

---

## Overview

This standard is for aesthetic practitioners using micro needling techniques to improve body and facial skin condition. 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. agree the pain management strategy considering the client's tolerance level, following organisational procedures
4. select the **needle** depth for the **skin classification, characteristics, treatment objectives** and treatment area
5. follow the treatment protocol and adjust the duration of the treatment to suit the client's **skin classification, characteristics** and **treatment objectives**
6. check the client's wellbeing and monitor the skin reaction throughout the treatment
7. implement the correct course of action in the event of an adverse reaction to the treatment
8. leave the treated area clean and protected with a post treatment product
9. take treatment photographic evidence of the treatment area following organisational procedures
10. complete the client's records and store in accordance with data legislation
11. use evaluation methods which were agreed within the treatment protocol
12. collate and record the information gained from client feedback, client records and your own observations
13. provide verbal and written advice and recommendations to your client regarding the post treatment aftercare
14. 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 the micro needling treatment
2. the options for pain management and the potential associated risks
3. the legal requirements and restrictions for sourcing, storing and using topical anaesthetic licensed in the UK
4. the types, purpose and use of micro needling equipment and agents taking account of:
  - 4.1 skin classification
  - 4.2 skin characteristics
  - 4.3 treatment objectives
  - 4.4 the area of the face or body
  - 4.5 the different needle depths which are used to meet the treatment objectives
5. the limitations of products and equipment used for micro needling treatments
6. the reason for working systematically to cover the treatment area following the treatment protocol
7. the purpose for adapting the duration, intensity and depth of the treatment to take account of:
  - 7.1 skin classification
  - 7.2 skin characteristics
  - 7.3 pre-existing conditions
  - 7.4 treatment objectives
8. possible **adverse reactions** which may occur and how to deal with them
9. the legal significance of producing photographic evidence of the treatment area
10. the **anatomy and physiology** relevant to this standard
11. the legal requirements of completing and storing client records
12. the treatment outcomes expected from a micro needling treatment
13. the purpose of evaluation activities
14. how to collate, analyse, summarise and record evaluation feedback in a clear and concise way
15. 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. reduction of fine lines
2. improved skin condition
3. improved skin texture
4. skin laxity improvement

**Needle - face**

1. 0.5mm
2. 1.0mm

**Needle - body**

1. 1.5mm
2. 2.0mm

**Skin classification**

1. Fitzpatrick scale
2. Glogau photo-damage

**Skin characteristics**

1. skin sensitivity
2. thickness of skin
3. skin condition

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

**Adverse reactions**

1. bruising
2. irritation
3. allergic reaction
4. excessive histamine reaction
5. compromised healing process
6. dizziness
7. fainting

**Anatomy and physiology**

1. the structure and function of the body systems and their interdependence on each other
2. structure and function of skin and skin appendages
3. skin diseases, disorders and conditions
4. the ageing process of the skin including the effects of genetics, lifestyle and environment
5. the skin and wound healing process

**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

### **Skin classification**

Skin classification can be determined by the level of melanin in the skin and is measured by a numerical Fitzpatrick scale. The Fitzpatrick scale is categorized into three scales, the Ultra Violet Phenotype to determine the skin's sensitivity to Ultra Violet, the pigimentary photo-type that determines the skin ethnic colour type and finally the level of risk to skin cancer. The Glogau photo-damage scale is categorized into four levels, the severity of skin damage determines a beauty aesthetic treatment plan. Both methods are commonly integrated within new technologies and devices.

### **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.

SKABA11

Perform rejuvenation of the skin using micro needling treatments



---

<b>Developed by</b>	SkillsActive
<b>Version Number</b>	1
<b>Date Approved</b>	March 2019
<b>Indicative Review Date</b>	January 2021
<b>Validity</b>	Current
<b>Status</b>	Original
<b>Originating Organisation</b>	SkillsActive
<b>Original URN</b>	SKABT35
<b>Relevant Occupations</b>	Beauty Therapy
<b>Suite</b>	Beauty Aesthetics
<b>Keywords</b>	dermapen, micro needling, skin rejuvenation, skin needling

---