



FACIAL

Work Pack



KNOWLEDGE

Build your understanding



PRACTICAL SKILLS

Develop confidence and technique



PROFESSIONALISM

Work safely and with care



Name: _____

Healthy skin,



A facial is a treatment to the face and neck, and it is carried out for the following reasons:

- to improve the appearance of the skin
- to balance out problems of the skin
- to deep cleanse the skin
- to help improve muscle tone
- to speed up cell renewal therefore helping to slow down the ageing process
- to keep the skin soft by removing dead skin cells
- for relaxation and pampering
- to encourage the client to look after their skin at home

It is common practice for a facial treatment to take approximately 1 hour to 1 hour 15 minutes.

Contra-indications

What is a contra-indication?

It is something that prevents or restricts the way in which the treatment is carried out.

It is important that you can recognise a contra-indication so to prevent any further harm to the client or yourself, and to prevent cross-infection and secondary infection.

The contra-indications to a facial treatment that require medical referral are:

- Bacterial infection- i.e. impetigo
- Viral infection - i.e. herpes simplex, herpes zoster and warts
- Fungal - i.e. tinea (ringworm)
- Systemic medical conditions - i.e. conjunctivitis
- Severe skin conditions and eye infections – i.e. acne vulgaris and boils
- Parasitic infestation – i.e. pediculosis and scabies

If the client has any of the above conditions, you must recommend that the client seeks medical advice and treatment before proceeding with the facial. It is important that you do not just send the client home, as they need to receive treatment from their doctor in order to prevent the condition from worsening and to alleviate the condition.

It is important that you do not diagnose any of these conditions as it is unprofessional and may worry or upset the client unnecessarily. If you suspect that the client has a contra-indication, you should:

1. Inform the client that there is a possibility of a contra-indication and explain that you cannot carry out the treatment as it may cause harm to the client.
2. If the client wishes for the treatment to be carried out, they must bring to you a doctor's note.
3. Reassure the client and offer an alternative treatment that is not contra-indicated if possible.
4. Make a note on the record card.

Contra-indications that restrict facial treatment:

- Recent scar tissue
- Eczema of a mild form
- Hyperkeratosis
- Skin allergies
- Cuts or abrasions
- Bruising
- Styes
- Watery eyes

These will restrict your application and should be avoided when proceeding with the treatment. In some cases, the client will have to return for the facial treatment once the contra-indication is no longer present.