



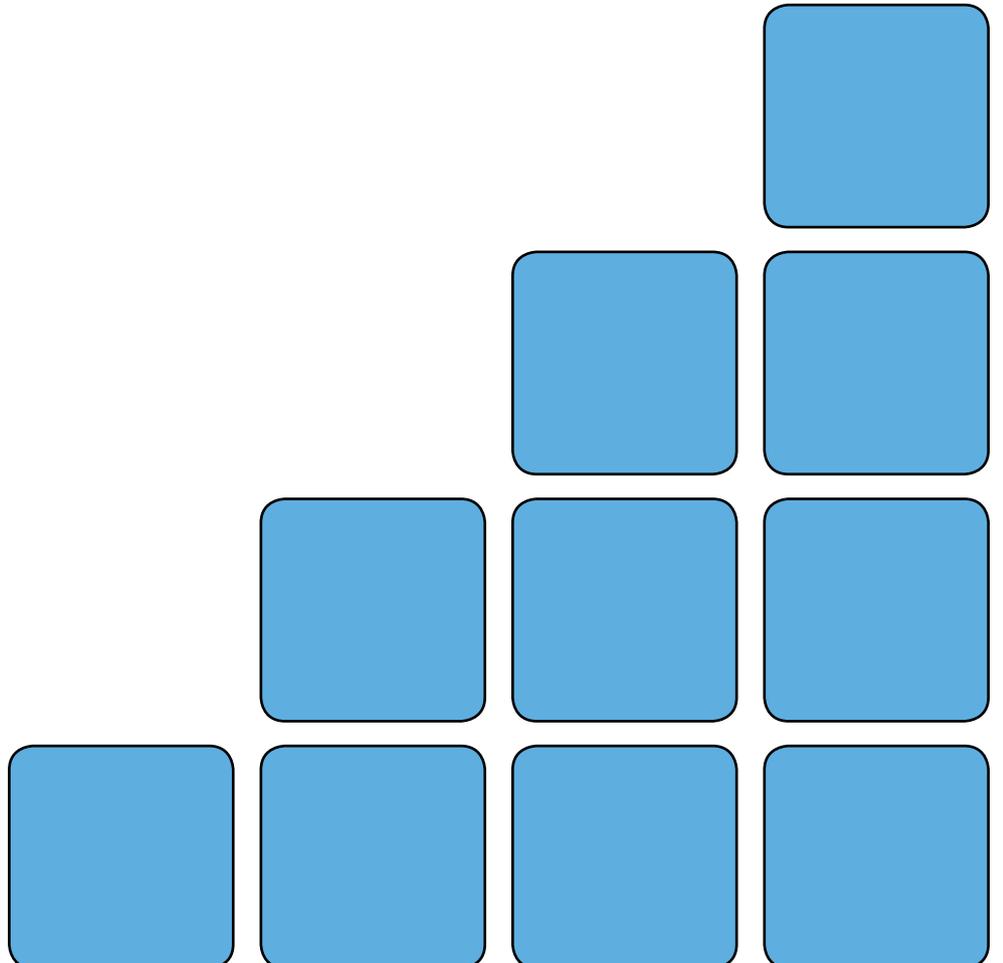
Provide cosmetic skin peel treatments

UBT185

Learner name:

Learner number:

SVQ



UBT185

Provide cosmetic skin peel treatments

This unit is about using legally available superficial cosmetic skin peel products* and techniques to rejuvenate skin condition. It covers the skills involved in providing a thorough consultation to establish the client's suitability for treatment and the formulation of a specific treatment plan tailored to suit individual client's needs. The ability to provide relevant aftercare advice is also required.

To carry out this unit you will need to maintain effective health, safety and hygiene throughout your work. You will also need to maintain your personal appearance and demonstrate effective communication and consultation skills.

The main outcomes of this unit are:

1. Maintain safe and effective methods of working when providing cosmetic skin peel treatments
2. Consult, plan and prepare for treatments
3. Carry out cosmetic skin peel treatments

***NOTE:** Cosmetic skin peel products are those approved by current EU Regulations for cosmetic use by therapists and conform to professional insurance requirements.

NOS

SKABT33

SCQF Level

7

SCQF Credit Points

6

Observation(s)

4

External paper(s)

0



Provide cosmetic skin peel treatments

Learning outcomes

On completion of this unit you will:

1. Be able to maintain safe and effective methods of working when providing cosmetic skin peel treatments
2. Be able to consult, plan and prepare for treatments
3. Be able to carry out cosmetic skin peel treatments
4. Know and understand how to maintain safe and effective methods of working when providing cosmetic skin peel treatments
5. Know and understand how to consult, plan and prepare for treatments
6. Know and understand how to carry out cosmetic skin peel treatments

Evidence requirements

1. *Environment*
Evidence for this unit may be gathered within the workplace or realistic working environment (RWE).
2. *Simulation*
Simulation is not allowed in this unit.
3. *Observation outcomes*
Competent performance of Observation outcomes must be demonstrated on **at least four occasions with one observation being carried out on the face.**

Assessor observations, witness testimonies and products of work are likely to be the most appropriate sources of performance evidence. Professional discussion may be used as supplementary evidence for those criteria that do not naturally occur.

Assessed observations should not be carried out on the same day for the same learning outcome. There should be sufficient time between assessments for reflection and personal development.

You need to meet the same standard on a regular and consistent basis. Separating the assessments by a period of at least two weeks is recommended as competence must be demonstrated on a consistent and regular basis.

4. *Range*
All ranges must be practically demonstrated or other forms of evidence produced to show they have been covered.
5. *Knowledge outcomes*
There must be evidence that you possess all the knowledge and understanding listed in the Knowledge section of this unit. In most cases this can be done by professional discussion and/or oral questioning. Other methods, such as projects, assignments and/or reflective accounts may also be used.
6. *Tutor/Assessor guidance*
Your tutor **must** refer to the '**Habia Assessment Strategy**' when delivering this unit to ensure that you cover all the requirements for this unit. This can be found on www.vtct.org.uk under the relevant qualification page.

You will be guided by your tutor/assessor on how to achieve learning outcomes and cover ranges in this unit. All outcomes and ranges must be achieved.
7. *External paper*
There is no external paper requirement for this unit.

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of competent observations required is indicated in the Evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through professional discussion and/or oral questioning. This evidence will be recorded by your assessor in written form or by other appropriate means.

Your assessor will sign off a learning outcome when all criteria have been competently achieved.

Achieving range

The range section indicates what must be covered. Ranges should be practically demonstrated as part of an observation. Where this is not possible other forms of evidence may be produced. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.

National Occupational Standards (NOS)

All observation evidence and knowledge requirements from the NOS SKABT33 are included in this record of assessment. You must demonstrate in your everyday work that you have met this standard for providing cosmetic skin peel treatments. This can be found on the NOS website www.ukstandards.co.uk.



Observations

Learning outcome 1

Be able to maintain safe and effective methods of working when providing cosmetic skin peel treatments

You must be able to:

- a. Maintain your responsibilities for health and safety throughout the treatment
- b. Prepare and protect your client and yourself to meet legal and organisational requirements
- c. Maintain your client's modesty and privacy at all times
- d. Position your client to meet the needs of the treatment without causing them discomfort
- e. Ensure your own posture and working methods minimise fatigue and the risk of injury to yourself and others
- f. Ensure environmental conditions are suitable for the client and the treatment
- g. Use working methods that minimise the risk of cross-infection
- h. Ensure the use of clean equipment and materials
- i. Promote environmental and sustainable working practices
- j. Follow workplace and suppliers' or manufacturers' instructions for the safe use of equipment, materials and products
- k. Dispose of waste materials to meet legal requirements
- l. Complete the treatment within a commercially viable time

* May be assessed by supplementary evidence.

Observation	1	2	3	4
Date achieved				
Criteria questioned orally				
Portfolio reference				
Assessor initials				
Learner signature				



Learning outcome 2

Be able to consult, plan and prepare for treatments

You must be able to:

- a. Use consultation techniques to determine the client's treatment plan
- b. Refuse cosmetic skin peel treatments for people under the age of 18
- c. Recognise any contra-indications and take the necessary action
- d. Identify the client's medical history, skin classification, skin condition and sensitivity
- e. Take pre-treatment photographs of the areas to be treated following organisational procedures
- f. Explain the physical sensation of the treatment and the appearance of the skin post-treatment, to the client
- g. Carry out a skin sensitivity test on the client, prior to the treatment and record the results
- h. Identify the client's needs, expectations and treatment objectives, and agree with the client
- i. Obtain signed, informed consent from the client prior to carrying out the treatment
- j. Select equipment and products to match the treatment objectives for the cosmetic skin peel treatment

*May be assessed by supplementary evidence.

Observation	1	2	3	4
Date achieved				
Criteria questioned orally				
Portfolio reference				
Assessor initials				
Learner signature				



Learning outcome 3

Be able to carry out cosmetic skin peel treatments

You must be able to:

- a. Ensure the areas to be treated are clean, oil free and dry
- b. Work systematically to ensure even coverage of skin peel products in the areas to be treated
- c. Adjust the duration and intensity of the cosmetic skin peel treatment to suit the client's skin type and skin condition
- d. Monitor the client's skin reaction and client response and discontinue treatment if adverse reactions occur
- e. Remove the cosmetic skin peel product and apply a skin neutraliser, after the required time
- f. Apply a sun protection product to the treated area
- g. Take post-treatment photographs of the treated area following organisational procedures
- h. Give your client advice and recommendations on the treatment provided
- i. Ensure the client's records are completed and signed by you and the client

* May be assessed by supplementary evidence.

Observation	1	2	3	4
Date achieved				
Criteria questioned orally				
Portfolio reference				
Assessor initials				
Learner signature				



Observation range

You must practically demonstrate that you have:

Used all the consultation techniques		Portfolio reference
Questioning		
Listening		
Visual		
Manual		
Written		
Dealt with a minimum of 1 necessary action		Portfolio reference
Explaining why the treatment cannot be carried out		
Encouraging the client to seek medical advice		
Modification of treatment		
Covered a minimum of 4 treatment areas		Portfolio reference
Face		
Neck		
Chest		
Hands		
Back		
Covered a minimum of 3 treatment objectives		Portfolio reference
General skin rejuvenation		
Improvement of superficial blemishes		
Improvement of pigmentation variations		
Improvement of skin texture		
Improvement of skin hydration		

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.



You must practically demonstrate that you have:

Used all types of equipment and products*		Portfolio reference
Skin analysis aids		
Applicators		
Identifiable cosmetic skin containers		
Cosmetic skin peel agents		
Pre-treatment products		
Post-treatment products		
Applied both types of cosmetic skin peel treatments		Portfolio reference
Alpha Hydroxy Acids – AHAs		
Beta Hydroxy Acids – BHAs		
Identified all skin types		Portfolio reference
Oily		
Dry		
Combination		
Fitzpatrick scale 1-3		
Fitzpatrick scale 4-6		
Identified all skin conditions		Portfolio reference
Sensitive		
Mature		
Dehydrated		
Congested		
Acne		
Hyperpigmentation		

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

*Cosmetic skin peel products are those approved by current EU Regulations for cosmetic use by therapists and conform to professional insurance requirements.



You must practically demonstrate that you have:

Provided all types of advice and recommendations	Portfolio reference
Suitable aftercare products and their uses	
Avoidance of activities which may cause contra-actions	
Time intervals between treatments	
Present and future products and treatments	

It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

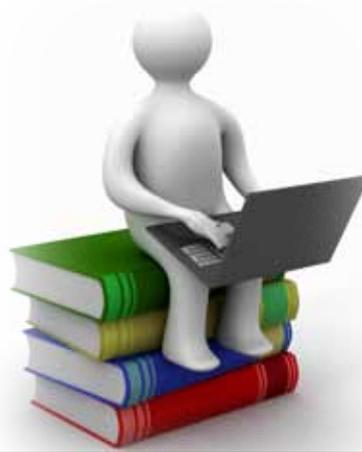
Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

**This is not an exhaustive list.*

Knowledge



Learning outcome 4

Know and understand how to maintain safe and effective methods of working when providing cosmetic skin peel treatments

You must know and understand:	Portfolio reference
a. Your responsibilities for health and safety as defined by any specific legislation covering your job role	
b. The responsibilities under local authority licensing regulations for yourself and your premises, where applicable	
c. The importance of checking the legality of the products against current EU Cosmetic Regulations and how to gain verification of legality	
d. The reasons for checking current insurance guidelines for the delivery of cosmetic skin peel treatments	
e. The legal and organisational requirements for client protection and preparation	
f. The importance of personal hygiene, protection and presentation in maintaining health and safety in your workplace	
g. Why it is important to maintain client's modesty and privacy	
h. How the position of your client and yourself can affect the desired outcome and reduce fatigue and the risk of injury	
i. The necessary environmental conditions for treatments such as heating and ventilation and why these are important	
j. Methods of cleaning, disinfection and sterilisation	
k. Why it is important to avoid direct and indirect cross-infection by working safely and hygienically	
l. The hazards and risks associated with the delivery of cosmetic skin peel treatments and how these can be minimised	



Learning outcome 4 (continued)

Know and understand how to maintain safe and effective methods of working when providing cosmetic skin peel treatments

You must know and understand:	Portfolio reference
m. The different types of working methods that promote environmental and sustainable working practices	
n. Suppliers' and manufacturers' instructions for the safe use of equipment, materials and products which you must follow	
o. The legal requirements for waste disposal	
p. The reasons for completing the service in a commercially viable time	



Learning outcome 5

Know and understand how to consult, plan and prepare for treatments

You must know and understand:	Portfolio reference
a. The importance of communicating with clients in a professional manner	
b. How to complete a consultation taking into account client's diverse needs	
c. The reasons why cosmetic skin peel treatments should not be carried out on clients under the 18 years of age	
d. The importance of agreeing the treatment that meets the client's needs	
e. The legal significance of gaining signed, informed client consent to carry out the treatment	
f. The legislative requirements for storing and protecting client data	
g. How to recognise contra-indications that would prevent or restrict the treatment	
h. The contra-indications requiring medical referral and why	
i. The necessary action to take in relation to specific contra-indications when referring clients	
j. The importance of and reasons for not naming specific contra-indications when referring clients	
k. How to prepare consultation records	
l. The reasons for considering the client's previous skin treatment history, sun exposure, scarring and medical history prior to any treatment	
m. How to assess skin type and condition	



Learning outcome 5 (continued)

Know and understand how to consult, plan and prepare for treatments

You must know and understand:	Portfolio reference
n. The use of the Fitzpatrick classification scale in order to determine the outcome of the cosmetic skin peel treatments and avoid post-inflammatory hyperpigmentation	
o. The preparation of equipment and products for cosmetic skin peel treatments	
p. How to describe the physical sensation and post-treatment appearance to the client	
q. How pain threshold and sensitivity varies from client to client	
r. The procedure for carrying out a skin sensitivity test prior to skin peel treatments	
s. The reasons for carrying out a skin sensitivity test and recording the results	
t. The type of pre-treatment advice that should be given to clients classification to optimise results and why this needs to be relevant to their skin type and Fitzpatrick scale	



Learning outcome 6

Know and understand how to carry out cosmetic skin peel treatments

You must know and understand:	Portfolio reference
a. The reasons for cleansing the skin prior to treatment	
b. The reasons for protecting areas such as eyes, nostrils and lips with suitable barrier products when carrying out chemical peels	
c. How to select, use and adapt the use of cosmetic skin peel agents to suit different skin types and conditions, the Fitzpatrick classification scale and different treatment objectives	
d. The benefits and effects of cosmetic skin peeling	
e. The pH scale and its relevance on skin sensitivity	
f. The action of acids and alkalines and their concentrations on the skin	
g. The classification of Alpha Hydroxy Acids (AHA) and Beta Hydroxy Acids (BHA)	
h. The chemical peel agents only suitable for medical use and why	
i. The chemical agents in different types of skin peels and their potential for harm	
j. The reasons for prompt application, timing and removal of all cosmetic skin peel products	
k. How to work systematically and methodically, avoiding excess treatment overlap across the areas to be treated	
l. The circumstances in which re-application may be necessary and how this should be carried out	
m. The treatments that could be given in conjunction with or after cosmetic skin peeling	
n. The limitations of products and equipment used for AHA and BHA cosmetic skin peel treatments	



Learning outcome 6 (continued)

Know and understand how to carry out cosmetic skin peel treatments

You must know and understand:	Portfolio reference
O. The benefits and use of tyrosinase inhibitors to avoid post-inflammatory hyperpigmentation when treating Fitzpatrick classification scale 4-6	
p. The type of chemicals that do and do not require neutralisation to be performed	
q. Possible contra-actions which may occur, how to deal with them and what advice to give to clients	
r. The anatomy and physiology of the skin	
s. The reasons for restoring pH levels of the skin following treatment	
t. The products necessary to prevent infection and promote healing and how they should be used before and after cosmetic skin peeling treatments	
u. Why it is necessary to use a minimum of a SPF30 UVA and UVB product post treatment	
v. The types of post-treatment products available and why they are necessary	
w. The advice and recommendations on products and service	



Knowledge range

You must know and understand:

Health and safety*	Portfolio reference
Health and Safety at Work Act	
The Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR)	
The Health and Safety (First Aid) Regulations	
The Regulatory Reform (Fire Safety) Order	
The Manual Handling Operations Regulations	
The Control of Substances Hazardous to Health Regulations (COSHH)	
The Electricity at Work Regulations	
The Environmental Protection Act	
The Management of Health and Safety at Work Regulations	
The Health and Safety (Information for Employees) Regulations	
Environmental and sustainable working practices*	Portfolio reference
Reducing waste and managing waste (recycle, reuse, safe disposal)	
Reducing energy usage (energy efficient equipment, low energy lighting, utilising solar panels)	
Reducing water usage and other resources	
Preventing pollution	
Using disposable items (easy dry towels)	
Using recycled eco-friendly furniture	
Using low-chemical paint	
Using environmentally friendly product packaging	
Choosing responsible domestic products (Fairtrade tea and coffee)	
Encouraging carbon-reducing journeys to work	

*Where specific legislation and regulations are stated, please make these relevant to your nation.



You must know and understand:

Diverse needs	Portfolio reference
Cultural	
Religious	
Age	
Disability	
Gender	
Contra-indications which prevent	Portfolio reference
Recent radiation treatment	
Active bacterial, viral, fungal or herpetic infection	
Open wounds	
Some drugs with photosensitising potential	
Active inflammatory dermatoses such as psoriasis, atopic dermatitis, keloids and hypertrophic scarring	
Uncooperative client	
Client who is careless about sun exposure or application of medicine	
Client with unrealistic expectations	
Isotretinoin use in the last 6 months	
Trying to conceive	
Pregnant	
Lactating	
Any direct sun exposure	
The current use of any steroidal topical medication	
Allergy to aspirin (salicylic acid) or use of retinoic acid or Retin A products	
Under age 18 years of age	
Failure to follow all the pre-treatment programme	



You must know and understand:

Contra-indications which restrict	Portfolio reference
Skin type	
Prior to cosmetic surgery	
Poor mental and emotional state	
Herpes	
History of hypertrophic scarring	
Diabetes	
Epilepsy	
Anxiety	
Bruises	
Recent microdermabrasion or cosmetic skin peels	
IPL or laser	
Epilation	
Conditions that require medical approval	Portfolio reference
Clients taking certain medications including blood thinners	
Diabetes	
Recent surgery	
Undiagnosed swellings in treatment area	
Evidence of medical conditions such as cardiac, hepatic, or renal diseases	
Any radiation treatment	



You must know and understand:

Consultation records	Portfolio reference
Identified previous cosmetic skin peel treatments	
Identified previous cosmetic skin treatments such as microdermabrasion and laser/IPL	
Medical history	
Identified contra-indications	
Emotional and physical condition	
Sun tanning history	
Fitzpatrick scale	
Client expectations	
Treatment aims	
Area to be treated	
Contra-actions	Portfolio reference
Blanching and frosting	
Excess erythema	
Flaking	
Pigmentary changes	
Discomfort	



You must know and understand:

Anatomy and physiology	Portfolio reference
Structure and function of skin	
The effects of genetics on the ageing process of the skin	
The effects of lifestyle and environmental factors on the skin such as photo damage, smoking, alcohol, diet and premature ageing	
The process of desquamation, exfoliation and skin resurfacing	
The defensive role of the epidermis and the importance of barrier function	
The skin healing process	
The impact of a compromised healing process and how to recognise and respond to it	
The process of collagen and elastin synthesis including fibroblastic stimulation	
The importance of the extra cellular matrix and the role Alpha Hydroxy Acids play in stimulating glycosaminoglycans	
The inflammation process including post-inflammatory hyperpigmentation	
The topical effects of cosmetic peel ingredients on the skin and skin conditions	
The process of melanogenesis	



You must know and understand:

Advice and recommendations	Portfolio reference
Additional services	
Additional products	
The lifestyle factors and changes that may be required to improve the effectiveness of the treatment	
Ongoing maintenance to retain optimum results	
Post-treatment visual skin changes and recovery time	
Use of recommended skin care products during the healing process including use of minimum SPF30 UVA and UVB sun protection	
Post-treatment restrictions including avoiding sun exposure and wearing a hat, heat treatments, use of cosmetics, vigorous physical activity, to avoid other exfoliating/resurfacing treatments and products, to avoid chlorinated water, to avoid excessive abrasion	
Likely future treatment needs	
Post-treatment contra-actions and the need to check for signs of infection	
Post-treatment assessment through client feedback, including questionnaire, telephone call, next visit follow-up	
The importance of giving the client written aftercare advice	
The importance of ensuring the client is given a post-treatment point of contact	
The benefits of a course of treatment	

Notes

Use this area for notes and diagrams