PROVIDE FACIAL ELECTROTHERAPY TREATMENTS

aim and purpose

This is a preparation for work unit which is based on capability and knowledge. The unit is about providing facial electrotherapy treatments. To carry out this unit the Candidate will need to maintain effective health, safety and hygiene procedures throughout their work.

This unit covers all of the practical applications and required underpinning knowledge of facial electrotherapy procedures, to enable Candidates to provide a bespoke facial treatment with effective product selection to achieve: skin cleansing, analysis, warming, exfoliation, extraction of comedones, massage and mask application.

Candidates will have a definition of the treatment and all of the subcomponent procedures that make up the treatment. They should know and understand benefits, effects, indications for and contra-indications to treatment. As well as understand how to evaluate and record outcomes of treatments and how and what to provide in aftercare and homecare advice.
unit introduction

In order for the facial Therapist to take their knowledge of skin care treatments to the next level a greater more in depth knowledge of the anatomical structures and systems in the area to be treated, coupled with a thorough understanding of the abilities and functions of electricity and electrotherapy machinery is essential. This unit will enable the Candidate to prepare for and provide facial electrotherapy treatments designed to meet the needs of the Client, whilst working in a safe and secure manner providing bespoke skin care services for the Client.

This unit will assist in providing understanding of the organisational skills required, and technical processes and procedures involved in providing facial electrotherapy treatments. It will provide the foundation knowledge required to enable the Candidate to define the uses of various machines, identify possible contra-indications to treatment, as well as indications for, and benefits and effects of, professional Salon facial electrotherapy treatments.
A range of assessment methods may be used by the Centre to check the Candidate's understanding of the subject.

Portfolios to include supplementary evidence of the following:

Treatment plans to contain the following information:

- Consultation
- Medical history
- Skin analysis
- Treatment details
- Client feedback
- Aftercare and homecare advice
- Retail recommendations
- Advice for further Salon treatments
- Candidate and Client signatures
- Treatment date

Range

Evidence of five facial electrotherapy treatments to include:

- Oily
- Dry
- Combination skin types

A selection of appropriate machines from the range:

- High frequency
- Electro muscle stimulator (EMS) (Faradism)
- Galvanism
- Micro-Current
- Vacuum suction
For examination purposes CIBTAC Examiners will visually assess the following

Be able to prepare for facial electrotherapy treatments by

- Effectively prepare themselves, Client and work area for facial electrotherapy treatment
- Demonstrate the use of suitable consultation techniques to identify treatment objectives
- Competently carry out a skin analysis (including any relevant testing) to enable Candidate to provide clear recommendations to the Client and make decisions on treatment aims
- Correctly select products, tools and equipment to suit Client’s treatment needs, skin types and conditions

Be able to provide facial electrotherapy treatments by

- Communicate information and behave in a professional manner
- Complete all aspects of the treatment whilst following health and safety working practices
- Ensure they position themselves and Client correctly throughout the treatment
- Demonstrate the use of products, tools, equipment and techniques to suit Client’s treatment needs, skin type and conditions
- Complete the treatment to the satisfaction of the Client
- Record and evaluate the results of the treatment
- Provide suitable aftercare advice
For examination purposes CIBTAC Examiners will, either by oral or written questioning, examine the Candidate's underpinning knowledge of the following:

- Describe Salon requirements for preparing themselves, the Client and work area for the proposed treatment.
- State the environmental conditions suitable for facial electrotherapy treatments.
- Describe different consultation techniques used to identify treatment objectives.
- State the importance of carrying out a detailed skin analysis and relevant testing.
- Describe how to select products, tools and equipment to suit Client treatment needs, skin types and conditions.
- Demonstrate they are able to identify skin types, conditions and characteristics.
- Describe the contra-indications which prevent or restrict facial electrotherapy treatments.
- State how to communicate and behave in a professional manner.
- Describe health and safety working practices.
- State the importance of positioning themselves and the Client correctly throughout the treatment.
- State the importance of using products, tools, equipment and techniques to suit Client treatment needs, skin type and conditions.
- Explain the principles of electrical currents.
- Describe how treatments can be adapted to suit Client’s treatment needs, skin types and conditions.
- State the contra-actions that may occur during and following treatments and how to respond.
- State the importance of completing the treatment to the satisfaction of the Client.
- State the importance of completing treatment records.
- State the aftercare advice that should be provided.
- Describe the methods of evaluating the effectiveness of the treatment.
- Describe the structure, growth and repair of the skin.
- Describe skin types, conditions, diseases and disorders.
- Describe the structure, function, position and action of the muscles of the head, neck and shoulders.
- State the location, function and structure of the bones of the head, neck and shoulders
- Describe the structure and function of the nervous, circulatory and lymphatic system for the head, neck and shoulders
- Explain how the ageing process, lifestyle and environmental factors affect the condition of the skin and underlying structures

Facial electrotherapy taught content to include

**Preparation for treatment**

Preparation of the working area

**Equipment**

Couch or chair • Trolley • Stool • Towels • Blanket • Additional support if appropriate • Headband • Bedroll • Robe • Disposable slippers • Disinfecting fluid • Magnifying lamp • Steamer • Hot towels and cabinet • Brush cleanse equipment • Paraffin wax heater • Infrared lamp • Tissues • Cotton wool • Sponges • Gloves • Spatulas • Bowls • Mask brushes • Gauze • Mirror • Sterilising solution • UV cabinet • Autoclave • Hot bead steriliser • Chemical immersion equipment • Waste disposal
Electrical equipment as follows

Electro muscle stimulator (EMS) (Faradism) • Galvanism • Microcurrent • Vacuum suction (lymphatic drainage) • High frequency and the uses of microlance

Control of the environment to consider

Lighting • Heating • Ventilation • Noise levels • Available space • Music • General hygiene • Waste disposal • Décor • Aroma • Privacy • Reception areas • General use and treatment areas • Selection of adequate products • Procedures used to prepare Client for treatment • Client care and modesty considered

Presentation and conduct of self

To include the wearing of freshly laundered appropriate Salon wear • Fully supportive and protective flat non slip shoes • Tights or stockings • Hair secured back from the face • Well applied make up • No jewellery • Watch to be of the fob variety secured out of the way on uniform

To be fully aware of the need to conduct oneself in an appropriate manner at all times
Consultation

Complete an appropriate consultation form to gain all of the necessary information for a safe and effective treatment • Consult in a suitable area • Demonstrate knowledge of the types of questions to ask to gain information upon which to base relevant treatment outcomes

Positive body language • Positioning of the Client • Good communication skills (asking open and closed questions where appropriate) • Verbal and non verbal communication • Ensure understanding and consent from the Client is obtained with the Client’s signature prior to treatment

Help the Client onto the couch prior to and off the couch after the treatment • Position the Client correctly • Sanitise Client’s hands as appropriate • Sanitise own hands as appropriate throughout treatment • Protect the Client’s modesty at all times • Ensure that all parts of the Client are covered except the area being treated • Ensure that the Client is comfortable • Use appropriate covered supports • Adapt the facial electrotherapy treatments to suit the needs of the Client • Ensure Client does not stand on floor with bare feet • Client care • Communication • Correct posture, hygiene and a professional approach to the Client throughout treatment

Skin analysis

Performed to establish and identify Client’s skin type and needs • Thermal test • Tactile test • Contra-indications • Scope of treatment(s) • Aftercare advice • Homecare advice

Skin type and conditions • Contra-indications to, and indications for, treatment • Identify pigmentation and colour variations • Skin texture • Imperfections • Elasticity • Temperature • Skin and muscle tone • UV damage and its implications • Based on knowledge gained of lifestyle through consultation and analysis • Be able to communicate analysis findings
Skin types

Dry • Oily • Combination

Skin tones

Fair • Medium • Dark • Olive • White • Black • Asian

Skin conditions and characteristics

Mature • Young • Sensitive • Dehydrated • Lack of elasticity • Lack of muscle tone • Blemishes • Age • Crow’s feet • Broken capillaries • Open pores • Milia • Comedones • Pustules • Papules • Hyper pigmentation • Hypo pigmentation • Dermatosis papulosa nigra • Psuedo folliculitis • Keloids • In-growing hairs • Vitiligo • Albinism • Chloasma • Ephilides • Lentigo • Naevae • Port wine stain • Leucoderma • Scarring • Thin skin • Small moles • Papilloma

Understand the effects of medications and UV on the skin • Environmental factors • Diet • Smoking • Central heating • Alcohol • Sleep • Stress • Exercise • Occupation
Contra-indications that prevent treatment (requiring medical permission)

If the Client is suffering from any of the following contra-indications then permission to treat should be sought from the Client’s Doctor or Specialist treating the condition

In circumstances where medical permission cannot be obtained Clients must sign an informed consent form stating that the treatment and its effects have been fully explained to them and confirm that they are willing to proceed without permission from their GP

Pregnancy • Cardio vascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) • Haemophilia • Any condition already being treated by a GP or another practitioner • Medical oedema • Osteoporosis • Nervous or psychotic conditions • Epilepsy • Recent operations • Diabetes • Asthma • Any dysfunction of the nervous system (e.g. Muscular sclerosis, Parkinson’s disease, Motor neurone disease) • Bell’s palsy • Trapped or pinched nerve • Inflamed nerve • Spastic conditions • Kidney infections • Urinary infections • Acute rheumatism • Undiagnosed facial pain • When taking prescribed medication • Medication causing a thinning or inflammation of the skin (e.g. steroids, accutane, retinols) • Recent dermabrasion

Contra-indications that restrict treatment

Fever • Contagious or infectious diseases • Whilst under the influence of recreational drugs or alcohol • Cancer • Diarrhoea and vomiting • Hypersensitive skin • Skin diseases • Undiagnosed lumps and bumps • Localised swelling • Inflammation • Cuts • Bruises • Abrasions • Scar tissue (two years for major operation and six months for a small scar) • Sunburn • Hormonal implants • Haematoma • Recent fractures (minimum three months) • Cervical spondylitis • Any metal pins or plates • Loss of skin sensation (test with tactile test) • Sinusitis • Botox and dermal fillers (one week following treatment) • Anaphylaxis • Muscle fatigue • Pacemaker • Body and face piercing • Hypersensitive skin • Thin skin • Hirsutism • After any other heat treatment • Chemical peels • Laser or other light therapies • Epilation
Communicate findings to the Client

Explain outcomes of sensitivity testing • Check consultations and contra-indications • Explain the treatment to the Client • Benefits, limitations and cooperation required • Effects • Aftercare and homecare • Future Salon treatments

Selection of treatment specific products

Knowledge of how to adapt and vary the selection of product tools and equipment to suit the treatment outcomes

Electrical equipment as follows

Electro muscle stimulator (EMS) (Faradism) • Galvanism • Micro-current • Vacuum suction • High frequency

Products

All relevant and assessed skin products demonstrated in facial skin care unit • Tissues • Cotton wool • Sponges • Gloves • Spatulas • Bowls • Mask brushes • Gauze • Mirror • Sterilising solution • UV cabinet • Autoclave • Chemical immersion equipment • Waste disposal • desincrustation and iontophoresis gels • Oxygenating cream • Saline product • Manufacturer’s recommended products to suit the treatment and machine being used
**Performance of treatment routine and processes**

How to complete a full facial electrotherapy routine • How and where to adapt the techniques if necessary to suit the treatment aims

What restrictions may need explaining to the Client • Contra-indications and contra-actions • Client preferences and commitment • Product availability and suitability • Time scales • Costs • Other examples of how to adapt the treatment to suit the needs of the Client, such as the case of treatment of Client unable to lie prone or in the presence of restricting contra-indications

Where the treatment may need terminating due to Extreme adverse skin reaction • Watery eyes • Excessive erythema • Skin irritation • Itching

The immediate actions to perform • Removal of products • Application of cool compress • Referral procedures

**Set up of for treatment to include**

Ensure the Client is comfortable and correctly supported • Facial electrotherapist to maintain correct working posture throughout treatment in either seated or standing position • All products and equipment to be placed in an ergonomic manner
Techniques demonstrated to include

The correct selection, application and uses of the listed machines or combination of machines to affect and perform the following outcomes

Skin

For the purposes of deep cleansing • Surface refining • Blemish control and to ease extraction of blockages • How to introduce action specific products to the deeper layers of the epidermis • How it may affect the appearance of ageing skin • Improved moisture levels

Circulations (venous and lymphatic)

General and specific boost to circulations • Waste removal to include lymphatic drainage • Improved blood supply and nutritional supply to the area

Muscular system

How to improve muscle tone • How to strengthen muscle attachment

Conclusion of treatment in appropriate manner to meet Client’s needs and manufacturer’s instruction • Check treatment results with Client using mirror • Client response to treatment and feedback • Note benefits of the treatment • Product advice • Homemake advice
Recording of treatment outcomes to include

Any possible contra-actions to treatment to include

Galvanism • Caustic burn • Galvanic burn • Allergic reaction • Skin irritation • Faradism • Muscle fatigue • Vacuum suction • Excessive erythema • Bruising high frequency • Destruction of tissues when sparking • Excessive erythema • Client response to treatment and feedback • Note benefits of the treatment • Product advice • Homecare advice • Understand the storage of records • Demonstrating knowledge of confidentiality requirements

Aftercare and homecare advice to include

Information and advice to be based on knowledge gained from consultation and treatment outcomes • Information to include considerations on further treatment options and recommendations for immediate aftercare • Avoid touching the skin excessively • Avoid exposure to UV • Avoid immediate application of make up • Advice and guidance provided on suitable skin care regime and homecare treatments to suit Client’s skin type and conditions • Use of SPF • Healthy eating and drinking • Exercise • Sleep • Fluid intake • Lifestyle activities that may need to be considered • Advice on retail products to continue the beneficial effects of treatment
related knowledge of anatomy and physiology

SKIN STRUCTURE

Describe the structure and functions of the skin to have an understanding of the position and purpose of skin structure

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<thead>
<tr>
<th>Epidermis</th>
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<td>Stratum Corneum</td>
<td>Blood Supply</td>
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<td>Stratum Lucidum</td>
<td>Lymphatic Supply</td>
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<td>Stratum Granulosum</td>
<td>Hair Follicle</td>
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<td>Stratum Spinosum and Malphigian</td>
<td>Hair Shaft</td>
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<td>Stratum Germinativum and Basal Layer</td>
<td>Sebaceous Gland</td>
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<th>Sensory Nerve Endings</th>
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Subcutaneous and adipose layer

The structure and function of the fatty layer underneath the dermis

Skin functions

- Secretion
- Heat regulation
- Absorption
- Protection and Acid Mantle (composition and formation)
- Elimination and excretion
- Sensation
- Vitamin D formation (7dehydro-cholesterol)
Describe diseases and disorders of the skin

**General**

Broken capillaries • Crow’s feet • UV damage • Urticaria • Allergic reaction • Comedones • Milia • Hyperkeratosis • Keloids • In-growing hairs • Psuedo folliculitis

**Infestations**

Scabies • Pediculosis

**Congenital**

Atopic eczema • Atopic dermatitis • Psoriasis

**Bacterial**

Acne vulgaris • Acne rosacea • Impetigo • Folliculitis • Boils

**Viral**

Herpes simplex • Herpes zoster • Warts

**Fungal**

Tinea corporis
Pigmentation disorders

Hyperpigmentation • Hypopigmentation • Dermatosis papulosa nigra • Vitiligo • Albinism • Chloasma • Ephilides • Lentigo • Naevae • Port wine stain • Leucoderma • Papilloma

Skin cancers

Basal Cell Carcinoma • Squamous Cell Carcinoma • Malignant Melanoma

Explain how natural ageing, lifestyle and environmental factors affect the condition of the skin and muscle tone

Intrinsic ageing – physiological factors

Extrinsic ageing – environmental factors

Have an knowledge of how we are aged, both intrinsic and extrinsic ageing • The way in which our physical environment affects us • The way in which social, economic and environmental factors affect out health and social wellbeing

What effects the following can have on the rate at which we age

Computers • Mobile phones • Processed food • Lack of natural light • Stress • Lack of sleep • Financial problems • Poor ventilation • Lack of exercise • Chemicals • Pollution • Repetitive strain injuries • Jet lag
MUSCULAR SYSTEM

Define the following type of muscle

Voluntary • Involuntary • Cardiac

Define the terms

Tone • Tension • Fatigue in relation to muscles

State the position and action, origin and insertion of the muscles of the head, neck and shoulder

Head and face

Orbicularis oculi • Orbicularis oris • Masseter • Buccinator • Risorius • Levator anguli oris • Levator labii superioris • Depressor anguli oris (Triangularis) • Depressor labii inferioris • Mentalis • Zygomaticus • Temporalis • Nasalis • Procerus • Corrugator • Frontalis • Occipitalis • Pterygoids

Neck

Trapezius • Platysma • Sternocleido mastoid

Shoulders

Deltoid • Pectoralis major and minor
SKELETAL STRUCTURE

Define the following terms in relation to bones

Cancellous • Compact • Long • Short • Flat • Irregular • Sesamoid

State the names and position of the bones of the head, neck and shoulders

Cranium

Parietal • Frontal • Ethmoid • Sphenoid • Occipital • Temporal

Facial

Nasal • Zygomatic • Maxilla • Lacrimal • Turbinate • Palatine • Mandible • Vomer

Shoulder

Clavicle • Scapul • Humerus

Chest

Sternum

Neck

Cervical vertebrae
CIRCULATORY SYSTEM

Describe the structure and functions the circulatory system for the head, neck and shoulders

Circulatory system

Plasma • Erythrocytes • Leucocytes • Platelets • Thrombocytes • Arteries • Arterioles • Veins • Venules • Capillaries

Main arteries of the head and neck

Thyroid • Facial • Temporal • Lingual • Occipital • Maxillary

Main veins of the head and neck

Middle temporal • Superficial temporal • Maxillary • Anterior facial • Common facial • Internal jugular • External jugular
LYMPHATIC SYSTEM

Describe the structure and functions the lymphatic system for the head, neck and shoulders

The content and function of lymph • Transportation • Purifies toxins (Detoxification) • Adds antibodies, antitoxins and lymphocytes • Immune system • Secondary circulation • Lymphocytes • Lymphatic capillary • Lymphatic vessel • Lymph node • Lymphatic duct

Main lymph nodes of the head and neck

Superficial and deep cervical • Submandibular • Anterior and posterior auricular • Occipital • Buccal • Submental • Interrelationships and the way in which the two systems support each other

NERVOUS SYSTEM

To understand the definition and function of

Motor • Sensory and location and action • Mixed nerves • Neurone • 5th, 7th and 11th cranial nerves
ELECTRICAL

Electrical science understanding to include

Protons • Neutrons • Electrons • Nucleus • Volts • Watts and amperes • Ohms and ohm's law and their relevance • Insulator • Conductor • Transformer • Rectifier • Fuses direct • Alternating • Interferential • Modified direct current • Wiring of a plug

Types of equipment and current

Faradic – Direct interrupted and surged current • High frequency – Alternating – Indirect and direct • Galvanic – Direct – iontophoresis and desincrustation • Micro-current – Modified direct current • Vacuum suction – AC • Infra Red - AC
CIBTAC Examiners will visually assess that all Candidates working practices are compliant with the relevant Health and Safety legislation for the country they are in and such practices are consistently and relevantly applied to the treatment performance.

RELATED HEALTH AND SAFETY

The following information relates to the laws and regulations of the British Isles. The education provider is responsible for translating this information and ensuring knowledge and understanding of any other regulatory requirements particular to their country. In addition the education provider is responsible for identifying and signposting any comparable legislation particular to the safe practices and working conditions in the country they are in.

The Candidate must be taught the relevance of the following information and their responsibilities in law in relation to the country within which the qualification is taught and any particular legislative requirements.

The importance of

Fire Precautions Act • Health and Safety at Work Act • Health and Safety (First Aid) Regulations • The Management of Health and Safety at Work Regulations • The Workplace (Health, Safety and Welfare) Regulations • The Manual Handling Operations Regulations • The Personal Protective Equipment at Work Regulations • The Provision and Use of Work Equipment Regulations • The Control of Substances Hazardous to Health Regulations (COSHH) • The Electricity at Work Regulations • Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR) • The Equality Act 2010 • Data Protection Act