



Australian Government

SHBBBOS003 Provide body treatments

Release: 1

SHBBBOS003 Provide body treatments

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to provide body treatments incorporating body massage techniques, electrical currents, body scrubs and wraps.

It requires the ability to establish priorities with clients, synthesise knowledge of anatomy, physiology and skin, and operate specialised equipment with allied cosmetic products to design and provide body treatments addressing relaxation requirements. Body treatments can be a single treatment or form part of a series of treatments.

This unit applies to beauty therapists who work in beauty salons and spas. In this environment they work as part of a team but make independent treatment decisions.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Body Services

Unit Sector

Beauty

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes.

1. Establish client priorities.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1 Access and review client treatment plan if available.
- 1.2 Discuss body treatment requirements and lifestyle factors with client and identify treatment priorities.
- 1.3 Identify client medical history, medications and obtain medical approval prior to treatment as required.
- 1.4 Assess client skin condition and possible adverse reactions and discuss with client.

- 1.5 Identify contraindications to body treatment and refer client to appropriate professional as required.
 - 1.6 Assess suitability of body treatment to meet client requirements.
2. Design and recommend body treatment.
 - 2.1 Design proposed treatment for a single or series of treatments that maximise required client outcomes and minimises skin damage.
 - 2.2 Explain benefits and potential adverse effects of designed treatment to client.
 - 2.3 Discuss recommendations for duration, frequency and treatment costs with client.
 - 2.4. Discuss lifestyle factors that may impact on effectiveness of treatment with client.
 - 2.5 Modify treatment plan, record updates and obtain client consent.
3. Prepare for body treatment.
 - 3.1 Check readiness of treatment area and availability of equipment.
 - 3.2 Prepare client, equipment and products based on agreed treatment plan.
 - 3.3 Ensure client comfort and modesty throughout treatment.
 - 3.4 Assess environmental impact and identify appropriate disposal methods based on cosmetic chemistry ingredients.
 - 3.5 Use energy, water and other resources effectively during preparation and subsequent treatment process.
4. Provide body wrap treatment.
 - 4.1 Exfoliate skin, and apply body wrap products or herbal pack according to treatment plan.
 - 4.2 Monitor client comfort, and modify treatment as required.
 - 4.3 Remove products, rinse the skin and apply aftercare products.
 - 4.4 Monitor client and allow post recovery time in a relaxing environment.
5. Operate electrical equipment to provide body treatment.
 - 5.1 Exfoliate skin according to treatment plan.
 - 5.2 Use direct current to infuse selected products into the epidermis according to treatment plan.
 - 5.3 Stimulate circulation with electrical equipment and apply treatment products according to manufacturer instructions and treatment plan.
 - 5.4 Monitor client reactions and adjust equipment, electric current intensity, and treatment as required.
 - 5.5 Allow post treatment recovery time in a relaxing environment.

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| 6. Review treatment and body care advice. | 6.1 Evaluate body treatment with client.
6.2 Record outcomes of treatment on client treatment plan.
6.3 Review current body skin care regimen and make recommendations to support client objectives.
6.4 Manage client expectations of potential outcomes.
6.5 Recommend home care, lifestyle changes, products and future treatments.
6.6 Update treatment plan and rebook client as required |
| 7. Clean treatment area. | 7.1 Remove used linen and clean surfaces and equipment according to organisational policies and procedures.
7.2 Restock equipment and products in preparation for next treatment.
7.3 Dispose of general waste and used treatment products to minimise negative environmental impacts and according to organisational policies and procedures. |

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILL	DESCRIPTION
Reading skills to:	- interpret and follow manufacturer instructions and safety data sheets for dilution, handling and disposal of cleaning products - source and interpret reliable information from: - anatomy and physiology, skin science, cosmetic chemistry and nutrition publications - anatomical charts and models - interpret product and equipment information on safe use of cosmetic formulations, ingredients and device parameters.
Oral communication skills to:	- provide simple explanations to client on the effect of the selected device, products, and impacts on body and skin appearance - protect client confidentiality by ensuring that other clients and colleagues do not overhear discussions.
Numeracy skills to:	- calculate treatment duration, sequencing, costs, product quantities and prices - calculate cosmetic ingredient quantities and ratios to mix products and assess effectiveness of formulations - calculate intensity and duration of electric currents.
Technology skills to:	access credible on-line publications and resources which build knowledge to provide advice to clients

- use software interfaces on equipment
- use client software to update client notes, rebook future treatments, record stock data and product purchases
- safely use and maintain electrical equipment.

Unit Mapping Information

No equivalent unit.

Links

Companion Volume implementation guides are found in VETNet -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=255d312b-db07-48f2-b6d6-1b0b06c42898>

Assessment Requirements for SHBBBOS003 Provide body treatments

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- communicate, follow and adjust treatment plan to provide six safe and appropriate body treatments to clients of differing age and weight and which meet one or more of the following client treatment objectives:
 - skin exfoliation
 - skin softening and hydration
 - relaxation
- recognise contraindications, skin diseases and disorders relevant to each device listed in Assessment Conditions and to allied body products
- provide treatments to each of the following areas as appropriate to the above clients:
 - abdomen
 - arms
 - back
 - décolletage
 - legs
 - neck
- design a sequence of four treatments and product recommendations for three of the above clients to address priorities of each client
- demonstrate safe and appropriate application of each of the following:
 - direct current (galvanic) machine to infuse products into the epidermis
 - high frequency machine
 - steamer or infra-red or hydrotherapy or G5 mechanical massager to stimulate circulation
- design, record and update treatment plans and records for each of the above clients specifying the details of:
 - client feedback
 - contraindications and conditions
 - equipment and products used
 - outcomes of previous and current treatment
 - post treatment lifestyle and product advice
 - relevant medical history and medication

- treatment duration, areas treated and areas not treated
- treatment objectives
- treat clients effectively and minimise skin reactions
- identify risk situations that cause short or overloaded circuits and take remedial action
- present self, according to organisational policy
- comply with health and hygiene regulations and requirements
- clean, prepare and maintain treatment area according to organisational policy.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- state or territory and local health, hygiene and skin penetration regulations and requirements relevant to providing body treatments
- organisational policies and procedures relevant to providing body treatments:
 - client record management
 - equipment use and maintenance
 - incident reporting
 - linen use and laundry procedures
 - personal hygiene and presentation
 - presentation of treatment area
 - waste disposal
 - work health and safety
- manufacturer instructions for the use of electrical equipment in body treatments
- legal and insurance liabilities and responsibilities regarding treatments
- scope of practice:
 - when to refer clients to other practitioners
 - importance of not stating a diagnosis of a contraindication or condition
 - limitation of body treatments
 - role of complementary therapist and medical practitioner
- factors likely to affect suitability of body treatments for client:
 - budgetary and time constraints
 - outcomes of previous treatments
 - physical attributes
- effects and benefits of professional body ranges and their relationship to each device or treatment step
- effects and benefits on the physical structure of the skin and on body systems of:
 - direct current (galvanic) to infuse products into the epidermis
 - high frequency machine
 - steamer
 - infra-red

- hydrotherapy
- G5 mechanical massager
- anatomical position terminology in relation to body treatments
- structural layers of the human body
- anatomy and physiology of cells, tissues, organs
- interdependence of body systems and their relationship to a healthy body and skin:
 - nervous system and its relationship to skin sensations
 - lymphatic and circulatory systems and their relationship to skin functions, thermoregulation and homeostasis
- position of major bones
- position and action of superficial muscles
- postural and skeletal abnormalities
- common disorders of body systems and their relationship to body treatments
- normal and abnormal function of skin glands and skin gland secretions
- Fitzpatrick skin types
- skin as a sense organ and relationship to each device used
- the role of endocrine glands and hormones as they relate to the sebaceous and sweat glands
- function, formation and behaviour of major skin chemicals
- normal skin responses to irritation and trauma
- ingredients in treatment products, effects and benefits to skin, potential adverse effects and those contraindicated for specific clients
- chemical formulations of body treatment products:
 - exfoliants
 - masks
 - moisturisers
 - scrubs
 - wraps
- contraindications to specific formulations and ingredients identified in product information
- principles and properties of electrical currents and the technology used in body treatments:
 - alternating current
 - direct current
- frequencies and wavelengths of the electromagnetic spectrum and effect of infra-red frequencies on skin and soft tissue
- contraindications that prevent body treatments or require clearance from a medical professional to proceed and their relationship to body treatments:
 - bacterial, fungal, parasitic and viral infections
 - cancer
 - clients with symptoms of infectious disease:
 - heart diseases and disorders
 - extreme fatigue

- extremes of body temperature
- pregnancy
- contraindications that prevent electrical body treatments and their relationship to body treatments:
 - dysfunction of nervous system
 - pacemakers
- contraindications that restrict body treatments and appropriate modifications to treatment plan:
 - allergies
 - anxiety
 - areas exhibiting loss of tactile sensation
 - asthma
 - diabetes mellitus, type one and two
 - epilepsy
 - fragile skin
 - high or low blood pressure
 - history of thrombosis or embolism
 - inflammation
 - medications that cause thinning or inflammation of the skin
 - metal pins or plates
 - pain that is chronic or does not have a logical explanation:
 - local
 - sharp
 - dull
 - deep
 - surface
 - piercings
 - psoriasis
 - recent chemical peels, epilation, Intense Pulsed Light, laser or microdermabrasion treatment
 - recent scar tissue
 - severe oedema
 - skin trauma
 - varicose veins
- appearance and limitations of body massage in skin disorders and diseases
- physiology of adverse reactions to body treatments and appropriate remedial action:
 - allergy to products
 - bruising
 - emotional release
 - erythema resulting from treatment and skin care product

- muscle spasms
- pain or discomfort
- psychological reactions of client to electrical current treatment
- skin blemishes
- temperature discomfort
- lifestyle factors and benefits of lifestyle changes likely to increase the effects of body treatments:
 - alcohol consumption
 - exercise routine
 - hobbies
 - nutrition
 - sleeping patterns
 - tobacco consumption
 - type of employment
- sustainable operating procedures for the conservation of product, water and power
- aftercare advice, products and treatments relevant to body treatments.

Assessment Conditions

Skills must be demonstrated in a beauty industry environment; this can be:

- a beauty industry workplace or
- a simulated beauty workplace set up for the purpose of skills assessment, that provides services to paying members of the public.

Assessment must ensure access to:

- paying clients, both new and regular, with different body treatment requirements, who have the expectation that the services provided reflect those of a commercial business
- hand washing facilities:
 - basin
 - hot and cold running water
 - liquid soap
 - single use towels or hand dryer
- relevant workplace documentation:
 - blank client records
 - organisational policies and procedures relevant to providing body treatments
 - equipment manufacturer instructions
 - safety data sheets for cleaning products and, where applicable, for treatment products
 - product manuals listing product ingredients, formulations, labelling and guidelines for use.

Assessment must ensure use of:

- bowls
- brushes for product application
- cleaning and disinfection products and equipment
- client gowns and hair protectors
- disposable facial wipes, microlances, spatulas and tissues
- equipment:
 - direct current (galvanic) machine to infuse products into the epidermis
 - high frequency machine
 - steamer or infra-red or hydrotherapy or G5 mechanical massager to stimulate circulation
- individual work station consisting of:
 - adjustable treatment table with safe working access at both ends and sides
 - individual electricity supply
 - magnifying lamp
 - trolley for products, bowls and equipment
- personal protective equipment:
 - disposable gloves
- treatment products from two professional body specialist product ranges
- treatment towels or linen, or disposable linen.

Assessment activities that allow the learner to:

- provide body treatments within commercially realistic speed, timing and productivity
- demonstrate competency in an environment reflective of real work situations
- manage tasks and contingencies in the context of the job role.

Assessors must satisfy the Standards for Registered Training Organisation's requirements for assessors and:

- hold a qualification as a beauty therapist
- have worked as a beauty therapist for at least three years where they have applied the skills and knowledge of this unit of competency.

Links

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