VTCT Skills Level 2 Award in Skin Tanning Techniques

Accreditation start date: ..... 1 August 2010
Credit value: 4
Total Qualification Time (TQT): 40
Guided Learning Hours (GLH): 30
Qualification number: 500/8634/0

Statement of unit achievement

By signing this statement of unit achievement you are confirming that all learning outcomes, assessment criteria and range statements have been achieved under specified conditions and that the evidence gathered is authentic.

This statement of unit achievement table must be completed prior to claiming certification.

Unit code	Date achieved	Learner signature	Assessor initials	IQA signature (if sampled)
Mandatory units				
UV20420				

Qualification

Introduction

The VTCT Skills Level 2 Award in Skin Tanning Techniques is a qualification that has been specifically designed to develop your practical skills to provide self tanning services to specific areas of the body (not full body).

You will learn about manual and spray tanning treatments and how to use professional tanning products, tan gun and compressor. You will also learn about the contra-indications to tanning treatments, key ingredients and the benefits of the treatment.

The purpose of this qualification is to develop your skills in tanning application and beauty therapy and will provide you with the foundation for further learning.

The legislations referred to within this qualification apply to UK learners. For learners outside of the UK, you should familiarise yourself with legislations that may apply to you.

Prerequisite

There are no formal prerequisite qualifications that you must have prior to undertaking this qualification.

National Occupational Standards (NOS)

Units in this qualification have been mapped to the relevant NOS (where applicable). This qualification is regulated on the Regulated Qualifications Framework.

Progression

When you have successfully completed this qualification you will have the opportunity to progress to the following VTCT Skills qualifications:

- Level 2 NVQ Diploma in Beauty Therapy General
- Level 2 NVQ Diploma in Beauty Therapy Make-up

Progression opportunities also exist in the form of specialist VTCT Skills vocationally related qualifications:

- Level 2 Diploma in Beauty Specialist Techniques
- Level 2 Diploma in Hair and Media Make-up
- Level 2 Certificate in Beauty Specialist Techniques
- Level 2 Certificate in Cosmetic Make-up and Beauty Consultancy
- Level 2 Certificate in Cosmetic Make-up
- Level 2 Award in Mendhi Skin Decoration

Qualification structure

Total credits required - 4

All mandatory units must be completed.

Mandatory units - 4 credits				
VTCT Skills unit code	**Ofqual unit reference**	**Unit title**	**Credit value**	**GLH**
UV20420	H/601/3563	Apply skin tanning techniques	4	30

Guidance on assessment

This book contains the mandatory units that make up this qualification. Optional units will be provided in additional booklets (if applicable). Where indicated, VTCT Skills will provide assessment materials. Assessments may be internal or external. The method of assessment is indicated in each unit.

Internal assessment
(any requirements will be shown in the unit)

Assessment is set, marked and internally quality assured by the centre to clearly demonstrate achievement of the learning outcomes. Assessment is sampled by VTCT Skills external quality assurers.

External assessment
(any requirements will be shown in the unit)

Externally assessed question papers completed electronically will be set and marked by VTCT Skills. Externally assessed hard-copy question papers will be set by VTCT Skills, marked by centre staff and sampled by VTCT Skills external quality assurers.

Assessment explained

VTCT Skills qualifications are assessed and quality assured by centre staff. Work will be set to improve your practical skills, knowledge and understanding. For practical elements, you will be observed by your assessor. All your work must be collected in a portfolio of evidence and cross-referenced to requirements listed in this record of assessment book.

Your centre will have an internal quality assurer whose role is to check that your assessment and evidence is valid and reliable and meets VTCT Skills and regulatory requirements.

An external quality assurer, appointed by VTCT Skills, will visit your centre to sample and quality-check assessments, the internal quality assurance process and the evidence gathered. You may be asked to attend on a different day from usual if requested by the external quality assurer.

This record of assessment book is your property and must be in your possession when you are being assessed or quality assured. It must be kept safe. In some cases your centre will be required to keep it in a secure place. You and your course assessor will together complete this book to show achievement of all learning outcomes, assessment criteria and ranges.

Creating a portfolio of evidence

As part of this qualification you are required to produce a portfolio of evidence. A portfolio will confirm the knowledge, understanding and skills that you have learnt. It may be in electronic or paper format.

Your assessor will provide guidance on how to prepare the portfolio of evidence and how to show practical achievement, and understanding of the knowledge required to successfully complete this qualification. It is this booklet along with the portfolio of evidence that will serve as the prime source of evidence for this qualification.

Evidence in the portfolio may take the following forms:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

All evidence should be documented in the portfolio and cross referenced to unit outcomes. Constructing the portfolio of evidence should not be left to the end of the course.

Unit assessment methods

This section provides an overview of the assessment methods that make up each unit in this qualification. Detailed information on assessment is provided in each unit.

Mandatory units				
		External	**Internal**	
VTCT Skills unit code	**Unit title**	**Question paper(s)**	**Observation(s)**	**Assignment(s)**
UV20420	Apply skin tanning techniques	0	✓	✓

Unit glossary

	Description
VTCT Skills product code	All units are allocated a unique VTCT Skills product code for identification purposes. This code should be quoted in all queries and correspondence to VTCT Skills.
Unit title	The title clearly indicates the focus of the unit.
National Occupational Standards (NOS)	NOS describe the skills, knowledge and understanding needed to undertake a particular task or job to a nationally recognised level of competence.
Level	Level is an indication of the demand of the learning experience, the depth and/or complexity of achievement and independence in achieving the learning outcomes.
Credit value	This is the number of credits awarded upon successful achievement of all unit outcomes. Credit is a numerical value that represents a means of recognising, measuring, valuing and comparing achievement.
Guided Learning Hours (GLH)	The activity of a learner in being taught or instructed or otherwise participating in education or training under the immediate guidance or supervision of a lecturer, supervisor, tutor or other appropriate provider of education or training.
Total Qualification Time (TQT)	The number of hours an awarding organisation has assigned to a qualification for guided learning and an estimate of the number of hours a learner will reasonably be likely to spend in preparation, study, or any other form of participation in education or training. This includes assessment, which takes place as directed. However unilke Guided Learning Hours, TQT is not under the immediate guidance or supervision of a lecturer, supervisor, tutor or other appropriate provider of education or training.
Observations	This indicates the minimum number of observations required to achieve the unit.
Learning outcomes	The learning outcomes are the most important component of the unit, they set out what is expected in terms of knowledge, understanding and practical ability as a result of the learning process. Learning outcomes are the results of learning.
Evidence requirements	This section provides guidelines on how evidence must be gathered.
Maximum service times	The maximum time in which a particular service or practical element must be completed.
Observation outcome	An observation outcome details the practical tasks that must be completed to achieve the unit.
Knowledge outcome	A knowledge outcome details the theoretical requirements of a unit that must be evidenced through oral questioning, a mandatory written question paper or portfolio of evidence.
Assessment criteria	Assessment criteria set out what is required, in terms of achievement, to meet a learning outcome. The assessment criteria and learning outcomes are the components that inform the learning and assessment that should take place. Assessment criteria define the standard expected to meet learning outcomes.
Range	The range indicates what must be covered. Ranges must be practically demonstrated in parallel to the unit's observation outcomes.

UV20420

Apply skin tanning techniques

This unit is about the application of a variety of self-tanning products to specific areas of the body, including the face, neck and shoulders, lower arms and hands, lower legs and feet. You will be able to consult with clients and prepare and plan for skin tanning. Additionally, you will need to maintain effective health, safety and hygiene procedures throughout your work.

Level
2
Credit value
4
GLH
30
Observation(s)
3
External paper(s)
0

Apply skin tanning techniques

Learning outcomes

On completion of this unit you will:

1. Be able to prepare for self tanning techniques
2. Be able to provide self tanning techniques

Evidence requirements

1. **Environment**
   Evidence for this unit may be gathered within the workplace or realistic working environment (RWE).
2. **Simulation**
   Simulation is not allowed in this unit.
3. **Observation outcomes**
   Competent performance of Observation outcomes must be demonstrated on at **least three occasions**.
4. **Range**
   All ranges must be practically demonstrated or other forms of evidence produced to show they have been covered.
5. **Knowledge outcomes**
   There must be evidence that you possess all the knowledge and understanding listed in the 'Knowledge' section of this unit. This evidence may include projects, assignments, case studies, reflective accounts, oral/written questioning and/or other forms of evidence.
6. **Tutor/Assessor guidance**
   You will be guided by your tutor/assessor on how to achieve learning outcomes and ranges in this unit. All outcomes and ranges must be achieved.
7. **External paper**
   There is no external paper requirement for this unit.

Achieving observations and range

Achieving observation outcomes

Your assessor will observe your performance of practical tasks. The minimum number of observations required is indicated in the evidence requirements section of this unit.

Criteria may not always naturally occur during a practical observation. In such instances you will be asked questions to demonstrate your competence in this area. Your assessor will document the criteria that have been achieved through oral questioning.

Your assessor will sign off an outcome when all criteria have been competently achieved in a single client service.

Achieving range

The range section indicates what must be covered. Ranges should be practically demonstrated as part of an observation. Where this is not possible other forms of evidence may be produced. All ranges must be covered.

Your assessor will document the portfolio reference once a range has been competently achieved.

Observations

Learning outcome 1

Be able to prepare for self tanning techniques

You can:

a. Prepare yourself, the client and work area for a self tanning treatment

b. Use suitable consultation techniques to identify treatment objectives

c. Advise the client on how to prepare for the treatment

d. Identify influencing factors

e. Provide clear recommendations to the client based on factors

*May be assessed through oral questioning.

Observation	1	2	3	Optional
Date achieved				
Criteria questioned orally				
Portfolio reference				
Assessor initials				
Learner signature				

Learning outcome 2

Be able to provide self tanning techniques

You can:

a. Communicate and behave in a professional manner

b. Position yourself and the client correctly throughout the treatment

c. Select and use products and equipment taking into account identified factors

d. Follow safe and hygienic practices

e. Identify contra-actions and take appropriate action during treatment

f. Provide suitable aftercare advice

g. Complete the treatment to the satisfaction of the client

h. Evaluate the results of the treatment with the client

*May be assessed through oral questioning.

Observation	1	2	3	Optional
Date achieved				
Criteria questioned orally				
Portfolio reference				
Assessor initials				
Learner signature				

Range

*You must practically demonstrate that you have:

Used all consultation techniques	Portfolio reference
Questioning	
Visual	
Manual	
Reference to client record cards	

Dealt with a minimum of 1 of the necessary actions	Portfolio reference
Encouraging the client to seek medical advice	
Explaining why the treatment cannot be carried out	
Modification to the treatment	

Treated all areas	Portfolio reference
Face, neck and shoulders	
Lower arms and hand	
Lower legs and feet	

Used all tanning techniques	Portfolio reference
Manual application	
Spray tan	

Provided all types of advice/instructions	Portfolio reference
The individual and practitioner's legal rights and responsibilities	
Pre and post-treatment instructions and care	
Restrictions and associated risks – avoidance of activities which may cause contra-actions	
Future treatment needs	

*It is strongly recommended that all range items are practically demonstrated. Where this is not possible, other forms of evidence may be produced to demonstrate competence.

Developing knowledge

Achieving knowledge outcomes

You will be guided by your tutor and assessor on the evidence that needs to be produced. Your knowledge and understanding will be assessed using the assessment methods listed below*:

- Projects
- Observed work
- Witness statements
- Audio-visual media
- Evidence of prior learning or attainment
- Written questions
- Oral questions
- Assignments
- Case studies
- Professional discussion

Where applicable your assessor will integrate knowledge outcomes into practical observations through professional discussion and/or oral questioning.

When a criterion has been orally questioned and achieved, your assessor will record this evidence in written form or by other appropriate means. There is no need for you to produce additional evidence as this criterion has already been achieved.

Some knowledge and understanding outcomes may require you to show that you know and understand how to do something. If you have practical evidence from your own work that meets knowledge criteria, then there is no requirement for you to be questioned again on the same topic.

*This is not an exhaustive list.

Knowledge

Learning outcome 1

Be able to prepare for self tanning techniques

You can:	Portfolio reference/ Assessor initials*
f. Describe salon's requirement for preparation of yourself, the client and work area	
g. Identify different consultation techniques used to identify treatment objectives	
h. Describe the factors that need to be considered when selecting techniques, products and equipment	
i. Describe the environmental conditions suitable for self tanning treatment	
j. Describe the safety considerations that must be taken into account when providing self tanning treatment	
k. Identify the range of equipment used for self tanning treatments	
l. Identify products used and their key ingredients	
m. Compare the benefits and effects of self tanning treatments with UV tanning treatments	
n. Explain the importance of regular disinfecting and sterilising of equipment between self tanning sessions	
o. Explain the effect self tanning products have on the skin and the reasons the effect has limited duration	
p. Describe contra-indications that prevent or restrict self tanning treatment	

*Assessor initials to be inserted if orally questioned.

Learning outcome 2

Be able to provide self tanning techniques

You can:	Portfolio reference/ Assessor initials*
i. Describe how to communicate and behave in a professional manner	
j. State the importance of positioning yourself and the client correctly throughout the treatment	
k. Describe safe and hygienic working practices	
l. Describe contra-actions which might occur during and following the treatment and how to respond	
m. Describe the aftercare advice that should be provided	
n. State the importance of completing the treatment to the satisfaction of the client	
o. State the methods of evaluating the effectiveness of the treatment	
p. Describe the structure and function of the skin	

*Assessor initials to be inserted if orally questioned.

Notes

Use this area for notes and diagrams.

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.

Learning outcome 1: Be able to prepare for self tanning techniques

Management of health and safety at work: Clean, tidy, safe standards of working, remove spillages, report slippery surfaces, remove/report obstacles, clear access to trolleys and equipment, clean/disinfect/sanitise/sterilise work areas/surfaces, equipment and tools as appropriate, no smoking/vaping, eating, drinking or drugs.

Electricity at work: Visual check of equipment, no trailing wires, ensure portable appliance testing (PAT) has been conducted.

Manual handling: Moving stock, lifting, working heights, unpacking, posture, deportment, balancing weight, protecting back, preventing slouching, avoid straining or overreaching.

Towels: Wash regularly and efficiently, use fresh towels for every client, place dirty towels in a covered bin.

Liability insurance: Employers, public, professional indemnity.

Reporting of injuries, diseases and dangerous occurrences: Accident book, reporting diseases, local byelaws, code of conduct, risk assessment.

Control of substances hazardous to health: Replace lids, ventilation for vapour, avoid over exposure to chemicals, correct use of chemicals, follow storage handling use and disposal, check end date, store away from heat, damp and direct sunlight, dispose of contaminated waste in an appropriate waste bin, follow manufacturer's instructions.

Regulations: Working in accordance with current health and safety legislation: Health and Safety at Work Act, Management of Health and Safety at Work Regulations, Reporting of Injuries, Diseases and Dangerous Occurrences Regulations (RIDDOR), Health and Safety (First Aid) Regulations, Manual Handling Operations Regulations, Control of Substances Hazardous to Health Regulations (COSHH), Personal Protective Equipment at Work Regulations (PPE), Electricity at Work Regulations, Workplace (Health, Safety and Welfare) Regulations, Provision and Use of Work Equipment Regulations, Equality Act, Data Protection Act (UK General Data Protection Regulations (GDPR)), Environmental Protection Act.

Hazards and risks: A hazard is something that has the potential to cause harm. A risk is the likelihood of a hazard happening.

Hazards: Require immediate attention, level of responsibility, report, nominated personnel, duty to recognise/deal with hazards.

Risk: Determine the level of risk, to 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, minimise hazards and risks, maintain safe environment, legal requirement.

Learning outcome 1: Be able to prepare for self tanning techniques (continued)

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

Equipment: Follow organisational/manufacturers'/suppliers' instructions for safe use, only used for intended purpose, handling, storage, cleaning, lifting, visual checks, worn, faulty, repairs, maintenance.

Products, tools and equipment: Disinfecting fluid, sterilising solution, sanitiser, couch – adjustable, couch cover, couch roll, trolley, chair/stool – adjustable, towels, additional support/props, modesty gown/robe, tissues, cotton wool, spatulas, bowls, lined waste bin, products, tools and equipment for cleaning, disinfection, sanitisation, sterilisation as appropriate to treatment.

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

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

Hygiene:

General – clean/disinfect work area/surfaces, clean/sterilise/sanitise tools and equipment, fresh towels for each client, place dirty towels in covered bin, dispense products with a spatula, pump or spray, use disposables as appropriate to treatment, no smoking/vaping, maintain personal hygiene, replace loose lids (uncapped bottles and pots) sanitise therapist's hands before, during and after treatment.

Disposal of waste: Lined waste bin, organisational policies and procedures for disposal of waste – non-hazardous, clinical, sharps, mixed municipal, general and confidential, recyclable; environmental protection, single use items, dispose of all waste in accordance with manufacturers' instructions.

Sterilisation – autoclave, glass bead, chemical, UV cabinet for storage only.

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

Infection Prevention: Infection prevention and control measures, universal and standard precautions, for example, hand hygiene – handwashing, hand sanitising, respiratory hygiene, cough etiquette, use of PPE, safe management of working environment and treatment resources, for example, cleaning, disinfection, sanitisation, sterilisation of working areas/surfaces, equipment and tools, safe management of linen, safe disposal of waste.

Personal protective equipment (PPE): Use appropriate personal protective equipment for self and client, for example, the use of gloves when using cleaning chemicals.

Learning outcome 1: Be able to prepare for self tanning techniques (continued)

Therapist health and wellbeing: Maintain correct posture when performing treatment, sitting, lifting and carrying, use working methods to avoid work related injuries, for example, repetitive strain injury (RSI), perform regular hand exercises, maintain correct standing posture, even weight distribution, ensure own positioning delivers appropriate techniques, prevents injury, promotes optimum results, allows for visual checks, maintain appropriate space between client and self. Regular water/rest breaks to prevent dehydration and fatigue. Prevent contact dermatitis – wear gloves when using chemicals, wash and dry hands regularly and use moisturiser/barrier cream as appropriate.

Work area: Prepare in accordance with organisational requirements and health and safety standards, clean and hygienic – clean/disinfect/sanitise/sterilise work area, tools and equipment, sufficient ventilation, appropriate room temperature, lighting, ambience, music, hygienic set up of couch and trolley, effective, ergonomic positioning of necessary products, tools and equipment to allow for ease of access, movement and safe practice, preparation of props for client support.

Client preparation: Consult with client, perform any necessary pre-treatment tests, provide modesty robe/gown, advise client on clothing to remove/keep on, maintain client comfort, privacy and modesty, client positioned correctly.

Communication:

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

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

Written – electronic, digital or paper-based, clear and concise, attention to spelling, grammar and presentation of written information.

Visual aids – photographs, colour charts, digital media, magazines and images, can provide inspiration and assist the client's understanding.

Adapting and tailoring approaches – for different clients, for example, new and existing clients, according to age, health conditions.

Clarification – checking client understanding of proposed treatment and expected outcomes, checking client's comfort and wellbeing throughout the treatment.

Record keeping: Accurate appointment systems, stationery, loyalty rewards, acknowledgement of occasions, consultation record keeping, refer to existing records, ensure information is concise, accurate and in logical order (name, address, contact details, age range, lifestyle profile – work status, medical history, contra indications, general health and wellbeing, diet and fluid intake, sleep patterns, stress levels, sport/hobbies, recent activities, reason for treatment, treatment history, allergies/hypersensitivity, contra actions, skin sensitivity/allergy alert tests, current skincare regime, treatment requirements, client preferences and expectations, skin analysis, adaptations and modifications, recommendations, treatment plan including products, expected outcomes, alternative treatment options, client informed consent and signature), update record at the end of the treatment, update at each visit, maintained electronically/digitally/paper-based, documented and stored in compliance with current data protection legislation, for example General Data Protection Regulations (GDPR).

Professional ethical conduct: Follow health and safety and organisational policies and procedures and code of conduct, demonstrate integrity, respect, flexibility and adaptability, co operate with others, value client(s), use appropriate language, maintain a polite, cheerful and welcoming manner (friendly facial expressions, positive attitude, eye contact, open body language), maintain confidentiality, demonstrate respect for clients, colleagues and competitors, avoid gossip, take pride in work, maintain punctuality, uphold employer and client loyalty, work within limits of own authority and competence, engage in and document Continuous Professional Development (CPD) to maintain best practice.

Sustainable working practices: For example, use products with ingredients from sustainable sources, minimal and sustainable packaging, recyclable, bio-degradable or compostable options for products, disposable and single-use items, record product usage, paper-free appointment systems and pricelists.

Environmental working practices: Effective and energy efficient working practices, for example, lighting, heating and ventilation to meet the Workplace (Health, Safety and Welfare) Regulations (or local regulation requirements to the country being delivered in) for client and employees, water conservation, environmental waste management.

Consultation techniques: Consultation environment (face to face or digital), client requirements, client satisfaction, client expectations and aftercare, informed consent and signatures, visual, manual, questioning, listen, client information reference. Effects of the tanning product and why the result can be limited. Benefits and effects of self-tanning compared with UV tanning.

Learning outcome 1: Be able to prepare for self tanning techniques (continued)

Contra-indications:

Absolute contra-indication – an absolute contra-indication is a condition that prevents the treatment from being carried out and may require referral.

Examples of contra-indications that may prevent treatment (absolute contra-indications) – severe asthma/respiratory conditions (spray tanning), contagious skin diseases or disorders for example, fungal/bacterial or viral infections, parasitic infestations, severe eczema/psoriasis/skin conditions, herpes zoster, warts.

Relative contra-indication – a relative contra-indication is a condition that requires an assessment of suitability for the treatment and/or if adaptions are required.

Examples of contra-indications that may restrict treatment (relative contra-indications) – skin disorders for example, eczema, psoriasis, recent scar tissue, sunburn, after waxing, after IPL/laser, electrolysis, or after heat treatments. Cuts/abrasions, bruising, known product allergies, pregnancy.

Client preparation: Preparing for and performing a treatment taking into account any specific requirements and diverse needs the client may have, for example, culture, religion, health conditions, working in accordance with current equality legislation. Prepare client's skin, no body lotions, creams, deodorants, skin exfoliation. Advise to wear loose dark clothing and flip flops, no jewellery, protect client clothing, client comfort, posture and position, privacy and modesty.

Influencing factors:
Skin sensitivity test/allergy alert test results, contra-indications, skin condition, medication, client expectations and preparation, natural shade of skin, effects of ultraviolet radiation on the skin and the effects of self-tanning products on the skin.

Effects of UV light on the skin: Ageing, malignant melanoma, changes in moles, pigmentation problems (UVA, UVB, UVC), degrees of erythema associated with sunburn, sunscreens, sun protection factor (SPF).

Equipment: Follow organisational/manufacturers'/suppliers' instructions for safe use, only used for intended purpose, handling, storage, cleaning, lifting, visual checks, worn, faulty, repairs, maintenance, regular disinfecting and sanitising equipment between treatments, extraction, ventilation.

Products, tools and equipment:
Disinfecting fluid, sterilising solution, sanitiser, adjustable couch, cubicle, couch cover, couch roll, trolley, chair/stool – adjustable, towels, additional support/props, modesty gown/robe, disposable foot soles/underwear, tissues, cotton wool, spatulas, bowls, lined waste bin, products, tools and equipment for cleaning, disinfection, sanitisation, sterilisation as appropriate to treatment. Skin cleansing products, exfoliation products, tanning products, spray tan, moisturisers, sterilising solution, sanitising solution.

Learning outcome 2: Be able to provide self tanning techniques

Tools and equipment: Gloves, mask, hair band, disposable briefs, protective covering for floors and surfaces, compressor, spray tan gun, cubicle/couch, sponges.

Products for skin preparation: Skin cleansing product, exfoliation product, tanning product (active ingredient in skin tanning products, DHA (dihydroxyacetone) or glycerone a colourless sugar that produces the temporary tanned effect on the skin), barrier cream, moisturiser, sanitising solution and sterilising solution.

Disposable equipment: Disposable underwear, foot soles.

Importance of positioning client and yourself correctly: Full even skin coverage, effectiveness of treatment, visual inspection.

Contra-actions: Establish is it is an expected reaction or an unexpected/adverse reaction.

In the case of expected reactions – provide immediate post-treatment aftercare and advice for homecare immediately following treatment.

In the case of an unexpected/adverse reaction – discontinue treatment, take remedial action, record unexpected/adverse reaction, advise on homecare and how to access remedial medical care if required.

Possible expected reactions – mild skin irritation, itching, watery eyes, coughing.

Possible unexpected/adverse reactions – fainting, swelling, burning, skin allergies, undesirable skin or hair discolouration.

Evaluation: Client expectations, client satisfaction, implications of incorrect application, visual, verbal, written feedback.

Aftercare advice: Loose dark clothing, avoid touching the skin, moisturising products, showering/bathing advice, exfoliation, product recommendations, possible staining to fabric, avoid any heat, vigorous exercise or swimming in chlorine.

Skin structure:

Epidermis – basal cell layer (stratum germinativum), prickle cell layer (stratum spinosum), granular layer (stratum granulosum), clear layer (stratum lucidum), horny layer (stratum corneum).

Dermis – blood and lymph supply, fibroblasts (collagen, elastin), hair, sebaceous glands, arrector pili muscle, dermal papilla, sweat glands eccrine and apocrine, sensory nerve endings.

Hypodermis – subcutaneous layer, adipose tissue, adipocytes.

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

Notes

Use this area for notes and diagrams.