



# MCAST

Malta College of Arts, Science & Technology

MQF Level 4

CS4-01-19

**MCAST Advanced Diploma in Beauty and  
Complimentary Therapies**

**Course Specification**

## **Course Description**

This qualification equips students with the knowledge to provide treatments for the purposes of relaxation and stress release as well as to improve the condition of the skin. It also provides students with an opportunity to develop a range of skills and techniques essential for specialising as a beauty therapist. Students will practise what is learnt as well as the skills achieved in the MCAST Diploma for Beauty Specialists through salon experience sessions at MCAST and as part of work placements within established salons. After the first year, students will have covered the units necessary to work as a beauty therapist and successful candidates will be awarded the MCAST Advanced Certificate in Beauty Therapy. In the second year, topics covered include alternative therapies such as reflexology, hot stone massage and aromatherapy. During the course, students will be asked to have basic tools and products of their own to practise with.

## **Programme Learning Outcomes**

At the end of the programme the learner will be able to:

- 1. Understand concepts of diet and nutrition;*
- 2. Perform a range of holistic massage techniques;*
- 3. Perform facial electrical treatments;*
- 4. Understand anatomy and physiology principles essential for beauty therapists.*

## **Entry Requirements**

- ITEC Diploma for Beauty Specialists or
- MCAST Diploma for Beauty Specialists

**Current Approved Programme Structure**

<b>Unit Code</b>	<b>Unit Title</b>	<b>ECVET</b>	<b>Year</b>
CSBTY-412-2007	Holistic Massage	12	1
CSPHY-406-2003	Anatomy and Physiology	6	1
CSBTY-409-2008	Facial Electrical Treatments	9	1
CSBTY-412-2009	Body Electrical treatments	12	1
CSPRJ-406-2000	Beauty Therapies Client Based Project	6	1
CSNTR-406-2000	Diet and Nutrition for Complimentary Therapists	6	1
CDKSK-406-2001	English	6	1
CSBTY-412-2012	Aromatherapy	12	2
CSBTY-412-2013	Reflexology	12	2
CSBTY-409-2010	Alternative Therapies including Indian Head Massage	9	2
CSBTY-406-2011	Hot Stone Massage	6	2
CSPRJ-406-2001	Complimentary Therapies Client Based Project	6	2
CDKSK-406-2004	Maltese	6	2
CDKSK-404-1915	Employability and Entrepreneurial Skills	4	2
CDKSK-402-1914	Intrapersonal and Interpersonal Skills	2	2
CDKSK-406-2002	Individual and Social Responsibility	6	2
<b>Total ECVET</b>		<b>120</b>	<b>/</b>

## Unit: CSBTY-412-2007 Holistic Massage

Unit level (MQF): 4  
Credits : 12

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### Unit description

This Unit will allow candidates to develop both practical and theoretical aspects of Holistic Face and Body Massage, which are prevalent within the Beauty and Complimentary Therapy Industry. This unit will focus on many core considerations that must be addressed in order for this treatment to be administered successfully and for Learners to become confident in all aspects which will allow completion of the unit.

Candidates will understand the Practical and Theoretical aspects of this treatment, how to administer Holistic Facial and Body massage treatments and who can and cannot have this treatment. This unit will allow growth of confidence in massage techniques with the knowledge learned on Holistic Face and Body massage.

This unit will contain various aspects to allow a comprehensive learning environment for the candidate, keeping in line with current teaching trends and methodologies. Understanding of clientele and customer bases are both essential and will be covered within this unit, allowing for adaptations of treatments as and when required. Areas covered would also include; Contra-indications, Contra-actions, Client Care, Consultation Procedures, Health and Safety and Professional Conduct. Successful completion of Anatomy and Physiology, Basic Body Massage, Facial therapies and current Health and Safety legislation are essential prior to taking part in this course. Background information and knowledge of these subjects will allow for competent completion of this unit allowing the learner to administer this treatment on clientele competently and confidently.

## Learning Outcomes

**On Completion of this unit the learner will be able to**

- 1. Identify various chakra points, facial pressure point massage and lymphatic drainage, treatment layout and massage techniques used, any equipment required and the Health and Safety regarding Holistic Massage;*
- 2. Detail the history of massage, effective healing properties, visualisation and grounding techniques and treatment aftercare;*
- 3. Demonstrate specific client care and consultation techniques to develop treatment plans and administer Holistic massage treatment;*
- 4. Evaluate and reflect on the effectiveness of practical Holistic Massage treatment.*

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## Unit: CSPHY-406-2003 Anatomy and Physiology

Unit level (MQF): 4  
Credits : 6

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### Unit description

This Unit is fact based to allow the candidate to increase their knowledge and understanding of human anatomy and physiology and the way in which the body is organized. It is intended to underpin and support other units within the course. It will provide a thorough program of study for a career path in beauty and complimentary therapies.

Throughout the unit candidates will be expected to describe the characteristics and functions of the major systems of the body. This will include the skeletal and muscular systems: nervous and endocrine systems: cardiovascular and respiratory systems: lymphatic and urinary system, the digestive system and the integumentary and reproductive system. It is suggested that these systems be assessed holistically between learning outcomes 1 and 2, enabling the candidate to relate the structure and function to each individual system.

Candidates will also provide evidence which will analyse and discuss the effects of a specific Complementary Therapy on one of the major systems of the body.

This unit will give an overview of the human body, highlighting the connection between its structure and function and the link between the human body and its systems, and the practical treatments of the beauty or complimentary therapist.

### Learning Outcomes

**On Completion of this unit the learner will be able to**

1. *Identify the characteristic structures of the major systems of the body;*
2. *Describe the characteristic structures of the major systems of the body;*
3. *Describe the function of the major systems of the body;*
4. *Analyse and describe the effects of Body Massage on all the major systems of the body.*

## Unit: CSBTY-409-2008 Facial Electrical Treatments

Unit level (MQF): 4  
Credits : 9

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### Unit description

This unit has been designed to familiarise learners with Facial electrical treatments and implement such treatments with manual techniques to treat skin care concerns. The unit will allow for full comprehension of the purpose of facial electrotherapy, to enable the utilisation of such equipment to treat specific skin types and conditions. The Learner will have the autonomy to plan treatment tasks, prepare accordingly for treatment execution and perform treatments safely and effectively.

### Learning Outcomes

**On Completion of this unit the learner will be able to**

- 1. Demonstrate knowledge and understanding of Facial Electrical Treatments and how they are utilised in skin care;*
- 2. Administer Pre-treatment tasks and manual treatments to prepare for Facial Electrical;*
- 3. Perform Facial Electrical Treatments professionally and effectively;*
- 4. Evaluate treatment effectiveness and performance.*

## Unit: CSBTY-412-2009 Body Electrical Treatments

Unit level (MQF): 4  
Credits : 12

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### Unit description

This unit has been designed to familiarise learners with body electrical treatments and meet the needs of clients with specific body concerns. The unit will allow for the acquisition of knowledge and understanding of several body electrotherapy treatments which will allow the learner to plan, perform and evaluate treatments successfully whilst complying with necessary health and safety regulations.

### Learning Outcomes

On Completion of this unit the learner will be able to

1. *Demonstrate knowledge and understanding of body electrical treatments and link to common body conditions and client concerns;*
2. *Administer pre-treatment duties to prepare for safe and methodical working practices;*
3. *Perform Body Electrical Treatments professionally and effectively;*
4. *Evaluate treatment effectiveness and performance.*



## **Unit: CSBTY-409-2010 Alternative Therapies including Indian Head Massage**

**Unit level (MQF):** 4  
**Credits :** 9

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### **Unit description**

This unit is designed to allow learners to gain knowledge and understanding of a variety of alternative therapies available within the beauty and complimentary therapy industry.

Learners will gain experience of researching and comparing the effects and benefits of a variety of complimentary therapy treatments. Learners will also learn how to present and submit their findings in a report format.

This unit provides learners with the underpinning knowledge of client suitability to alternative therapy treatments with regards to contra-indications and special care. This unit will also provide the opportunity for learners to devise a suitable treatment plan and apply effective practical skills to meet client requirements.

Learners will seek feedback and evaluate their findings gaining experience of critical evaluation. Learners will also gain knowledge of preparing and presenting findings and evaluation in a report format.

This unit is suitable for learners who have current knowledge of basic alternative therapy treatments e.g. hot stone massage, reflexology, Indian head massage and wish to expand on their treatment selection.

### **Learning Outcomes**

**On Completion of this unit the learner will be able to**

1. *Identify Contra-indications and Special Care to alternative therapy treatments;*
2. *Research effects and benefits of two chosen alternative therapy treatments;*
3. *Prepare for and carry out chosen alternative therapy treatments;*
4. *Evaluate and present findings on two chosen alternative therapies.*

## Unit: CSBTY-406-2011 Hot Stone Massage

Unit level (MQF): 4  
Credits : 6

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### Unit description

This Unit will allow candidates to develop both practical and theoretical aspects of Hot Stone Massage, which are prevalent within the Beauty and Complimentary Therapy Industry. This unit will focus on many core considerations that must be addressed in order for this treatment to be administered successfully and for Learners to become confident in all aspects which will allow completion of the unit.

Candidates will understand the Practical and Theoretical aspects of this treatment, how to administer Hot Stone Massage and who can and cannot have this treatment. This unit will allow candidates looking to develop basic massage techniques with the advanced treatment of Hot Stones.

This unit will contain various aspects to allow a comprehensive learning environment for the candidate, keeping in line with current teaching trends and methodologies. Understanding of clientele and customer bases are both essential and will be covered within this unit, allowing for adaptations of treatments as and when required. Areas covered would also include; Contra-indications, Contra-actions, Client Care, Consultation Procedures, Health and Safety and Professional Conduct. Successful completion of Anatomy and Physiology, Manual Body Massage and current Health and Safety legislation are essential prior to taking part in this course. Background information and knowledge of these subjects will allow for competent completion of this unit allowing the learner to administer this treatment on clientele competently and confidently.

### Learning Outcomes

**On Completion of this unit the learner will be able to**

1. Explain various stone types, treatment layout and massage techniques used, any apparatus required and the Health and Safety regarding Hot Stone Massage;
2. Detail the History of Hot Stones, their healing properties and cleansing, aftercare rituals and grounding techniques;
3. Use specific client care and consultation techniques to develop treatment plans and administer Hot Stone Massage treatment;
4. Evaluate and reflect on effectiveness of practical treatment.

## **Unit: CSNTR-406-2000 Diet and Nutrition for Complementary Therapists**

**Unit level (MQF):** 4  
**Credits :** 6

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### **Unit description**

This unit will allow learners to gain knowledge and understanding of diet and nutritional needs relating to complimentary therapy treatments. The learner will investigate what is considered to be a balanced diet, and the potential effects on the body of smoking, caffeine and alcohol intake.

Learners will have experience of carrying out detailed consultations with a variety of clients to gain current lifestyle information. Learners will then use the knowledge gained to advise and support clients in making healthy dietary and nutritional choices.

Learners will investigate the main food groups, including carbohydrates, proteins, dairy, fruit & vegetables and fats & sugars, and will demonstrate understanding of absorption and digestion of nutrients.

This unit is designed for learners who wish to gain knowledge of diet and nutrition and the promotion of a healthy diet in relation to complimentary therapy.

Current knowledge and understanding of physiology in the human body would greatly benefit the learner.

### **Learning Outcomes**

**On Completion of this unit the learner will be able to**

- 1. Demonstrate knowledge and understanding of digestion and absorption of nutrients;*
- 2. Investigate the food groups of a balanced diet;*
- 3. Consult with clients wishing to improve their health and wellbeing;*
- 4. Give advice and support to clients in making healthy choices.*

## Unit: CSBTY-412-2012 Aromatherapy

Unit level (MQF): 4  
Credits : 12

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### Unit description

This is knowledge and understanding skills based unit and will allow the learners to demonstrate they have the necessary skills to be able to select and blend their own oils used in aromatherapy and carry out aromatherapy massage treatments. This unit will develop learners and prepare them for working with a diverse range of clients within the beauty therapy industry.

Learners will develop knowledge and skills to enable them to gather the correct information to plan an effective aromatherapy treatment. Learners will identify and address client's aims and objectives, needs and wants through completing a thorough consultation. Learners will ensure client is suitable for treatment and show knowledge of contra-indications and restrictions to specific oils. Learners will select the correct blend of oils in accordance with client's treatment plan.

Learners will become aware of statutory law and ethical values expected of them and their fellow professionals in relation to treatment, to present themselves, client and treatment area in accordance with professional standards and health and safety regulations. Learners will need to ensure they attain and keep the required professional standards, particularly when working closely with clients of all ages and backgrounds when performing aromatherapy treatment. Learners will need to apply the correct techniques and adapt movements to meet the client's treatment plan and ensure client care and comfort is maintained throughout treatment.

Learners will evaluate the effectiveness of the treatments taking into consideration of short and long term effects. Learners will give specific homecare and aftercare advice, possible contra-actions and record feedback through effective communication with client.

Learners will develop the theoretical skills required to carry out aromatherapy massage by gaining knowledge by investigating the profiles of essential oils and carrier oils. Learners will cover the basic properties, composition, and plant family, type of note, origin, extraction methods and therapeutic effects. Learners will have the underpinning knowledge to effectively select oils and blend according to client's consultation and treatment.

On completion of this area of work, learners will understand aromatherapy massage and have the necessary skills and knowledge required to administer treatments and offer suitable homecare and further advice. Further, they will have learned about the history of massage and have an understanding of certain elements of biology to allow them to undertake their role efficiently.

## **Learning Outcomes**

**On Completion of this unit the learner will be able to**

- 1. Explain the methods of extraction and chemistry of essential oils and carrier oils used in beauty therapy;*
- 2. Explain the therapeutic uses of essential oils and carrier oils in beauty therapy;*
- 3. Consult with client to develop an effective aromatherapy massage treatment plan;*
- 4. Prepare for safe and effective aromatherapy treatments;*
- 5. Perform and complete aromatherapy treatments;*
- 6. Evaluate and compare the effectiveness of the treatments.*

## Unit: CSBTY-412-2013 Reflexology

Unit level (MQF): 4  
Credits : 12

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### Unit description

This Unit will provide learners with a solid foundation in the knowledge, skills and competencies required to enable learners to assess, perform, record and evaluate reflexology treatments.

During the course, learners will learn the history and methodology behind the practise of Reflexology, demonstration and discussion of the techniques of application. Learners will gain a good working knowledge of the anatomy and physiology of the feet, related joints and body's systems in connection with Reflexology and how treatment can affect these.

Learner will finish the unit with a good working knowledge of diseases of the foot, contra-indications and special care requirements to treatment, the preparation of a treatment environment and equipment with reference to relevant health and safety legislation and procedures, hygiene standards, comfort of the client and professional appearance of both environment and therapist.

Learners will learn how to perform medical consultations with clients, record this information and analyse it to develop treatment plans, recognising the limitations of treatment duration guidelines. They will learn how to interact with clients in an empathetic manner and assess each client holistically, taking lifestyle and emotional state into consideration. By completion of the unit the learners will also be able to perform a reflexology treatment to a high standard, understanding additional relaxation techniques which can be applied and how to adapt the treatment to a range of clients. After the reflexology treatments have been carried out, learners will then be able to evaluate the effectiveness of the treatment to discern any adaptations necessary to further treatments, whilst providing appropriate aftercare advice.

## Learning Outcomes

On Completion of this unit the learner will be able to

1. *Explain the basic principles and method of the application of the Reflexology technique, including the anatomy of the hands and feet, while recognising any contra-indications and necessary adaptations to treatment;*
2. *Conduct and record a client consultation to develop treatment plans, assessing client's feet and making any adaptations as necessary based on this information;*
3. *Prepare a treatment room/equipment for treatment and perform reflexology treatment on the feet;*
4. *Evaluate the effectiveness of treatments; provide advice on the after-effects of treatment and appropriate client-centred aftercare;*
5. *Prepare for a career as a professional therapist, following good practise according to industry codes of conduct, including understanding public liability insurance.*

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## **Unit: CSPRJ-406-2000 Beauty Therapies Client Based Project**

**Unit level (MQF):** 4  
**Credits :** 6

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### **Unit description**

This Unit is skills based to allow candidates to acquire a genuine employment experience in a particular industry related situation. This should be out-with their learning environment and take place in a salon or spa. The unit is intended to permit the candidate to benefit from a genuine employment experience in an identified industrial setting.

The candidate should confirm an environment that is fitting to justify an employment experience in their line of work. The fundamental role of this unit should be their implementation of the practical aspects of their course.

Candidates must carry out an assortment of treatments on clients whilst keeping to industry times and standards. They must then carry out an evaluation of their time in their chosen environment.

Candidates must have previously developed the skills to carry out this experience.

When the unit is complete the candidate should be able to:

- Arrange and manage the employment experience. This should include writing a CV and letter of application; sourcing a suitable placement for the employment experience; preparing for an interview ensuring that they are aware of their strengths and weaknesses both prior to and after the experience and how they may have changed.
- Fulfil the employment experience. They must carry out a variety of services within the placement showing appropriate attendance and time-keeping skills;
- Evaluate the employment experience. A record of the activities carried out must be provided ensuring feedback both from the employer and the candidate on their performance during the placement.



## Learning Outcomes

On Completion of this unit the learner will be able to

1. *Prepare for a suitable workplace experience;*
2. *Perform suitable activities in the workplace environment;*
3. *Evaluate what has been learned from the workplace experience;*
4. *Prepare a folio of evidence to display work carried out within the experience.*

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## **Unit: CSPRJ-406-2001 Complimentary Therapies Client Based Project**

**Unit level (MQF):** 4  
**Credits :** 6

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### **Unit description**

This is a practical based unit which will allow learners to experience realistic employment within a commercial environment. Learners will be able to demonstrate and build on knowledge and skills learned to date.

Learners will focus their study on practical performance according to commercially viable time frames and conclusively evaluate their practice and experience.

Learners will also gain knowledge of carrying out consecutive treatments on clients according to their specific requirements and aims.

This unit will allow learners to develop their practical skills whilst carrying out a variety of industry standard treatments on clients. The learner will gain knowledge and experience of working for a commercial establishment.

The learner will research and identify a suitable commercial establishment relevant to the subject they are currently studying in which to complete their work placement hours.

This unit is suitable for learners who have gained necessary knowledge and skills to carry out a work placement within a chosen environment

### **Learning Outcomes**

**On Completion of this unit the learner will be able to**

- 1. Research and prepare for a commercial work placement;*
- 2. Perform work experience within a suitable establishment;*
- 3. Perform a variety of services on clients;*
- 4. Evaluate and reflect on performance.*