UBT105M
Body wraps

Unit reference number: J/507/5432
Level: 3
Guided Learning (GL) hours: 30

Overview

This unit will enable learners to provide body wrap treatments to clients, treating the required areas of the body. Learners will develop their knowledge and skills in how to prepare for and provide a professional body wrap treatment. Learners will also develop their understanding of possible contra-indications, along with indications for and benefits and effects of professional body wrap treatments.

Learning outcomes

On completion of this unit, learners will:

LO1 Know the salon requirements for body wrap treatments
LO2 Understand the effects and indications of use for body wrap treatments
LO3 Understand the benefits and different techniques used for body wrap treatments
LO4 Be able to prepare the client, self and work area for a body wrap treatment
LO5 Be able to provide a body wrap treatment
Assessment requirements

Learners must complete all four assessment requirements related to this unit:

1. Treatment portfolio
2. Graded practical assessment
3. External examination
4. Graded synoptic assessment

1. Treatment portfolio

Learners must produce a treatment portfolio which includes evidence of practical treatments carried out with proficiency.

At a minimum the treatment portfolio for this unit must include, client consultation and treatment records, covering all of the following:

- Carried out a minimum of 3 body wrap treatments (not including the graded practical) covering all treatment objectives
  - Detoxifying
  - Slimming
  - Skin nourishing
- Consulted client on all lifestyle patterns
  - Diet
  - Fluid intake
  - Alcohol
  - Exercise habits
  - Smoking habits
  - Current body care routine
- Carried out all types of skin preparation
  - Exfoliation products
  - Use of body brushing techniques
  - Pre-heat treatments
- Used all wrapping materials
  - Fabric
  - Foils
  - Plastics
- Used all treatment products
  - Seaweed
  - Oils
  - Mud
  - Gels
  - Creams
- Given all types of advice
  - Suitable aftercare products and their use
  - The contra-actions that may occur post treatment and how to deal with them
  - Recommendation of changes to lifestyle patterns
  - Post-treatment restrictions
  - Recommended further follow-on treatments
Evidence from the graded practical assessment must also be presented in the treatment portfolio.

The treatment portfolio must be completed prior to learners undertaking the practical skills test. Whilst treatment portfolios will not be graded, they may be sampled by the VTCT External Quality Assurer (EQA).

2. Graded practical assessment

Learners must carry out a complete treatment which will be observed, marked and graded by centre assessors. The grade achieved in the graded practical assessment will be the grade awarded for the unit.

The graded practical assessment must take place in a real or realistic working environment on a real client. At a minimum the graded practical assessment for this unit must cover:

- Treatment – one body wrap treatment to cover slimming as the treatment objective, recommended treatment time of 60 minutes
- Consultation techniques – consulted client on all lifestyle patterns
- Skin preparation – prepared the client’s skin using exfoliation or body brushing techniques
- Products – used appropriate products following manufacturer guidelines

Recorded professional discussion can also be used as an assessment method attached to the graded practical assessment and is particularly useful for gathering evidence for criteria related to evaluation and reflection. Professional discussions should be planned and recorded.

3. External examination

Whilst the theory content of LO1, LO2 and LO3 may be naturally assessed in the graded practical assessment, they will be tested by external examinations at the end of the period of learning.

External examinations will test knowledge and understanding from across the whole vocational area (mandatory units). Learners should use the unit content section of this unit to aid revision since exam questions will test the full breadth of this section.

External examinations will be set and marked by VTCT and will contribute to the overall qualification grade.

4. Graded synoptic assessment

In the last term or final third of their qualification, learners will be required to undertake a graded synoptic assessment. This will require learners to carry out a range of treatments from across the whole vocational area (mandatory units). Assessment coverage will vary year on year, although all services will be covered over time.

VTCT will set a brief for centres which will detail the treatments to be covered in the graded synoptic assessment. Grading descriptors for the synoptic assessment will also be provided by VTCT.

The graded synoptic assessment will be marked and graded by centre staff and externally verified by VTCT.

The graded synoptic assessment will contribute to the overall qualification grade.
LO1 Know the salon requirements for body wrap treatments

**Learners must know how to set up the treatment area:**
Prepare the work area to allow for
- Ease of access and free movement around the couch
- Effective lighting
- Hygienic set up of area and trolley
- Preparation of wrapping materials
- Safe positioning of leads from heated blanket (if appropriate)
- Selection of products and equipment to meet the needs of the client
- Ensure a safe working environment
  - Clean and hygienic work area
  - Appropriate ventilation
  - Effective positioning of sturdy couch to allow ergonomic and safe practice
  - Neat and clutter-free working area

**Learners must know how professional spa therapists present themselves:**
- Clean professional uniforms create a positive impression of the spa therapist and the salon. Uniforms should be made from a comfortable fabric to facilitate the stretching involved in the treatment
- Spa therapists should wear closed-in footwear, no jewellery, no piercings, hair neatly tied back, short varnish-free nails and any fringe secured
- Personal hygiene and cleanliness including showering, covering cuts and abrasions, wearing deodorant or antiperspirant, oral hygiene, including clean teeth, fresh breath are all important elements of professional presentation

**Learners must know the salon requirements for record keeping:**
- Accurate appointment systems, stationery, loyalty, rewards, acknowledgement of occasions
- How to establish and record clear information that is accurate and in a logical order, how to refer to existing records
- Adaptations and modifications, recommendations
- Treatment planning and how to update records at the end of the treatment, update at each visit, maintained electronically, paper records

**Learners must know how to carry out sensitivity and thermal tests on the client prior to treatment:**
- Thermal testing – hot/cold test tubes on treatment area to ensure client has suitable levels of sensation
- Sensitivity testing – sharp/soft on treatment area to ensure client has suitable levels of sensation
Learners must know the insurance and licensing requirements for the delivery of body wrap treatments:

- Requirements for licensing are applied for at local council level. Each council will have slightly different requirements but as a general rule both the therapist and the premises will need to be licensed. The most current information on licensing is available on local authority websites and from professional membership association groups.
- As a minimum a salon should hold, where applicable, employer’s insurance as well as public liability insurance and professional indemnity.

Learners must know the legal requirements for providing treatments to minors:
- The age at which an individual is classed as a minor and how this differs nationally.
LO2 Understand the effects and indications of use for body wrap treatments

Learners must know the contra-indications for body wrap treatments:
- Example of contra-indications that may prevent treatment: skin diseases and disorders, loss of sensation in treatment area, chemotherapy/radiotherapy treatment, contagious diseases, hypersensitivity, deep vein thrombosis, disorders of the nervous system, undiagnosed lumps or swellings, pregnancy
- Example of contra-indications that may restrict the treatment: bruising, cuts and abrasions, skin allergies, epilepsy, diabetes, high/low blood pressure, claustrophobia, recent scar tissue, piercings, breast feeding (do not wrap bust), disorders of the urinary system, sunburn

Learners must know how to carry out relevant body analysis prior to body wrap treatments:
- Body analysis carried out to ascertain the needs of the client and the problem areas:
  - BMI, body fat percentage, figure and posture analysis – types of fat (soft/hard/cellulite) muscle tone, postural conditions, height, weight
  - Measurements of treatment area – record on client records, give specific detail on where measurements were taken, take measurements before and after treatment in same units

Learner must understand the physical and physiological effects of body wrap treatments:
- Physical effects – improved skin condition, erythema, improved skin and muscle tone, temporary inch loss, reduce swelling and oedema, improve appearance of cellulite
- Physiological effects – vasoconstriction (cryowraps), vasodilation (heat wraps), increase in blood circulation, increase in lymphatic drainage, dispersal and break down of adipose tissue, relaxation of muscles

Learners must understand the possible contra-actions that may occur during body wrap treatments and the necessary action to take:
- Erythema – normal reaction caused by vasodilation of the blood capillaries, caused by increased heat or stimulation
- Excessive erythema – excessive redness of the skin, other symptoms may be irritation of the skin, itching – remove any product, apply cold compress, seek medical advice if it has not improved within 24-48 hours
- Allergic reaction – remove any product, apply cold compress, seek medical advice if it has not improved in 24-48 hours
- Increased urination – caused by detoxifying action of some body wraps, increase fluid intake to keep body hydrated
- Headaches – caused by dehydration, excessive heat. Client to rest and drink plenty of water
- Cold, tingling skin – caused by cryowraps used for slimming. Area treated will continue to feel cold after the treatment, body will return to normal temperature after a short period of time
- Loss of sensation – due to bandages being wrapped too tightly and restricting blood circulation, loosen bandages to ensure client comfort
LO3 Understand the benefits and different techniques used for body wrap treatments

**Learner must know the benefits of body wrap treatments:**
- Improve skin condition
- Hydrate and nourish the skin
- Reduce fluid in treatment area
- Reduce appearance of cellulite
- Tighten and tone the skin
- Encourage removal of waste and toxins through perspiration and excretion

**Learners must know the different skin preparation techniques used prior to a body wrap treatment:**
- Exfoliation products – cream/gel or liquid product. Contain abrasive particles to buff away dead skin cells, improve absorption of products, increase blood circulation, deep cleanses the skin
- Body brushing – natural bristle brush, lifts dead skin cells, improve product absorption, increase blood circulation, improves appearance of cellulite, increases lymphatic circulation
- Pre-heat treatments – pre-heat spa treatments, sauna, steam, showers etc to complement body wrap, infra-red lamps to enhance product absorption and keep client warm, use of hot towels to remove exfoliation products

**Learners must know the different products used for body wrap treatments:**
- Seaweed (algae) – contain minerals to help detoxifying effect on the skin, improve tone and condition of skin and increase blood circulation
- Oils – often contain essential oils specifically blended to enhance to enhance the overall outcome of the body wrap
- Mud – used as body masks to improve skin condition and enhance results of body wrap, can be self-heating, contains clay and minerals, has detoxifying effects
- Gels – can be applied with the wrapping material with active ingredients to enhance the outcome of the treatment, firming and toning effect on the skin
- Creams – help to nourish the skin and hydrate, can contain essential oils to benefit the outcome of the treatment
- Masks – can come in different consistency types – mud, clay and milk based. Mild based masks are used to nourish and hydrate the skin, good for clients with sensitive skins

**Learners must know the different wrapping materials used for body wrapping treatments:**
- Fabric – can come in the form of bandages, wrapped around the client to compress the tissue, each individual area of the client is wrapped, can be used in self heat or cyro treatments. Help with inch loss treatments, improving skin tone and contouring
- Plastic – large plastic sheets can be used to wrap the whole client, can cover the client after a body mask has been applied. Client can also have individual limbs wrapped in plastic – this encourages perspiration in the client’s skin and the removal of waste and toxins, also encourages removal of fluid for inch loss
- Foil – most commonly used for treatments incorporating heat, will keep heat within the client’s body; large sheets can cover the client rather than wrapping individual limbs
Learners must know how to select appropriate methods dependent on the treatment objectives identified by the client:

- **Slimming** – contour wraps used to encourage inch loss, individual limbs wrapped to compress the tissue and encourage removal of fluid, temporary results, can be used with heat or cyro-wraps
  - Heat causes the body to perspire, increases excretion and removal of fluid
  - Cyro-wraps reduce fluid within the body and encourage excretion, improve the appearance of cellulite. Can only be applied to hips, thighs and legs due to safety precautions

- **Detoxifying** – products will be used that contain active ingredients that encourage elimination of waste and toxins from the client. Seaweed/algae based products are often used as they contain mineral salts that will encourage detoxification

- **Skin nourishing** – range of techniques used aimed to remove build-up of dead skin cells, then hydrate the skin with oils and creams containing active ingredients. Heat will aid the absorption of the products during the body wrap
LO4 Be able to prepare the client, self and work area for a body wrap treatment

**Prepare and check the client, work area, equipment and products for treatment:**
- Prepare treatment area according to salon requirements
- Ensure a sturdy chair and trolley are available to use
- Organise access to products, equipment, wrapping materials, extra towels and supports
- Prepare yourself and your client using the appropriate products or techniques
- Check the client by completing a consultation
- Ensure all equipment and products are to hand and are working efficiently
- Check the area is conducive to promoting positive treatment outcomes
- Ensure treatment area promotes relaxation by use of lighting, temperature and use of music
- Use safe working practices
  - Positioning of yourself to avoid injury
  - Positioning of your client
  - Positioning of your equipment

**Agree the treatment and check for contra-indications or restrictions to treatment:**
- Verbal communication – speaking manner and tone, sensitive to client, open questioning related to treatment, check client has realistic expectations for the results of the treatment
- Non-verbal communication – eye contact, body language, listening
- Check for contra-indications and agree the treatment objectives
- Record keeping – contra-indication check, signatures, name, address, contact numbers, age range, reason for treatment, occupation, sport/hobbies, medical history, allergies or hypersensitivity, contact lenses, contra-actions, skin sensitivity tests recorded
- Ensure visual and manual checks are carried out to identify any contra-indications
- Tactfully ask relevant questions, document and record the client feedback
- Agree treatment aims

**Explain the treatment procedure to the client:**
- State the benefits of body wrap treatments in a variety of contexts, reasons for treatment, physical and physiological effects, treatment outcomes – slimming, detoxifying, skin nourishing
- Establish the correct skin preparation mediums to use on the client – exfoliation, body brushing, pre heat treatments
- Skin type and characteristics
- Current sensitivity levels, skin condition, medication and health concerns
- Skin characteristics – sensitive, dehydrated, mature
- Body analysis – body types, BMI, body fat percentage, types of adipose tissue, cellulite, muscle tone, measurements
- Explain the treatment procedure to the client
  - Explain how the client should position themselves for treatment
  - Explain how long the treatment will take and the sensation the client should expect to feel
  - Discuss the client’s expectations from treatment
  - Discuss how the client’s personal influencing factors may influence treatment
- Client expectations and other influencing factors
  - Skin sensitivity tests, contra-indications, skin condition, medication, client expectations and preparation (removal of clothing) treatment objectives

**Instruct the client on clothing removal, positioning for treatment:**
- Removal of clothing as appropriate, positioning throughout the treatment, disposable underwear, use of showers if applicable before or after treatment
LO5 Be able to provide a body wrap treatment

Prepare the client’s skin for treatment:
- Preparation of props for client support, rolled towels for client’s neck, folded towels for client’s lower back if required. Cushions or gel massage pads may also be used
- Remove any jewellery from treatment area
- Body brushing – applied to dry skin, working towards the heart, using spare hand to support the client
- Exfoliation – applied to area being treated, quick massage movements to work in product, removal with sponges/mitts/hot towels
- Skin warming – heat treatments – sauna, steam room etc, pre massage to warm skin, use of infra red lamps

Apply the body wrap products and material in accordance with manufacturer’s instructions:
- Selection of equipment and products to suit client’s skin type and treatment objectives

Perform a body wrap using safe and hygienic working methods:
- Choose appropriate body wrap to meet the desired outcome of the client
- Check manufacturer’s guidelines, instructions and any safety precautions
- Allow client to undress and prepare for the treatment (disposable underwear is recommended to prevent any products coming into contact with and staining client’s clothes)
- Take measurements of treatment area
- Record weight of client – for slimming wraps
- Perform skin preparation technique – only expose area to be worked on, keep other areas covered to prevent client from becoming too cold
  - Body brushing – use long sweeping movements towards the heart, use spare hand to support and manipulate the skin
  - Exfoliation – apply product with some water, use quick massage movements to work in product, focusing on any particular dry areas, remove with sponges/hot towels/shower
- Body wrap
  - Envelope technique – expose area for product to be applied to, apply mask, working quickly to avoid client becoming cold, cover in plastic sheets, continue process covering all necessary areas, ensure product is applied and left on following manufacturer’s instructions, offer client complimentary treatment (scalp, hand, foot massage)
  - Slimming/contouring – ensure you have enough solution applied to client’s skin or bandages have been soaked thoroughly. Start at ankles and wrap client firmly but without affecting the circulation, cover the legs, thighs, abdomen, arms and bust/chest of client, guide them to a couch to lie down and leave for recommended treatment time, offer complimentary treatment (scalp, hand, foot massage)
  - Cyro-wrap – soak bandages in solution and wrap ankles, legs, thighs and buttocks (do not go onto torso due to the effect on the respiratory system), once client is wrapped guide onto couch, keep top half of the body warm only, do not cover the cyro-wrap, leave for recommended treatment time
- Check client’s wellbeing at regular intervals
- Remove all product following manufacturer’s instructions unless otherwise stated, ensure no product is left on the skin as this could lead to irritation
• Complete measurement of treatment area if necessary – ensure you use the same units (e.g. centimetres/inches)
• Weigh client again – for slimming wraps
• Record outcome of treatment and client feedback
• Prevent excess waste of treatment time and consumables by preparing effectively and working efficiently

Complete the treatment to the satisfaction of the client:
• Demonstrate that the treatment performed met the needs of the client and on completion of the treatment gain client feedback to ascertain their satisfaction.
• Record all feedback

Provide suitable aftercare advice:
• How to avoid possible contra-actions
• Avoid touching the skin too often
• Avoid exposure to heat stimuli. The skin will already be retaining heat by increase in blood flow to the treatment area. Additional heat could cause excessive erythema
• Information on further treatments or a programme of treatment options
• Eat a light diet
• Avoid stimulants for example alcohol, caffeine, nicotine
• Increase fluid intake
• Avoid exposure to excessive heat
• Lifestyle activities may need to be considered
• Advice on retail products to continue beneficial effects of the treatment

Update the client treatment records:
• Date of treatment, selected products and wrapping materials, any modifications for treatment, treatment outcomes, contra-actions (if occurred), any information that could help another therapist treating the same client, records filed and stored securely

Prepare the work area for the next treatment:
• Clean the product tops and bottles and return to storage, dispose of all waste in bin, place used towels in laundry, clean wrapping fabric following manufacturer’s instructions, tidy all consumables away following salon requirements. Clean work area with sanitiser, reset the couch with fresh towels and couch roll ready for the next treatment. Ensure the treatment area is left clean and prepared for the next treatment
Employability skills to be demonstrated throughout the practical assessment

Communication:
- Adapt and tailor approach for different clients, e.g. new and existing clients, male and female clients
- Allow sufficient time for the consultation and communicate clearly and concisely to explain the concept of the treatment/service, encouraging clients to ask questions; offer reassurance
- Use positive verbal communication, e.g. speaking manner and tone of voice, being supportive, respectful, sensitive to client, using open questioning to obtain information
- Use positive non-verbal communication, e.g. eye contact, body language, actively listening
- Promote goodwill and trust by using good communication

Customer service:
- Have an awareness of the principles of customer service, e.g. quality, keeping promises, managing customer expectations, customer satisfaction, speed of services and treatments, offering reassurance
- Show good practice in customer service, e.g. meeting and exceeding customer needs and expectations, demonstrating a willingness to please the customer, treating the customer as an individual
- Invest time in explaining the concept of the treatment/service clearly but concisely to the client, encouraging them to ask questions
- Deal quickly and effectively with any complaints or issues, e.g. know whom to refer to if needed
- Know the importance of customer service to a business, e.g. professional image, reputation, customer retention, customer satisfaction, customer relationships
- Know the impact of poor customer service, e.g. dissatisfied customers will seek out competitors, loss of reputation, loss of profit, frequent complaints
- Manage client expectations and identify requirements

Commercial and environmental awareness:
- Adopt eco-friendly and cost-efficient use of resources, minimising waste, e.g. all products measured correctly; efficient use and correct disposal of consumables; recycling where possible
- Be aware of others and protect their ‘space’ when using products, specifically aerosols, e.g. sprays used in nail treatments or hair services
- All used products will be disposed of in accordance with the salon rules and legislative guidelines
- Ensure all electrical equipment switches are turned off when not in use
- Identify opportunities to promote and sell additional products and treatments, e.g. during consultation or when providing aftercare advice
- Talk and actively listen to gain knowledge of client preferences and routines so that the retail selling approach is personalised
- Be aware of competitors for commercial success, e.g. local salon offers and promotions, new treatments/services
- Know the unique selling points of treatments/services to offer the most appropriate advice
- Know business goals and sales targets to encourage focus on the vision of the business and its long term goals, e.g. seasonal promotional offers
- Know how to advertise and display special offers, promotions, e.g. local newspaper stories, awards, photographs, thank you letters/cards
- Promote any loyalty schemes or special offers for repeat/new clients and the benefits of other products and services, e.g. buy one get one free, introductory offers
- Offer new/additional products and services to existing or new clients to promote self/salon experiences
- Ensure the cost reflects the time taken to provide the treatment/service, reflecting commercial times allocated, e.g. tailor cost to client characteristics
Skin cancer awareness

Please note this information will not be assessed for the achievement of this unit.

Public awareness of skin cancer has never been higher, and yet skin cancer remains the fastest growing cancer in the UK, especially amongst young people. The chances of a positive outcome can be dramatically increased with early identification and diagnosis.

Professionals in hair, beauty, sports massage and health and wellbeing industries work closely with clients and in many cases have sight of areas of skin which may not be easily visible to the client. An informed awareness of the signs, symptoms and changes of appearance to be aware of when checking for early signs of cancer is a crucial tool for the conscientious practitioner in order to provide the most thorough service and in some cases, possibly lifesaving information signposting.

Signs to look for when checking moles include utilising the ABCDE guide:

**A** - Asymmetry – the two halves of the area/mole may differ in their shape and not match.

**B** - Border – the edges of the mole area may be irregular or blurred and sometimes show notches or look ‘ragged’.

**C** - Colour – this may be uneven and patchy. Different shades of black, brown and pink may be seen.

**D** - Diameter – most but not all melanomas are at least 6mm in diameter. If any mole gets bigger or changes see your doctor.

**E** - Elevation/evolving – elevation means the mole is raised above the surface and has an uneven surface. Looks different from the rest or changing in size, shape or colour. Anyone can get a suspicious mole or patch of skin checked out for free by the NHS by visiting their doctor, who may then refer to a dermatologist (an expert in diagnosing skin cancer).

If you require any additional NHS information please refer to [https://www.nhs.uk/be-clear-on-cancer/symptoms/skin-cancer](https://www.nhs.uk/be-clear-on-cancer/symptoms/skin-cancer)

If your learners are interested in learning more about skin cancer awareness alongside this qualification, VTCT runs the following qualification: VTCT Level 2 Award in Skin Cancer Awareness for Non-Healthcare Professionals.

This qualification has been specifically designed for those working in the sports massage, health and wellbeing, beauty, hairdressing and barbering sectors. It will enable learners to identify any changes to their client’s skin and to highlight those changes to the client using appropriate language and communication skills. It will enable the learner to raise awareness of skin cancer and signpost their clients to public information about skin cancer.

This qualification will enable hair, beauty and wellbeing professionals to gain the appropriate knowledge and communication skills required to provide non-diagnostic, professional advice and information to clients in a discrete, empathetic and confidential manner.

For more information please refer to the Record of Assessment book: [https://qualifications.vtct.org.uk/finder/qualfinder/1Record%20of%20Assessment%20Book/AG20529.pdf](https://qualifications.vtct.org.uk/finder/qualfinder/1Record%20of%20Assessment%20Book/AG20529.pdf)
Assessment criteria will be applied to the graded practical assessment. In order to pass this unit, learners must at a minimum achieve all pass criteria. The pass criteria relate to the proficient demonstration of skills and knowledge. All criteria within a given grade must be achieved to be awarded that grade.

<table>
<thead>
<tr>
<th>Learning outcome</th>
<th>Pass The learner can:</th>
<th>Merit To achieve a merit grade, in addition to achievement of the pass criteria, the learner can:</th>
<th>Distinction To achieve a distinction grade, in addition to achievement of the pass and merit criteria, the learner can:</th>
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<tbody>
<tr>
<td>LO4 Be able to prepare the client, self and work area for a body wrap treatment</td>
<td>P1 Prepare and check the client, area, equipment and products for treatment</td>
<td>M1 Adapt and tailor interpersonal communication to the client</td>
<td>D1 Justify the selection of methods and techniques used during the body wrap treatment</td>
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<td>P2 Agree the treatments and check for contra-indications or restrictions to treatment</td>
<td>M2 Ensure optimum client comfort and protection of client’s modesty throughout the treatment</td>
<td>D2 Evaluate the effectiveness of the treatment and recommendations for future treatments</td>
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<td>P3 Explain the treatment procedure to the client</td>
<td>M3 Use a systematic approach to carry out the body wrap treatment</td>
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<td>P4 Instruct the client on clothing removal and positioning for treatment</td>
<td>M4 Use effective strategies to promote and sell products and additional services</td>
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<td>LO5 Be able to provide a body wrap treatment</td>
<td>P5 Prepare the client’s skin for treatment</td>
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<td>P6 Apply the body wrap products and material in accordance with manufacturer’s instructions</td>
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<td>P7 Perform a body wrap using safe and hygienic working methods</td>
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<td>P8 Complete the treatment to the satisfaction of the client</td>
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<td>P9 Provide suitable aftercare advice</td>
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<td>P10 Update the client treatment records</td>
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<td>P11 Prepare the work area for the next treatment</td>
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Assessment guidance

Assessors must use the amplified assessment guidance in this section to judge whether assessment criteria have been achieved in the graded practical assessment.

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<tr>
<th>P1 Prepare and check the client, area, equipment and products for treatment</th>
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<td>Learners must demonstrate that they have set up the treatment area in line with treatment and health and safety requirements. Clean trolley and couch, clean towels, props, wrapping materials and products are checked to be safe, hygienic and suitable for use on the client prior to the treatment.</td>
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<th>P2 Agree the treatments and check for contra-indications or restrictions to treatment</th>
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<td>Learners must demonstrate that they have consulted with the client using appropriate questioning techniques, as well as conducting visual and manual checks for contra-indications, body analysis, skin type and conditions. Learners must explain the treatment in full to the client and ascertain the client’s treatment expectations. Learners must ascertain the client’s treatment objective and discuss any treatment-limiting characteristics during the consultation and recommend a suitable treatment plan. Any treatment preferences should also be discussed and agreed with the client. Learners must create a treatment plan that takes into consideration all elements of the consultation. Adaptation and modification of treatment and product application methods to suit skin type, areas of concern and outcome of treatment.</td>
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<th>P3 Explain the treatment procedure to the client</th>
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<td>Learners must explain the treatment step by step to the client. At a minimum the explanation should include the client preparation, removal of clothing, basic sequence of application, the benefits of the treatment and what effects should be expected after one treatment. Treatment time should be discussed and what will occur whilst client is wrapped up, e.g. scalp/hand and arm massage.</td>
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<th>P4 Instruct the client on clothing removal and positioning for treatment</th>
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<td>Learners must demonstrate that they have provided their client with instructions on how to prepare for the body wrap treatment. Learners must demonstrate that they have instructed the client on what clothing or jewellery needs to be removed, with safe storage offered. Disposable underwear is provided for the client where appropriate. The provision of modesty covering was arranged where required and advice and guidance was provided to the client on how to position themselves for safety, comfort and to facilitate the treatment. If appropriate client’s hair was protected or secured so it did not impact on the treatment or come into contact with the specialist products.</td>
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### P5 Prepare the client’s skin for treatment

Learners must demonstrate that they can select the more appropriate skin preparation technique for the body wrap treatment and the client’s objectives. Body brushing or exfoliation is applied to the body following manufacturer’s instructions. Any skin warming techniques are carried out safely, without ever leaving the client. Learner is thorough with the application and removal of skin preparation products so there is no residue before the body wrap materials and products are applied.

### P6 Apply the body wrap products and material in accordance with manufacturer’s instructions

Learners must demonstrate that they can apply the body wrap products and materials following manufacturer’s instructions. Body wrap materials are applied to the treatment area ensuring full coverage and suitable tautness. Learners must demonstrate that they can apply products and materials in the correct sequence. Client is given instructions on how to position themselves to ensure no areas are left free of product or material.

### P7 Perform a body wrap using safe and hygienic working methods

Learners must demonstrate that whilst carrying out the body wrap treatment that they can work safely and hygienically. Necessary personal preparation occurs (e.g., washing hands) and all materials have been cleaned or are new, dependent on the method selected. Working area is kept clutter free and all products, tools and equipment are positioned so the learner has clear access to them. All client belongings are stored safely and removed from the area to reduce the risk of products coming into contact with them. All necessary manufacturers’ and establishment guidelines are followed.

### P8 Complete the treatment to the satisfaction of the client

Learners must demonstrate that the treatment performed met the needs of the client and on completion of the treatment they gain client feedback to ascertain their satisfaction. Feedback is recorded and learner will identify areas of improvement for their personal development.

### P9 Provide suitable aftercare advice

Learners must demonstrate that they have provided the client with a minimum of the following advice: information on further treatments or a programme of treatment options, the need to eat a light diet, avoid stimulants, for example alcohol, caffeine, nicotine, increase fluid intake, avoid exposure to excessive heat, lifestyle activities that may need to be considered, advice on retail products to continue beneficial effects of the treatment.

### P10 Update the client treatment records

Learners must demonstrate that at the end of the treatment they update client records with the relevant information, to include treatment carried out, skin preparation method used, wrapping materials and products used, any client preferences, areas of concern, any modifications to the treatment to suit client needs, any contra-actions that occurred during the treatment. Any information that may help another therapist treating the client. Once completed, records to be stored securely.
<table>
<thead>
<tr>
<th><strong>P11 Prepare the work area for the next treatment</strong></th>
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<tbody>
<tr>
<td>Learners must demonstrate that they have prepared the treatment area by wiping down the trolley and couch. Removal and storage of products and unused consumables. Removal for laundering of used towels and wrapping materials if appropriate. Throwing away of used consumables and suitable waste management for excess product left over from the treatment. Refreshing the consumables used and ensuring the working area is left neat, tidy and set up for the next therapist.</td>
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<tr>
<th><strong>M1 Adapt and tailor interpersonal communication to the client</strong></th>
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<tr>
<td>Learners must demonstrate that they have tailored their style of communication to suit and respond to the client. For example, if the client indicates that he/she would like to chat and engage in conversation, the learner should try to promote relaxation by keeping answers short and avoid asking the client questions in return. This will support the relaxation process. If the client is more reticent and indicates that he/she does not wish to engage in conversation, the learner should respect client wishes and communicate in a discreet manner. Learners must demonstrate throughout the treatment that all communication with the client is ethical, respectful, unobtrusive and inoffensive and of a suitable and appropriate content and context.</td>
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<tr>
<th><strong>M2 Ensure optimum client comfort and protection of client’s modesty throughout the treatment</strong></th>
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<tr>
<td>Learners must demonstrate that they have checked with their client at regular intervals throughout the treatment to ensure the client’s comfort. Learners should demonstrate that they have taken action to protect the client’s modesty during the treatment, such as providing the client with a towel, disposable underwear and ensuring client privacy as they prepare for the treatment. Learners should also demonstrate that they have responded to the client’s comfort needs throughout: for example, providing the client with extra support and ensuring client warmth when appropriate throughout treatment.</td>
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<tr>
<th><strong>M3 Use a systematic approach to carry out the body wrap treatment</strong></th>
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<td>Learners should demonstrate that they are adapting the body wrap treatment to suit the individual needs of the client. For example using suitable skin preparation techniques to complement the treatment. Learners must use a systematic approach when wrapping the client in suitable materials. Learners must demonstrate confident application of the products and techniques, all of which complement the treatment objectives.</td>
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<th><strong>M4 Use effective strategies to promote and sell products and additional services</strong></th>
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<tr>
<td>Learners must demonstrate that at a minimum they have recommended another body wrap treatment and a suggestion of a product to improve skin condition. Learners should tailor their aftercare advice for each individual client. As well as the normal advice given, the client must be given specific advice that meets their needs and any issues discussed in the consultation. For example, client has disclosed that they have an unhealthy lifestyle, advice would be given on improving lifestyle to prolong the effects of the treatment.</td>
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</table>
### D1 Justify the selection of methods and techniques used during the body wrap treatment

Learners must be able to justify the methods and techniques used in the body wrap treatment, including providing the rationale for their selection of products, skin preparation techniques and any adaptations to the treatment that were made in consideration of influencing factors. Examples of factors to be considered are client’s skin type, treatment outcomes, results of figure analysis, client preference, client comfort during the treatment.

### D2 Evaluate the effectiveness of the treatment and recommendations for future treatments

Learners must demonstrate clear reflection and evaluation of the effectiveness of the treatment, drawing conclusions to inform decisions on quality improvements to amend and update future treatment plans. An evaluation of the treatment results that enhance treatment success, client feedback and re-bookings made will all be considered, recorded and evaluated to achieve an effective review. An action plan will be created from the review that clearly states the on-going learning and developing cycle.
**Resources**

The special resources required for this unit are access to a real or realistic working environment which supports the provision of body wrap treatments.

**Delivery guidance**

Teachers are encouraged to use innovative, practical and engaging delivery methods to enhance the learning experience. Learners may benefit from:

- Meaningful employer engagement so they relate what is being learned to the real world of work and understand commercial competency and use of products, tools and equipment
- Work experience within a commercial spa environment so they can practise to hone their skills in a real environment
- Using interactive information and technology, systems and hardware to learn about concepts and theories; research current trends; research product knowledge and produce visual aids

**Links with other units**

This unit is closely linked with the following units:

**UCO28M Health and safety in the salon**

Health and safety should be delivered first since it greatly underpins the present unit. Specifically, learners will be required to apply their knowledge and understanding of health and safety when preparing for and providing body wrap treatments in real or realistic working environments.

**UBT90M Client care and consultation**

Client consultation before all spa treatments is a legal requirement and failure to consult properly with clients prior to treatment could invalidate beauty therapy insurance. It is essential that beauty therapists elicit information from their clients about their medical history, including allergies, as well as checking for contra-indications. The client consultation unit underpins all technical units within this qualification and should be delivered prior to the delivery of any technical spa units.

**UBT95M Anatomy and physiology for the face and body systems**

Knowledge of the structure and function of the body’s systems, as well as postural faults and conditions most significantly underpin the knowledge and practical skills gained in this unit. Other elements of anatomy and physiology are also relevant to this unit in terms of understanding contra-indications to treatment as well as possible contra-actions.

**UBT92M/UBT92X Body analysis**

Body analysis before all body wraps will ensure that a suitable treatment plan is created for the client. Taking into consideration body type, posture analysis, types of fat and other factors will support the spa therapists when selecting the most appropriate form of body wrap for their client. Body analysis should be delivered prior to the delivery of technical spa units.
Graded synoptic assessment

At the end of the qualification of which this unit forms part, there will be a graded synoptic assessment which will assess the learner's ability to identify and use effectively in an integrated way, an appropriate selection of skills, techniques, concepts, theories, and knowledge from a number of units from within the qualification. It is therefore necessary and important that units are delivered and assessed together and synoptically to prepare learners suitably for their final graded assessment.
<table>
<thead>
<tr>
<th>Version</th>
<th>Details of amendments</th>
<th>Date</th>
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<tbody>
<tr>
<td>v7</td>
<td>Skin cancer awareness page added</td>
<td>13/06/17</td>
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