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## Overview

This standard is for aesthetic practitioners using radio frequency to rejuvenate the skin and improve body contour. 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** for a radio frequency treatment
  4. select and use **equipment variables** and applicators to suit the **treatment objectives** and **treatment area**
  5. follow the treatment protocol, maintaining continuous flow and applicator contact to cover the **treatment area**
  6. monitor skin reaction and the client's wellbeing, adjusting the duration and **equipment variables** following the treatment protocol
  7. implement the correct course of action in the event of an adverse reaction to the treatment
  8. conclude the treatment by turning the **equipment** to the deactivated mode
  9. follow the manufacturers' guidance to complete the treatment
  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 the radio frequency treatment
2. the preparation procedures of different treatment areas
3. the types of products used with radio frequency treatments
4. how to adapt and maximise radio frequency treatment outcomes taking account of:
  - 4.1 **skin classification**
  - 4.2 **skin characteristics**
  - 4.3 **body conditions**
  - 4.4 treatment objectives
5. the physical effects created by the radio frequency treatment
6. how the radio frequency output is described and measured in relation to the electromagnetic spectrum
7. the interaction of radio frequency with the skin and underlying tissues
8. the difference between monopolar, bipolar and tri-polar radio frequency
9. the types of treatments that could be given in conjunction with, or post radio frequency treatments
10. the types of remote infra-red or laser temperature measuring devices
11. the potential hazards of using radio frequency devices
12. the possible **adverse reactions** which may occur and how to deal with them
13. the legal significance of producing photographic evidence of the treatment area
14. the **anatomy and physiology** relevant to this standard
15. the legal requirements of completing and storing client records
16. the treatment outcomes expected from an radio frequency treatment
17. the purpose of evaluation activities
18. how to collate, analyse, summarise and record evaluation feedback in a clear and concise way
19. 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. reduction of fine lines and wrinkles
2. improved skin condition
3. body contouring
4. facial skin contouring
5. improved appearance of cellulite
6. circumference reduction

**Treatment area**

1. face and neck
2. upper torso
3. limbs

**Equipment variables**

1. frequency
2. temperature
3. time
4. intensity

**Equipment**

1. radio frequency only device
2. face applicator
3. body applicator
4. multifunctional electro therapy equipment

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

**Skin classification**

1. Fitzpatrick scale
2. Glogau photo-damage

**Skin characteristics**

1. skin thickness
2. hydration level
3. skin type
4. skin condition

**Body conditions**

1. uneven fat deposits
2. uneven skin texture

**Adverse reactions**

1. hyperaemia and severe irritation
2. excessive pain
3. burns
4. blistering
5. bruising
6. allergic reaction
7. excessive oedema
8. dizziness
9. 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 healing process

6. the process of collagen and elastin synthesis including fibroblastic stimulation
7. the variances and location of skin thickness and adipose tissue deposits within different regions of the face and neck and body
8. the physiology and grading of cellulite
9. the structure and function of adipose and lipolysis
10. the physiological effects and benefits of radio frequency treatments on soft tissues and underlying skeletal structures

### **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

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## Glossary

### **Bipolar radio frequency**

Bipolar radio frequency places two symmetric and closely placed electrodes to pass a radio frequency current through a defined volume of tissue, to heat the desired target.

### **Electromagnetic spectrum**

The Electromagnetic spectrum is made up of two main forms of radiation. Ultraviolet, which is used mainly for its skin tanning effects and Infrared which is used as a method of warming the tissues for therapeutic purposes.

### **Equipment variables**

An element, feature or control embodied within an aesthetic device that can vary and adjust the functional ability. Specifically for Radio Frequency devices, the energy used can be delivered in watts or joules.

### **Monopolar radio frequency**

Monopolar radio frequency places one single electrode on to the treated area and an opposing electrode that is relatively far removed so that the current goes deeply through the body.

### **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 skins sensitivity to Ultra Violet, the pigmentary 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.



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**Tripolar radio frequency**

Tripolar radio frequency selectively heats the fat cells under the skin without adversely affecting the surrounding tissues, increasing metabolism and secretion of liquid fat.

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