

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.

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 35

Programme content is intended to include:

Knowledge:

- Skin anatomy & physiology – The skin (suggested in conjunction with GPO 2) skin chemical processes & hormones, skin ageing and healing, genetic factors etc
- 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.
- Impact of nutrition has on the skin: supplements supporting the skin – within the boundaries of a beauty therapist.
- Role of vitamins, minerals, fatty acids, and effects on acne, comedogenic, eczema, dermatitis, dry skin.
- Key foods and their impact on specific skin conditions.
- Digestive system anatomy and physiology.
- 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 L5 products and services. Common and active ingredients and their relation to mixtures on the skin:
 - Emulsions – simple, complex, micro
 - Humectants – glycerol, NMF, sorbitol
 - Additives – liposomes, peptides, hyaluronic acids
 - Peels.
- Physics - Contextualized to the use of specific facial electrical equipment. Cover principles, including understanding of:
 - Faradic,
 - Galvanic – anodes, cathodes, acid, alkaline,
 - Radio frequency,
 - Light emitting diodes,
 - Micro current,
 - Microdermabrasion and Hydra dermabrasion,
 - Micro needling,
 - Sonophoresis,
 - Electrical resistance of the skin.
- Relevant health and safety requirements of specific facial electrical equipment.
- 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.
- Sanitation, sterilization, and hygiene requirements relevant to skin care services.
- Professional industry standards relevant to skin care services, understanding a duty of care.
- 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 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.
- 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 facial skin care manual (including millia extraction services) and electrical services 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 (can include a training clinic working with commercial clients).

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 35

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, urinary system, respiratory system, musculoskeletal system, reproductive system, endocrine system, nervous system.
- Principles of body conditions and body shapes, 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 body services.
- Cosmetic chemistry – cosmetic ingredients and their reactions on the skin relevant to body services.
- Active ingredients
- Essential and carrier oils and their adverse and beneficial combinations.
- Body serums
- Exfoliants
- Peels
- Masks
- Impact of nutrition has on the body:
 - Physical energy
 - Key foods and their impact on reduce weight and increase weight.
 - Digestive system anatomy and physiology

- Physics - Contextualized to the use of specific body electrical equipment. Cover principles: including understanding of:
 - Infra-red
 - Radio frequency
 - Light emitting diodes,
 - Sonophoresis,
 - Cryolipolysis
 - Electrical resistance of the skin
(Could be combined with this aspect of GPO 1 – there should be no need to repeat any of the content, instead ensuring relevance to body electrical).
- Relevant health and safety requirements of body services.
- Knowledge of risks associated with body services including relevant contra-indications.
- Sanitation, sterilization, and hygiene requirements relevant to body services.
- Professional industry standards relevant to body services
- 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.
- Implementation of industry standard when carrying out full body massage services – Swedish, fundamental aromatherapy, hot stone.
- 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 body therapy manual and electrical services and include the following body conditions:

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

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 (can include a training clinic working with commercial clients).

Graduates of this qualification will be able to:

GPO 3

Use appropriate equipment and products to safely carry out basic 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 15

Programme content is intended to include:

Knowledge:

- Anatomy & physiology contextualized to electrical epilation services – 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).
- Skin diseases and disorders relevant to the skin and hair.
- Cosmetic chemistry – cosmetic ingredients and their reactions on the skin
- Physics - Contextualized to the use of electrical equipment:
- Currents – galvanic, short-wave diathermy, high frequency, blend, and effect on the pilo-sebaceous unit
- 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.
- 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.
- Sanitation, sterilization, and hygiene requirements relevant to electrical epilation services.
- Professional industry standards relevant to electrical epilation services.
- Electrical epilation services products and tools and their safe use and handling.
- Needle types
- Needle sizes
- 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 (including a training clinic).

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 that this could underpin forms of assessment within any training programme.
- How to maintain currency within the beauty therapy industry
- Evaluation and reflection skills – understanding the requirement for continuous improvement within the industry.
- How to write a business plan
- Design and planning a clinic
- Clinic menu construction – how to write (market) and price services
- Principles of managing a clinic- rostering staff, stock orders
- 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