



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.

- | | |
|---|---|
| 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>