

Crossfields Institute

Qualification Specification

Level 4 Award for Holistic Estheticians



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Key Facts

Qualification Title	Crossfields Institute Level 4 Award for Holistic Estheticians
Qualification Number (QAN)	610/0508/3
Qualification Type	VRQ
Sector	1.3 Health and Social Care
Level	4
Rules of Combination	All units are compulsory
Total Qualification Time	93 hours
Guided Learning Hours	55 hours
Minimum age of learners	18
Assessment Methods	Portfolio of evidence
Grading system	Pass/Fail
How long will it take to complete?	Up to 3 months
Developed by	The qualification has been developed by Crossfields Institute with subject specific expertise provided by Weleda UK

Section 1: About this Qualification

1.1 Why take this qualification?

This objective of this Crossfields Institute Level 4 Award for Holistic Estheticians is to:

- Prepare you to progress to a qualification at a higher level
- Preparing you for employment
- Support your role as a Weleda Esthetician in the workplace

1.2 Who is it for?

This qualification is designed for people who are new to the skin care industry or wishing to expand and deepen their knowledge and professional expertise in treating skin using holistic and anthroposophic practice.

Successful completion of this qualification may be used towards accreditation as a Weleda Holistic Esthetician. Please note that achievement of this qualification does not confer accredited status as a Weleda Holistic Facial and Wellbeing Esthetician, which requires evidence of additional regular continuous professional development with Weleda.

1.3 What does the qualification cover?

You must complete 4 mandatory units:

1. **Skin Anatomy and Physiology**
Learners will understand the basic concepts of the 3-fold human being and how this is applied to the skin. They will also explore basic skin anatomy and physiology as applied to the face and touch.
2. **Skin Treatment and Knowledge**
Learners will understand how to consult with and treat a client using the anthroposophical approach in providing holistic skin care treatments.
3. **Skin Care Treatment Practice**
Learners will gain practical experience of working with clients and delivering treatments using a range of options.
4. **Skin Care Evaluation and Consolidation**
Learners will be able to consolidate and evaluate their own practice.

The qualification is at level 4 as defined by Ofqual. <https://www.gov.uk/guidance/ofqual-handbook/section-e-design-and-development-of-qualifications#level-descriptors>

The learner....	The learner can....
<p>Has practical, theoretical or technical knowledge and understanding of a subject or field of work to address problems that are well defined but complex and non-routine.</p> <p>Can analyse, interpret and evaluate relevant information and ideas.</p> <p>Is aware of the nature of approximate scope of the area of study or work.</p> <p>Has an informed awareness of different perspectives or approaches within the area of study or work.</p>	<p>Identify, adapt and use appropriate cognitive and practical skills to inform actions and address problems that are complex and non-routine while normally fairly well-defined.</p> <p>Review the effectiveness and appropriateness of methods, actions and results.</p>

1.4 What are the entry requirements?

To study on this qualification you need to demonstrate to the centre that you have:

- An interest in holistic skin care
- An interest in non-invasive beauty techniques
- An interest in working with high-quality natural and organic products
- An interest in working with touch and massage therapies
- An interest in helping clients with a range of skin conditions
- An interest in developing a working relationship with clients in a range of settings
- If English is not the first language, proof of spoken and written English at a level equivalent to IELTS 6 will be required

1.5 What are the assessment methods?

You will create a portfolio of evidence throughout your time working towards this qualification. This may include:

- observation of practice by experienced tutors
- written assignments
- reflective practice. e.g a learning journal or self-reflective journals
- peer observation or feedback as witness testimony
- artefacts

Note: Plagiarism. Plagiarism means claiming work to be your own which has been copied from someone or somewhere else. All the work you submit must be your own and not copied from anyone else unless you clearly reference the source of your information. If there is evidence that your work is copied from elsewhere, it will not be accepted and you may be subject to a disciplinary procedure

Buying and selling assignments Offering to buy or sell assignments is not allowed. This includes using sites such as eBay. If this happens we reserve the right not to accept future entries from you

1.6 What are the progression opportunities?

This qualification has been designed to support you to progress within the workplace or in your own practice. Following successful completion of the qualification you could:

- Work professionally as a Weleda Esthetician from your own treatment room, salon or spa, or mobile your services to clients' homes
- Be employed or self-employed within a wellbeing centre e.g., yoga centres, integrated therapy centres, health and wellbeing stores
- Participate in multi-disciplinary health teams or wellbeing retreats
- Develop your own professional offer — e.g.: expand on existing practitioner services to offer kinesiology, holistic facials, body massage, homeopathy and nutrition
- Undertake further learning offered by Weleda through the Weleda UK Academy and its collaborations e.g. Wellbeing Advisor; Health care Practitioner; Homeopathy

Successful completion of this qualification may be used towards accreditation as a Weleda Holistic Esthetician.

1.7 Requirements for real work environments

Learners will be required to complete a minimum of 7 treatments on as wide a range of clients. Learners will be required to present a case study of three treatments with one client. While learners are practicing, they will be monitored through written forms and online discussions. Learners are not permitted to charge clients for treatments whilst completing the qualification.

Section 2: Units

2.1 Unit List

Unit title	Ofqual ref	Total qualification time (TQT)	Credits
Skin Anatomy and Physiology	M/650/1416	8	1
Skin and Treatment Knowledge	R/650/1417	25	3
Skin Care and Treatment Practice	T/650/1418	30	3
Skin Care Evaluation and Consolidation	Y/650/1419	30	3
	Total	93	10

AHE-L4-Unit1

Skin Anatomy and Physiology

Ofqual unit code	M/650/1416	Guided Learning Hours (GLH)	6
Unit level	4	Total Qualification Time (TQT)	8
Unit aim	This unit considers the basic elements of skin including its anatomy and physiology, the anthroposophic concept of the 3-fold human being and the 3-fold structure of the skin, and how this is applied to the face and touch.		
Unit rationale	Learners will understand the basic concepts of the 3-fold human being and how this is applied to the skin. They will also explore basic skin anatomy and physiology as applied to the face and touch.		

Learning outcomes	Assessment criteria
The learner will:	The learner can:
1. Understand the principles of skin anatomy and physiology	1.1 Describe the structure of skin
	1.2 Describe the functions and rhythms of skin
2 Understand the anthroposophic concept of the 3-fold human being, in relation to the skin, face structure and touch	2.1 Explain the difference between: <ul style="list-style-type: none"> • Nerve Sense System • Metabolic Limb System • Rhythmic System
	2.2 Describe what is meant by thinking, feeling and willing and its relationship with the skin

AHE-L4-Unit2

Skin and Treatment Knowledge

Ofqual unit code	R/650/1417	Guided Learning Hours (GLH)	22
Unit level	4	Total Qualification Time (TQT)	25
Unit aim	In this unit, learners will explore how to carry out a client consultation and will be introduced to the facial treatment sequence including the holistic massage technique.		
Unit rationale	Learners will understand how to consult with and treat a client using the anthroposophical approach in providing holistic skin care treatments.		

Learning outcomes	Assessment criteria
The learner will:	The learner can:
1. Understand the anatomy and physiology of the skin	1.1 Describe skin form and substance
	1.2 Describe facial treatment structure and sequence
	1.3 Describe biography-led and condition-led skin conditions
	1.4 Identify skin phases
2 Understand the anthroposophical approach	2.1 Explain the 3 fold view of the skin's structure
	2.2 Explain how the features of one-sidedness are related to holistic treatment of skin
	2.3 Describe the life of touch approach

Learning outcomes	Assessment criteria
The learner will:	The learner can:
3. Know how to carry out a client consultation	3.1 Explain how to assess the primary needs of the client
	3.2 Describe how to deal with client in professional manner
	3.3 Describe how to explain treatment options and process with client
4. Be able to carry out a client treatment	4.1 Demonstrate how to carry out the core elements of the facial treatment: <ul style="list-style-type: none"> • Quality of touch • Application methods • Choice of product • Overall form of the sequence • The agreed duration of the treatment
	4.2 Demonstrate how to deliver a Rhythmic Activation Massage
	4.3 Demonstrate how hands can be used in a sensitive and rhythmical way when delivering a facial treatment

AHE-L4-Unit3

Skin Care and Treatment Practice

Ofqual unit code T/650/1418 **Guided Learning Hours (GLH)** 5

Unit level 4 **Total Qualification Time (TQT)** 30

Unit aim This unit gives learners the opportunity to practice the use of the anthroposophical approach in holistic skin care. Learners will carry out client consultations and treatments and understand how to work with a range of skin phases.

Unit rationale Learners will gain practical experience of working with clients and delivering treatments using a range of options.

Learning outcomes	Assessment criteria
The learner will:	The learner can:
1. Be able to carry out a client consultation	1.1 Assess the primary needs of the client 1.2 Deal with the client in a professional manner 1.3 Explain treatment options and process with the client
2. Be able to carry out a treatment on a client	2.1 Carry out the core elements of the facial treatment: <ul style="list-style-type: none"> • Quality of touch • Application methods • Choice of product • Overall form of the sequence • The agreed duration of the treatment 2.2 Deliver a Rhythmic Activation Massage 2.3 Use hands in a sensitive and rhythmical way when delivering a facial treatment

Learning outcomes	Assessment criteria
The learner will:	The learner can:
3. Understand skin care and treatments	3.1 Describe how to work with a range of skin phases (e.g., rosacea, teenage acne and adult acne)
	3.2 Explain the uses of a range of skin care approaches and treatments (e.g., hyaluronic acid, antioxidants and exfoliation)
	3.3 Describe self-care rituals

Additional assessment information

Learners will complete a minimum of 7 treatments on as wide a range of clients as possible. Learners will be required to present a case study of three treatments with one client.

AHE-L4-Unit4

Skin Care Evaluation and Consolidation

Ofqual unit code Y/650/1419 **Guided Learning Hours (GLH)** 22

Unit level 4 **Total Qualification Time (TQT)** 30

Unit aim This unit gives learners the opportunity to consolidate and evaluate their use of the anthroposophical approach in holistic skin care. Learners will demonstrate a full client treatment and present an evaluation of their own practice.

Unit rationale Learners will be able to consolidate and evaluate their own practice.

Learning outcomes	Assessment criteria
The learner will:	The learner can:
1. Understand the relationship between the Esthetician and the client	1.1 Demonstrate how to deepen the quality of touch
	1.2 Describe the concept of the 4-fold view and its relationship with skin
	1.3 Describe the 4-fold relationship within the treatment
	1.4 Explain the benefits of carrying out a movement meditation exercise prior to delivering a treatment
2. Be able to demonstrate a successful full client treatment	2.1 Carry out a consultation with a client
	2.2 Demonstrate the use of the anthroposophic approach
	2.3 Use appropriate techniques and products

Learning outcomes	Assessment criteria
The learner will:	The learner can:
	2.4 Demonstrate a confident and professional approach
3.Be able to evaluate own practice	3.1 Describe three treatment sessions with a client as carried out in Unit 3
	3.2 Evaluate the effectiveness of the treatment sessions
	3.3 Reflect on how good practice relates to own practice

Section 3: Delivering this qualification

3.1 Requirements for Centres

Centres must be approved by Crossfields Institute. In order to be approved to offer this qualification, centres must have:

- Staff who are appropriately qualified and experienced in the provision of holistic skin care treatments using the anthroposophic approach
- A learning environment that is conducive to practical sessions within a workshop format – i.e., sufficient space for learners to both give, receive and observe treatments; to be able to sit to receive theoretical studies, sufficient space for movement exercises, tutors to both stand and sit, a separate space to allow for changing clothes, rest breaks and reflections.

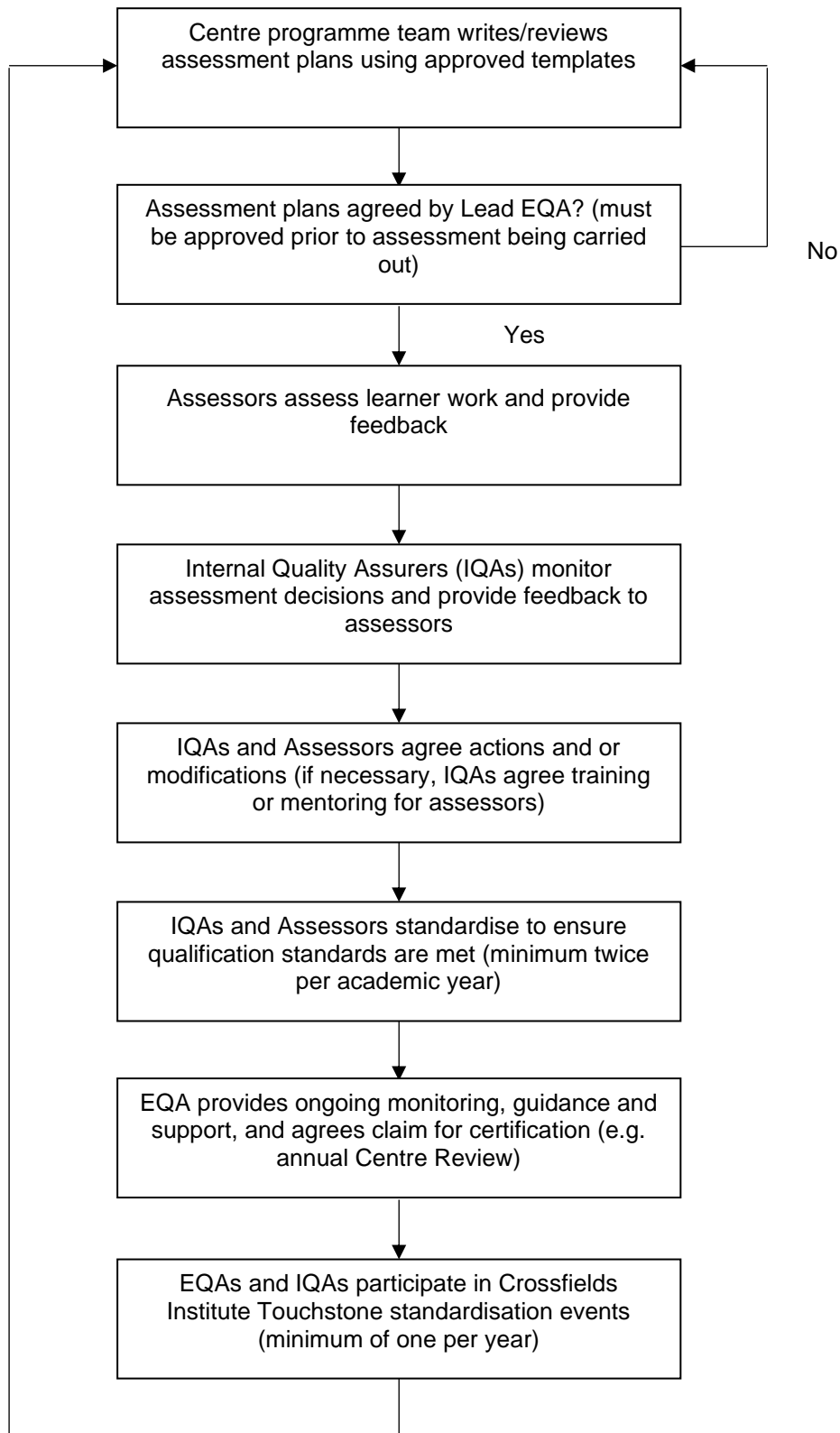
For more information about the process of becoming a centre, please contact us or refer to our Centre Handbook (www.crossfieldsinstitute.com/resources).

3.2 Quality Assurance

The Crossfields Institute approach to quality assurance is underpinned by educational values which address the development and transformation of the whole human being. In this qualification teaching, learning and assessment should be interconnected in order to support each individual to reach his or her full potential.

The primary aim of the Crossfields Institute Quality Team is to support centres in delivering the best possible learning experience and high levels of achievement for learners. Centres will be allocated an External Quality Assurer (EQA) by the Crossfields Institute Quality Team. The Lead EQA for this curriculum area will also be involved in reviewing assessment plans.

Centres delivering this qualification are required to follow this Crossfields Institute Quality Assurance process:



3.3 Assessment Planning Guidance

This qualification uses a centre devised approach to assessment. In planning their assessments, centres should ensure that assessment activities:

- are fit for purpose
- can be delivered efficiently
- meet the assessment criteria
- permit Reasonable Adjustments to be made, while minimising the need for them
- allow each learner to generate evidence which can be authenticated
- allow the specified level of attainment detailed in this specification to be reached by a learner who has attained the required level of knowledge, skills and understanding
- allow assessors to be able to differentiate accurately and consistently between a range of attainments by learners

They should also ensure that:

- sufficient time is allowed for assessment planning
- assessment tasks do not produce unreasonably adverse outcomes for learners who share a common attribute
- methods of assessment are in line with the assessment requirements in this specification
- reasonable timescales for assessment and feedback are given to learners
- a timely quality assurance process is conducted

3.4 Training and Support

To support centres in carrying out high quality assessment and quality assurance practice, the following training and support measures have been put in place for this qualification:

- All centre assessors and quality assurance staff for this qualification are required to meet National Occupational Standards for assessors and IQAs. National qualifications (NVQs) are available for these roles. Crossfields Institute can also provide customised assessor and IQA education as well as review of assessor and IQA practice.
- Assessors and IQAs must keep an up to date CPD log and be able to demonstrate the relevance of their CPD to this qualification and their role.
- Handbooks, exemplars and templates are available from the Crossfields Institute Quality Team.
- Where required, a customised Quality Assurance Action and Development Plan will be provided by Crossfields Institute for centres.

Please note: there may be a charge for training and resources provided by Crossfields Institute.

3.5 Policies and Procedures

Each centre is required to work in partnership with Crossfields Institute to ensure that all learners have the best possible experience whilst taking this qualification and are treated

fairly. Our commitment to this is supported by our Centre Handbook, which all centres should become familiar with

Crossfields Institute has policies and procedures in place to support centres and learners. All centres must also implement their own policies, which comply with Crossfields Institute's requirements – these will be checked during centre approval and in subsequent centre monitoring activities. It is the centre's responsibility to make relevant policies available to learners.

Relevant policies include:

- Learner Complaints and Appeals Policy: which allows learners to take action if they feel they have been treated unfairly.
- Reasonable Adjustments and Special Considerations Policy: which allows centres to make any necessary adjustments to assessments in the light of learners' individual circumstances.
- Malpractice and Maladministration Policy: which gives a framework through which concerns about the delivery and assessment of the qualification can be addressed.
- Equality and Diversity Policies: which ensures centres treat learners fairly and without any bias.

Crossfields Institute Policies, and other key documents, are available on our website at www.crossfieldsinstitute.com/resources

Appendix 1: Resource and book list

Recommended Reading

Name	Title	ISBN
Lueder Jachens	Healing The Skin	978-1902636917
Emine Rushton	Natural Wellness Every Day the Weleda Way	978-1785043925
Monica Layer (ed.)	Handbook for Rhythmical Einreibungen - according to Wegman / Haushcka	978-1902636764