



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SIBBFAS404A Provide facial treatments**

**Revision Number: 2**

## **SIBBFAS404A Provide facial treatments**

### **Modification History**

Not applicable.

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to interpret a treatment plan and apply a range of facial treatments, including cleansing and preparing the face, and applying skin care products and manual massage routines.

Facial massage treatments always include manual massage routine. They may also include the application of a range of skin care products and be performed in response to a client consultation and assessment, conducted and recorded on a treatment plan. The massage treatment could be an individual massage treatment or form part of a series of facial treatments that have been designed to meet client requirements.

### **Application of the Unit**

This unit applies to beauty therapy salon or spa environments and to beauty therapists exercising judgement in planning and selecting appropriate products, services, equipment and techniques.

### **Licensing/Regulatory Information**

No licensing, legislative, regulatory or certification requirements apply to this unit at the time of endorsement.

### **Pre-Requisites**

Nil

### **Employability Skills Information**

This unit contains employability skills.

## Elements and Performance Criteria Pre-Content

### Elements and Performance Criteria

#### Element

Elements describe the essential outcomes of a unit of competency.

- 1 Confirm treatment plan.
- 2 Manage a facial massage service.
- 3 Cleanse skin.
- 4 Perform massage.
- 5 Apply skin care products.

#### Performance Criteria

Performance criteria describe the achievement of the element. Where information is detailed in the relevant range statement. Assessment of evidence guide.

- 1.1 Access client's *treatment plan*.
- 1.2 Identify and note any *variations*.
- 1.3 Discuss and confirm the treatment plan.
- 1.4 Select *treatment products* and product ingredients and materials.
- 2.1 Prepare service area, operating in accordance with *relevant legislation and codes of practice* for the treatment plan.
- 2.2 Select and sequence *massage techniques*.
- 2.3 Use energy, water and other resources to reduce negative effects.
- 2.4 Safely dispose of all waste in accordance with workplace procedures.
- 3.1 Cleanse and exfoliate *treatment area* in accordance with the treatment plan.
- 3.2 Perform *skin steaming* according to the treatment plan.
- 3.3 Treat *minor skin conditions*.
- 3.4 Apply antibacterial or antiseptic products in accordance with the treatment plan.
- 4.1 Apply an appropriate *massage technique* in accordance with the requirements.
- 4.2 Adapt application of *massage techniques* to the degree of subcutaneous fat, skin type and client needs.
- 4.3 Adapt length of the massage to the client's needs.
- 5.1 Select mask or *masks* according to the client's needs.
- 5.2 Apply and remove masks according to the manufacturer's recommendations, relevant workplace procedures.

## 6 Review treatment and provide post-treatment advice.

5.3 Apply *post-treatment skin care* plan.

6.1 Evaluate and note *outcomes* and *further treatments* and review.

6.2 Advise client of suitable *home care* and appropriate *lifestyle changes*.

6.3 Explain product use and dermal care.

6.4 Explain possible *adverse effects*.

6.5 Advise client of expected outcomes.

6.6 Rebook client according to plan.

## Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

### Required skills

The following skills must be assessed as part of this unit:

- technical skills to:
  - respond to contraindications and adverse effects
  - interpret treatment plans and adapt treatments to accommodate changes in client's physical conditions
  - apply a range of massage routines and movements to suit elasticity of skin, skin condition, degree of subcutaneous fat, treatment products and client's relaxation needs
  - apply a range of preparatory, skin care and massage products suitable to client's needs
- communication skills to:
  - seek feedback and respond to questions
  - provide information and reassurance to client throughout the service
- literacy skills to read and apply relevant workplace documents and manufacturers' product information
- time-management skills to manage time throughout the treatment.

### Required knowledge

The following knowledge must be assessed as part of this unit:

- relevant health and hygiene regulations
- relevant occupational health and safety regulations and requirements
- infection control procedures and application of universal precautions
- workplace policies and procedures in regard to the facial massage
- workplace environmental controls for cleaning and disposing of waste product and equipment
- appearance of contraindications and adverse effects
- effects and benefits of a defined range of skin care and facial treatment products
- factors likely to affect:
  - suitability of each treatment for client needs
  - effects and benefits of each step in facial massage
- anatomy and physiology of the skin and skin structures as they relate to facial massages, including:
  - simplified cross-section of skin
  - glands as they relate to basic skin function
  - skin chemicals, including sebum and sweat production:
    - normal and abnormal

- collagen
- elastin
- lipids
- phases of growth, cell renewal, healing of skin, and factors affecting epidermal mitosis
- normal process of skin ageing and structural change
- physiological basis of skin colour
- electromagnetic spectrum and effect of light on skin
- normal skin response to irritation and trauma
- scars, including hypertrophic and keloid (their origin and evolution) and abnormal scar tissue
- effects of treatments on physical structure of skin
- trans-epidermal water loss
- wound healing in different skin types and locations
- percutaneous absorption and factors affecting penetration of cosmetics
- normal body flora
- body systems in regard to their interdependence and purpose in relation to a healthy body and their relationship to skin, muscles and nerves, including:
  - skeletal and muscular system, including muscle contractility and motor points, position and action of superficial muscles of the face, throat and chest
  - nervous system and its relationship to skin sensations
  - lymphatic, digestive, respiratory, and circulatory systems and their relationship to skin function, including thermoregulation and homeostasis
  - endocrine and reproductive systems in relationship to hormonal control of skin
- basic nutrition guidelines and relationship between nutrition and healthy skin, particularly foods which may have an effect on skin or which may be contraindicated in combination with relevant skin conditions or products used in a treatment procedure
- chemical ingredients in relevant treatment products, particularly in regard to their likely effects on skin, the toxic effects of various substances and their contribution to premature ageing and possible contraindications in combination with other products or circumstances
- causes of skin reactions and allergies in regard to treatments.

## Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

### **Critical aspects for assessment and evidence required to demonstrate competency in this unit**

Evidence of the following is essential:

- interpreting a treatment plan and making any adjustments required by variations in the client's condition
- recognising contraindications to facial massage
- preparing service area and clients for facial treatments
- applying and adapting safe and effective massage movements and routines to suit client requirements and reactions during treatments
- safely applying and removing selected facial treatment products used during treatment
- evaluating outcomes of facial massage treatments and advising client on future treatments.

### **Context of and specific resources for assessment**

Assessment must ensure:

- that competency is consistently demonstrated over a period of time and observed by the assessor or the technical expert working in partnership with the assessor as described in the Assessment Guidelines
- that competency is demonstrated in the workplace or a simulated workplace environment in a range of real work situations which may include client interruptions and involvement in other related activities normally expected in the workplace.

Assessment must ensure access to:

- an environment, which includes as a minimum:
  - individual client workstations
  - adjustable facial couch with safe working access for operator and equipment
  - magnifying lamp
  - facial steamer or vapourzone
  - facial massage products from a professional range
  - appropriate supply of towels
  - client gown or cover
- appropriate cleaning and disinfection products and equipment

- relevant workplace documentation including:
  - manufacturer's equipment instructions
  - product instructions
  - manufacturer safety data sheets
  - workplace policies and procedures manuals
- a range of clients with different facial requirements.

For further guidance on the use of an appropriate simulated environment, refer to the Assessment Guidelines in this Training Package.

## Methods of Assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of learners performing a range of tasks in a simulated work environment, over sufficient time to demonstrate handling of a range of contingencies, including:
  - selecting, applying and removing treatment products according to agreed treatment plan
  - applying massage movements according to client needs
  - evaluating treatment outcomes and recommending future treatments
  - discussing post-treatment care with client and recommending home-care products
- written and oral questioning appropriate to the language and literacy level of the learner, to assess knowledge and understanding of providing facial treatments, including a knowledge of anatomy and physiology, health and hygiene, and infection control procedures
- completion of workplace documentation relevant to performing facial massage
- third-party reports from technical experts
- completion of self-paced learning materials, including personal reflection and feedback from a trainer, workplace coach or supervisor.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SIBBCCS301A Apply the principles of skin biology to beauty treatments
- SIBBCCS403A Recognise body structures and systems in a beauty therapy context



- SIBBCCS404A Work in a skin therapies framework
- SIBBCCS405A Develop treatment plans.

## Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

***Treatment plan*** must include:

- required treatments
- outcomes of any previous treatments
- facial areas requiring special treatment
- massage movements and routine
- contraindications
- relevant medical history and medications
- products
- tools and equipment
- post-treatment products
- home-care advice.

***Variations to treatment plan*** may include:

- changes in client's physical condition
- changes to client requirements.

***Clients*** may include:

- new or regular clients with routine or special needs
- female or male clients
- people from a range of social, cultural and ethnic backgrounds and with varying physical and mental abilities.

***Treatment products*** may include:

- exfoliants:
  - friction
  - biological
  - glycolic
- toning lotions
- moisturisers
- cosmetic treatment ampoules.

***Relevant legislation and codes*** may include:

- federal, state or territory, and local health and hygiene regulations
- skin penetration legislation
- occupational health and safety regulations
- industry codes of practice.

***Workplace policies and procedures*** may include:

- health and hygiene
- selection of face and skin care products
- performance of manual facial massage
- time frame allocated for service
- environmental protection practices, such as:

- waste minimisation
- recycling
- reuse
- energy efficiency, e.g. electricity saving devices and practices
- waste disposal
- resource management
- water efficiency.

<b>Massage routine</b> must include:	<ul style="list-style-type: none"><li>• rhythm</li><li>• repetition</li><li>• variation.</li></ul>
<b>Treatment areas</b> may include:	<ul style="list-style-type: none"><li>• face</li><li>• décolletage and shoulders</li><li>• back.</li></ul>
<b>Skin steaming</b> must include:	<ul style="list-style-type: none"><li>• towel</li><li>• vapourzone.</li></ul>
<b>Minor skin conditions</b> may include:	<ul style="list-style-type: none"><li>• open comedones</li><li>• closed comedones</li><li>• milia.</li></ul>
<b>Massage medium</b> may include:	<ul style="list-style-type: none"><li>• oils</li><li>• creams.</li></ul>
<b>Massage movements</b> must include:	<ul style="list-style-type: none"><li>• effleurage</li><li>• petrissage</li><li>• tapotement</li><li>• vibration.</li></ul>
<b>Massage movements</b> may include:	<ul style="list-style-type: none"><li>• Dr Jacquet</li><li>• pressure points.</li></ul>
<b>Masks</b> may include:	<ul style="list-style-type: none"><li>• setting</li><li>• non-setting</li><li>• specialised.</li></ul>
<b>Post-treatment skin care products</b> may include:	<ul style="list-style-type: none"><li>• astringent</li><li>• moisturiser</li><li>• sunblock.</li></ul>
<b>Outcomes of treatment</b> may include:	<ul style="list-style-type: none"><li>• appearance of skin</li><li>• adverse effects.</li></ul>
<b>Recommendations for further treatments</b> may include:	<ul style="list-style-type: none"><li>• scheduling of treatments</li><li>• electrical facial treatments</li><li>• body treatments.</li></ul>
<b>Home-care products</b> may include:	<ul style="list-style-type: none"><li>• cleansers</li><li>• toners</li><li>• moisturisers</li><li>• remedial products or specialised products.</li></ul>
<b>Lifestyle changes</b> may include:	<ul style="list-style-type: none"><li>• improved nutrition</li><li>• improved sleeping patterns</li><li>• sun protection</li><li>• alcohol reduction</li><li>• tobacco reduction.</li></ul>

- Adverse effects*** may include:
- erythema arising from skin care products or massage medium
  - skin blemishes due to massage stimulation
  - allergic reactions of the skin or body to treatments or products
  - inflammatory reaction to treatment or product
  - psychological reactions of client to treatment or products
  - conditions that indicate client referral to a medical practitioner or complementary therapist.

## **Unit Sector(s)**

Beauty

## **Competency Field**

Facial Services