

## 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 facial electrical therapy treatments using the following technologies, Galvanic, Micro current, Microdermabrasion, low intensity LED light (below 500mW), Skin warming devices, high-frequency (3KHz – 30MHz), radiofrequency (3KHz – 300GHz).

## 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, skin concerns, expectations and desired outcomes to inform the facial treatment plan, to include:
  - 3.1 treatment history
  - 3.2 skincare regime
  - 3.3 lifestyle
  - 3.4 alternative treatment options
4. discuss and agree the skin priming programme or recommendations required, prior to the facial electrical treatment
5. confirm and agree with the individual, they have understood the proposed facial electrical treatment, to include:
  - 5.1 expected outcomes
  - 5.2 contra-actions
  - 5.3 **allergic reaction**
  - 5.4 pre and post treatment requirements
  - 5.5 physical sensation and sound
6. obtain and record the individual's informed consent for the facial electrical treatment, in accordance with organisational and insurance requirements
7. carry out a pre-treatment test(s) to determine skin sensitivity
8. prepare and cleanse the individual's treatment area in accordance with the **facial**

**electrical treatment protocol**

9. illuminate and magnify the individuals treatment area in accordance with the facial electrical treatment protocol

10. carry out a skin analysis, to include:

**10.1 skin classification**

**10.2 skin condition**

**10.3 skin type**

11. select tools and equipment in accordance with the facial electrical treatment protocol, to include:

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

12. carry out the facial electrical treatment in accordance with the facial electrical treatment protocol, to include:

12.1 reiterate the treatment sensation and noise created by the equipment to the individual

12.2 use and adapt the equipment, tools and treatment duration according to the facial electrical treatment protocol

13. monitor the individual's health, wellbeing and skin reaction throughout the facial electrical treatment

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

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

16. complete the individual's treatment records and store in accordance with data legislation

17. use reflective practice to evaluate the facial electrical treatment and take appropriate action

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18. provide **instructions** and advice to the individual, pre and post the treatment
19. record the outcome and evaluation of the facial electrical treatment

## Knowledge and understanding

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

1. your role and responsibilities in providing facial 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 types of facial electrical technologies used in **facial treatments** and the physiological effects on skin and muscle tissue, to include:
  - 7.1 type of current used
  - 7.2 associated risks and how to respond
    1. the purpose, use and limitations of facial electrical treatments in relation, to include:
- 8.1 past and current medical history
- 8.2 treatment history
- 8.3 skin condition

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8.4 relevant lifestyle factors

8.5 medication and medical conditions

8.6 individual's expectations

9. how a skin priming programme and pre-treatment recommendations can benefit the facial electrical treatment outcomes

10. the adverse reactions associated with facial electrical treatments and how to respond

11. the health and safety responsibilities in line with legislation before, during and after the facial electrical treatment

12. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the facial electrical treatment plan

13. the legal requirements for providing beauty treatments to minors and vulnerable adults

14. the fee structures and treatment options

15. the legislative and indemnity requirements of gaining signed, informed consent for the facial electrical treatment

16. the importance of adhering to the facial electrical treatment protocol

17. how to carry out and interpret pre-treatment tests

18. the importance of magnification, illumination and preparation of the individual's treatment area when carrying out a skin analysis

19. the importance of carrying out a skin analysis to determine the treatment plan and facial electrical equipment to be used

20. the types of hygiene products for your skin and the importance of following manufacturer instructions

21. the products used in conjunction with facial electrical treatments and the risks

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associated

22. how to prepare and use products and equipment in accordance with the facial electrical treatment protocol

23. the types of treatments that could be given in conjunction with, or after, facial electrical treatments

24. why it is important to explain the treatment process, equipment noise and sensation to the individual

25. the importance of applying a post treatment product, to include:

25.1 when and why a sun protection factor, post treatment product, is used

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

27. 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

28. the legislative and regulatory requirements of completing and storing the individual's facial electrical treatment record

29. the expected outcomes of facial electrical treatments

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

31. the importance to record the outcome and evaluation of the facial electrical treatment

32. the instructions and advice, pre and post the facial electrical treatment

## Scope/range

### Adverse reactions

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

### Facial 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

### Skin classification

1. Fitzpatrick scale
2. Phenotype and genotype
3. Lancer scale
4. Glogau scale

### Skin condition

1. lax elasticity
2. hyper and hypo pigmentation
3. congested

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4. pustular
5. fragile
6. vascular
7. sensitised
8. sensitive
9. dehydrated
10. photo-sensitive
11. photo-aged
12. lack lustre

### **Skin type**

1. dry
2. oily
3. combination
4. balanced
5. Tools and equipment

### **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, physiological and psychological effects of facial electrical treatments

### **Tools and equipment**

1. galvanic
2. microcurrent
3. microdermabrasion
4. low intensity led light (below 500mw)

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5. skin warming devices
6. radiofrequency (3KHz – 300GHz)
7. high-frequency (3KHz-30MHz)
8. lymphatic drainage equipment
9. ultrasonic
10. skin analysis technologies

**Facial treatments**

1. skin analysis
2. skin and skin care product advice
3. facial electrical treatment

## 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.

### **Fitzpatrick skin type**

The Fitzpatrick evaluation is based on how much melanin is in the skin and on the skin's response to ultraviolet radiation exposure, hair colour, eye colour, and racial background. Ethnic groups of common concern include those of African, Asian, Eastern Indian, Hispanic, Middle Eastern, and Native American Indian descent

**Genotype** refers to an individual's collection of genes which make the individual's DNA (deoxyribonucleic acid) genic sequencing inherited from biological parents and previous generations . Based on the dominant and recessive genes, traits that are

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unlikely to change or can predispose to conditions: e.g., eye/hair colour and texture/skin type - ethnicity/blood type/diabetes/heart disease/cancer

**Glogau** is a system developed to objectively measure the severity of wrinkles and photoaging of the skin

**Lancer scale** – is based on ethnicity or ancestry and is the key to deciding the best skincare treatment for clients by having a better understanding the potential sensitivity and reaction of the skin to treatments and products. The Lancer Ethnicity Scale (LES), which accounts for five different skin types is based on geography and heredity. Each skin type has its own challenges and benefits:

LES I is extremely fair skin that burns quickly and tends toward sensitivity. Ancestors are: Celtic, Nordic, Northern European

LES II is fair skin that does not burn quickly, but still wrinkles and sags and can scar easily. Ancestors are: Central, Eastern, or Northern European

LES III is golden skin, possibly with olive undertones, that can scar easily or become easily inflamed. Ancestors are: European Jews, Native American and Inuit, Southern European and Mediterranean

LES IV is olive or brown skin that can become easily inflamed and can tend toward acne. Ancestors are: Sephardic Jews, Central and South American Indian, Chinese, Korean, Japanese, Thai, and Vietnamese, Filipino and Polynesian, Southern European and Mediterranean

LES V is black skin that can react to irritation with discoloration or texture changes. Ancestors are: Central, East, and West African, Eritrean and Ethiopian, North African and Middle East Arabic

### **Phenotype**

Observable physical characteristics and appearance that can change in response to genotype, evolution, the environment and the aging process - nature (inherited genes) and nurture (lifestyle impact): e.g., weight/height/health/disposition/skin type - characteristics/hair type

### **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.

### **Sensitive skin condition**

A genetic increased capillary reactivity and altered barrier function leading to inherent epidermal fragility.

### **Sensitised skin condition**

A sensitised skin condition occurs due to environmental and lifestyle factors that either increase inflammatory cytokines and modulators or impair skin barrier.

### **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.

### **Skin priming programme**

Skin priming programme, are a set of instructions the individual can do prior to the treatment to achieve the best results.

## **Links to other NOS**

SKAHDBRBNST1, SKAHDBRBNS1, SKABBR1, SKABBR2, SKABN1, SKABN2, SKABN3, SKAB1, SKAB2, SKAB3, SKAB4, SKAB5, SKAB6, SKAB7, SKAB8, SKAB9, SKAB10, SKAB11, SKAB12, SKABS1, 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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