

Overview

This standard coexists alongside, **Implement and maintain safe, hygienic and effective working practices**. This standard is for Beauty professionals monitoring and providing dry spa services. Dry spa and wellness experiences and facilities include dry floatation, heated bed, sauna, light and infrared services. You will also be required to do a post service evaluation and reflection for improved service. 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, to include, carry out emergency first aid response in the event of an adverse incident.

Performance criteria

- You must be able to:*
1. maintain your responsibilities for health and safety in accordance with legislation, regulations, directives and guidelines, to include:
 - 1.1 preparation and maintenance of the **dry spa facilities**, in accordance with manufacturer instructions
 - 1.2 instructing spa attendants on the cleaning and replenishing of resources to maintain optimum efficiency
 2. carry out a concise and comprehensive consultation with the individual to determine suitability for the dry spa service
 3. carry out an induction with the individual for the dry spa facilities in accordance with the **dry spa service protocol**, to include:
 - 3.1 the benefits, uses and restrictions
 4. confirm and agree with the individual, they have understood the proposed dry spa service, to include:
 - 4.1 expected outcomes
 - 4.2 contra-actions
 - 4.3 **adverse reactions** and how to respond
 - 4.4 physical sensation
 5. obtain and record the individual's informed consent for the dry spa service
 6. provide **instructions** and advice to the individual, pre and post the spa service
 7. instruct the individual to shower, prior to using the dry spa facility
 8. direct the individual to the dry spa facility, to include:
 - 8.1 signposting to the instructions and associated risks
 9. monitor the individual's health, wellbeing throughout the dry spa service
 10. implement the correct course of action in the event of an adverse reaction
 11. complete the individual's spa service record and store in accordance with data legislation
 12. use reflective practice to evaluate the spa service and take appropriate action
 13. conclude the spa service by shutting down and disinfecting the spa facility in accordance with the dry spa service protocol

Knowledge and understanding

You need to know and understand:

1. your role and responsibilities in monitoring and providing dry spa facilities 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
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 dry spa services, to include:
 - 5.1 the legislative and insurance requirements for obtaining medical diagnosis and referral
6. the types, purpose, use and limitations of dry spa facilities, in relation to:
 - 6.1 recent activities or treatments that may restrict the service
 - 6.2 past and current medical history
 - 6.3 relevant lifestyle factors
 - 6.4 medication and medical conditions
 - 6.5 cultural background and history
7. the adverse reactions associated with dry spa services and how to respond
8. the health and safety responsibilities in line with legislation before, during and after the dry spa service
9. the importance of cleaning and replenishing resources within dry spa facilities, to include:
 - 9.1 how, when and why cleaning duties can be delegated to spa attendants
 - 9.2 maintaining environmental sustainability for product use
10. how to prepare, maintain and shut down dry spa facilities in accordance with manufacturer instructions and organisational and legislative requirements, to include:
 - 10.1 disinfection
 - 10.2 equipment testing
 - 10.3 setting recommended operating temperatures

11. the importance of knowing who to report problems to outside your scope of expertise
12. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the spa service plan
13. the fee structures and service options
14. the legislative and indemnity requirements of gaining signed, informed consent for the dry spa service
15. the importance of adhering to the dry spa service protocol
16. the reasons why the individual should shower prior to a dry spa service
17. why it is important to carry out an induction with the individual prior to using the dry spa facilities
18. the recommended durations for dry spa services in accordance with the dry spa service protocol and manufacturer instructions to include:
 - 18.1 the associated risks from excessive usage
19. the importance of monitoring the health and wellbeing of the individual during, and post the dry spa service
20. the legislative and regulatory requirements of completing and storing the individual's spa service record
21. the expected outcomes of dry spa services
22. the purpose of reflective practice and evaluation to improve service provision
23. the instructions and advice, pre and post the dry spa service

Scope/range**Dry spa facilities**

1. sauna
2. heated beds
3. light therapy
4. infrared therapy
5. wellness experiences and facilities

Dry spa service protocol

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

Adverse reactions

1. feeling faint
2. nauseous
3. skin irritation
4. headaches
5. allergies
6. anaphylaxis
7. anxiety response
8. excessive dehydration

Instructions

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

Anatomy and physiology

1. the structure and function of the body systems and their interdependence on each other
2. the relative and absolute contraindications and related pathologies
3. the physical, psychological and physiological effects of dry spa facilities

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

Anatomy and Physiology

How the skeletal, muscular, circulatory, lymphatic, respiratory, excretory, digestive, endocrine and nervous systems interact with each other and how they impact the individual, service and outcomes.

Contra action

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

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.

Wellness and experience facilities

Wellness facilities can include areas such as, relaxation area, changing rooms, solarium, gyms, exercise classes and treatment environments.

Links to other NOS

SKAHDBRBNST1, SKAHDBRBNS1, SKAS1, SKAS3, SKABS1, SKABBR2, SKAB4, SKABS1, SKABS2, SKABS3, SKABS4, SKABS5, SKABS6, SKABS7, SKAHDBRBNS2, SKAHDBRBNS3, SKAHDBRBNST2, SKAHDBRBNST3

Monitor and provide dry spa services

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Keywords dry floatation, heated bed, sauna, light, infrared services, Wellness facilities can include areas such as, relax area, changing rooms, solarium, gyms, exercise classes and treatment environments.
