

## Overview

This standard coexists alongside, **SKAHDBRBNST1 Implement and maintain safe, hygienic and effective working practices \*and \*SKAHDBRBNS1 Consult, assess, plan and prepare for Hair, Barbering, Beauty, Nails, Wellbeing and Holistic services**. This standard is for a Beauty professional providing body electrical therapy treatments using the following technologies Electrical Muscle Simulation, Galvanic, Micro current, Microdermabrasion, low intensity LED light (below 500mW), Skin warming devices, radiofrequency (3KHz – 300GHz), high-frequency (3KHz-30MHz), Lymphatic drainage equipment and Ultra sonic to improve and maintain skin and body condition. You will also be required to do a post treatment evaluation and reflection for continuous improvement. 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.

## Performance criteria

### *You must be able to:*

1. carry out a concise and comprehensive consultation with the individual
2. maintain your responsibilities for health and safety in accordance with legislation, regulations, directives and guidelines
3. discuss and establish the individual's objectives, body and skin concerns, expectations and desired outcomes to inform the body electrical treatment plan, to include:
  - 3.1 treatment history
  - 3.2 recent activities
  - 3.3 current skincare regime
  - 3.4 lifestyle profile
  - 3.5 alternative treatment options
4. confirm and agree with the individual, they have understood the proposed body electrical treatment, to include:
  - 4.1 expected outcomes
  - 4.2 contra-actions
  - 4.3 **adverse reactions**
  - 4.4 physical sensation and sound
5. obtain and record the individual's informed consent for the body treatment in accordance with organisational and insurance requirements
6. carry out a pre-treatment test(s) to determine skin sensitivity
7. prepare and cleanse the individual's treatment area in accordance with the **body electrical treatment protocol**

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8. carry out a body and skin analysis, to include:

8.1 body type classification and *\*body characteristics \**

9. select **tools and equipment** in accordance with the body electrical treatment protocol, to include:

9.1 test the tools and equipment in accordance with the manufacturer instructions and legislative requirements

10. carry out the body electrical treatment in accordance with the body electrical treatment protocol, to include:

10.1 reiterate the treatment process, physical sensation and noise created by the equipment to the individual

10.2 use and adapt the equipment, tools and duration of the treatment according to the body electrical treatment protocol

11. monitor the individual's health, wellbeing and skin reaction throughout the body electrical treatment

12. implement the correct course of action in the event of an adverse reaction

13. conclude the treatment in accordance with the body electrical treatment protocol, legislative requirements and organisational policies and procedures

14. complete the individual's treatment record and store in accordance with data legislation

15. use reflective practice to evaluate the body electrical treatment and take appropriate action

16. provide **instructions** and advice to the individual, pre and post the treatment

17. record the outcome and evaluation of the body electrical treatment

## Knowledge and understanding

### *You need to know and understand:*

1. your role and responsibilities in providing body electrical treatments 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 for yourself and your premises
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 the beauty treatment, to include:
  - 5.1 the legislative and insurance requirements for obtaining medical diagnosis and referral
6. the importance of recognising suspicious skin irregularities and lesions, and referring to a relevant healthcare professional
7. the purpose, use and limitations of body electrical treatment, in relation to:
  - 7.1 past and current medical history
  - 7.2 relevant lifestyle factors
  - 7.3 medication and medical conditions
  - 7.4 individual's expectations
8. the adverse reactions associated with a body electrical treatment and how to respond
9. the health and safety responsibilities in line with legislation before, during and

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after the body electrical treatment

10. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the body electrical treatment plan
11. the legal requirements for providing beauty services to minors and vulnerable adults
12. the fee structures and treatment options
13. the legislative and indemnity requirements of gaining signed, informed consent for the body electrical treatment
14. the importance of adhering to the body electrical treatment protocol
15. how to carry out and interpret pre-treatment tests
16. the importance of carrying out a body and skin analysis to determine the treatment plan
17. the types of hygiene products for the skin and the importance of following manufacturer instructions
18. the types, benefits and limitations of body electrical technologies and the physiological effects on skin and muscle tissue, to include:
  - 18.1 type of current used
  - 18.2 associated risks and how to respond
19. the products used in conjunction with body electrical treatments and the risks associated
20. how to prepare and use products and equipment in accordance with the body electrical treatment protocol
21. the types of treatment that could be given in conjunction with, or after body electrical treatments
22. why it is important to explain the treatment process, equipment noise and

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sensation to the individual

23. the importance of monitoring the health and wellbeing of the individual during, and post the treatment

24. the reasons for taking consensual visual media of the individual's treatment area and storing in accordance with the service, legislative, insurance and organisational requirements

25. the legislative and regulatory requirements of completing and storing the individual's body electrical treatment records

26. the expected outcomes of body electrical treatments

27. the purpose of reflective practice and evaluation and how it informs future treatments

28. the importance to record the outcome and evaluation of the body electrical treatment

29. the instructions and advice, pre and post the body electrical treatment

## Scope/range

### Adverse reactions

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1. hyperaemia
2. galvanic burn
3. bruising
4. irritation
5. allergic reaction
6. muscle fatigue
7. hyper/hypopigmentation

### Body electrical treatment protocol

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

### Body characteristics

1. muscle tone
2. muscle tension
3. hair density
4. sluggish circulation
5. skin classification
6. skin condition
7. lax elasticity
8. posture

### **Tools and Equipment**

1. electrical muscle stimulator
2. galvanic
3. micro current
4. microdermabrasion
5. low intensity led light (below 500mw)
6. skin warming devices
7. radiofrequency (3KHz – 300GHz)
8. high-frequency (3KHz-30MHz)
9. lymphatic drainage equipment
10. ultrasonic

### **Instructions**

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

### **Anatomy and physiology**

1. the structure and function of the tissues, cells, organs and body systems and their interdependence on each other
2. relative and absolute contraindications and related pathologies
3. intrinsic and extrinsic factors that affect skin condition
4. acne grading criteria
5. the skin barrier function
6. the physical, psychological and physiological effects of body electrical treatments

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## 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.

### **Body type classification**

Body types are identified as endomorph, mesomorph and ectomorph classifications.

**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.

### **Skin barrier function**

The renewable, biochemical barrier that shields our internal systems from environmental aggressors and pathogens, and helps prevent trans-epidermal water loss. Composed of cornified cells, natural moisturizing factors, barrier lipids and the skin microbiome.

### **Skin classification**

Skin classification scales can be referred to as the fitzpatrick scale, lancer scale and phenotype and genotypes.

### **Links to other NOS**

SKAHDBRBNST1, SKAHDBRBNS1, SKABBR1, SKABBR2, SKABN1, SKABN2, SKABN3, SKAB1, SKAB2, SKAB3, SKAB4, SKAB5, SKAB6, SKAB7, SKAB8, SKAB9, SKAB10, SKAB11, SKAB12, SKABS2, SKABS2, SKABS3, SKABS4, SKABS5, SKABS6, SKABS7, SKAHDBMN1, SKAHDBRBNS2, SKAHDBRBNS3, SKAHDBRBNST2, SKAHDBRBNST3, SKAHDBRBNT1

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**Relevant Occupations** Spa Therapist, Beauty Therapist

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**Suite** Beauty Therapy Advanced Practices, Wellbeing and Holistic

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**Keywords** Body electrical treatment, electrical muscle stimulator galvanic micro current microdermabrasion low intensity led light (below 500mw), skin warming devices, radiofrequency/high-frequency (3KHz – 300GHz), lymphatic drainage equipment, ultrasonic

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