

## Provide a body wrap treatment

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### 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 wrap treatments. 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.

#### **The main outcomes are:**

1. Provide body wrap treatments

## Provide a body wrap treatment

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### 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 wrap treatment plan, to include:
  - 3.1 known claustrophobia
  - 3.2 known allergies
  - 3.3 treatment history
  - 3.4 experience history
  - 3.5 recent activities
  - 3.6 current skincare regime
  - 3.7 lifestyle profile
  - 3.8 alternative treatment options
4. confirm and agree with the individual, they have understood the proposed body wrap treatment, to include:
  - 4.1 expected outcomes
  - 4.2 contra-actions
  - 4.3 **adverse reactions**
  - 4.4 physical sensation
5. obtain and record the individual's informed consent for the body wrap treatment in accordance with organisational and insurance requirements
6. prepare the individual's treatment area in accordance with the **body wrap**

## Provide a body wrap treatment

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**treatment protocol**, to include:

6.1 maintaining the individual's modesty and comfort

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

7.1 body type classification and **body characteristics**

8. carry out a body brushing and exfoliation on the individual's treatment area in accordance with the body wrap treatment protocol

9. apply the product on the individual's treatment area and wrap the body in accordance with the body wrap treatment protocol

10. monitor the individual's health, wellbeing and skin reaction throughout the body wrap treatment

11. remove the wrap and product from the individual's treatment area in accordance with manufacturer instructions

12. apply a post-treatment product in accordance with the body wrap treatment protocol

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

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

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

16. use reflective practice to evaluate the body wrap treatment and take appropriate action

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

18. record the outcome and evaluation of the body wrap treatment

## Provide a body wrap treatment

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### Knowledge and understanding

#### You need to know and understand:

1. your role and responsibilities in providing body wrap 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 wrap treatments, in relation to:
  - 7.1 past and current medical history
  - 7.2 relevant lifestyle factors
  - 7.3 medication and medical conditions
  - 7.4 postural faults and conditions
  - 7.5 individual's expectations
8. the adverse reactions associated with body wrap treatments and how to respond
9. the health and safety responsibilities in line with legislation before, during and after a body wrap treatment

Provide a body wrap treatment

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10. why it is important to discuss and establish the individual's objectives, concerns, expectations, desired outcomes and agree the body wrap 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 wrap treatment
14. the importance of adhering to the body wrap treatment protocol
15. the importance of carrying out a body and skin analysis to determine the body wrap treatment plan
16. the types of hygiene products for the skin and the importance of following manufacturer instructions
17. the **products** and **wraps** used in body wrap treatments and their effects
18. the importance of adhering to manufacturer instructions to prevent product incompatibilities and risks to health
19. the types, benefits and limitations of pre-treatments used prior to a body wrap treatment, to include:
  - 19.1 body brushing
  - 19.2 exfoliation
20. how to prepare and use products and equipment in accordance with the body wrap treatment protocol
21. why it is important to explain the treatment process and sensation to the individual
22. the importance of monitoring the health and wellbeing of the individual, during and post the treatment
23. how to remove a body wrap and products
24. the importance of applying a post treatment product following a body wrap

## Provide a body wrap treatment

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treatment

- 25. 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
- 26. the legislative and regulatory requirements of completing and storing the individual's body wrap treatment records
- 27. the expected outcomes of body wrap treatment
- 28. the purpose of reflective practice and evaluation and how it informs future treatments
- 29. the importance to record the outcome and evaluation of the body wrap treatment
- 30. the instructions and advice, pre and post the body wrap treatment

## Provide a body wrap treatment

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### Scope/range

#### **Adverse reactions**

1. hyperaemia
2. allergy
3. excessive healing response
4. claustrophobia

#### **Body wrap treatment protocol**

1. working environment
2. health and safety
3. infection prevention and control
4. treatment 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

#### **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
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***\*Anatomy and physiology\****

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## Provide a body wrap treatment

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1. the structure and function of the tissues, organs and body systems and their interdependence on each other
2. relative and absolute contraindications and pathologies
3. the physical, physiological and psychological effects of body wrap treatments

### **Products**

1. milks
2. oil
3. creams
4. clay
5. algae
6. salts
7. enzymes

### **Wraps**

1. electric blanket
2. parathermic foils
3. fabrics
4. plastic



## 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, olfactory, limbic, 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.

## Links to other NOS

SKAHDBRBNST1, SKAHDBRBNS1, SKABBR1, SKABBR2, SKABN1, SKABN2, SKABN3, SKAB1, SKAB2, SKAB3, SKAB4, SKAB5, SKAB6, SKAB7, SKAB8, SKAB9, SKAB10, SKAB11, SKAB12, SKABS1, SKABS2, SKABS2, SKABS3, SKABS5, SKABS6, SKABS7, SKAHDBMN1, SKAHDBRBNS2, SKAHDBRBNS3, SKAHDBRBNST2, SKAHDBRBNST3, SKAHDBRBNT1, SKAS1, SKAS2, SKAS3

## Provide a body wrap treatment

Developed by	SkillsActive
Version Number	3
Date Approved	30 Mar 2021
Indicative Review Date	31 Mar 2024
Validity	Current
Status	Original
Originating Organisation	SkillsActive
Original URN	n/a
Relevant Occupations	Spa Therapist, Beauty Therapist
Suite	Beauty Therapy Advanced Practices, Beauty therapy , Wellbeing and Holistic
Keywords	body wrap treatments, wellbeing and holistic