

iUBT411 – Spa treatments

URN – R/617/4359

Guided Learning Hours: 93

Learning outcome	Assessment criteria	Taught content to include
LO1 Know the history of spa treatments and the importance of creating the correct ambiance and maintaining care	1.1. Explain history and concept of spas and spa treatments	• The Greeks • Romans • Naturally occurring spas • Concept of the use of water for treatments
	1.2. Explain how to maintain the correct atmosphere and ambiance within a spa setting	• Ensuring the spa appeals to the 5 senses - Touch – with massage - Sight – by changing colours - Sound – tranquil music - Taste – herbal teas - Smell – perfumed aromas possibly from essential oils
	1.3. Explain how to maintain total care of the spa environment	• All equipment • Ensure equipment complies with legal requirements • Wet area • Consumables • Changing and relaxation areas
LO2 Be able carry out a consultation	2.1. Explain and demonstrate the importance of communicating with the client tactfully and accurately	• A sample consultation form can be downloaded from www.vtctskills.org.uk • To include taking into account the following: - Private comfortable area - Positive body language - Positioning of the client (no barriers between self and client) - Good communication skills - Use of open and/or closed questions where appropriate - Trust

		- Professionalism, confidence and enthusiasm - Confidentiality - Informed consent - Signed consent of parent/guardian for a minor - Any contra-indications to treatment - Client lifestyle - Client profile - Importance of planning a treatment programme taking into account any diverse needs; cultural, religious, moral and social beliefs, age, gender, disability - Compliance with current data protections regulations
LO3 Be able to recognise contra-indications to spa treatments	3.1. Explain and recognise those contra-indications requiring medical permission or the client to sign an informed consent form prior to treatment, and those contra-indications that restrict treatment	• Contra-indications requiring medical permission – 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 or specialist - Pregnancy - Cardiovascular conditions (thrombosis, phlebitis, hypertension, hypotension, heart conditions) - Haemophilia - Any condition already being treated by a GP or another practitioner - Medical oedema - Osteoporosis - Arthritis - Nervous/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/pinched nerve (e.g. sciatica) - Inflamed nerve - Cancer - Postural deformities

		- Conditions causing muscular spasticity (e.g. cerebral palsy) - Kidney infections - Whiplash - Slipped disc - Undiagnosed pain - When taking prescribed medication - Acute rheumatism • Contra-indications that restrict treatment - Fever - Contagious or infectious diseases - Under the influence of recreational drugs or alcohol - Diarrhoea and vomiting - Skin diseases - Undiagnosed lumps and bumps - Localised swelling - Inflammation - Varicose veins - Pregnancy (abdomen) - Cuts - Bruises - Abrasions - Scar tissues (2 years for major operation and 6 months for a small scar) - Sunburn - Hormonal implants - Abdomen (first few days of menstruation depending how the client feels) - Haematoma - Hernia - Recent fractures (minimum 3 months) - Cervical spondylitis - Gastric ulcers - After a heavy meal - Conditions affecting the neck • Exfoliation should always take place at the beginning of a spa treatment plan – NEVER after any form of heat has been applied to the skin
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LO4 Be able to carry out a body analysis and relevant tests	4.1. Explain and demonstrate how to perform a body analysis and relevant tests	• Height • Weight • Body measurements • Posture check • Muscle tone test • Body fat • Fluid retention • Body Mass Index (BMI) • Tactile test • Thermal test
LO5 Be able to carry out exfoliation treatments	5.1. Explain and demonstrate methods of exfoliation	• Salt scrubs • General scrubs • Peels • Body brushing
	5.2. Explain and demonstrate the application technique for each method	• Salt scrubs • General scrubs • Peels • Body brushing
LO6 Be able to carry out steam and sauna treatments	6.1. Explain the therapeutic effects and the differences between wet and dry heat treatments	• Cleanses by perspiration • Relaxation • Relaxes muscles prior to deeper treatment • Steam produces wet heat • Sauna produces dry heat • Both methods deep cleanse
	6.2. Explain and demonstrate the safety and hygiene procedures for each method	• Ensure the cabinets are wiped out with sterilising solution after every treatment • Ensure the client showers before entering the cabinet and that swimwear or similar is worn • Ensure that the treatment is explained to the client before commencement • Ensure the correct temperature is adhered to • Check temperature gauge • Ensure the client stays in the sauna/steam room for maximum 10 minutes

		• After 10 minutes they should take a warm shower or plunge in a warm pool (not freezing) • Ensure the client drinks plenty of water • Ensure that the client rests in the rest area and allows the body temperature to return to normal before leaving the spa • If individual steam cabinets are used, a towel should be placed around the neck area to stop steam from escaping from the cabinet
	6.3. Explain the contra-actions that could occur during and post treatment and how to respond	• Dehydration • Fainting • Heart attack • Coronary • Collapse • Nausea • Headaches • Skin irritations • Allergic reactions • Heat exhaustion • Burns • Low blood pressure • Breathing difficulties • Cramp
LO7 Be able to carry out body wrap/mask treatments	7.1. Explain and demonstrate preparation, client care and treatment procedure	• Checking consultation and contra-indications • Explaining the treatment to the client • Using appropriate protective sheets for the couch and floor area • Helping the client onto the couch protecting the client's modesty at all times • Underwear should be worn (paper pants are acceptable) • Ensuring that all parts of the client are covered except the area being treated • Cleansing the client's feet with an appropriate sanitiser • Washing own hands • Ensuring that the client is comfortable throughout • Adapting the treatment to suit the needs of the client as part of a weight loss programme or skin treatment

		• Applying the mask/wrap in accordance with manufacturer's instruction • Wrapping the client in sheets/blankets/thermal blanket/ whichever is most appropriate to the treatment, for the required treatment time • Helping the client off the couch whilst protecting their modesty throughout
	7.2. Select a suitable wrap/mask for the area and explain the ingredients	• Natural • Specialised • Anti-cellulite • Firming/contouring • Moisturising • Paraffin wax • Mud • Detox • Herbal • Seaweed • Mineral
	7.3. Explain and demonstrate application of the suitable mask/wrap	• Following manufacturers' instructions
	7.4. Explain and demonstrate removal of the mask/wrap	• Following manufacturers' instructions
LO8 Know the history, concept and origins, types and benefits of seaweed and seawater treatments	8.1. Explain the history, concept and origins, types and benefits of seaweed and seawater treatments	• Brown • Red • Green • Blue/green • Deep cleansing • Detoxifying • Stimulating to the metabolism • Weight loss
LO9 Be able to carry out seaweed and sea water treatments	9.1. Explain and demonstrate the application of seaweed treatment	• Masks • Baths • Creams • Thalassotherapy

LO10 Know the treatment of water and the effects of water on the body	10.1. Explain the ways in which water is treated to maintain hygiene	• Water testing kit • Ozone • Chlorine • Salt
	10.2. Explain how the treatment of water may affect the hydrotherapy treatment	• Ozone • Chlorine • Salt • Temperature
	10.3. Explain the changes which occur in the body once it is immersed in water	• Buoyancy • Effect on the skin • Relaxation of the muscles

LO11 Be able to carry out hydrotherapy treatments	11.1. Explain the benefits and types of treatment	• Kneipp theory • Spa pool – originally known as a Jacuzzi, underwater jet massage • Jet shower (blitz/scotch) – A lymphatic drainage massage with a high-pressure jet of water where the temperature can be altered depending upon the type of treatment required e.g. toning or relaxation • Hydrotherapy bath – A foam aerated bath whereby ozone and/or oxygen are pumped through the bath. Alternatively, underwater jets move along the reflex points of the body for massage treatment or the foam and jet massage can be combined in a treatment. Some baths also have a separate hose which can be used by a therapist to give underwater massage. • Affusion (Swiss shower) - This is where a client lies on a wet bed whilst a shower emits fine raindrops from above. A therapist then proceeds to massage the client whilst the shower continues. The temperature is controlled depending upon the results required. Alternatively, the shower can be used to rinse off wraps, masks scrubs • Flotation – bath, tank, pool, bed
	11.2. Explain and demonstrate the procedure of each method	• Spa pool • Jet shower (blitz/scotch) • Hydrotherapy bath • Affusion (Swiss shower) • Flotation

LO12 Know how to record spa treatments and give aftercare and home care advice	12.1. Explain and demonstrate the importance of completing treatment records after all spa treatments	• Maintaining records • Any reactions after treatment • Aftercare • Home care • Product advice • Record and store in line with current data protection legislation and professional codes of conduct
	12.2. Explain suitable aftercare and home care advice for all spa treatments	• Recommendations for immediate aftercare • Avoidance of activities that might cause contra-actions • Suitable body care regime • Healthy eating • Exercise • Use of creams • Baths • Masks • Use of SPF • Lifestyle • Recommendation for further treatments and frequency

Assessment

Portfolio of evidence containing:

- 4 spa treatments to be performed and outcomes documented as part of the client care and treatment process.
- Evidence must include 4 exfoliations and 4 body wraps/masks, 3 of which should also include spa client consultations and instructions must be carried out to set up, monitor and shut down the following: steam, sauna and hydrotherapy.

MCQ

Practical examination

To include:

- Consultation
- Medical history
- Treatment details
- Client feedback
- Aftercare and home care advice

Treatments should be evidenced through the client consultation form

These are internally assessed by the college lecturer and verified by the external examiner

Guide to taught content

The content contained within the unit specification is not prescriptive or exhaustive but is intended to provide helpful guidance to teachers and learners with the key areas that will be covered within the unit, and, relating to the kinds of evidence that should be provided for each assessment objective specific to the unit learning outcomes.

Document History

Version	Issue Date	Changes	Role
v1	18/09/2019	First published	Qualifications and Regulation Co-ordinator
v2	13/01/2020	Clarified requirements of the portfolio of evidence on page 9.	Qualifications and Regulation Co-ordinator
v3	18/06/2026	Rebranding	Development Administrator