

Knowledge



Outcome 1

Be able to prepare for skin treatment using micro dermabrasion

You can:	Portfolio reference / Assessor initials*
g. Describe salon requirements for preparing yourself, the client and the work area	
h. Describe the environmental conditions suitable for micro dermabrasion skin treatment	
i. Describe the different consultation techniques used to identify treatment objectives	
j. Describe how to select products and tools to suit client treatment needs, skin types and conditions	
k. Describe known contra-indications that may restrict or prevent micro dermabrasion treatment	
l. Describe the importance of carrying out a skin analysis	
m. Describe the effects and benefits of a micro dermabrasion treatment	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external paper.



Outcome 2

Be able to provide skin treatment using micro dermabrasion

You can:	Portfolio reference / Assessor initials*
h. Explain how to communicate and behave in a professional manner	
i. Describe health and safety working practices	
j. Explain the importance of positioning yourself and the client correctly throughout the treatment	
k. Explain the importance of using products, tools and techniques to suit client treatment needs, skin types and conditions	
l. Describe how treatment can be adapted to suit client treatment needs	
m. State the contra-actions that may occur during and following treatments and how to respond	
n. Explain the importance of completing the treatment to the satisfaction of the client	
o. Explain the importance of completing treatment records	
p. Describe the methods of evaluating the effectiveness of the treatment	
q. Describe the aftercare advice that should be provided	
r. Describe the structure and function of the skin	
s. Describe the main diseases and disorders of the skin	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external paper.



Outcome 2 (continued)

Be able to provide skin treatment using micro dermabrasion

You can:	Portfolio reference / Assessor initials*
t. Describe skin types, conditions and characteristics	
U. Describe the growth cycle and repair of the skin	
V. Explain how natural ageing, lifestyle and environmental factors affect the condition of the skin	

* Assessor initials to be inserted if orally questioned.

Requirements highlighted in white are assessed in the external paper.

Unit content



This section provides guidance on the recommended knowledge and skills required to enable you to achieve each of the learning outcomes in this unit. Your tutor/assessor will ensure you have the opportunity to cover all of the unit content.

Outcome 1: Be able to prepare for skin treatment using micro dermabrasion

Management of health & safety at work:

Cleaning up spillages, report slippery surfaces, remove report obstacles, good all round access to trolleys and equipment, sterilise or disinfect – tools, equipment, work surfaces, personal protective equipment.

Electricity at work - checking / visual check of equipment, no trailing wires Portable Appliance Testing (PAT).

Manual handling - moving stock, lifting, working heights, unpacking, posture, deportment, balance weight, preserve back, prevent slouching.

Towels - clean for every client, dirty towels in covered bin.

Liability insurance - employers, public, professional indemnity.

Reporting of injuries, diseases and dangerous occurrences - accident book, reporting diseases, local bye laws, code of conduct, risk assessment.

Control of substances hazardous to health - replace lids, ventilation for vapour and dust, avoid over exposure to chemicals, correct use of chemicals, follow storage handling use and disposal, correct disposal of contaminated waste, products, check end date, packaging, store away from heat, damp and direct sunlight, dispose of contaminated waste in a closed top bin, relevant manufacturer's instructions, no smoking, eating, drinking.

Health and safety legislation: Data protection legislation; electricity at work legislation; employers liability (compulsory

insurance) legislation; fire precautions legislation; first aid at work legislation; health and safety at work legislation; local government miscellaneous provisions legislation; occupiers liability legislation; local bylaws.

Regulations: Control of substances hazardous to health regulations; management of health and safety at work regulations; manual handling; personal protective equipment; reporting of injuries, diseases and dangerous occurrences regulations; workplace (health and welfare) regulations.

Hazards and risks: Has the potential to cause harm; a risk is the likelihood of a hazard happening.

Employer responsibility: current and valid liability insurance; display health and safety rules covering – staff, employees, clients, fire evacuation, provide regular training, accurate record keeping, monitoring.

Hazards: Something with potential to cause harm; requiring immediate legislation; level of responsibility; report; nominated personnel; duty to recognize / deal with hazards.

Equipment - only used for intended purpose, safe usage, handling, storage, cleaning, lifting, visual checks, worn, faulty, repairs, maintenance, Portable Appliance Testing, correct disposal of contaminated waste, records.

Security (cash): Staff training, point of sale, regular banking, in transit.



Outcome 1: Be able to prepare for skin treatment using micro dermabrasion (continued)

Security (people): Staff, clients, visitors, children, personal belongings, systems – security, emergency evacuation, storage, client records, business information.

Risk: Likelihood of a hazard happening, risk assessment, determine the level of risk, preventative measures, reduce a potentially harmful situation, judgement of salon hazards who, what, level of risk, interpret results, conclusions, record findings, regular reviews.

Reasons for risk assessment: staff, visitor, client health and safety, safe environment, minimising hazards and risks, requirement of legislation.

Hygiene:

General - sterilise and sanitise tools, disinfect work surfaces, cover cuts and abrasions, sanitise therapist hands before and after treatments, sanitise with sprays and gels, clean towels between client, dirty towels in covered bin, disposable towels, dispense products with a spatula, pump or spray, disposables used wherever possible, no smoking, personal hygiene, replace loose lids, uncapped bottle and pots.

Disinfection - heat or chemical methods, bactericides, fungicides, viricides, UV cabinet for storage only.

Disposal of waste: Single use items, pedal bin with a liner, spillages and unused chemicals, contaminated waste, hazardous waste, environmental protection.

Therapist posture and deportment:

Correct posture when sitting, correct posture with lifting, correct posture when carrying, working methods to avoid Repetitive Strain Injury (RSI), hand exercises, standing posture, even weight

distribution, client comfort, maintain modesty, client correctly positioned to get maximum benefit from treatment, ensure therapist positioning delivers appropriate techniques, appropriate space between client and therapist, prevent injury, optimum results, allow for visual checks.

Work area: Clean and hygienic, height adjustable chair, correct posture, correct couch height, lighting, ventilation, noise, music, temperature, ambience, no trailing wires, no obstructions, tools and equipment in a safe working position for therapist.

Client preparation: Protect client clothing, client comfort, privacy, modesty, client positioned correctly.

Communication:

Verbal - speaking manner and tone, professional, supportive, respectful, sensitive to client, open questioning related to treatment.

Non-verbal - eye contact, body language, listening.

Record keeping: Accurate appointment systems, stationery, loyalty, rewards, acknowledgement of occasions, consultation record keeping, contra-indications, signatures, refer to existing records, information clear and accurate, logical order, name, address, contact numbers, age range, reason for treatment, occupation, sport/hobbies, medical history, allergies/hypersensitivity, contact lenses, contra-actions, contra-indications, skin sensitivity tests, adaptations and modifications, recommendations, requirement, treatment plan, update record at the end of the end of the treatment, update at each visit, records maintained electronically, paper records.



Outcome 1: Be able to prepare for skin treatment using micro dermabrasion (continued)

Professional appearance: Clean professional uniform, no jewellery, hair neatly tied back fringe secured, closed in footwear, make-up - light day make-up, personal hygiene and cleanliness – shower bath, cover cuts and abrasions, deodorant or antiperspirant, oral hygiene, clean teeth, fresh breath, nails – good condition and maintained, no piercings.

Professional ethical conduct: Polite, cheerful and friendly manner, friendly facial expressions, positive attitude, eye contact, open body language, client relations, confidentiality, respect for colleagues and competitors, avoid gossip, pride in work, punctuality, employer and client loyalty.

Over exposure to chemicals/products (prevention): Routes of entry to the body (preventing inhalation, ingestion), absorption (correct application techniques, manufacturer's instructions), personal protective equipment, correct ventilation, decanting products, eye protection, contact lenses, good housekeeping techniques, salon hygiene.

Over exposure to product (symptoms): Irritation in eyes/nose/throat, skin irritation, excessive erythema, blistering, grazing, blood spots.

Examples of contra-indications that may prevent treatment: Inflamed or infected skin conditions, herpes simplex, contagious skin disease, malignant melanomas, client on medication that causes skin thinning or inflammation (e.g. steroids, acutane, retin-A), keloid scarring, diagnosed scleroderma, haemophilia, insulin controlled diabetes, epilepsy, circulatory disorders, dysfunction of the nervous system, HIV, UV exposure, vitiligo, psoriasis, neurodermatitis, infected/pustular

acne, client undergoing any medical treatment without GP's consent.

Examples of contra-indications that may restrict treatment: Tattoo in treatment area, pigmented naevi, moles, recent dermabrasion or chemical peel treatment, recent scar tissue (within six months), varicose veins, cuts, abrasions, bruises, collagen, restylane or similar filler injections, recent botox treated areas (lack of nerve response), couperose conditions, telangiectasia/telangiectasia angioma (spider naevi).

Examples of possible contra-actions: Erythema, oedema, bruising, allergic reaction, discontinue treatment, take remedial action

Possible causes of contra-actions:

Poor hygiene - Home care/aftercare, bacterial infection caused by contamination of treated area.

Over treatment - Excess erythema, blistering, excessive discomfort, swelling, bruising, blood spots.



Outcome 2: Be able to provide skin treatment using micro dermabrasion

Skin analysis: Carried out using magnifying lamp, protect eyes with damp cotton wool pads, check all areas of the face and neck for skin type, skin conditions and characteristics, record results on record card, client skin type, conditions and characteristics, treatment plan, most suitable treatment, suitable products, prevent worsening of conditions, accurate aftercare advice, future treatment needs.

Skin types: Normal, oily, dry.

Skin conditions: Mature, sensitive, dehydrated, congested.

Examples of skin imperfections: Broken capillaries, pustules, papules, milia, comedones, open pores, fine lines and wrinkles.

Skin characteristics:

Sensitive - often pale skins, dry, colour easily, redness, react to products.

Dehydrated - normal sebaceous secretions but still flaky, tight.

Mature - loss of elasticity, loose muscle tone, wrinkles.

Normal - fine texture, no visible pores, smooth, supple, flexible.

Oily - shiny, slight thickening, sallow, coarse texture, enlarged pores, congestion, comedones.

Combination - combination of two or more skin types, usually oily T zone, normal or dry on cheeks.

Dry - lacks moisture, dry to touch, flakiness, fine texture, thin, tight, small pores, broken capillaries, ageing.

Skin sensitivity tests: Tactile test for sharp and blunt, thermal test for hot and

cold.

Tactile - Use a sharp (orange stick) and smooth (cotton pad) object, stroke over the skin in area to be treated, client should be able to differentiate between the different sensations.

Thermal - Fill test tube with cold water and one with hot water, place on skin in area to be treated, ask client to differentiate between the sensations.

Skin sensitivity test - record results.

Skin sensitivity test- interpret results:

Client should be able to identify the difference between sharp / blunt and hot/ cold, if the client can; treatment can go ahead, if client is unresponsive to tactile and thermal tests, treatment should not be carried out, client would not be able to feel if electrical current was too high, risks of skin damage.

Explain the treatment to the client:

Treatment process, expected sensations, skin reaction, outcomes, further treatments.

Products and equipment: Anti-allergenic cleanser, toner, moisturiser and soothing face mask, correct sized probe disposable head according to manufacturer's instructions to suit treatment needs, vacuum intensity between 3psi and 5psi according to treatment needs and manufacturer's instructions.

Possible effects and benefits: Reduces fine lines and wrinkles, smoothes and softens skin surface, stimulates production of natural collagen, reduces flaccidity, enhances penetration of active products, improves appearance of stretch marks and scars, lightens hyper-pigmentation, increases blood and lymph flow, eliminates milia and blackheads, clears spots. Mild



Outcome 2: Be able to provide skin treatment using micro dermabrasion (continued)

erythema, skin may be taut and itchy for first 48 hours, temporary dryness, slight skin shedding, temporary hypersensitivity, mild sunburn sensation for first few hours.

Working position of client and therapist:

Client supine, area to be treated supported, positioned for ease of access and client comfort, avoiding awkward angles and allowing for effective treatment.

Products for skin: Anti-allergenic cleanser, toner, mask, moisturiser with SPF 25 or over, large facial sponges/towelling mitts, paper tissues, eye protection.

Equipment: Couch, client chair, therapy chair, magnifying lamp, micro dermabrasion machine, disposable heads for probe, aluminium oxide crystals (corundum), spatulas, bowls, mask brush, couch roll, towels, covers.

Treatment technique (machine and probe techniques): Probe with opening flat to the surface of the skin, firm grip, no pressure, rate, depth, direction, vacuum pressure between 3psi and 5psi according to sensitivity, condition, depth of peel and manufacturer's instructions (sensitive, mature, thin epidermal clients, quick, light strokes, vacuum pressure low 3psi/manufacturer's instructions to aid regeneration and elasticity of skin), skin type (sun damaged, acne, oily, seborrhoea, sluggish, combination, normal – medium rate movements, horizontally and vertically, problem areas, wrinkles, character lines) spots (vacuum pressure between 3psi and 5psi/according to manufacturer's instructions), client comfort, regularity of treatments, aftercare.

Treatment technique (scar tissue, post-injury and post-acne): Medium

rate movements from outside edge to centre of scar, 3psi to 5psi/according to manufacturer's instructions, regularity of treatments, aftercare.

Treatment technique (stretch marks):

Low pressure – max 3psi, according to manufacturer's instructions and client comfort, light quick strokes, from centre to outside edge, regularity of treatments, aftercare.

Treatment technique (hyper

pigmentation): Chloasma, lentigo, sunspots, medium rate, max 5psi/manufacturer's instructions, client comfort, regularity of treatments, aftercare.

Treatment technique (cellulite):

Largest disposable probe head, circular movements, medium rate movements, 3psi to 5psi according to client comfort and manufacturer's instructions, regularity of treatments, aftercare.

Response to contra-actions: Excessive erythema, blistering, swelling, excessive discomfort, bruising, blood spots (over-treatment, allergic reaction), remove product, cool compress, refer to GP, exposure to UV, pigmentation, soreness excessive erythema, swelling, home care, cool compress, medical referral, avoid facial treatments, make-up, cosmetic products, use anti-allergenic products, avoid sunlight, sun beds, use protection SPF 25 plus in normal daylight, SPF 30 in sunlight.

Client satisfaction: Objectives, client expectations, no contra-actions, questioning, listening, visual observation, non-verbal communication, eye contact, body language, future treatment needs.



Outcome 2: Be able to provide skin treatment using micro dermabrasion (continued)

Aftercare and home care advice: No make-up or perfumed products for 24hrs, apply healing products (such as aloe vera gel at night), use moisturiser (with sun block factor 15-30 during day), avoid sunlight/sun beds (for at least two weeks after course of treatment), avoid touching the area (always wash hands before applying products), avoid over-stimulating the area (no heat treatments/exercise/hot showers for 24hrs, no swimming or other facial treatments for 24hrs).

Skin (epidermis): Stratum germinativum, stratum spinosum, stratum granulosum, stratum lucidum, stratum corneum), the process of keratinisation.

Skin (dermis): Structure, blood/lymph supply, papillary layer, reticular layer, collagen, elastin, macrophages, adipocytes, mast cells, fibroblasts, hair, dermal papilla, sebaceous glands and sebum, arrector pili muscle, sweat glands (eccrine and apocrine), sensory nerve endings.

Skin (hypodermis): Structure (subcutaneous layer, adipose tissue, adipocytes).

Functions of the skin: Secretion, heat regulation, absorption, protection, elimination, sensation, vitamin D formation, melanin production.

Examples of skin diseases and disorders:

Congenital - eczema, psoriasis.

Bacterial - acne vulgaris, acne rosacea, folliculitis, boils (furuncles), impetigo.

Viral - warts, verruca, herpes simplex (HSV), herpes zoster.

Fungal - tinea (pedis, corporis, unguis).

Infestations - scabies, pediculosis (capitis, pubis).

Pigmentation - vitiligo, albinism, chloasma, ephelides, lentigo, papilloma, naevae, port wine stains.

Others: Basal cell carcinoma, squamous cell carcinoma, malignant melanomas.

Growth cycle and repair of skin: From germinativum to corneum, the process of keratinisation.

Ageing process: Loss of elasticity, dryness of skin, cell regeneration slows, thinning of skin, broken capillaries, slack muscle tone, poor circulation, waste product removal slows, less fatty tissue, irregular pigmentation.

Lifestyle factors that affect skin:

Occupation, diet and fluid intake, sleep patterns, smoking, exercise, hobbies, home situation, stress levels, medication, illness, premature ageing, poor skin condition, loss of muscle tone, dehydration, poor circulation, excess fatty tissue, increased cellulite, slow metabolism, cell regeneration and growth.

Environmental factors that affect skin:

UV light, weather, central heating, drugs, alcohol, serious illness, medication, occupation, dry, dehydrated, premature ageing, wrinkles and loss of elasticity, slower metabolism.