the fundamentals of dermatological assessment of skin and skin conditions for safe photo rejuvenation treatments
24. the purpose of evaluation activities
25. how to collate, analyse, summarise and record evaluation feedback in a clear and concise way
26. the aftercare **advice and recommendations** on products and treatments

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**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. improving the appearance of skin affected by intrinsic and extrinsic factors
2. treatment of acne
3. treatment of benign, discrete and generalised pigmented and vascular lesions

**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. lesion colour changes
3. hyperaemia and irritation
4. blistering
5. hyperpigmentation and hypopigmentation
6. excessive oedema
7. excessive discomfort
8. excessive bruising
9. scarring
10. oozing and crusting
11. burns
12. eye injuries requiring medical referral
13. dizziness
14. 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. skin diseases, disorders and conditions
4. the aging process of the skin including the effects of genetics, lifestyle and the environment
5. 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.

### **High intensity Light Emitting Diodes**

Light emitting diodes produce broad spectrum, incoherent light from semi-conductor materials (diodes) when electrical current is passed through them. They are not the same as diode lasers. Aesthetic light emitting diodes can produce high intensity electromagnetic radiation with a light source that delivers an output over 500 milliwatt similar to that of a class 4 Laser or Intense Pulse Light.

### **Treatment protocol**

A plan, that sets out a device and treatment indication specific protocol,



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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.

SKABA4

Perform photo rejuvenation of the skin using laser, light and aesthetic energy based devices



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