Title:	Understanding Skin Care
Level:	1
Credit value:	3
GLH:	27
Unique Reference Number:	D/506/5828
Sector Subject Area:	7.3 Service Enterprises
Aim:	To equip learners with the skills and knowledge understand skin care.
Assessment Type:	This unit will be assessed through an internally set and internally marked portfolio of evidence. Assessment of practical skills must take place during normal work activities.

Learning outcomes
The learner will:

1. Know how to prepare for a skin care treatment.

Delivery content:

The aim of this learning outcome is to provide learners with the knowledge to understand how to prepare for a skin care treatment.

The learner must:

1.1. Outline the **structure** and **function** of the **skin.**
1.2. Outline **common abnormalities** and **imperfections** of skin and their causes.
1.3. Outline the **characteristics** of **different skin types**.
1.4. Prepare for a client skin care treatment including products, materials and tools.

2. Know how to carry out a skin care treatment.

Delivery content:

The aim of this learning outcome is to provide learners with the knowledge to understand how to carry out a skin care treatment.

The learner must:

2.1. Identify client skin type and any special requirements through **consultation**.
2.2. Select appropriate products for treatment.
2.3. Carry out a skin care treatment.
2.4. Follow **safe** and **hygienic working practices**.
2.5. Apply professional conduct during a skin care treatment.

Scope of Training

The Scope of Training identifies areas that must be covered during the delivery of this unit. This is the minimum that is expected but tutors are expected to include other areas, knowledge of which will benefit their learners, based on location, types of work available and from the tutors own professional experience.

Requirements	
1.1. Outline the **structure** and **function** of the **skin.**	**Epidermis** – outer layer • Waterproof barrier that protects the body. • Gives skin its colour and protects from the sun. • Makes new skin cells and sheds old ones. **Dermis** – middle layer • Contains hair follicles, sweat glands and oil glands. • Has blood vessels and nerve endings. • Contains collagen and elastin to make skin strong and stretchy. **Subcutaneous layer** – deepest layer • Made of fat and connective tissue. • Joins the skin to muscle and bone. • Stores energy and keeps the body warm. **Main functions of the skin** • Protects the body from germs, chemicals, heat, cold and injury. • Stops water loss and keeps skin moist. • Controls temperature by sweating and changing blood flow. • Helps fight infection as part of the body's defence.
1.2. Outline **common abnormalities** and **imperfections** of skin and their causes.	• Blackheads – dark spots; clogged pores from oil, dead skin, dirt. • Whiteheads – white bumps; closed clogged pores. • Pimples/acne – red bumps; blocked pores, bacteria, hormones, stress. • Oily skin – shiny, large pores; excess oil, hormones, genetics. • Dry skin – flaky, tight; low oil/moisture, cold weather, harsh soaps. • Sensitive skin – red, itchy, stinging; irritants, allergens, thin skin. • Rosacea – red face, bumps, visible vessels; genetics, triggers (sun, alcohol). • Eczema – dry, itchy, cracked skin, genetics, irritants, allergens, stress. • Cold sores – blisters around mouth; herpes virus, stress, sun. • Age/sunspots – brown spots; sun exposure, age.
1.3. Outline the **characteristics** of **different skin types**.	**Normal skin** • Balanced oil and moisture. • Few blemishes, small pores. • Soft, smooth, not sensitive. **Oily skin** • Shiny face, especially in T-zone. • Enlarged, visible pores.

	• Prone to blackheads, whiteheads and pimples. • Make-up may slide off or not last long. **Dry skin** • Feels tight, rough or flaky. • May look dull or feel itchy. • Small, barely visible pores. • Reacts to products, may get red easily. • Can crack or peel in cold weather. **Combination skin** • Oily in T-zone (forehead, nose, chin). • Normal to dry on cheeks. • Pores large in oily areas, smaller on dry areas. • May have blackheads in T-zone but dry patches on cheeks. **Sensitive skin** • Easily irritated, red, itchy or stinging. • Reacts to many products, fragrance, heat or cold. • May have burning or tightness after using products.

2.1. Identify client skin type and any special requirements through **consultation**.	**Consultation**
	• Greet the client and create a friendly, relaxed atmosphere.
	• Ask open questions
	• Ask about special requirements:
	  • Allergies (e.g. to fragrance, nuts, lanolin).
	  • Skin conditions (eczema, psoriasis, rosacea, acne).
	  • Eye infections, cuts, burns or sore areas.
	  • Contact lenses, recent skin treatments, pregnancy, medications.
	Observe the skin
	• Check for shine (oily), flakiness (dry), redness (sensitive/rosacea), blemishes, large pores.
	• Look at the T-zone and cheeks to spot combination skin.
	Feel the skin
	• Check if it feels dry, tight, smooth, rough or oily.
	Decide the skin type:
	• Normal, oily, dry, combination or sensitive.
	Record the findings on the client record card:
	Agree the plan:
	• Confirm suitable products and any areas to avoid.
	• Explain what you will do and get the client's consent.

2.4. Follow **safe** and **hygienic working practices**.	• Wash hands before and after each client. • Use clean, disinfected tools for every client. • Use new disposable items (sponges, cotton pads, applicators, gloves) for each client and discard after use. • Do not share unwashed tools. • Check the client's skin for cuts, infections, rashes or eye problems; avoid affected areas. • Follow product instructions; avoid contact with eyes and broken skin. • Dispose of waste in a closed bin; clean spills straight away. • Report accidents, broken equipment or safety problems to your supervisor.

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