



# SOMA SENSE ACADEMY (PTY) LTD

## National Diploma: Health and Skincare Therapy

Soma Sense Academy Is accredited for 2 training programmes related to the Qualification 58310:

### 1. Service SETA:

**No of years of study : This is a Two (2) Year Training Programme**

**Course Code : 58310-LP 65112**

**Level : 6**

**No of credits : 266**

### 2.SAAHSP -QAP

**Course Code : 58310- LP 21513 -ITEC Diploma Health and Skincare therapy**

**No of years of study : This is a Two (2) Year Training Programme**

**Level :5**

**No of Credits : 240**

**FEES: Available on application**

### Subject Matrix:

2022	2023
<p><u>1<sup>st</sup> YEAR</u></p> <p><b>National Services SETA:</b> FET Certificate in Beauty &amp; Nail Technology: 80646, LEVEL 4</p> <p><b>International VTCT (ITEC) UK :</b> Diploma for Beauty Specialists LEVEL 2</p> <p><b>Compulsory units:</b> iUBT427 Skincare and Eye Treatments iUBT428 Make-up iUBT429 Manicure and Pedicure iUBT430 Waxing iUBT434 Professional Conduct and Business Awareness</p> <p><b>Individual Certificates :</b> Certificate in Waxing Certificate in Manicure and Pedicure Certificate in Make-up Certificate in Skincare and Eye Treatments Award in Infection Prevention – Level 2</p>	<p><u>2<sup>nd</sup> YEAR</u></p> <p><b>National Services SETA:</b> Diploma Health &amp; Skincare: 58310, LEVEL 6.</p> <p><b>International VTCT (ITEC ) UK:</b> Diploma in Health &amp; Skincare- LEVEL 3 Diploma in Facial Electrical Treatments - Level 3 Diploma in Body Electrical Treatments - Level 3 Certificate in SPA Treatments - Level 3 Diploma in Indian Head Massage - Level 3 Certificate in Stone Therapy Massage - Level 3 Diploma in Holistic Massage Diploma in Body Therapy Award in Infection Prevention – Level 2</p>

Anatomy and Physiology I	Anatomy and Physiology II
Professional Conduct & Business Awareness	Facial Electrical Treatments
Facial Skin Care	Body Electrical Treatments
Make-up (Including Basic Theatre Make-up )	Advanced Facial Treatments
Manicure and Pedicure	Figure Diagnosis
Eyelash and Eyebrow Grooming & Tinting	Spa Therapy Treatments
Manual Massage	Hot Stone Therapy
Waxing – Hot & Cold	Indian Head Massage
Nail Technology	Swedish Massage
Case Studies	1 <sup>st</sup> Aid Training – Level 1
Assignments	Case Studies
Business Plan	Assignments
**Afrikaans Paper – 2 <sup>nd</sup> SA Language	
Electives	
Fundamentals	

## Health and Skincare I

### First Year:

The first year training course provides the learner with an in-depth understanding of the primary theoretical and practical aspects of skin and body care therapies.

**Duration:** One year full time

**Starting:** January 2022/2023

### Course Objectives:

On completion of the first year, learners will be able to perform full skin and body therapies utilising the a selection of Cosmetic Products , basic electrical apparatus, apply make-up suitable for all occasions, perform manicures, pedicures and waxing techniques and Nail Technology Treatments to suit the client's needs .

### Subject Matrix :

- Anatomy and Physiology I
- Professional Conduct
- Business Awareness and Business Plan
- Facial Skin Care
- Make-up (Including Basic Theatrical Make-up techniques )

Manicure and Pedicure



- Eyelash and Eyebrow Grooming & Tinting
- Manual Back Neck and Shoulder Massage
- Waxing – Hot & Cold
- Nail Technology
- Case Studies
- Assignments
- \*\*Afrikaans Paper – 2<sup>nd</sup> SA Language
- Electives
- Fundamentals

**On completing certain first year competencies, learners may apply for the following VTCT (ITEC) UK International recognized Diploma's and Certificates by completing the following:**

- ITEC Beauty Specialist Certificate
- ITEC Certificate Skincare and Eye Treatments
- ITEC Certificate in Waxing
- ITEC Certificate in Manicure and Pedicure
- ITEC Certificate in Make-up
- VTCT (ITEC) Award in Infection Prevention for Beauty Therapy and Nail services

### **Entrance requirements:**

Learners who want to enrol on the 2 year Diploma Health and Skincare are required to be in possession of Matric (Grade12) certificate .

The minimum age requirement will be **16 years of age**.

Learners need to contact the academy to book an enrolment interview with the registrar where all the courses and procedures will be explained to the learner and their sponsor. On-line enrolments can also be accepted.

### **First Year: Case Study Requirements:**

#### **During your first year of training you will be required to complete case studies**

Treatment Evidence/Portfolio of Evidence. This means that you are required to provide evidence of treatments that you have performed on clients during your training under the supervision of your Lecturer who will monitor the quality of your treatments in order to ensure that they meet the programme criteria

- The criteria are detailed on the Treatment Evidence Guidance Forms.

They are graded Pass or Refer

- You will need to complete a Client Consultation Form as evidence that you performed the required number of treatments during your training (see the table below ) as they form part of your internal assessment for the qualification.



<p><b><u>Facials:</u></b></p> <p>5 clients to receive a full facial treatment 5 times each. Full facial includes: double cleanse, tone, exfoliate, steam, tinting, brow shaping, massage, mask, moisturise, SPF and home care. This totals to the amount of 25 case study.</p>	<p><b><u>To include</u></b></p> <ul style="list-style-type: none"> <li>• Consultation</li> <li>• Medical history</li> <li>• Client profile</li> <li>• Treatment plan</li> <li>• Reactions to treatment</li> <li>• Client feedback</li> <li>• Home care advice</li> <li>• Conclusion</li> <li>• Reflective practice after each treatment</li> </ul>
<p><b><u>Facial Electricals:</u></b></p> <p>5 clients to be treated (using a minimum of 2 stable facial electrical treatments per client, one main machine and one secondary machine) 10 times each. This totals to the amount of 15 case studies.</p>	<p><b><u>To include</u></b></p> <ul style="list-style-type: none"> <li>• Consultation</li> <li>• Medical history</li> <li>• Client profile</li> <li>• Treatment plan</li> <li>• Reactions to treatment</li> <li>• Client feedback</li> <li>• Home care advice</li> <li>• Conclusion</li> <li>• Reflective practice after each treatment*</li> </ul>
<p><b><u>Manicure and pedicure:</u></b></p> <p>5 clients to be treated with 4 manicures each and 5 clients with 4 pedicures each. Include one French polish in each case study. This totals to manicure and pedicure to 20 each.</p>	<p><b><u>To include</u></b></p> <ul style="list-style-type: none"> <li>• Consultation</li> <li>• Medical history</li> <li>• Client profile</li> <li>• Treatment plan</li> <li>• Reactions to treatment</li> <li>• Client feedback</li> <li>• Home care advice</li> <li>• Conclusion</li> <li>• Reflective practice after each treatment*</li> </ul>
<p><b><u>Waxing:</u></b></p> <p>5 clients to each receive to full treatments on the following areas: Full treatment includes – full arm and full leg, bikini and underarm with 2 facial waxing areas: chin, lip, eyebrow, sideburns etc. This totals to the amount of 10 case studies.</p>	<p><b><u>To include</u></b></p> <ul style="list-style-type: none"> <li>• Consultation</li> <li>• Medical history</li> <li>• Client profile</li> <li>• Treatment plan</li> <li>• Reactions to treatment</li> <li>• Client feedback</li> <li>• Home care advice</li> <li>• Conclusion</li> <li>• Reflective practice after each treatment*</li> </ul>
<p><b><u>Make-up:</u></b></p> <p>5 clients to each receive: one day, one evening, one bridal make-up, one special occasion (glamour) and one other (black and white photographic) make-up. Over and above these 5 clients another 2 clients are to receive 2 mature make-ups each. This totals to the amount of 29 case studies.</p>	<p><b><u>To include</u></b></p> <ul style="list-style-type: none"> <li>• Consultation</li> <li>• Medical history</li> <li>• Client profile</li> <li>• Treatment plan</li> <li>• Reactions to treatment</li> <li>• Client feedback</li> <li>• Home care advice</li> <li>• Conclusion</li> <li>• Reflective practice after each treatment*</li> </ul>

## Health and Skincare II



## Second Year:

The second year diploma is an extension and development of the first year programme. This course includes a combination of Spa Therapies, Swedish Massage, Advanced Massage Techniques: Hot stone Therapy & Indian Head Massage , Advanced facial and body Electrical treatments and Figure Diagnosis.

<b>Duration:</b>	One year full time
<b>Starting:</b>	January 2022/2023
<b>Time:</b>	Monday to Friday (08:00 to 15:00)

### Course Objectives:

The course forms a natural progression where the students will be exposed to dealing with the more advanced therapeutic requirements of clients that need more complex therapies. Spa Therapies , sales, marketing and practical clinic experience is an important aspect which the learners gain during this year. This will create more job opportunities and build onto their Business plan developed in their first year of studies and expand their entrepreneurial skills.

### Second Year Subject Matrix:

- Anatomy and Physiology II
- Facial Electrical Treatments
- Advanced Facial Treatments
- Figure Diagnosis
- Body Electrical Treatments
- Swedish Massage
- Spa Therapy Treatments
- Indian Head Massage
- Hot Stone Massage
- Advanced Skincare Treatments
- Complementary Treatments
- First AID -Level 1
- Case Studies
- Assignments

Once the learner has completed all the credits for the 1st and 2nd year, she/he will be awarded the:

### Diploma In Health and Skincare Diploma

**To ensure our learners comply with International and National Standards, they are encouraged to become members of the National Membership Body SAAHSP.**

**To enhance their opportunities for international Work & Travel in Common Wealth Countries and the UK ,we recommend our students to Register for the following VTCT (ITEC) Certificates and Diploma's :**



- ITEC Diploma in Health and Skincare
- ITEC Diploma in Anatomy and Physiology
- ITEC Diploma in Holistic massage
- ITEC Certificate in Spa Therapy
- ITEC Certificate in Hot Stone therapy
- ITEC Diploma in Indian Head Massage
- ITEC Diploma in Body Therapy

- **EXPERIENTIAL TRAINING.**

Case studies for each core subject are done on premises with assistance of facilitators (minimum two afternoons/week)

**Second Year: Case Study requirements:**

<p><b><u>Body Electrical treatments :</u></b> 4 clients to each receive 10 full treatments, with 1 objective in each case. i.e. Cellulite: treated with the galvanic and the pre-heating technique (hot shower) i.e. Fat loss: treated with gyratory massage unit and a pre-heating technique (steam bath) i.e. Muscle toning/firming: treated with the faradic and pre-heat The same set of machines must be used throughout the course of the treatments in order to achieve dramatic results. Full treatment includes: figure diagnosis, range of electrical equipment, pre-treatments and massage.</p>	<p><b><u>To include</u></b></p> <ul style="list-style-type: none"> <li>• Consultation</li> <li>• Medical history</li> <li>• Client profile</li> <li>• Treatment plan</li> <li>• Reactions to treatment</li> <li>• Client feedback</li> <li>• Home care advice</li> <li>• Conclusion</li> <li>• Reflective practice after each treatment*</li> </ul>
<p><b><u>Facial Electrical treatments :</u></b> Evidence of treating 5 clients using a minimum of 2 suitable facial electrical treatments per client. Learners should cover the full range of equipment throughout their treatments. To be completed by the lecturer and verified by the external examiner.</p>	<p><b><u>To include</u></b></p> <ul style="list-style-type: none"> <li>• Consultation</li> <li>• Medical history</li> <li>• Client profile</li> <li>• Treatment plan</li> <li>• Reactions to treatment</li> <li>• Client feedback</li> <li>• Home care advice</li> <li>• Conclusion</li> <li>• Reflective practice after each treatment*</li> </ul>
<p><b><u>Spa treatments :</u></b> 4 spa treatments to be performed and outcomes documented. Evidence must include 4 exfoliations and 4 body wraps/masks treatments, 3 of which should also include spa client consultations and instructions must be carried out to set up, monitor and shut down the following treatment areas: steam, sauna and hydrotherapy.</p>	<p><b><u>To include</u></b></p> <ul style="list-style-type: none"> <li>• Consultation</li> <li>• Medical history</li> <li>• Client profile</li> <li>• Treatment plan</li> <li>• Reactions to treatment</li> <li>• Client feedback</li> <li>• Home care advice</li> <li>• Conclusion</li> <li>• Reflective practice after each treatment*</li> </ul>
<p><b><u>Indian Head Massage:</u></b> 4 clients to be treated 4 times each and all relevant outcomes to be recorded.</p>	<p><b><u>To include</u></b></p> <ul style="list-style-type: none"> <li>• Consultation</li> <li>• Medical history</li> <li>• Client profile</li> </ul>



	<ul style="list-style-type: none"> <li>• Treatment plan</li> <li>• Reactions to treatment</li> <li>• Client feedback</li> <li>• Home care advice</li> <li>• Conclusion</li> <li>• Reflective practice after each treatment*</li> </ul>
<p><b>Holistic massage: (oil/talc):</b> 5 clients to each receive 5 treatments with either powder or oil each within 3 days frequency of each other.</p>	<p><b>To include</b></p> <ul style="list-style-type: none"> <li>• Consultation</li> <li>• Medical history</li> <li>• Client profile</li> <li>• Treatment plan</li> <li>• Reactions to treatment</li> <li>• Client feedback</li> <li>• Home care advice</li> <li>• Conclusion</li> </ul> <p>Reflective practice after each treatment*</p>
<p><b>Stone Therapy massage:</b> 4 clients to be treated 4 times each with and all relevant outcomes recorded. This totals to 40 case studies</p>	<p><b>To include</b></p> <ul style="list-style-type: none"> <li>• Consultation</li> <li>• Medical history</li> <li>• Client profile</li> <li>• Treatment plan</li> <li>• Reactions to treatment</li> <li>• Client feedback</li> <li>• Home care advice</li> <li>• Conclusion</li> </ul> <p>Reflective practice after each treatment*</p>

