

Qualification title: City & Guilds level 2 Technical Certificate in Beauty Therapy
Assessment Module: 020
Version: A
Base mark: 60
Grading: P/M/D
Duration: 1.5 hours

1

- (a) Identify **two** structures in the skin that contribute to heat regulation. (2 marks)
- (b) Explain how **one** of the structures identified in (a) contributes to heat regulation. (1 mark)

Answer

(a) Any two from the following

- Sudoriferous glands
- Arrector pili muscle
- Adipose tissue
- Blood capillaries

(b) One from the following

Sudoriferous glands

Excrete sweat that evaporates from the surface of the skin to produce a cooling effect

Arrector pili muscles

Contract when cold to make the hairs stand up and trap heat on the surface of the skin

Adipose tissue

Helps to insulate the body against heat loss

Blood capillaries

Dilate on the surface when hot to help cool the body, constrict when cold to keep the blood close to the vital organs

Test spec reference: 201 (2.1)

Total marks: 3

2

Outline the differences between Herpes Simplex and Tinea Pedis.

Answer

Candidates must identify which of the above is a fungal and which is a viral infection and be able to describe **all the key symptoms** of each for the full four marks

Herpes Simplex is a viral infection (1 mark)

It occurs on the face - starts itching, blister is formed, blister weeps and forms a crust (1 mark)

Tinea Pedis is a fungal infection (1 mark)

It occurs on the feet - starts as flaking skin between the toes, becomes soft and soggy and itches (1 mark)

Test spec reference: 201 (2.4)

Total marks: 4

3

(a) State the muscles responsible for each of the following actions; (3 marks)

- i. dorsiflexion of the foot
- ii. extension of the forearm
- iii. pulls the corners of the mouth upwards.

(b) Explain the functions of the muscular system. (2 marks)

Answer

(a) One mark for each of the following

- i. Tibialis anterior
- ii. Triceps
- iii. Risorius

(b) Any two from the following

- Maintaining posture and physical movement
- Muscle movement creates heat which helps to maintain body temperature
- Movement of bodily fluids eg blood, lymph, urine

Test spec reference: 201 (4.1, 4.2, 4.3, 4.4)

Total marks: 5

4

State the location of the

- (a) Supra trochlear lymph nodes
- (b) Sub-mandibular lymph nodes.

Answer

One mark for each of the following

- (a) Crook of elbow
- (b) Under the chin

Test spec reference: 201 (6.3)

Total marks: 2

5

It is important to follow professional practices when working in the beauty industry.

- (a) State **two** reasons for presenting a professional appearance in the workplace. (2 marks)

(b) Give **three** reasons why it is important to maintain client confidentiality. (3 marks)

Answer

(a) Any two from the following

- Reflects the desired image to clients
- Clients will have confidence in the salon which could increase salon revenue
- Reflects the standards of the salon

(b) Any three from the following

- Compliance with data protection act
- To maintain a professional image of the establishment
- To protect the business reputation
- To protect the clients welfare

Test spec reference: 202 (1.2, 2.1)

Total marks: 5

6

(a) Explain the importance of performing relevant skin tests prior to and during waxing treatments. (2 marks)

(b) Explain how an underarm hot wax treatment should be adapted if a client had

- i. a verrucae filliformis in the area to be waxed (1 mark)
- ii. an area of tinea corporis on the underarm. (1 mark)

(c) State **two** actions to take to minimise hazards when preparing the work station for a leg wax. (2 mark)

Answer

(a) One mark for each correct answer

- Thermal tests to ensure that the client is able to detect the heat sufficiently to prevent burning and skin tests to check the skins sensitivity to wax product
- Self testing throughout the treatment to ensure wax is at the correct temperature and test on client to ensure tolerance to the heat

(b) One mark for each correct answer

- i. carefully work around the verrucae filliformis, avoid waxing directly over the verruca filliformis
- ii. avoid carrying out the waxing treatment

(c) Any two from the following

- Keep close to the plug socket to avoid trailing wires
- Place on a stable trolley to prevent spillage
- Set the temperature control at medium to prevent the wax from over heating
- Make sure the trolley is placed close to the couch to prevent over stretching and spillage of wax

Test spec reference: 202 (1.1), 203 (1.1, 1.3, 3.1)

Total marks: 6

7

- (a) Describe **three** characteristics that set apart a dry skin from an oily skin. (3 marks)
- (b) Identify a type of mask that is used on a dry skin and an oily skin. (2 marks)
- (c) Explain why a different mask should be used on a dry skin and an oily skin. (2 marks)
- (d) Describe **two** effects of petrissage massage movements when used within a facial. (2 marks)

Answer

- (a) Any three from the following
- Dry skin - taut, fine lines, milia, evidence of dehydration, often has fine broken capillaries
 - Oily skin - shiny, wet to touch, comedones, open pores, thickened texture, congestion, papules, pustules
- (b) One mark for each correct mask
- Non-setting mask for dry skin
 - Setting mask for oily skin
- (c) One mark for each correct reason
- Setting masks for dry skin are moisturising, soothing, calming, lubricating
 - Non setting masks for oily skin are cleansing, draw out impurities, reduces sebum/oil, astringent to tighten pores
- (d) Any two from the following
- Increases blood flow, stimulates the lymph flow, eases tension in muscles, stimulates the sebaceous glands, stimulates sudoriferous glands

Test spec reference: 204 (2.1, 2.2, 2.3, 2.4)

Total marks: 9

8

A customer would like their gel polish removed and have requested a luxury manicure treatment to improve the condition of their natural nails.

- (a) Describe the process used to remove the gel polish from the nails with minimum damage to the natural nail. (3 marks)
- (b) Describe the effects of the following when used in luxury manicure treatments. (2 marks)

- i. Cuticle remover
- ii. Paraffin wax

Answer

- (a) One mark for each step in the process
- Buff topcoat prior to soaking
 - Soak nails in acetone using individual nail wraps
 - Remove gel using lint free pads or cotton wool pads soaked with product remover, allow product to soak into the gel product and wipe towards free edge
- (b) One mark for each effect
- i. Digests and breaks down the structure of the cuticle
 - ii. Warms the area to improve circulation and moisturise the skin

Test spec reference: 205 (1.2, 2.1) 207 (3.3)

Total marks: 5

9

- (a) State the importance of carrying out a patch test on clients prior to an eyelash tint. (1 mark)
- (b) Give **two** reasons why it is important to accurately record the results of a patch test prior to eyelash tinting. (2 marks)
- (c) State **two** contra-indications that would prevent an eyelash tint. (2 marks)

Answer

- (a) Prevent allergic reaction
- (b) Any two from the following
- To comply with insurance requirements
 - To follow manufacturer's instructions
 - To provide evidence in the case of a dispute
- (c) Any two from the following
- Conjunctivitis
 - Blepharitis
 - Ringworm
 - Styes
 - Headlice / pediculosis capitis or eye lash lice
 - Scabies
 - Allergies
 - Positive reaction to skin patch test

Test spec reference: 208 (1.2, 1.3)

Total marks: 5

10

- (a) Describe how makeup brushes should be cleaned prior to a make-up application. (1 mark)
- (b) State which type of foundation would be suitable for an oily skin. (1 mark)
- (c) Describe the characteristics of the following face shapes: (2 marks)
- i. Heart.
 - ii. Pear.

Answer

- (a) Washed in soapy water and left to dry, once dried place in the UV cabinet until needed
- (b) Any one from the following
- Light lotion
 - Gel
 - Powder based foundation
- (c) 1 mark for each of the following
- i. Heart – wide forehead, with face tapering down to a pointed chin very much like an inverted triangle
 - ii. Pear – a wide board jawline, tapering up to a narrow forehead

Test spec reference: 209 (1.1, 2.1)**Total marks: 4****11**

Lisa often comes to the salon for facials and hair removal. She is getting married in two months and her main concerns are in-growing hairs on her chin, dry dehydrated skin on her face and brittle and dry nails which are due to her occupation.

Lisa would like you to prepare a treatment plan running up to the event to address her main concerns. She is willing to invest time and money to look her best on the wedding day.

Question

Discuss appropriate treatments and recommendations you would provide to address Lisa's concerns prior to the wedding and include a treatment plan for the morning of the wedding which is due to take place at 2pm.

Indicative content**Treatments**

Exfoliation

Facials

Hair removal

Manicure/pedicure

Eyelash/eyebrow tint

Tanning

Timescales

Sufficient time left between waxing treatment and adequate time allowed prior to the wedding to minimise the risk of contra actions

Tanning a couple of days prior to the wedding to ensure it is set

Facials a couple of days prior to the wedding to minimise risk of adverse reactions

Patch testing for tinting

Manicure/ pedicure day prior to the wedding or consider gel polish on the day

Treatment plan for the actual wedding day including advice on clothing to be worn whilst having treatments e.g. button up blouses so that hair and makeup remain intact

Homecare plan

Products for dry/dehydrated skin e.g. hydrating face mask, eye cream

Recommendation of use of products containing SPF

Answer

Band 1: 1-4

A limited range of available treatments were discussed. No consideration was given to timescales and the requirement for regular treatments in the period prior to the wedding. Limited advice and recommendations were provided. Brief treatment plan proposed for the wedding day.

Band 2: 5-8

Treatments discussed were relevant to the clients concerns, with some justification provided. Timescales were considered but were not fully developed or linked to the treatment plan. Advice and recommendations were suggested with some evidence of relevance to the treatments provided. Logical treatment plan proposed for wedding day.

Band 3: 9-12

Treatment plan described a range of treatments linked to the clients concerns providing clear justifications for the choices. Thorough consideration was given to planning timescales to ensure the maximum benefit is achieved for the client, taking into account the effects of the treatments provided and products used. Comprehensive and relevant options relating to advice and recommendations were provided to maintain the effects of the treatments. Comprehensive and logical treatment plan proposed for wedding day.

**Test spec reference: 203 (1.2, 2.1, 3.2)
204 (1.2, 2.1, 2.2, 2.3, 3.2) 205 (1.3, 2.1,
2.2, 3.2) 207 (2.3, 4.1) 208 (1.2, 3.2) 209
(1.2, 3.2)**

Total marks: 12