



321

Apply micro-dermabrasion techniques
Micro-dermabrasion uses a controlled flow of crystals to mechanically exfoliate the surface of the skin. It gently removes surface layers to uncover a brighter, smoother skin. Whilst it is quite an easy treatment to carry out, it is important to have proper training, as it can cause damage if done incorrectly. Clients love having it because it leaves the skin feeling soft and smooth. The unit covers the skin types and conditions you are likely to come across in facial work, plus how to advise clients on product usage and lifestyle changes in order to make the most of their complexion.

Assignment mark sheet

Unit 321 Apply micro-dermabrasion techniques

Your assessor will mark you on each of the practical tasks in this unit. This page is used to work out your overall grade for the unit. You must pass **all** parts of the tasks to be able to achieve a grade. For each completed practical task, a pass equals 1 point, a merit equals 2 points and a distinction equals 3 points.

What you must know	Tick when complete
Task 1a: produce an information sheet	
Task 1b: produce a fact sheet	
Task 1c: produce a fact sheet	
Task 1d: anatomy and physiology	
Or tick if covered by an online test	

What you must do	Grade	Points
Task 2: Provide skin treatment using micro-dermabrasion		

Overall grade

Candidate name:

Candidate signature: Date:

Assessor signature: Date:

Quality assurance co-ordinator signature (where applicable): Date:

External Verifier signature (where applicable): Date:

What does it mean?

Some useful words are explained below

Accutane

An oral medication used for the treatment of severe acne. A side effect is thinned and sensitised skin, so it is a contra-indication to micro-dermabrasion.

Acid mantle

The layer of sebum and sweat on the skin's surface that provides lubrication and protects against bacteria.

Chloasma

A hyper-pigmentation disorder resulting in darker patches of skin.

Contra-indications

Condition that prevent treatment from taking place or make it necessary to modify the treatment.

Dehydrated skin

This is a lack of water or moisture within the skin as opposed to a lack of oil, and can occur on any skin type.

Disposal of contaminated waste

It will be necessary to check the correct disposal of the crystals with your local council, as occasional 'pin prick' bleeding may occur.

Erythema

Redness of the skin resulting from dilation of blood vessels, due to stimulation, irritation or allergy.

Flow

The rate at which the crystals flow through the applicator on to the skin.



Impetigo

A bacterial skin infection where small blisters break open and then crust over to form honey coloured scabs.

Keloid scar

A raised scar that grows above skin level due to overproduction of collagen.



Mature skin

In beauty therapy terms this is any skin over the age of 25. However, the skin is generally not classed as being mature until the signs of ageing are apparent.

Normal skin

An uncommon skin type with small pores and a smooth texture, an even colouring, and no blemishes, flaky or oily patches present.

Retin A

A topical cream derived from vitamin A, prescribed for its anti-ageing effects or the treatment of moderate acne. As it thins the skin, it is a contra-indication to micro-dermabrasion.

Ringworm

A contagious fungal infection where there are circles of red, itchy skin, which heal from the centre.

Skin analysis

A careful assessment of the skin to determine its type and condition, taking into account contributory factors.

Skin type

A way of classifying the skin according to the amount of oil it produces. The skin types are normal, dry, oily and combination.

Sterilisation

The complete destruction of micro-organisms and their spores.



Vacuum flow

The pressure of the vacuum at the applicator head. The higher the pressure of vacuum, the more aggressive the treatment.

Revision tip

It is really important to carry out a thorough consultation and skin analysis before carrying out micro-dermabrasion as existing medical conditions, medications and sensitivity may contra-indicate the treatment.



Follow in the footsteps of... *Rebecca Sommerfeld* “

Rebecca is currently taking her Level 3 VRQ in Beauty Therapy at Bexley College. She loves all areas of Beauty Therapy because she enjoys carrying out treatments to her clients' satisfaction, although micro-dermabrasion is her favourite. Rebecca's plans for the future are always changing, but she is considering a career in physiotherapy. [Read on for Rebecca's micro-dermabrasion tips!](#)

What you must know

You must be able to:

- 1 Describe salon requirements for preparing themselves, the client and work area
- 2 Describe the environmental conditions suitable for micro-dermabrasion skin treatment
- 3 Describe the different consultation techniques used to identify treatment objectives
- 4 Describe how to select products and tools to suit client treatment needs, skin types and conditions
- 5 Describe known contra-indications that may restrict or prevent micro-dermabrasion treatment
- 6 Describe the importance of carrying out a skin analysis
- 7 Describe the effects and benefits of a micro-dermabrasion treatment
- 8 Explain how to communicate and behave in a professional manner
- 9 Describe health and safety working practices
- 10 Explain the importance of positioning themselves and the client correctly throughout the treatment

Continues on next page

- 11 Explain the importance of using products, tools and techniques to suit client's treatment needs, skin types and conditions
- 12 Describe how treatment can be adapted to suit client treatment needs
- 13 State the contra-actions that may occur during and following treatments and how to respond
- 14 Explain the importance of completing the treatment to the satisfaction of the client
- 15 Explain the importance of completing treatment records
- 16 Describe the methods of evaluating the effectiveness of the treatment
- 17 Describe the aftercare advice that should be provided
- 18 Describe the structure and function of the skin
- 19 Describe the main diseases and disorders of the skin
- 20 Describe skin types, conditions and characteristics
- 21 Describe the growth cycle and repair of the skin
- 22 Explain how natural ageing, lifestyle and environmental factors affect the condition of the skin

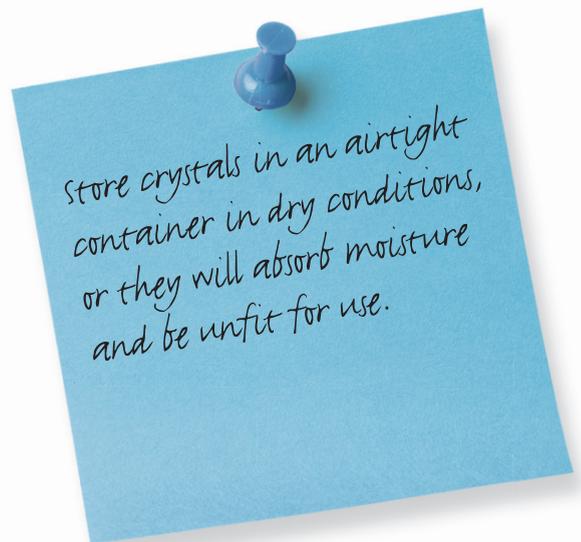


Image courtesy of Crystal Clear



Micro-dermabrasion is an easy treatment to perform but you must know your equipment.

Image courtesy of skinbase.co.uk

Micro-der

“

Remind clients not to exfoliate for a week after the micro-dermabrasion treatment.

Always use a fresh disposable applicator head for each client for hygiene reasons.



microdermabrasion

“

Try using a cooling masque on your client after the treatment.

Longer, slower strokes have a deeper, more stimulating effect.

What you must do

Practical observations

This page shows what you need to do during your practical task. You can look at it beforehand, but you're **not** allowed to have it with you while carrying out your practical task. You must achieve **all** the criteria; you can achieve 1 mark, 2 marks or 3 marks for the criteria indicated with *****.

- 1 Prepare yourself, the client and the work area for skin treatment using micro-dermabrasion
- 2 Use suitable consultation techniques to identify treatment objectives *
- 3 Advise the client on how to prepare for the treatment
- 4 Carry out a skin analysis *
- 5 Provide clear recommendations to the client *
- 6 Position yourself and the client correctly throughout the treatment
- 7 Select and use products, tools, equipment and techniques to suit client's treatment needs, skin type and conditions *
- 8 Communicate and behave in a professional manner
- 9 Follow health and safety working practices
- 10 Complete the treatment to the satisfaction of the client *
- 11 Record and evaluate the results of the treatment
- 12 Provide suitable aftercare advice *

Total

Grade

Candidate signature and date

Assessor signature and date

Conversion chart

Grade	Marks
Pass	12–14
Merit	15–20
Distinction	21–24

Please tick when all pre-observation requirements have been met

Apply micro-dermabrasion techniques		
1		
1	2	3
1		
1	2	3
1	2	3
1		
1	2	3
1		
1	2	3
1		
1	2	3

What you must do

Practical observations descriptors table

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with * on the previous page.

	1 mark	2 marks	3 marks
2 Use suitable consultation techniques to identify treatment objectives	Basic consultation Examples: uses open and closed questions, checks for contra-indications, identifies the treatment objectives correctly.	Good consultation Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations, identifies the treatment objectives and any factors that may limit or restrict the treatment.	Thorough consultation Examples: positive body language, uses open and closed questions to identify contra-indications, general health, lifestyle and expectations, how client feels about their skin and what improvement they would like to achieve, identifies the treatment objectives and any factors that may limit or restrict the treatment, allows the client to ask any questions to confirm understanding.
4 Carry out a skin analysis	Skin cleansed, magnifier and light used. Some recording of skin characteristics.	Skin cleansed, magnifier and light used, good observations of skin characteristics recorded.	Skin is cleansed thoroughly, magnifier and light used, detailed observations of skin characteristics recorded.

Continues on next page



The client must be advised to wear a high factor sunscreen after having micro-dermabrasion.

What you must do

Practical observations descriptors table (continued)

This table shows what you need to do to achieve 1, 2 or 3 marks for the criteria indicated with * on page 198.

	1 mark	2 marks	3 marks
5 Provide clear recommendations to the client	A basic treatment plan is recommended Examples: explains treatment procedure and any adaptations to meet client treatment needs, equipment to be used.	A good treatment plan is recommended Examples: explains treatment procedure and any adaptations to meet client treatment needs, equipment to be used based on factors identified during consultation (lifestyle, medication (if any), contra-indications, results of skin analysis), a choice of products to be used.	A thorough treatment plan is recommended Examples: explains treatment procedure and any adaptations to meet client treatment needs, equipment to be used based on factors identified during consultation (lifestyle, medication (if any), contra-indications, results of skin analysis), a choice of products to be used, explains effects and benefits of the type of equipment used and the adaptation/ modification to suit client treatment needs, allows the client to ask questions about the treatment plan.
7 Select and use products, tools, equipment and techniques to suit client's treatment needs, skin type and conditions	Selects and uses the correct equipment, tools, techniques and basic products based on factors identified in skin analysis.	Selects and uses the correct equipment, tools, techniques and a variety of products based on factors identified in skin analysis, explains effects and benefits of the products and equipment to the client as appropriate throughout.	Selects and uses the correct equipment, tools, techniques and a variety of products based on factors identified in skin analysis, explains effects and benefits of the products and equipment to the client as appropriate throughout, adapts and modifies the techniques used, explains the treatment to the client as appropriate throughout.

Continues on next page

	1 mark	2 marks	3 marks
10 Complete the treatment to the satisfaction of the client	The treatment is completed within the agreed time and brought to a satisfactory close.	The treatment is completed within the agreed time, brought to a satisfactory close and positive feedback is gained from the client.	The treatment is completed within the agreed time, brought to a satisfactory close and positive feedback is gained from the client, shows the client the results of the treatment and allows the client to ask questions.
12 Provide suitable aftercare advice	Basic aftercare advice Examples: how to deal with possible contra- actions, product(s) to use, future treatment needs.	Good level of aftercare advice Examples: how to deal with possible contra- actions, product(s) to use, specific advice (ie what to avoid immediately after the treatment, fluid intake, healthy eating), future treatment needs.	Excellent aftercare advice Examples: how to deal with possible contra- actions, product(s) to use, specific advice (ie what to avoid immediately after the treatment, fluid intake, healthy eating), recommends future treatment programme (regular treatments, introduction of new/ alternative treatments).



Advise your client to purchase an SPF 30 moisturiser to protect the skin after micro-dermabrasion.

Comment form

Unit 321 Apply micro-dermabrasion techniques

This form can be used to record comments by you, your client, or your assessor.



Image courtesy of Carlton Professional



Image courtesy of Walsall College