

Guidance notes for the Graduate Profile Outcomes

New Zealand Diploma in Beauty Therapy (level 5)

This document is a recommendation of content that should be covered within a training programme. It is envisaged that no content will be repeated but can be added to in a holistic delivery approach relevant to the application of the services within each GPO (Graduate Profile Outcome).

Note: where *Including* is indicated this is not exclusive, other requirements such as regional, can be reflected in addition to what is listed.

Graduates of this qualification will be able to:

GPO 1

Use appropriate equipment and products to professionally carry out a range of skin care services, providing a holistic perspective on client's skin care needs, and advice following an in-depth consultation and critical analysis as a beauty therapist.

Credits 45

Programme content is intended to include:

Knowledge:

- Skin anatomy & physiology – Integumentary system, skin anatomy, function and role of the skin, role of skin tissues, thermoregulation structure, function of the skin glands, ageing and healing process of the skin, (suggested in conjunction with GPO 2) skin chemical processes & hormones, genetic factors.
- In-depth knowledge of skin types and conditions and their relevance and how they are impacted by a range of skin care services – including manual and electrical services. Covering:
 - pigmentation (hypopigmentation and hyperpigmentation),
 - glycation,
 - impaired acid mantle,
 - phototypes [Fitzpatrick],
 - hormonal acne,
 - essential fatty acid deficiency,
 - impaired enzyme activity,
 - vascular damage,
 - collagen's loss of structural integrity,
 - elastin's loss of adhesion and resiliency.
- Basic knowledge of nutritional principles including main organs and functions of the digestive and excretory systems.
- Role and functions of nutrients including proteins, fats, vitamins, minerals, water.
- Impact nutrition has on supporting a healthy skin in relation to skincare services – within the boundaries of a beauty therapist.
- Role of a beauty therapist regarding nutrition including scope of practice, responsibilities, and referrals to other practitioners.

- Skin diseases and disorders and medical conditions relevant to skin care (manual and electrical) services.
- Cosmetic chemistry – cosmetic ingredients and their reactions on the skin – knowledge of risks associated with these products. Active ingredients specific to Beauty Therapy products and services. Common and active ingredients and their function and action on the skin:
 - emulsions – simple, complex, micro,
 - humectants – glycerol, NMF, sorbitol,
 - occludent,
 - antioxidants,
 - additives – liposomes, peptides, hyaluronic acids,
 - peels.
- Principles and properties of facial services electrical technology - Contextualized to the use of electrical facial services offered in a beauty clinic environment including direct current, alternating current and the various applications of the electrical technology including high frequency, galvanic, microdermabrasion, hydra dermabrasion, micro needling.
- Relevant health and safety requirements of specific facial electrical equipment including industry codes of practice, national or local legislation.
- Knowledge of risks associated with electrical facial services, including relevant contra-indications. Identifying and managing possible adverse reactions that could occur from skin care services, risk management, hazard identification.
- Sanitation, sterilization, and hygiene requirements relevant to skin care services. Including infection control, correct procedures - industry codes of practice, national or local legislation.
- Professional industry standards relevant to skin care services, understanding a duty of care. Including industry codes of practice.
- Facial services products and tools and their safe use and handling.
- Client consultation – holistic perspective approach and how to ensure critical analysis.

Practical: (Application of knowledge)

- Client consultation demonstrating critical analysis has taken place.
- Detailed analysis to produce a holistic treatment plan – short term and long-term goals.
- Implementation of industry standard and demonstrating a professional duty of care when carrying out a range of current skin care manual including comedone and millia extraction services.
- Implementation of industry standard and demonstrating a professional duty of care when carrying out a range of current skin care electrical services. It is recommended this forms a series of treatments across individual clients to demonstrate effectiveness.
- Provide individualized after care advice with clear rationale.
- Provide individualized homecare advice and support with retailing appropriate products with clear rationale.
- Completing successful sales, rebooking – companion products and block course bookings.

- Cleaning, follow-up notes and prep for next client.

Breadth of practice:

The above knowledge and skills are applied to facial skin care manual (including comedone and millia extraction services) and electrical services that meet client requirements and include the following skin conditions:

- aged, hypopigmentation, hyperpigmentation, imbalanced skin, environmentally and prematurely aged; fragile skin; red or flushed skin (erythema); seborrhoea and/or acne.

There is an expectation that the learners will continue to utilise these skillsets throughout the entirety of their training and practice them regularly within a commercial clinic environment to industry standards. It is envisaged the clinic hours be collated through case studies that evidence a series of progressive treatments for each client.

Graduates of this qualification will be able to:

GPO 2

Use appropriate equipment and products to professionally carry out a range of body services, providing a holistic perspective on client’s needs and advice following an in-depth consultation and critical analysis as a beauty therapist.

Credits 40

Programme content is intended to include:

Knowledge:

- Anatomy & Physiology – The skin (not be a repetition of GPO1 instead an addition to), circulatory and lymphatic system, musculoskeletal system, endocrine system, circulatory, lymphatic, integumentary, digestive system nervous system.
- Body massage relevant to Swedish and Hot stone including:
 - the position and action of relevant muscles in relation to body massage, effects, and benefits,
 - position of tendons and ligaments in relation to muscles and bones,
 - effects and benefits of massage on body systems including muscular, skeletal, nervous, endocrine, integumentary, circulatory, and lymphatic.
- The impact of the relationship of the body systems on a healthy body.
- Principles of body conditions, and how they are impacted by body services - cellulite, oedema, muscle tone, skin tone, skin conditions, body ageing, weight loss, pigmentation, skin texture, striae (stretch marks).
- Contra-indications relevant to massage, manual and electrical body services.
- Cosmetic chemistry – cosmetic ingredients and their reactions on the skin relevant to body services.
- Active ingredients.
- Body serums.
- Exfoliants.

- Peels.
- Masks.
- Health and well-being in relation to the body:
 - key foods and their impact on the body, including the skin,
 - healthy nutritional options in a beauty therapy context.
- Principles and properties of body services electrical technology - Contextualized to the use of electrical body services offered in a beauty clinic environment, including direct current, alternating current and the various applications of the electrical technology including Infra-red, radio frequency, sonophoresis, cryolipolysis.
- Relevant health and safety requirements of body services including industry codes of practice, national or local legislation.
- Knowledge of risks associated with body services including relevant contra-indications risk management, hazard identification.
- Sanitation, sterilization, and hygiene requirements relevant to body services Including infection control, correct procedures - industry codes of practice, national or local legislation.
- Professional industry standards relevant to body services understanding a duty of care, Including industry codes of practice.
- Body services products and tools and their safe use and handling.
- Client consultation – demonstrating a comprehensive approach integrating a holistic and critically analytical view.

Practical: (Application of knowledge)

- Client consultation demonstrating critical analysis has taken place.
- Detailed analysis to produce a holistic treatment plan.
- Implementation of industry standard when carrying out a range of current electrical body services. It is recommended this forms a series of treatments across individual clients to demonstrate effectiveness.
- Implementation of industry standard when carrying out full body massage services – Swedish, hot stone. Including the following classifications of movements: effleurage, petrissage, tapotement, friction, vibration.
- Provide individualized after care advice with clear rationale.
- Provide individualized homecare advice and support with retailing appropriate products with clear rationale.
- Completing successful sales, rebooking – companion products and block course bookings.
- Cleaning, follow-up notes and prep for next client.

Breadth of practice:

The above knowledge and skills are applied to current and the most suitable body therapy manual and electrical services as required by the client's body condition including:

- cellulite, oedema, muscle tone, skin tone, skin conditions, body ageing, weight loss, pigmentation, skin texture, striae (stretch marks).

Body massage is applied to the following areas: décolletage, arms, hands, abdomen, feet, hands, back, neck, shoulders.

There is an expectation that the learners will continue to utilise these skillsets throughout the entirety of their training and practice them regularly within a commercial clinic environment to industry standards. It is envisaged the clinic hours be collated through case studies that evidence a series of progressive treatments for each client.

Graduates of this qualification will be able to:

GPO 3

Use appropriate equipment and products to safely carry out electrical epilation services providing a holistic perspective on client's needs and advice following an in-depth consultation and critical analysis as a beauty therapist.

Credits 25

Programme content is intended to include:

Knowledge:

- Anatomy & physiology contextualized to electrical epilation services including endocrine system, nervous system, integumentary system, circulatory and lymphatic system.
- Hair histology - hair types, pilo sebaceous unit, phases of hair growth cycle, various hair growth variations (ingrown hair, embedded hair, pili multigemini follicles, corkscrew hairs, tombstone hairs, distorted hair follicles).
- Hair and skin diseases and disorders relevant to electrical epilation services including hair growth disorders including genetic, systemic, ethnic, and topical causes.
- Sanitation, sterilization, health, and hygiene requirements relevant to electrical epilation services. Including infection control, correct procedures - industry codes of practice, national or local legislation.
- Cosmetic chemistry – cosmetic ingredients and their reactions on the skin.
- Principles and properties of electrical epilation services- Contextualized to: Currents including – galvanic, short-wave diathermy, high frequency, blend.
- Current selection – skin type, follicle size, pain threshold.
- Effects of current on hair follicle and surrounding skin.
- Relevant health and safety requirements/precautions relevant to electrical epilation services including industry codes of practice, national or local legislation.
- Needle types.
- Needle sizes.
- Correct technique – needle insertion, current application, tissue destruction.
- Incorrect technique – too deep, too shallow, miss-probe.
- Positioning – client, therapist.

- Visual aids – lighting, optic aid.
- Knowledge of risks associated with electrical epilation services – variations of skin reactions: welting, blanching, erythema, blistering, scabbing, cauterisation, coagulation, patch testing.
- Professional industry standards relevant to electrical epilation services.
- Electrical epilation services products and tools and their safe use and handling.
- Client consultation – demonstrating a comprehensive approach integrating a holistic and critically analytical view.

Practical:

- Client consultation demonstrating critical analysis has taken place.
- Detailed analysis to produce a personalized treatment plan including:
 - hair type,
 - stage of growth,
 - angle of growth,
 - previous depilation or epilation methods.
- Implementation of industry standard when carrying out galvanic epilation, high-frequency epilation, blend epilation including:
 - angle and direction of growth,
 - depth gauge,
 - needle size and selection,
 - accuracy and continuity of probing,
 - pain threshold,
 - current intensity,
 - test patch,
 - skin reaction.
- Provide personalized after care advice.
- Provide personalized homecare advice and support with retailing appropriate products.
- Completing successful sales and rebooking next service – companion products and block course bookings.
- Cleaning, follow-up notes and prep for next client.

Breadth of practice:

The above knowledge and skills are applied to:

- Electrical epilation services: galvanic epilation, high-frequency epilation, blend epilation.

There is an expectation that the learners will continue to utilise these skillsets throughout the length of their training and practice them regularly within a clinic environment to industry

standards. It is envisaged the clinic hours be collated through case studies that evidence a series of progressive treatments for each client.

Graduates of this qualification will be able to:

GPO 4

Apply a range of professional communication, business and client service knowledge and skills relevant to a small beauty sector business or client base.

Credits 10

Programme content is intended to include:

- Research skills – it is envisaged this will underpin the various forms of assessment within all training programmes.
- Evaluation and reflection skills including understanding the requirement for continuous improvement within the industry and maintaining currency within the industry
- Principles of managing a clinic including rostering staff, stock orders, pricing services.
- Ethical and legal considerations including confidentiality, duty of care, privacy, consumer protection.
- Gender, diversity and cultural needs and attitudes in relation to beauty therapy services.
- Understanding of social media use in the beauty industry including impact on users (positive and negative).
- Environmental responsibilities of the beauty industry in relation to own practice including product/waste minimisation, energy, and water conservation.
- Dealing with challenging behaviours (clients and other staff members)
- How to refuse and refer a client and understanding all components of the referral process (writing the letter, engaging, and communicating with other professionals, implications for the client returning to the clinic etc).
- Recognising and dealing own stress management - self-care & mindfulness.