



Beauty and Complementary Therapies
Course Information
(English)

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Beauty and Complementary Therapies

Awards Available

Higher National Certificate in Beauty Therapy	1 Year Course
Higher National Diploma in Beauty Therapy	2 Year Course
Higher National Certificate in Complementary Therapy	1 Year Course
Higher National Diploma in Complementary Therapy	2 Year Course

Structure of Awards

Higher National Certificate is a qualification in its own right and can also count as the first year of a degree programme. Students are normally expected to achieve 15 HN credits = 60 ECTS = 120 Scotcat credits during the academic year. The academic year is divided into two semesters (See college calendar).

Higher National Diploma is a qualification in its own right and can also count as the second year of a degree programme. Students are normally expected to achieve 15 HN credits = 60 ECTS = 120 Scotcat credits during the academic year. The academic year is divided into two semesters (See college calendar).

Teaching Methods

Classes consist of lectures, tutorials and practical sessions, work experience and demonstrations. Occasionally lectures may be delivered by videoconferencing.

Assessment Procedures

Higher National Certificate: The course is assessed using continuous assessment for each subject including practical work, theory, project work, case studies and tests.

Higher National Diploma: The course is assessed using continuous assessment for each subject including practical work, theory, project work, case studies and tests.

Recommended Reading

For information regarding background reading and other course information please contact

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Coordinators

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Course Information – Beauty and Complementary Therapies

		HN Credits	ECTS	Scotcat Credits
HNC Complementary Therapies (Year 1)				
Anatomy & Physiology of the Human Body	(Core)	2	8	16
Introductory Chemistry	(Core)	1	4	8
Aromatherapy	(Core)	2	8	16
Reflexology	(Core)	2	8	16
Body Treatments: Manual	(Core)	2	8	16
Client Centred Counselling Part 1	(Core)	1	4	8
Client Psychology and Communication	(Core)	1	4	8
Safe and Hygiene Salon Practices	(Core)	1	4	8
Growth Development and Disease	(Core)	1	4	8
Information Technology Applications	(Option)	1	4	8
Presenting Complex Communication for Vocational Purposes	(Option)	1	4	8
Principles and Practices in Health Care	(Option)	1	4	8
Preparing and Presenting a Business Plan	(Option)	1	4	8
Facial Treatments Manual	(Option)	3	12	24
Hand and Foot Treatments	(Option)	1	4	8
Research Skills	(Option)	1	4	8
Growth Development and Disease	(Option)	1	4	8
HND Complementary Therapies (Year 2)		(All subjects are Core)		
Professional Aromatherapy: Advanced Professional Practical Approaches		2.5	10	20
Advanced Clinical Reflexology		2.5	10	20
Advanced Massage Techniques 1		2	8	16
Professional Issues in Practice		1	4	8
Diet, Nutrition and Related Disorders		1	4	8
Plant Diversity		1	4	8
Organic Chemistry: An Introduction		1	4	8
Client Centred Counselling Part 2		1	4	8
Work Experience		2	8	16
Preparing and Presenting a Business Plan		1	4	8

		HN Credits	ECTS	Scotcat Credits
HNC/D Beauty Therapy (Year 1)				
Hand and Foot	(Core)	1	4	8
Depilation	(Core)	1	4	8
Facial Treatments: Manual	(Core)	3	12	24
Body Treatments: Manual	(Core)	2	8	16
Anatomy and Physiology of the Human Body	(Core)	2	8	16
Client Psychology and Communication	(Core)	1	4	8
Facial Treatments Electrical	(Core)	2	8	16
Body Treatments Electrical 2	(Core)	1.5	6	12
Options				
Electrical Epilation	(Option)	2	8	16
Aromatherapy	(Option)	2	8	16
Reflexology	(Option)	2	8	16
HND Beauty Therapy (Year 2)				
Management and Practices of Facial Therapies		2	8	16
Management and Practices of Body Therapies		2	8	16
Contemporary Electrotherapy		2	8	16
Product Knowledge		1	4	8
Principles and Practices of Selling		1	4	8
Electro Cosmetic Therapy		1	4	8
Lifestyle Advice for Clients		1	4	8
Employment Experience 1		1	4	8
Employment Experience 2		1	4	8
Beauty Graded Unit 2		2	8	16

Subject Description

Complementary Therapies (Year 1)

Anatomy and Physiology of the Human Body (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

Understanding the structure and physiological activities of the human body in relation to beauty therapy treatments.

Introductory Chemistry (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

Relating the reactions of ionic and covalent compounds to their structures.

Aromatherapy (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

This unit develops the student's ability to undertake the complete process of the range of aromatherapy treatments from the initial stage of planning the objectives of the treatment with the client, preparing the necessary environment, equipment and oils and carrying out the treatment through to the final stage of post treatment evaluation and advice.

Reflexology (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

This unit develops the candidate's ability to undertake the complete process of reflexology from the initial stage of planning the objectives of the treatment with the client, preparing the necessary environment and equipment and carrying out the treatment, through to the final stage of post treatment and advice. As well as becoming proficient in the skills involved the candidate will also generate knowledge of the techniques involved.

Body Treatments: Manual (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

This unit develops the candidate's ability to design individual body treatment strategies in consultation with clients, prepare for manual body treatment sessions and carry out and evaluate sessions. As well as becoming proficient in the skills involved, the candidate will also generate knowledge of the body system and massage techniques.

Client Centred Counselling Part 1 (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

This unit is part one of the Egan Three Stage Model and provides an introduction to the skills of counselling.

Client Psychology and Communication (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

The purpose of this unit is to enhance the quality of the client / therapist interaction in the salon in order to increase the psychological benefits of treatment and ultimate client satisfaction.

Safe and Hygienic Salon Practices (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

The Purpose of this unit is to enable candidates to demonstrate competence in the application of first aid techniques which may be required as a result of an accident, injury or illness, and to enable the candidate to maintain high standards of safety and hygiene in accordance with ethical and legal requirements.

Growth Development and Disease (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

To provide the essential information on growth, development and disease of the human body necessary to give the candidates the ability to offer informed advice in aspects of ageing and health.

Information Technology Applications (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

This unit has been designed as an introduction to the use of computer application packages for candidates in any vocational area with little or no prior experience in the use of computer systems.

Communication: Presenting Complex Communication for Vocational Purposes (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

The purpose of this unit is to develop and assess complex communication skills used for vocational purposes. These skills involve the production of communication media for facilitating and promoting business communication.

Principles and Practice in Health Care (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

This unit introduces the candidate to the principles of practice as used in health care. The theoretical component of this unit will assist the candidate to develop knowledge and skills in preparation for the workplace.

Preparing and Presenting a Business Plan (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

Purpose of business plan - Identification of customer base. Information requirements and sources. Premises - location and layout: sources of finance - public and private sectors. Candidates will be required to prepare financial plans for the first twelve months of a business venture.

Facial Treatment: Manual (3 HN Credits = 12 ECTS = 24 Scotcat Credits)

This unit develops the candidate's ability to design individual facial treatment strategies in consultation with clients, prepare for manual facial treatment sessions, carry out and evaluate sessions and advise on aftercare. As well as becoming proficient in the skills involved, the candidate will also generate knowledge of the head, face and neck and of the various types of treatment available.

Hand and Foot Treatments (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

This unit develops the candidate's ability to design individual hand and foot treatment strategies in consultation with clients, prepare for hand and foot treatment sessions and carry out treatments through the final stage of providing aftercare advice. As well as becoming proficient in the skills involved, the candidate will also generate knowledge of the hand and foot, and the various treatments available.

Research Skills (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

This unit provides guidance in the gathering of information.

HND Complementary Therapies (Year 2)

Professional Aromatherapy: Advanced Professional Practical Approaches (2.5 HN Credits = 10 ECTS = 20 Scotcat Credits)

This unit aims to advance the techniques used in aromatherapy treatments and enable candidates to develop consultative skills and skills in the formulation of treatment plans, advanced aromatherapy techniques and alternative administration methods. It is intended that these skills will enhance professional practice enabling the candidate to treat a wider scope of clients.

Advanced Clinical Reflexology (2.5 HN Credits = 10 ECTS = 20 Scotcat Credits)

This unit aims to advance the techniques used in reflexology treatments and enable candidates to develop consultative skills and skills in the formulation of treatment plans, advanced reflexology techniques and alternative administration methods. It is intended that these skills will enhance professional practice enabling the candidate to treat a wider scope of clients.

Advanced Massage Techniques 1 (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

This unit aims to advance the techniques used in massage, obtaining client information, recording information, explanation of treatments, selection of appropriate treatments, planning of programmes.

Professional Issues in Practice (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

This unit aims to cover implications of national and European legislation in relation to the therapy being practised, the relevance of ethical principles to the therapy being practised and codes of conduct governing professional practice in other spheres.

Diet, Nutrition and Related Disorders (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

To create an awareness of the importance of diet in the maintenance of good health.

Plant Diversity (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

This unit is designed to give an introduction to the subject. Ideally suited for candidates wishing to pursue studies in Biology or Science.

Organic Chemistry: An Introduction (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

This unit covers aliphatic compounds, preparation and reactions of hydrocarbons and mono functionalised organic molecules, properties of alkanic acids and amino alkanes.

Client Centred Counselling Part 2 (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

This unit is part two of the Egan Three Stage Model and is provides aims to enhance the candidate's ability in the skills of counselling.

Work Experience (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

This unit gives the candidate the opportunity to plan and negotiate a work placement, undertake a workplace experience and evaluate a workplace experience.

Preparing and Presenting a Business Plan (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

Purpose of business plan - Identification of customer base. Information requirements and sources. Premises - location and layout: sources of finance - public and private sectors. Candidates will be required to prepare financial plans for the first twelve months of a business venture.

HNC/D Beauty Therapy

Hand and Foot (HN Credit 1 = 4 ECTS = 8 Scotcat Credits)

This unit develops the candidate's ability to design individual hand and foot treatment strategies in consultation with clients, prepare for hand and foot treatment sessions and carry out the treatments through to the final stage of providing aftercare advice. As well as becoming proficient in the skills involved, the candidate will also generate knowledge of the hand and foot, and the various treatments available.

Depilation (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

This unit develops the candidate's ability to undertake the complete process of providing a depilatory treatment from the initial stages of planning the treatment with the client, preparing the necessary environment and carrying out the treatment, through to the final stage of providing advice on aftercare. As well as becoming proficient in the skills involved, the candidate will also generate knowledge of the techniques involved.

Facial Treatments: Manual (3 HN Credits = 12 ECTS = 24 Scotcat Credits)

This unit develops the candidate's ability to design individual facial treatment strategies in consultation with clients, prepare for manual facial treatment sessions, carry out and evaluate sessions and advise on aftercare. As well as becoming proficient in the skills involved, the candidate will also generate knowledge of the head, face and neck and of the various types of treatment available.

Body Treatments: Manual (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

This unit develops the candidate's ability to design individual body treatment strategies in consultation with clients, prepare for manual body treatment sessions and carry out and evaluate sessions. As well as becoming proficient in the skills involved, the candidate will also generate knowledge of the body system and massage techniques.

Anatomy and Physiology of the Human Body (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

Understanding the structure and physiological activities of the human body in relation to beauty therapy treatments.

Client Psychology and Communication (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

The purpose of this unit is to enhance the quality of the client / therapist interaction in the salon in order to increase the psychological benefits of treatment and ultimate client satisfaction.

Facial Treatments Electrical (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

This unit develops the candidate's ability to design individual facial electrical treatments strategies in consultation with clients, prepare for electrical facial treatments, carry out and evaluate sessions and advise on aftercare. As well as becoming proficient in the skills involved, the candidate will also generate knowledge with regard to the relevant anatomical structures of the head, face and neck and of the various types of electrical treatment available.

Body Treatments Electrical 2 (1.5 HN credits = 6 ECTS = 12 Scotcat Credits)

This unit develops the candidate's ability to design individual body treatment strategies in consultation with clients, prepare for electrical treatment sessions, carry out and evaluate sessions. As well as becoming proficient in the skills involved, the candidate will also generate knowledge of body systems and electrotherapy techniques.

Options

Electrical Epilation (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

This unit develops the candidate's ability to consult with clients, negotiate the most suitable treatment plan and apply the necessary underpinning knowledge, leading ultimately to the candidate developing skills in order to remove superfluous hair using electrical epilation.

Aromatherapy (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

This unit develops the student's ability to undertake the complete process of the range of aromatherapy treatments from the initial stage of planning the objectives of the treatment with the client, preparing the necessary environment, equipment and oils and carrying out the treatment through to the final stage of post treatment evaluation and advice.

Reflexology (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

This unit develops the candidate's ability to undertake the complete process of reflexology from the initial stage of planning the objectives of the treatment with the client, preparing the necessary environment and equipment and carrying out the treatment, through to the final stage of post treatment and advice. As well as becoming proficient in the skills involved the candidate will also generate knowledge of the techniques involved.

HND Beauty Therapy (Year 2)

Management and Practices of Facial Therapies (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

This unit is designed to extend the candidate's ability to perform both manual and electrical treatments over a variety of conditions. In addition to developing proficiency in the skills involved, the candidate must effectively also demonstrate for individual clients and conditions and evaluate each treatment.

On completion of the Unit the candidate should be able to:

1. Perform pre-treatment facial assessment.
2. Manage a planned course of facial treatments.
3. Evaluate the effectiveness of the treatment programme.

Management and Practices of Body Therapies (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

This unit is designed to extend the candidate's ability to perform both manual and electrical treatments over a variety of conditions. In addition to developing proficiency in the skills involved, the candidate must effectively also demonstrate for individual clients and conditions and evaluate each treatment.

On completion of the Unit the candidate should be able to:

1. Perform through consultation body therapy treatments and management of resources.
2. Managed a planned course of body treatments.
3. Evaluate the effectiveness of the treatment programme.

Contemporary Electrotherapy (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

This unit is designed to develop the candidates' existing electrotherapy skills. As well as becoming proficient in Contemporary Electrotherapy Skills the students will also, through research, develop their knowledge of specific conditions for use.

On completion of this unit the candidates should be able to:

1. Describe Contemporary Electrotherapy Techniques and specific conditions for use.
2. Develop Treatment Plans through consultation with the client.
3. Prepare work station and provide Contemporary Electrotherapy.
4. Evaluate effectiveness of treatments provided.

Product Knowledge (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

This Unit is designed to enable candidates to recognise the main ingredients and uses of skincare preparations. This unit will be suitable for candidates/therapists wishing to extend their knowledge of current product ranges.

On completion of the Unit the candidate should be able to:

1. Describe the basic chemical and botanical ingredients most commonly found in current skincare product ranges.
2. Carry out skin analysis and identify, recommend and advise on appropriate skincare products for clients.

Principles and Practices of Selling (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

The Unit is designed to enable the candidate to understand the role of personal selling in different types of organisations, business to business and business to customer.

Electro Cosmetic Therapy (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

This Unit is designed to provide candidates with the ability to understand the principles and effects of different types of currents and related treatments used in electro-cosmetic therapy.

Lifestyle Advice for Clients (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

This Unit is designed to give the candidate the skills to develop a holistic approach to advising clients on a balanced lifestyle, for improvement and maintenance of health and wellbeing. This Unit is intended for candidates following a career in Beauty Therapy or Complementary Therapies.

Employment Experience (1 HN Credit = 4 ECTS = 8 Scotcat Credits)

This Unit is designed to enable the candidate to demonstrate that s/he can, in his/her normal work environment, work with others to complete a task. It is intended for candidates who are in employment and who are undertaking a course of study relevant to their occupational role with the support of their employer or who may wish to develop their career prospects.

On completion of the Unit the candidate should be able to:

1. Analyse and plan a workplace task in co-operation with others
2. Implement a workplace task in co-operation with others
3. Evaluate own contribution to the completion of a workplace task

Beauty Graded Unit 2 (2 HN Credits = 8 ECTS = 16 Scotcat Credits)

This Graded Unit is designed to provide evidence that the candidate has achieved the following principal aims of the HND Beauty Therapy:

- consolidate knowledge and skills
- develop study, organisation and research skills
- enhance understanding of the effects of the electrotherapy equipment investigated
- prepare candidates for progression to further study in Beauty Therapy or related discipline;
- adopt an innovative and creative approach to their work and be able to respond quickly to the challenges posed by changes in the environment or practices of the Beauty Therapy industries

Candidates will carry out an investigation based on the skills gained from the mandatory Units. Candidates will produce a written rationale for the purpose of the investigation, which will include justification for the equipment selected. Subsequent detailed research and use of the equipment selected will enable the candidate to effectively evaluate treatment results. The investigation will culminate in the presentation of findings to the Assessor and a selected audience. The work necessary to undertake the investigation will consolidate skills and knowledge acquired throughout the HND Beauty Therapy. These will employ skills developed through a combination of the mandatory Units from the Group Award. When carrying out this investigation candidates should ensure that it will be a sufficient basis to meet all the requirements of this Graded Unit.

Name of student:

Sending institution: Country:

**CHANGES TO ORIGINAL PROPOSED STUDY PROGRAMME/LEARNING AGREEMENT
(to be filled in ONLY if appropriate)**

Course unit code (if any) and page no. of the information package	Course unit title (as indicated in the information package)	Deleted Course Unit	Added Course Unit	Number of ECTS credits
_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
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Student's Signature Date:

SENDING INSTITUTION

We confirm that the proposed programme of study/learning agreement is approved.

Departmental co-ordinator's signature:

Institutional co-ordinator's signature:

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Date:

Date:

RECEIVING INSTITUTION

We confirm that this proposed programme of study/learning agreement is approved

Departmental co-ordinator's signature:

Institutional co-ordinator's signature:

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Date:

Date:

(1) **Course unit code:**

Refer to the ECTS information Package

(2) **Duration of course unit:**

Y = 1 full academic year

1S = 1 semester 2S = 2 semesters

1T = 1 term/trimester 2T = 2 terms/trimesters

(3) **Description of the institutional grading system:**

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(4) **ECTS grading scale:**

ECTS Grade	% of successful students normally achieving the grade	Definition (only of failing grades)
A	10	
B	25	
C	30	
D	25	
E	10	
FX	-	FAIL – some more work required before the credit can be awarded
F	-	FAIL – considerable further work is required

(5) **ECTS credits:**

1 full academic year = 60 credits

1 semester = 30 credits

1 term/trimester = 20 credits